

TEENS AND THEIR SCREENS

Hayes Freedom High School, March 26th, 2018

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Adolescent Brain

Prefrontal Cortex

- Executive functioning, planning, reflecting, abstract thought.
- Very “plastic” and malleable during adolescence.
- Very receptive to learning which can be positive or negative.

Amygdala

- Emotional center of the brain, “fight, flight, freeze”.
- More sensitive for teens.

Dopamine

- They experience and anticipate rewards more intensely.

Boys depressive symptoms increased by 21% from 2012-2015. Girls increased by 50%

2007-2015 Suicide rates for girls increased by 31%. Doubled for boys.

Over the last 10 years, hospital admissions for suicidal teenagers have doubled.

The Healthy Mind Platter



The Healthy Mind Platter for Optimal Brain Matter

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You'll find more about this in the book *Brainstorm* referenced below.



GAMING

Moderate gaming has been shown to improve visuospatial skills and working memory.

Kids with ADHD often have a harder time getting off of games.

Playing with friends matters.

Show genuine interest in their gaming world and expect to receive more connection and credibility in return.

Top 3 Effects of exposure to violence:

1. Desensitization to the suffering of others.
2. Fear and anxiety (particularly among young kids).
3. Increased aggressive thoughts and behaviors.

SOCIAL MEDIA

The link to mental health issues and unhappiness happens after two hours per day.

87% of 12th grade girls used social media almost every day in 2015 compared to 77% of boys.

Average teen checks their phone more than 80 times per day.

The relative risk of being unhappy from spending more than 10 hours per week on social media is highest among 8th graders and lowest among 12th graders. The negative effect happens for everyone.



SEXTING AND CYBERBULLYING

- Between 2010-2011, large study. 7% of youth reported that they sexted, defined as “sending or showing sexual pictures of themselves nude or nearly nude through text messages, online or in person”.
- Girls were twice as likely as boys to be victimized. The risk of cyberbullying was seven times higher among current or former friends and dating partners than among those who had never been friends or dated, according to the study.
- Face to face bullying is three times as common as online bullying (7% vs. 21%)
NCES.ed.gov
- 66% of teens cyberbullied have at least one suicide risk factor. 57% of those bullied off line have at least one suicide risk factor.

SELF REFLECTION

The Attention Economy.

“Our biggest competitors are Facebook, YouTube and sleep”

- Reed Hastings, Nefflix CEO

www.humanetech.com

Manoush Zomorodi: Book: **Bored and Brilliant**. Podcast: **Note to Self**.

App. for tracking screen time: **Moment**



MENTORING

- Alexandra Samuel - 3 types of digital parents.
 - Digital Enablers: Lots of screen time and access to devices. Little involvement and few boundaries. 43% of parents with teens.
 - Digital Limiters: Focus is on limiting screen time and turning off devices whenever possible. 22% of parents with teens.
 - Digital Mentors: Take an active role in guiding their kids on the internet. 35% of parents with teens.

Digital Mentors:

- Talk with their children about how to use technology, the internet or a specific website responsibly.
- Research specific devices, programs or apps they're considering for their child.
- Show their child a book, article video program to help them learn about technology.
- Play video games with their children.

SOLUTIONS

Starting point should always be: Empathy ↔ Curiosity

Creative solutions:

Removing favorite app. for a weekend.

Phones out of site during dinner.

Phones charged in the kitchen starting at 930.

Phone on the other side of their bedroom charging at night.

Single tasking during homework.

Setting individual goals as a family based on usage stats.

Grayscale phone.

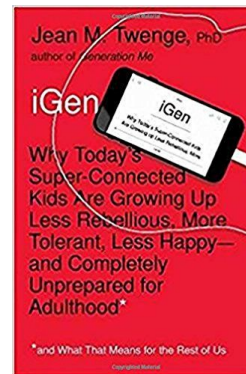
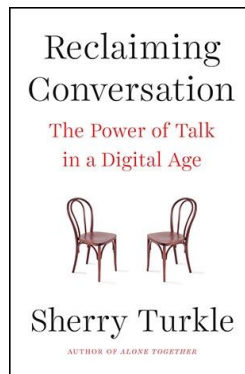
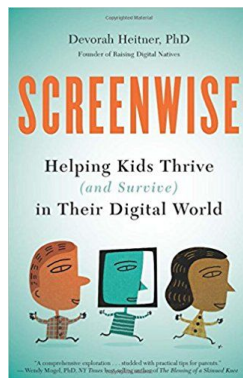
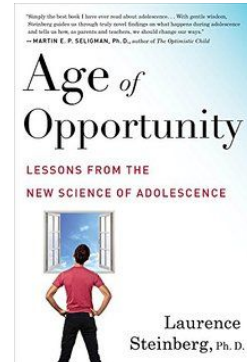
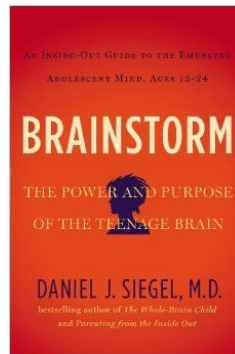
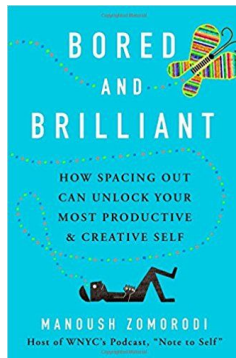
Turn off notifications.

Remove social media apps. From phone.

Participate in the Bored and Brilliant Challenge based on the book.



Recommended Books



Websites Worth Checking Out

www.commonsensemedia.org (Will Farrell videos)

www.humanetech.com

www.alexandrasamuel.com

www.scarleteen.com

www.ahaparenting.com

www.kidsinthehouse.com

www.thatnotcool.com



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