

Vancouver College Parents Association and PIFE Presents



# SCREEN AGERS

GROWING UP IN THE DIGITAL AGE

Vancouver College

October 24, 2017



“

KIDS BRAINS ARE  
NOT YET FULLY  
DEVELOPED TO BE  
ABLE TO RESIST THE  
IMPULSE OF DEVICES  
& SOCIAL MEDIA

LARRY ROSEN

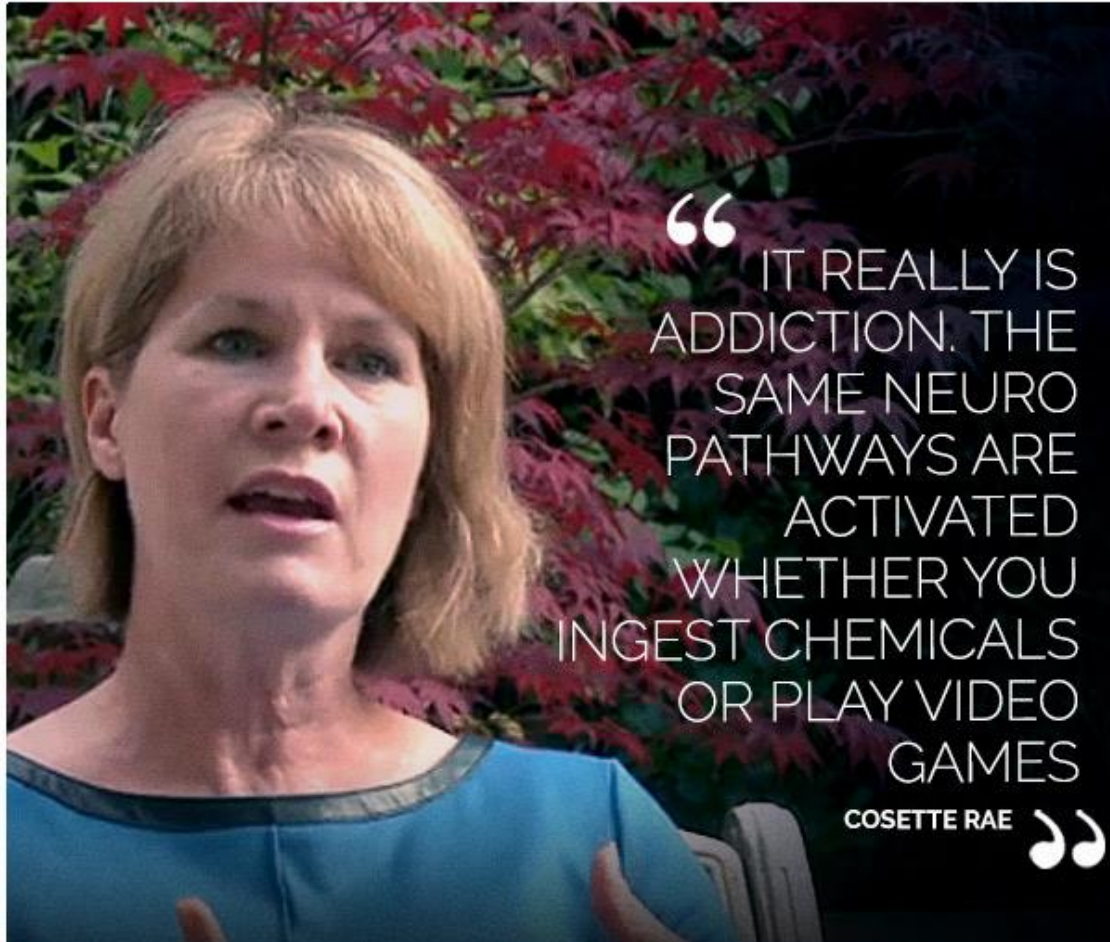
”

SCREEN  
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# Smartphones

- Reasons for wanting one:
  - Fitting in, “I’d be cool”
  - “I’ll look busy in awkward situations”
  - “I’ll be connected to the world and my friends”
  - “All my friends have one”
- Brain seeking (google) Dopamine
- Performance decreases when someone next to you has a phone
- Sherry Turkle: multitasking leads to **worse performance** under the impression of doing more
- Flash games=reward right now. Ability to self regulate can be increased over time
- Trust is established face to face
- Development of empathy



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# Video Games

- Dimitri Christakis: decreases empathy, sensitivity
- Kids: “it pulls you in, it’s addictive”, “it affects others, not me”
- No self regulation yet: “turns into different person when asked to turn game off”
- Pro social games (benefits, popular?)
- Overexposure in the young: permanent damage to brain cells (mice)
- Adolescent brain: Dopamine activity reward centres greater. Vulnerable to gaming addiction

# Tessa's Case

## Facts

- Mom wants to be thoughtful, deliberate
- Tessa wants smartphone
- All her friends have one
- Mom worried about technology's impact on child



# Tessa's Case

## Problem

- Friction arising from limit setting on technology use
- One way discussion/enforcing of rules
- No explanation of rule
- No reasons given for parent's concern
- No acknowledgement of what Tessa wants - connection to friends (can be good but also can be negative)



# Tessa's Case case

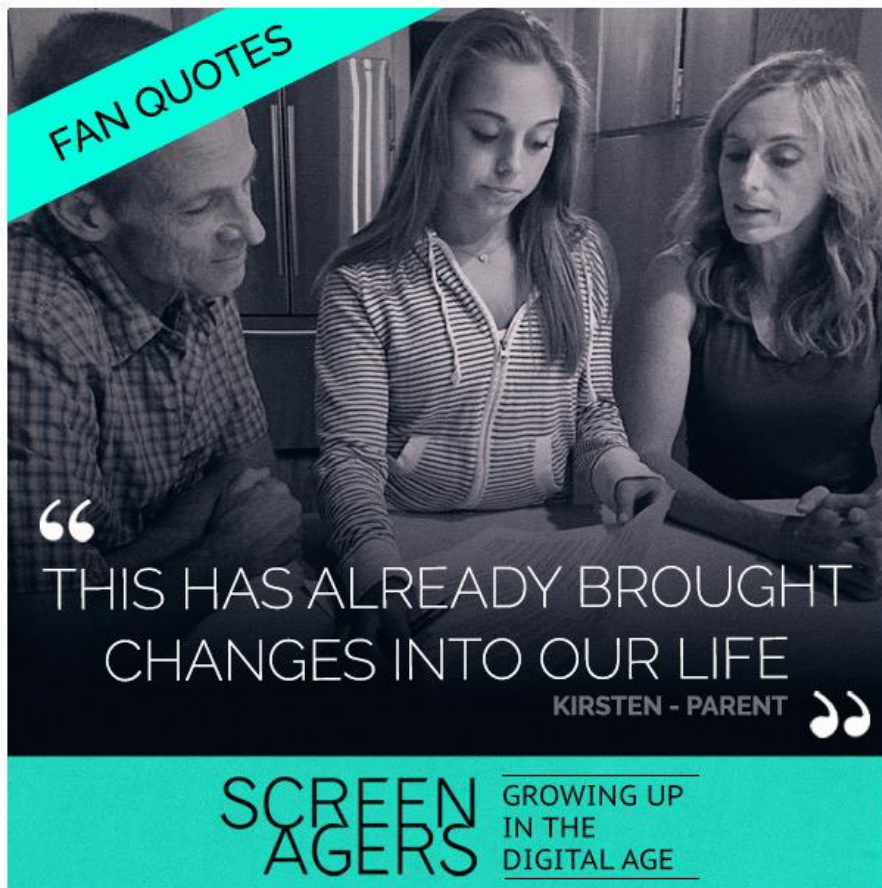
## Solution

- Contract
- Rework contract to involve Tessa
- Tech talk Tuesday  
(in progress, changing)
- No phones in the bedroom
- No cell phones in the car except for directions
- When doing homework (phone out of sight, take tech breaks)





# Parents, what's next?



- Media-free times together
- Media-free areas at home
- Need for adult supervision
- Offline activities essential to decreasing screen time
- Extracurricular activities lead to self confidence, better behaviour, marks go up
- Ongoing conversations regarding online safety and citizenship

# Parents, what's next?



- Counselor help (Chris' grandmother)
- There is no recipe
- What fits your family in the present context, at this point in time
- Feel encouraged to go home and come up with your own family media plan!

# Discussion Sessions

## **Student Discussions:**

Teen Boys - Theatre (downstairs)

Teen Girls - Alumni Room (upstairs)

## **Parent Discussion:**

Please remain in the gym

[www.screenagersmovie.com/tech-talk-tuesdays/](http://www.screenagersmovie.com/tech-talk-tuesdays/)

# SCREEN AGERS

[HOME](#) / [ABOUT](#) / [FIND A SCREENING](#) / [HOST A SCREENING](#) / [TECH TALK TUESDAYS BLOG](#) / [RESOURCES](#) / [PRESS](#) / [CONTACT](#) / [SEARCH](#)

## TECH TALK TUESDAYS (TTT)

In 2015, to decrease struggles in her home and foster healthy screen time, Dr. Delaney Ruston, Screenagers' filmmaker, started Tech Talk Tuesdays with her family. Dr. Ruston now shares her weekly TTT topics with thousands of families and teachers who have signed up.

- Subscribe to her TTT to receive conversation starters about social media, video game use, tech tips and more.
- TTT works any day, not just Tuesdays, but the key is sticking with it. Calm consistent conversations can really improve family and classroom dynamics and help kids become more mindful about screen time.
- Dr. Ruston found that a way to get kids more invested in TTTs is to start each conversation with everyone saying something positive about screen time. There are many great things about tech—and that is why we have to all work together to achieve balance.

## Tech Talk Tuesday Tips

Sign up for our Tech Talk Tuesday and each Tuesday we email you our latest tech tips and conversation starters.

[Addiction \(22\)](#)  
[Afterschool Activities \(2\)](#)  
[Anxiety \(5\)](#)  
[Behavior \(33\)](#)  
[Bullying \(5\)](#)  
[College \(2\)](#)  
[Communication \(23\)](#)  
[Digital Citizenship \(1\)](#)  
[Distraction \(40\)](#)  
[Family \(34\)](#)  
[Health \(16\)](#)  
[Instagram \(5\)](#)  
[Latest Usage Research \(1\)](#)  
[Media \(34\)](#)  
[Mental Health \(8\)](#)  
[Monitoring \(1\)](#)  
[Parenting \(37\)](#)  
[Phones \(46\)](#)

# Quotes from Screenagers:

SCREENAGERS ASKS:  
HOW WE CAN EMPOWER KIDS  
TO BEST NAVIGATE THE DIGITAL WORLD?




**KIDS SPEND  
AN AVERAGE OF  
6.5 HOURS  
A DAY  
ON SCREENS**

SCREENAGERS THE FILM

**SCREEN AGERS** GROWING UP  
IN THE  
DIGITAL AGE

SCREENAGERS ASKS:  
HOW WE CAN EMPOWER KIDS  
TO BEST NAVIGATE THE DIGITAL WORLD?



**FOR EACH HOUR OF  
TELEVISION  
PER DAY, CHILDREN CONSUME  
AN ADDITIONAL  
167 CALORIES.**

JOURNAL OF OBESITY 2010

**SCREEN AGERS** GROWING UP  
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SCREENAGERS ASKS:  
HOW WE CAN EMPOWER KIDS  
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**THE DOPAMINE WE GET FROM  
SCREEN TIME  
IS THE  
SAME CHEMICAL  
RELEASED  
WITH ACTIVITIES SUCH AS  
DRINKING ALCOHOL**

NEW YORK TIMES

**SCREEN AGERS** GROWING UP  
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SCREENAGERS ASKS:  
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**EXCESSIVE SCREEN TIME  
HAS BEEN LINKED TO  
POOR SCHOOL  
PERFORMANCE**

ARCHIVES OF PEDIATRIC AND ADOLESCENT MEDICINE 2013

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SCREENAGERS ASKS:  
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**THE MORE TIME  
CHILDREN SPEND USING  
DIGITAL DEVICES,  
THE LESS LIKELY  
THEY ARE TO FINISH THEIR  
HOMEWORK.**

AMERICAN ACADEMY OF PEDIATRICS

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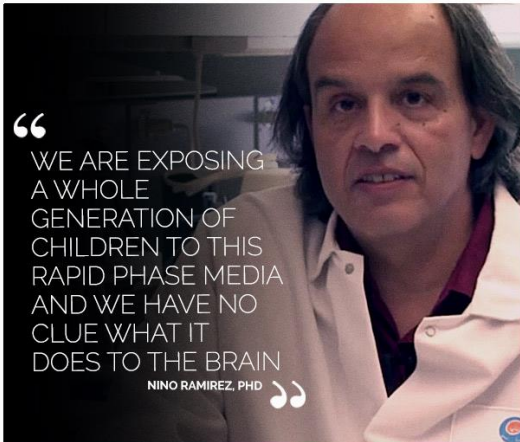


**SCREEN TIME  
FOR CHILDREN 2 - 5 YEARS  
SHOULD BE LIMITED TO  
1 HOUR A DAY**

AMERICAN ACADEMY OF PEDIATRICS

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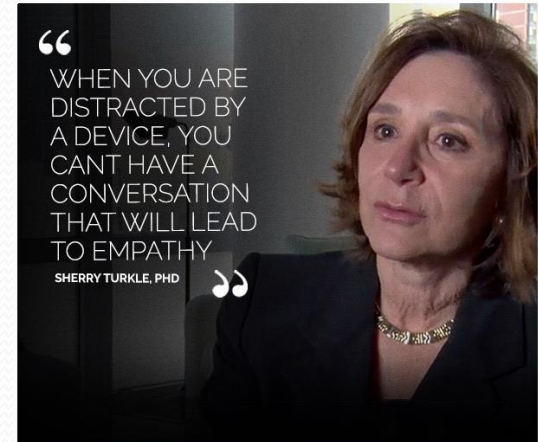
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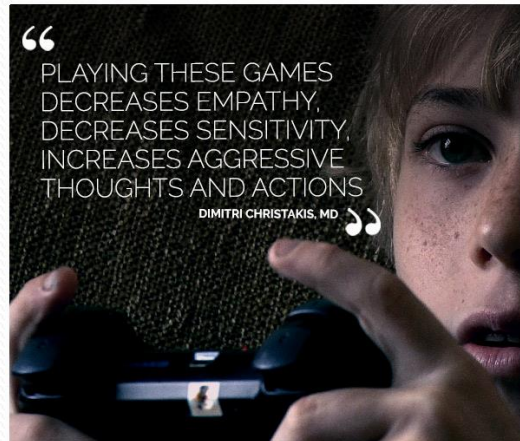
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# Thank you!



[www.pife.ca](http://www.pife.ca)