

PLEASE PUT DOWN YOUR CELL PHONE!

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Emotional/Social behaviors which may suggest technology addiction

Self-Isolation from real-life relationships. Creates higher risk for anxiety and depression.

Prefers to spend time online rather than with friends or family.

Forms new relationships with people he or she has met online (DANGEROUS).

Using the Internet to escape difficult emotions and situations.

Becomes irritable, moody or depressed when not online or asked to unplug.

Feelings of guilt about the amount of time spent online.

Using phone in dangerous situations (walking across street while only looking at phone).

Loses track of time while online and is resistant to "turning it off".

Excessive screen time sacrifices sleep, eating healthy, doing homework or chores.

Disobeys parental/teacher time limits that have been set for internet usage.

Lies about time spent online or "sneaks" online when supposed to be doing other structured activities.

Seems preoccupied with getting back online when away from the computer.

Loses interest in activities that were enjoyable before he or she had online access.

Exaggerated worry "freaked out" if cell phone connection (or the phone itself) is lost.

Physical symptoms which may suggest technology addiction

A drug-like withdrawal when not allowed to use the cellphone. The effects can include shaking, sweating, headaches, and nausea.

Weight loss/gain and poor nutrition when eating becomes secondary. Mindless eating while plugged in.

Insomnia and negative shifts in sleeping patterns.

Hand complaints (carpal tunnel syndrome) – associated with repetitive motions with excessive keyboard use.

Headaches, back pain, and neck pain.

Poor personal hygiene (neglecting this important issue in order to focus on online activities).

Dry eyes, eye strain, and blurred vision as a result of focusing on a small screen.

“Text neck”—chronic strain from looking down at a cell phone.

Decreased neural connectivity, leading to reduced emotional regulation and cognitive control.

Phantom vibrations of a non-existent cell phone going off. This happens to nine out of 10 cell phone users.

American Academy of Pediatrics (AAP) Screen time recommendations:

- For children younger than 18 months, avoid use of screen media other than video-chatting. Parents of children 18 to 24 months of age who want to introduce digital media should choose high-quality programming, and watch it with their children to help them understand what they're seeing.
- For children ages 2 to 5 years, limit screen use to 1 hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.
- For children ages 6 and older, place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.
- Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.
- Have ongoing communication about online citizenship and safety, including treating others with respect online and offline.

Presentation Sources:

Family Tip Sheets, Family Media Agreements, Device Contracts, Educator Resources, best *HEALTHY* apps for learning, (and tons more) at:

<https://www.commonsense.org/education/>

Explore the cyberbullying resources at:

<https://www.stopbullying.gov/>

HealthyChildren.org also has a Family Media Use Plan (build online):

<https://www.healthychildren.org/English/Pages/default.aspx>

American Academy of Pediatrics - New Recommendations for Children's Media Use <https://www.aap.org/en-us/Pages/Default.aspx>

Recommended Books:

- Lucy Jo Palladino, PhD. *Parenting in the Age of Attention Snatchers*. Boston, MA: Shambahala Publications 2015.
- Janell Burley Hofmann. *iRules*. Rodele Press. New York, N.Y. 2014.
- Edward Lyman, M.D. & Ellen Bowers, PhD. *The Everything Parent's Guide to Teenage Addiction*. Avon, MA: Adams Media 2014.
- James P. Steyer. *Talking Back to Facebook*. New York, N.Y. Scribner 2012.
- Nicholos Kardaras, PhD. *Glow Kids*. St.Martin's Press. New York, N.Y. 2016

Childcare Providers in Oregon:

- Check out Oregon QRIS at <http://triwou.org/projects/gris>
- Standards Page/HS6 Health & Safety – Screen time

Online articles:

- *How young is too young for a smartphone? We asked the experts* by Simon Hill (2016). <https://www.digitaltrends.com/mobile/right-age-for-smartphone-child/>
- *The Latest on Teen Cell Phone Addition* (April 2017). <https://www.newportacademy.com/resources/mental-health/teen-cell-phone-addiction/>

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