



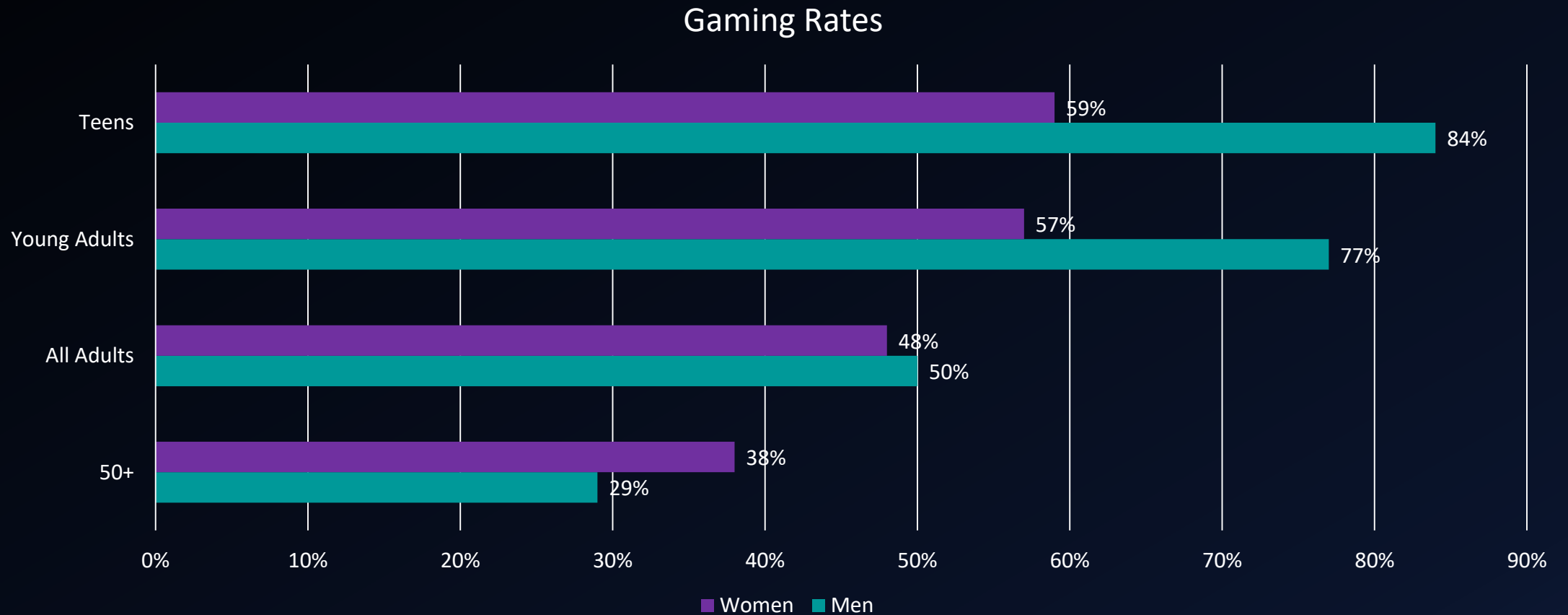
# Teens & Technology

HELPING YOUR CHILD DEVELOP HEALTHY HABITS

# Goals

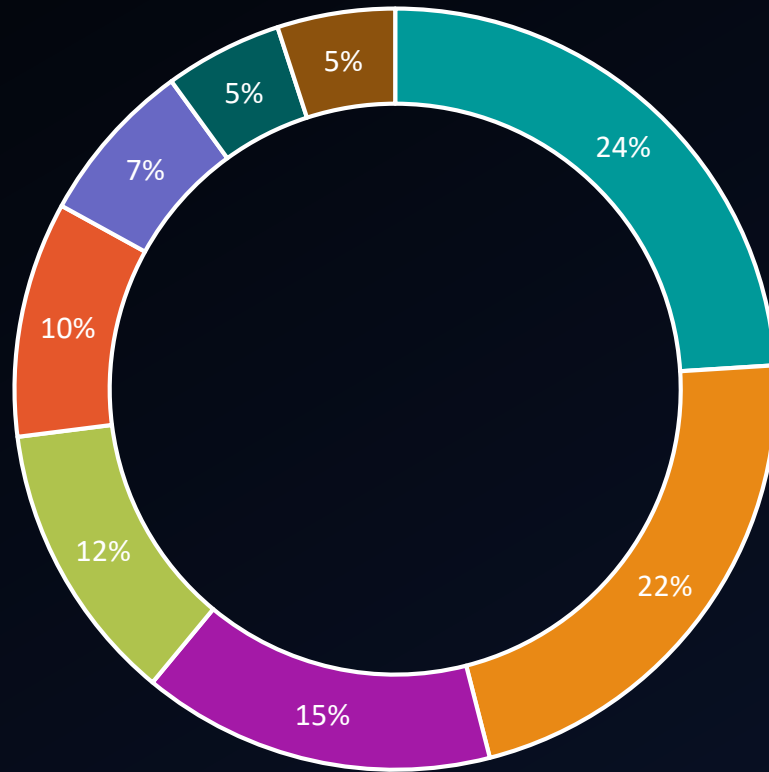
- The world of video games & social media in 2018
- Benefits & risks of gaming and media use
- Signs of problems related to gaming & social media
- Gaming, social media, & the brain
- Learning the 4 T's of health technology use
  - Track
  - Talk About It
  - Tech Free
  - Time Limits

# Who plays video games?



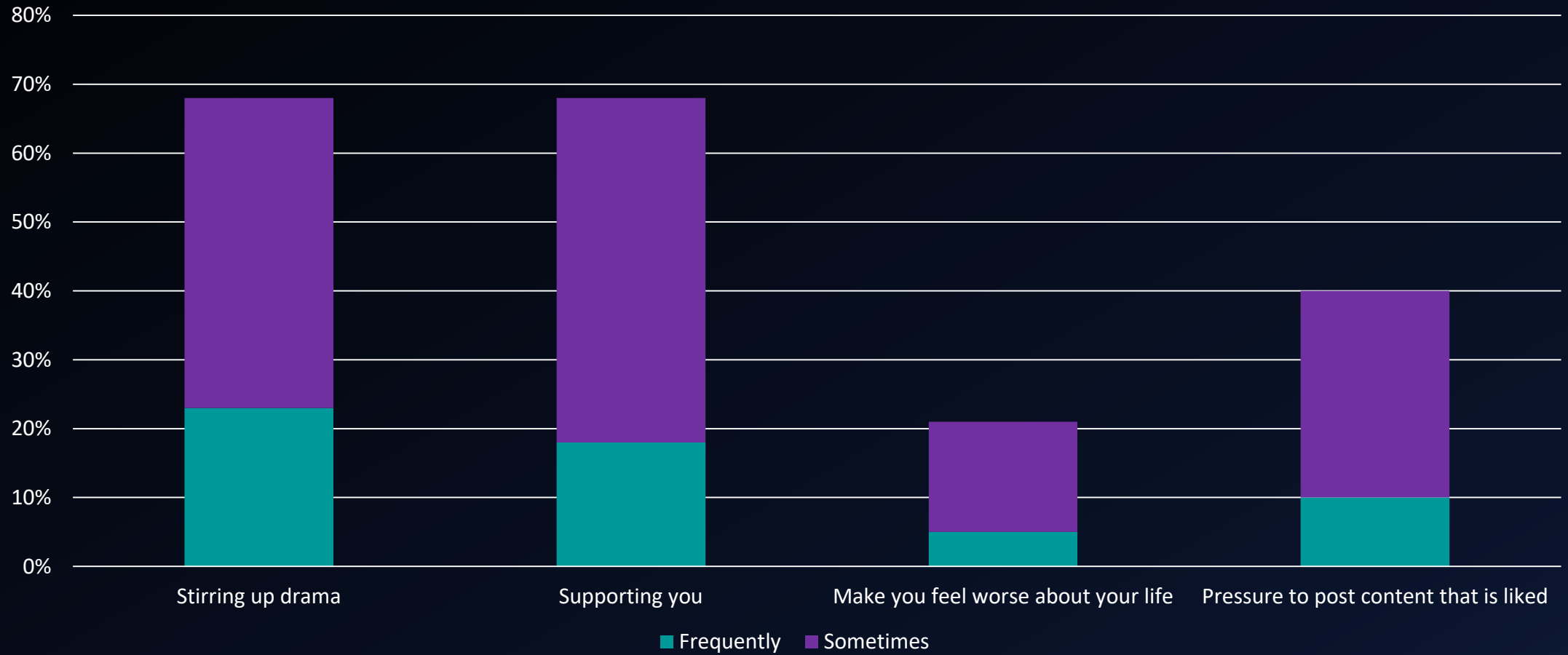
The average person age 13+ played between 6.1 and 7.2 hours of video games per week ~ Nielsen Games Report 2017

# Leisure Hours in 2017

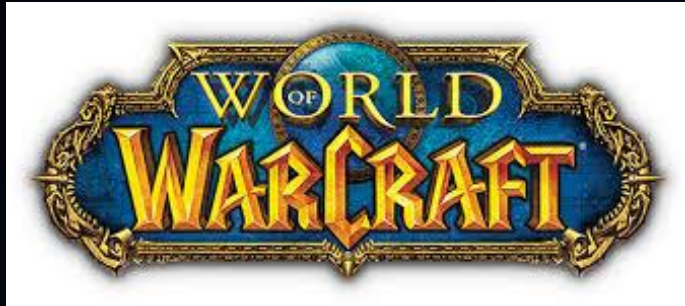


- TV & Movies
- Internet
- Social Activities
- Video Games
- Sports & Wellness
- Music
- Reading
- Other

# Teens & Social Media



# Evolution of Games and Gaming



# Trends in Game Production and Media



Gaming tutorials, reviews, strategy, montages



Live streams of games and gamers



Microtransactions, achievements, badges



Game anywhere, open-world, continuous action

# Trends in Social Media



SnapChat



Instagram

Migration to new platforms



Constant connection through group chat



Monetization of content



“bottomless scroll” & user-driven advertising



# Social Media & Gaming

## BENEFITS

- Increases well-being and self-esteem when used to maintain real-world relationships
- Can help to overcome self-consciousness
- Socially – “the rich get richer”
- Gaming can promote sophisticated problem solving skills, creativity, & team work
- Educational games can measure educational ability and promote skill building when combined with offline feedback

## RISKS

- Instant gratification for success (enthralling)
- Well-being and esteem decrease in response to negative reactions online, failures to achieve
- Prolonged exposure is associated with thinning of the brain areas involved in:
  - Decision-making
  - Behavioral inhibition
  - Emotional Regulation
- Avoidance of difficult cognitive tasks, uncomfortable emotions, social struggles

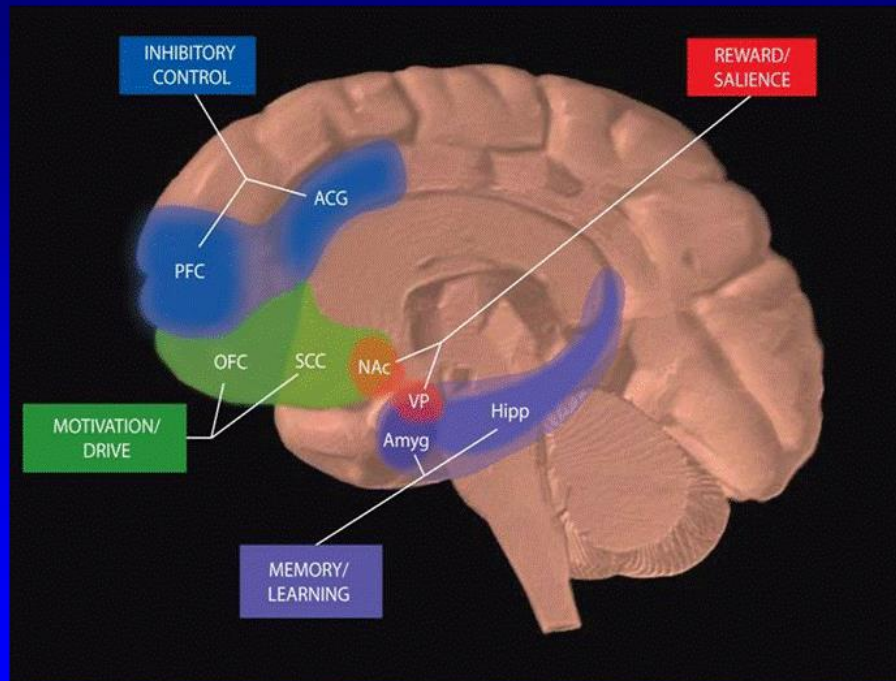
# When Gaming or Social Media Becomes A Problem

*World Health Organization (2017): likely to add Gaming Disorder to their next release of the International Classification of Diseases*

1. *Preoccupation*
2. *Tolerance*
3. *Withdrawal*
4. *Unsuccessful attempts to reduce playing time*
5. *Loss of Interest in other activities*
6. *Continued playing despite consequence*
7. *Deception*
8. *Play to escape negative mood*
9. *Loss of relationships, educational opportunities, or career opportunities*

# Gaming & Media: Similarities to Drug Addiction

## *Circuits Involved In Drug Abuse and Addiction*



**All of these brain regions must be considered in developing strategies to effectively treat addiction**

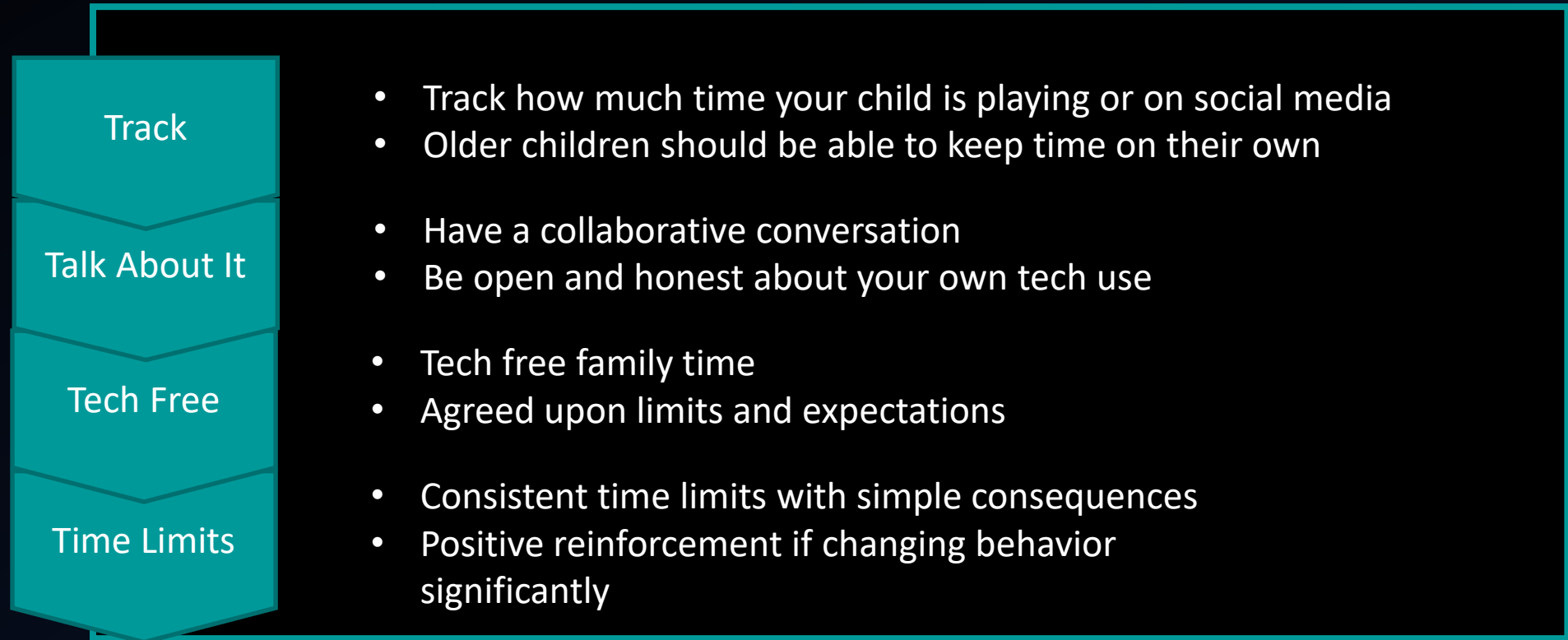
NIDA

- Reward
- Inhibition
- Motivation & Drive
- Memory & Learning

# Delayed Gratification

- Kids & teens who can delay gratification
  - Higher SAT scores
  - Better social skills
  - Reduced impulsivity
- Strategies for delaying gratification
  - Focusing on the “cold” qualities of the stimulus
  - Use your imagination
  - Positive distraction

# The 4 T's of Healthy Tech Use



# Tools for Regulating Tech Use

FOCUSME



Apps to turn off social media



Parental controls for gaming



Instagram



Access to content for younger teens