

Internet and Phone Safety

The effects of exposure on children's psyche



LOL, THAT'S ME: POST #674

When your parents try to use technology:



lolthatsme.tumblr.com



PTA Presentation 1/23/24

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Overview of Impacts of Social Media:

❖ YouTube, TikTok, SnapChat, Instagram, X (formerly Twitter)

❖ Embedded Addiction:

- Frontal cortex

❖ Emotional Instability:

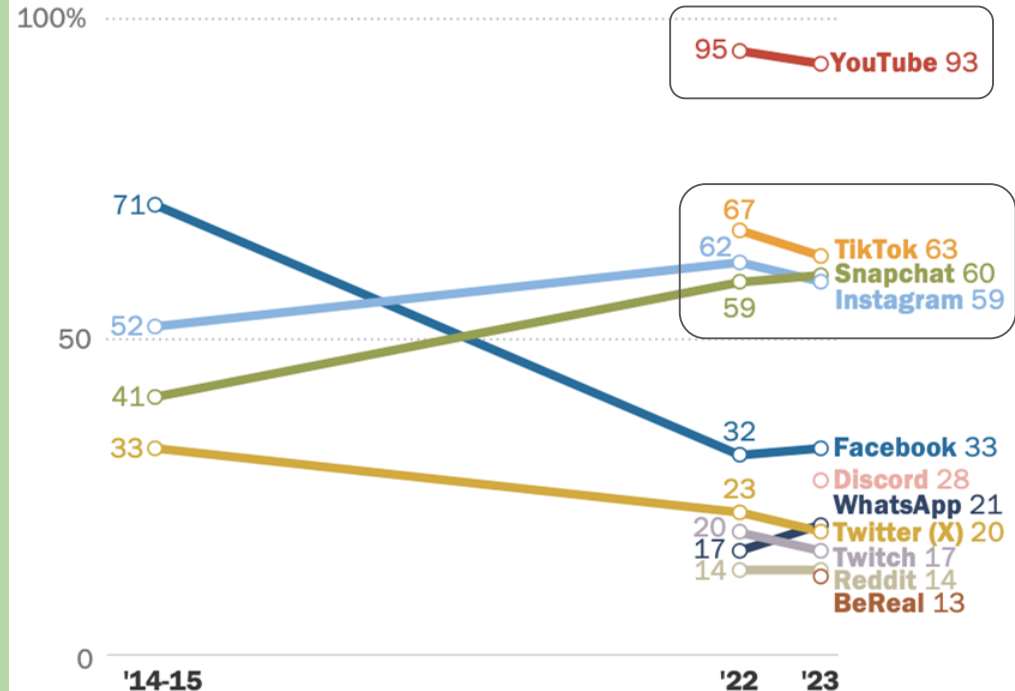
- Linked to Anxiety (FOMO)
- Lower self esteem
- Depression (suicide)

❖ Inherent Risk:

- Lack of privacy
- Exposure to inappropriate content

YouTube continues to be top platform among teens, followed by TikTok, Snapchat and Instagram

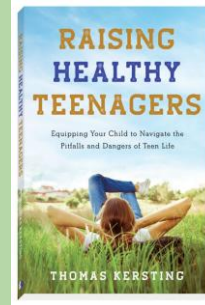
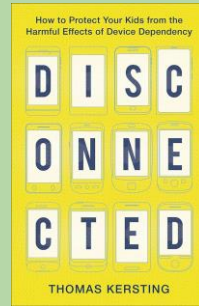
% of U.S. teens ages 13 to 17 who say they ever use the following apps or sites



Tom Kersting: Licensed Psychotherapist | Speaker | Educator and best-selling author of Disconnected and Raising Health Teenagers



- ❖ “We aren’t controlling devices anymore they are controlling us!”
 - Physiologically/Psychologically conditioned to respond to the phone
 - Neuroscientists are now working with programmers to ‘addict’ users manipulating the release of dopamine in brains. (NetFlix: Social Dilemma)
- ❖ Smart Phones and Accessibility to Screens has affected brain development, particularly the Pre-Frontal Cortex
 - ADHD in children spiked in 2008 - what became common place in late 2000’s?
 - **Introduced in 2007, by 2015 92% of teens and young adults had smartphones.**
 - Neuroplasticity: Brain's ability to change and grow throughout a person's life.
 - The brain will change and grow in response to environmental stimulus.
 - Pre-Frontal Cortex (regulates thoughts, actions, emotions, i.e. impulse control, planning, attention)
 - Visual Cortex (purpose is to receive and process visual information)
 - Hippocampus (involved in memory, learning, and emotion. Plays a role in emotional processing, including anxiety and avoidance behaviors.)
- ❖ Too much screen time has a real measurable effect on social-emotional wellbeing of children.
 - In a 2017 study, the number of 12th graders exhibiting high levels of depressive symptoms increased 33% between 2010 and 2015. (Child Mind Institute)
 - In the same period, the suicide rate for girls increased to 65% (Child Mind Inst.)



Impacts on Students and Their Brains



In-School Lessons

- ❖ Common Sense Media <https://www.common sense.org/education/digital-citizenship/curriculum>
- ❖ BrainPop
- ❖ Flocabulary



Quiz

QUIZ YOURSELF! ARE YOU SURPRISED BY THE ANSWERS?

HOW MUCH SCREEN TIME DO YOU THINK
THE AVERAGE TEENAGER SPENDS PER
DAY?

ANSWER: 8-9 HOURS



WHAT IS THE RIGHT AGE TO GET YOUR
CHILD A SMARTPHONE?

ANSWER: WHEN YOU FEEL COMFORTABLE WITH THEM
VIEWING PORNOGRAPHIC MATERIAL



HOW MUCH TIME PER DAY OF
UNSTRUCTURED, OUTDOOR PLAY DOES
THE AVERAGE CHILD GET PER DAY?

ANSWER: JUST 7 MINUTES PER DAY



HOW MUCH HAS OUTDOOR PLAY
DECREASED IN RECENT YEARS?

ANSWER: 70%



WHAT IS THE MOST IMPORTANT ANECDOTE
TO ENSURE THAT OUR CHILDREN LIVE HAPPY,
MENTALLY STRONG LIVES:

ANSWER: LOT'S AND LOTS OF UNINTERRUPTED
CONVERSATION WITH PARENTS. THINK DINNER TIME,
CAR RIDES TO SCHOOL AND ACTIVITIES.



Real Life Stories from Midland Park with Ms. Scala & Mr. Galasso



Important Tips for Parents:


1. **You are the Boss**: Set Screen Time Limits, Approving Apps, Approving Games, Buying Devices
2. No devices in kids' rooms at night
3. Set Privacy settings on all video games and apps (Use YouTube to find out how)
4. Follow all of your kid's accounts- (Social Media, internet history, Youtube History)
5. Find time to talk: Family dinners and Conversations in car rides
6. Time with kids in your house is limited, be present...
 - a. Communal Screens are okay
7. Start preparing yourself for AI:
8. Model proper use, don't be on phone during family time (Movies, board games, etc.) It's hard!



Get Outside!

- ❖ Studies show exposure to nature increases:
 1. Improved cognitive function
 2. Increased brain activity
 3. Better blood pressure mental health
 4. Increased physical activity
 5. Improved sleep



A young woman with short, reddish-brown hair is shown from the chest up, looking slightly to her right. She is wearing an orange top. The background is a bright, out-of-focus indoor setting with a window showing green foliage. A framed picture hangs on the wall to the left.

**My favorite thing to do in
the world is watching videos
and playing videogames.**

Resources

- ★ Tom Kersting Books “Disconnected” and “Raising Healthy Teenagers” <https://www.tomkersting.com/>
Presented at MPHS 6 years ago

- ★ [Common Sense Media Ultimate Guides](https://www.commonsensemedia.org/articles/cellphones-and-devices-a-guide-for-parents-and-caregivers)
<https://www.commonsensemedia.org/articles/cellphones-and-devices-a-guide-for-parents-and-caregivers>

- ★ [Family Online Safety Institute](#)
Digital Parent Toolkit

- ★ When should you get a phone for your child?
<https://childmind.org/article/when-should-you-get-your-kid-a-phone/>

- ★ Social Dilemma on Netflix

- ★ Wait Until 8th
<https://www.waituntil8th.org/>



Questions?