

Teens & Technology

GAMING, SOCIAL MEDIA, & HAPPINESS

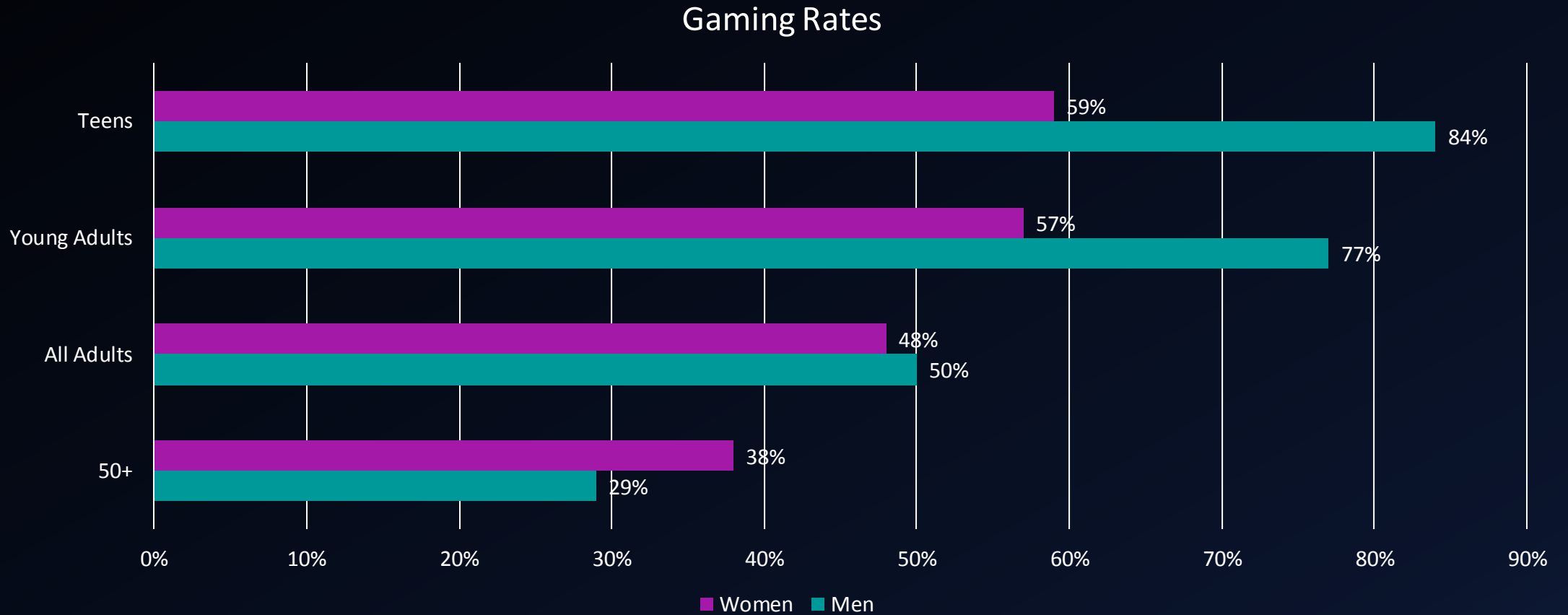
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Goals

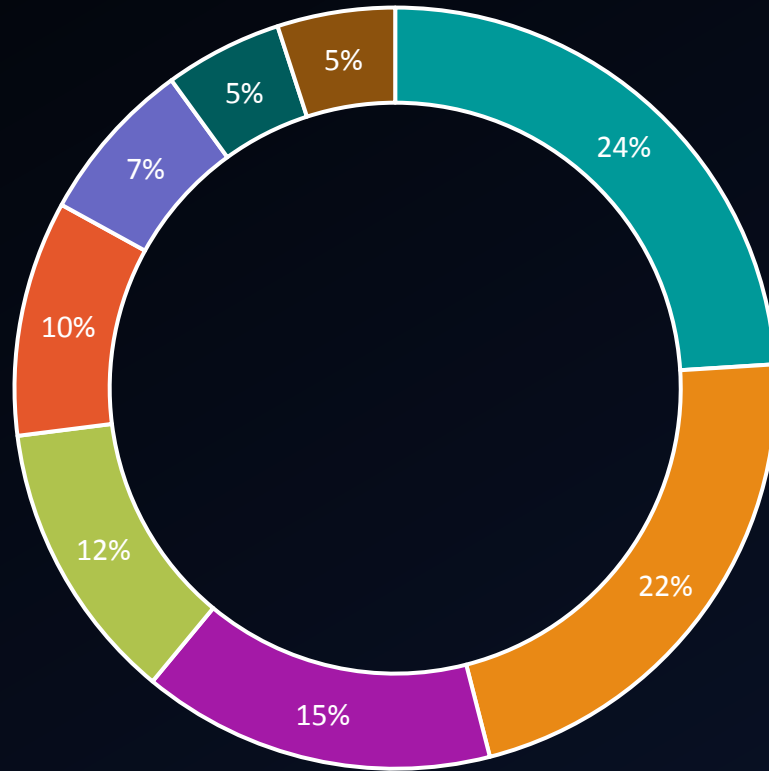
- Discuss how teens engage with video games and social media
- Benefits and risks of gaming and media use
- Gaming and the brain
- Learning the 4 T's of health technology use
 - Track
 - Talk About It
 - Tech Free
 - Time Limits

Who plays video games?



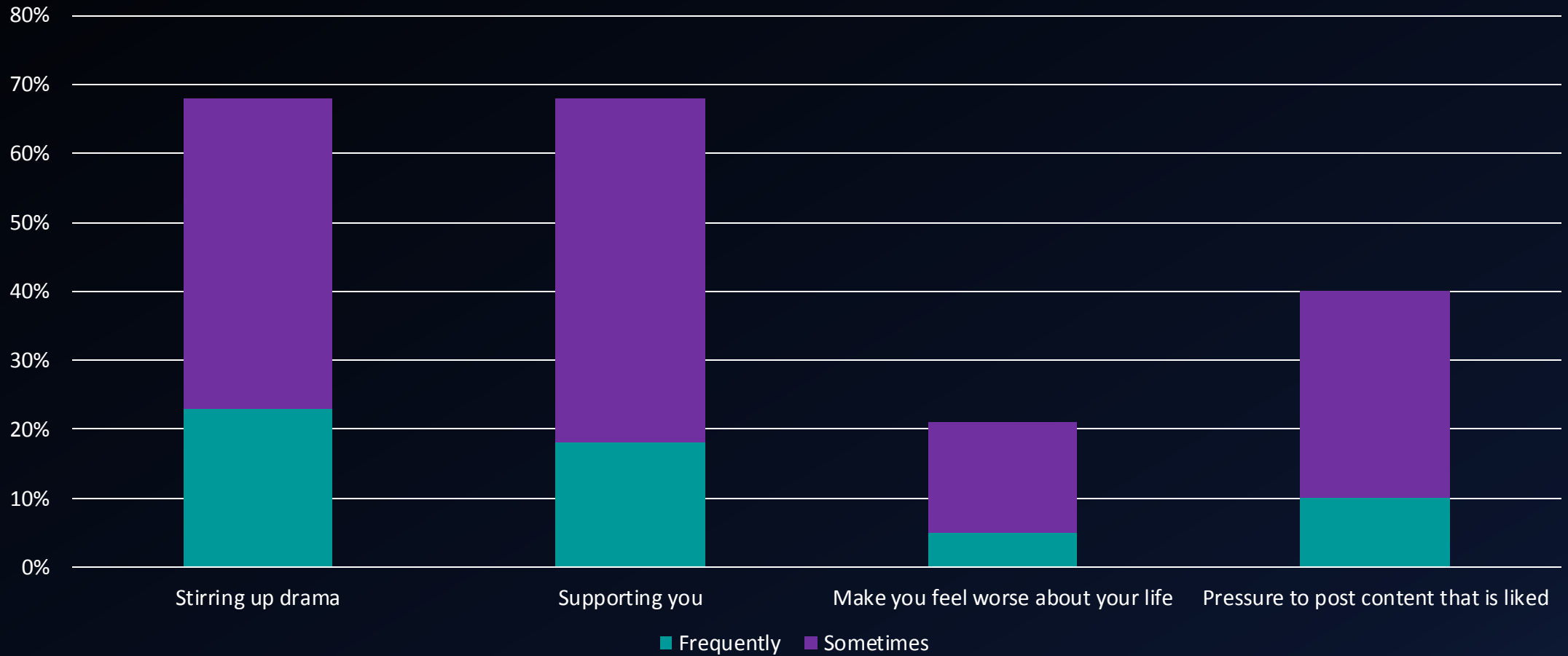
The average person age 13+ played between 5.5 and 8.1 hours of video games per week ~ Nielsen Games Report 2017

Leisure Hours in 2017



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

Teens & Social Media



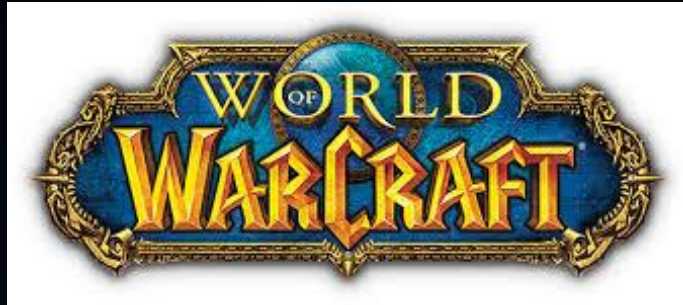
What Teens are Saying...



PBS 
NEWS
HOUR

NO, I DO NOT USE FACEBOOK.

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



WhatsApp

Constant connection through group chat



Monetization of content



“bottomless scroll” & user-driven advertising

Online Media & Gaming

BENEFITS

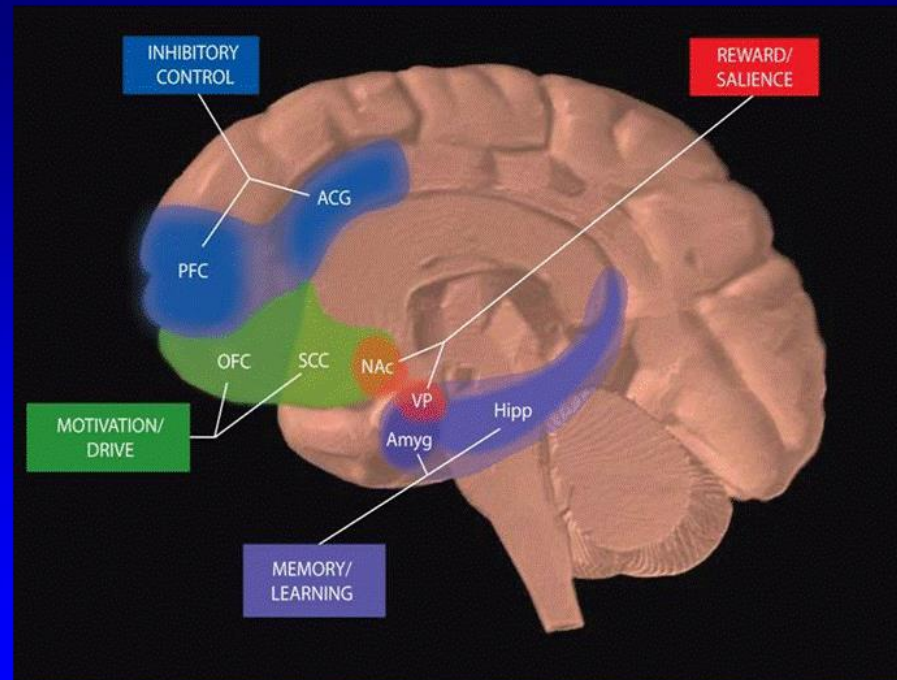
- Staying connected to real-world friends
- Easier to talk about personal topics
- Gaming promotes problem solving skills, creativity, & team work
- Sense of achievement and happiness
- Educational games can help you learn when combined with other kinds of learning

RISKS

- There is always another post or achievement to keep you checking or playing
- People can post negative or false information about you
- Too much time playing or scrolling effects your brain:
 - How you make decisions
 - How to stop or stay on track
 - How you feel
- Easy to avoid difficult tasks, uncomfortable emotions, social struggles

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 Salience
- Inhibition
- Motivation & Drive
- Memory & Learning

Delayed Gratification



- Individuals who can delay gratification
 - Higher SAT scores
 - Better Social Skills
 - Reduced Impulsivity
- Strategies for delaying gratification
 - Focusing on the less exciting things
 - Use your imagination
 - Distract yourself

How much is too much?

- The amount of time playing games or scrolling on social media is only 1 of many factors to consider



What you can do to build healthy habits



- Have a plan when you start
- Physically remove technology when doing school work
- Set a timer
- Finish things you don't want to do first
- Reward yourself for keeping to the plan
- Create tech free time with friends
- Have a conversation about family norms related to technology

The 4 T's of Healthy Tech Use

Track

Tech Free

Talk About It

Time Limits

- Track how much time you are playing
- Don't rely on guesses and estimates
- Have a collaborative conversation with your parents
- Present your ideas about how to manage tech
- Tech free family time
- Agreed upon limits and expectations
- Consistent time limits with simple consequences
- Time limits are your responsibility to keep