

「屏幕少年」紀錄片播放及座談會



PIFE PACIFIC INSTITUTE OF FAMILY EDUCATION AND KNIGHTS OF COLUMBUS

CANADIAN MARTYRS 加拿大殉道聖人天主堂

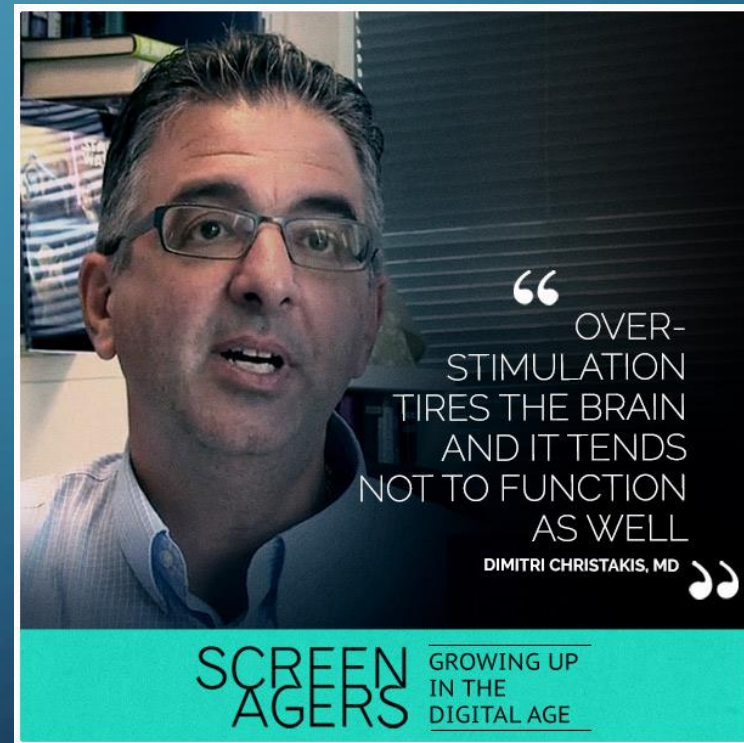
JAN 14, 2018

AGENDA 議程

- 2pm Check-in 登記
- 2:15pm Introduction and Screenagers 歡迎及記錄片播放
- 3:15pm Small Group Discussion 小組分享
- 3:35pm Large Group Report 大組滙報
- 3:45pm Presentation 總結
- 3:55pm Family Action Plan 家庭行動計劃
- 4:10pm Closing Remarks 通告及鳴謝
- 4:15pm Refreshments 茶點

LESSONS FROM STUDIES ABOUT DIGITAL DEVICES

- New information releases pleasure producing a brain chemical called dopamine
- Performance decreases when someone next to you has a phone
- Multitasking leads to worse performance under the impression of doing better
- Overexposure in the young leads to permanent damage to development of brain cells (as seen in mice)
- Trust is established face to face
- Development of empathy and the sense of self is jeopardized



關於電子產品的研究課題

- 新資訊刺激腦部分秘產生快感的化學物——多巴胺
- 當身旁的人拿出智能電話，你的表現水平也降低
- 同時間操多項任務令人感覺上做了很多，但實際上表現是一事無成
- 被過分刺激的年幼老鼠，腦細胞永久性受創
- 為建立信任，眼神接觸和面對面交流不可或缺
- 妨害同理心和自我感覺的成長

「過分刺激令腦部疲
瘵和減低其功能」——

——Christakis 醫生，西雅圖兒童
醫院兒童發展研究員

VIDEO GAME ADDICTION AND VIOLENCE

- Violent video games were developed by the military to desensitize soldiers to violence before going to war
- Children have no self regulation yet
 - “turns into a different person when asked to turn game off”
- Adolescent brain: Effect of dopamine is greater. Vulnerable to gaming addiction
- Someone addicted to video games shows similar brain patterns as someone addicted to drugs, gambling, other substances
- Pro-social games and educational games that have value, teaching strategies, cooperation, concept-building can be alternatives



視頻遊戲癮和暴力

- 軍部發展暴力遊戲，目的是讓軍人上戰場時，對暴力產生麻木感
- 孩子未有自制能力
- 青少年腦袋對快感特別敏感，容易上癮
- 視頻遊戲癮跟毒癮、賭癮的腦部影像大同小異
- 提升社交和教育遊戲是另類選擇

「玩暴力遊戲減低同理心和敏感度，增加侵略性思想和行為」——Christakis 醫生，西雅圖兒童醫院兒童發展研究員

TESSA'S CASE 個案 – FACTS 事實

- Mom wants to be thoughtful, deliberate 媽媽心思熟慮
- Tessa wants smartphone 想要智能手機
- All her friends have one 所有的朋友都有一部
- Mom worried about technology's impact on child 媽媽擔心技術對孩子的影響

TESSA'S CASE 個案- PROBLEM 問題

- Conflicts arise from limit setting on technology use 技術使用限制的摩擦
- One way discussion/enforcing of rules 單方面討論/執行規則
- No explanation of rules 沒有解釋規則
- No reasons given for parent's concern 沒有給父母關注的理由
- No acknowledgement of what Tessa wants - connection to friends (can be good but also can be negative) 沒有承認Tessa想要什麼 - 聯絡朋友（可以是好的，但也可以是負面的）

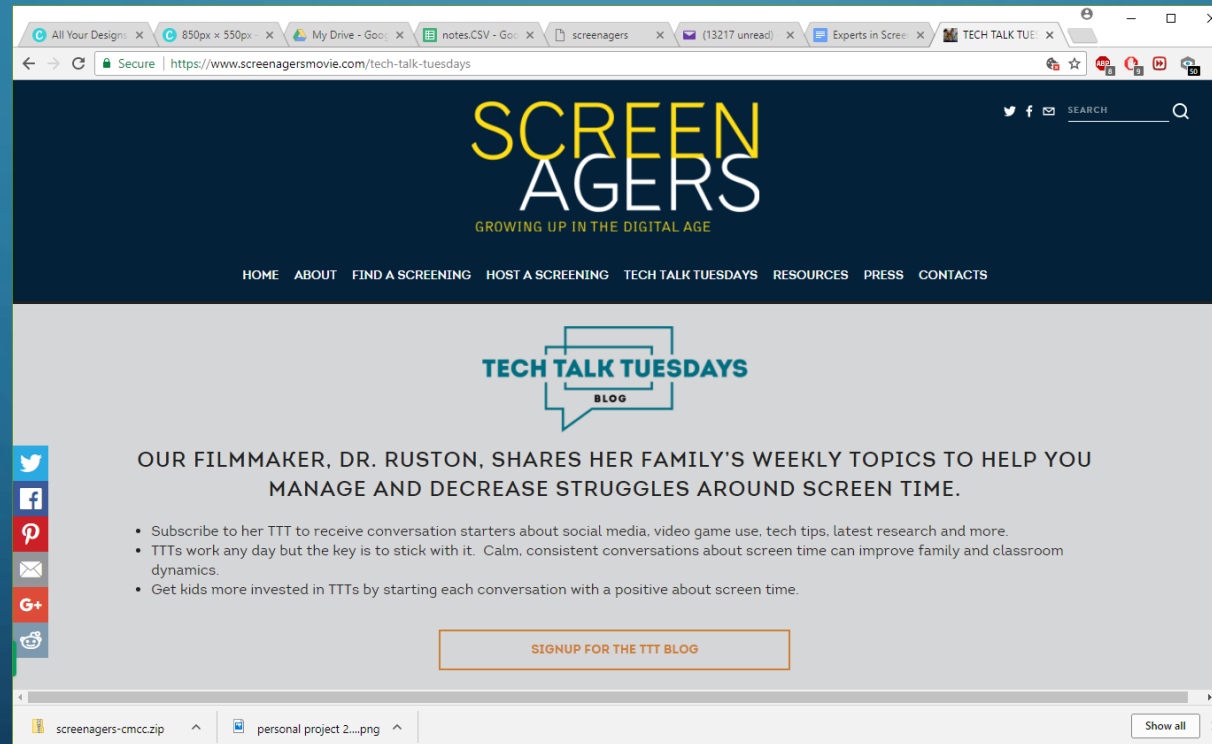
TESSA'S CASE 個案- SOLUTION 解決方案

- Contract 合約
- Rework contract to involve Tessa 讓Tessa參與更改合約
- Tech talk Tuesday (ongoing, changing) 周二技術交談
- No digital device in the bedroom 沒有電子產品在睡房裡
- Work with carpool parents and kids: no phones in the car except for directions 沒有電子產品在車內除了地圖
- When doing homework (phone out of sight, take break away from tech) 當做功課（電話在視線之外，技術小息）



TECH TALK TUESDAYS 周二技術交談

[HTTPS://WWW.SCREENAGERSMOVIE.COM/TECH-TALK-TUESDAYS](https://www.screenagersmovie.com/tech-talk-tuesdays)



The screenshot shows a web browser window displaying the 'Tech Talk Tuesdays' page on the Screenagers website. The browser's address bar shows the URL <https://www.screenagersmovie.com/tech-talk-tuesdays>. The page features the 'SCREEN AGERS' logo with the tagline 'GROWING UP IN THE DIGITAL AGE'. A navigation menu includes links for HOME, ABOUT, FIND A SCREENING, HOST A SCREENING, TECH TALK TUESDAYS, RESOURCES, PRESS, and CONTACTS. The main content area is titled 'TECH TALK TUESDAYS BLOG' and contains the following text: 'OUR FILMMAKER, DR. RUSTON, SHARES HER FAMILY'S WEEKLY TOPICS TO HELP YOU MANAGE AND DECREASE STRUGGLES AROUND SCREEN TIME.' Below this text is a list of three bullet points: 'Subscribe to her TTT to receive conversation starters about social media, video game use, tech tips, latest research and more.', 'TTTs work any day but the key is to stick with it. Calm, consistent conversations about screen time can improve family and classroom dynamics.', and 'Get kids more invested in TTTs by starting each conversation with a positive about screen time.' At the bottom of the content area is a button labeled 'SIGNUP FOR THE TTT BLOG'. On the left side of the page, there is a vertical stack of social media sharing icons for Twitter, Facebook, Pinterest, Email, Google+, and Print. The browser's taskbar at the bottom shows several open tabs and files, including 'screenagers-cmcc.zip' and 'personal project 2...png'.

RULES AND BOUNDARIES + LOVE AND CARING

規則和界限 + 愛和關心

“Research shows that parenting with rules and boundaries, but with love and caring: promotes better everything; better grades in school, better relationships with their friends and better relationships with their family, everything!” ~Larry Rosen, Professor of Psychology & Tech

“The mistake that parents often make is that they assert their authority without justifying or explaining it in a way that makes sense to their child.” ~ Laurence Steinberg, Professor of Adolescent Development

當我父母願意深入交談時，情況好很多。—
片中青少年

PARENTS, WHAT'S NEXT? 父母下一步

- Media-free times together 放下媒體的相聚
- Media-free areas at home 在家沒有媒體的一角
- Need for adult supervision 成人監管
- Offline activities essential to decreasing screen time 屏幕外的活動
- Extracurricular activities lead to self confidence, better behaviour, better grades 有益身心課外活動
- Ongoing conversations regarding online safety and citizenship 網上安全和公民責任



PARENTS, WHAT'S NEXT? 父母下一步

- Counselor help (Chris' grandmother) 如果需要的話找輔導員
- There is no recipe 沒有一本天書
- **What fits your family in the current situation, at this point in time 尋找此時此境每家獨特的方案**
- Feel encouraged to come up with your own family action plan! 創作家庭行動計劃

FAMILY ACTION PLAN 家庭行動計劃

1. What is the biggest concern you have regarding the use of digital device? Why? 你對使用電子產品的最大關注是甚麼？為甚麼？
2. How would you like to change? Be very specific and set goals. 你希望有甚麼改變？設定具體目標
3. What are the foreseeable difficulties in keeping up with the goal? 有甚麼可預見阻礙達標的困難？
4. How to overcome those difficulties? 怎樣克服這些困難？
5. Monitor progress every week on... like Tech Talk Tuesday 每星期騰出時間檢視進展……像周二技術交談
6. Agreed upon by all family members 獲所有家人同意



THANK YOU FOR JOINING US
謝謝你的參與