



Your child's brain
on technology:
social media

Managing Social Media usage for Children & Adolescents

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Pathological electronic media use

- refers to a persistent and maladaptive use of electronic media, resulting in psychological and/or physical problems.
- In particular, *online video-gaming* is increasingly recognized as a potential significant psychological and health problem among adolescents
- *Internet Gaming Disorder* – DSM V

San Diego State University study

- "By far the largest change in teens' lives between 2012 and 2016 was the *increase in the amount of time they spent on digital media*, and the subsequent decline in in-person social activities and sleep".
- "The *advent of the smartphone* is the most plausible explanation for the sudden decrease in teens' psychological well-being."
- The happiest adolescents in the survey were those who used digital media for *less than one hour a day*

Study by Common Sense Media – 2600
young people ages 8 to 18

- Teens (13-19 yo) in the United States spend about NINE hours using media for their enjoyment. (Not for study)
- Tweens (8-12yo) spend about SIX hours

Technology Trends

- Boys choose Xbox, girls Instagram
- Girls spend 90 minutes on an average on Social Media – 40 minutes more than boys
- Boys are more likely to become addicted Gamers

2019

THE COMMON SENSE CENSUS: MEDIA USE BY TWEENS AND TEENS

Amount of daily screen use, not including for school or homework



Tweens: **4 hours, 44 minutes**



Teens: **7 hours, 22 minutes**

By socioeconomic status

Tweens in higher-income homes: **3:59**

Tweens in lower-income homes: **5:49**

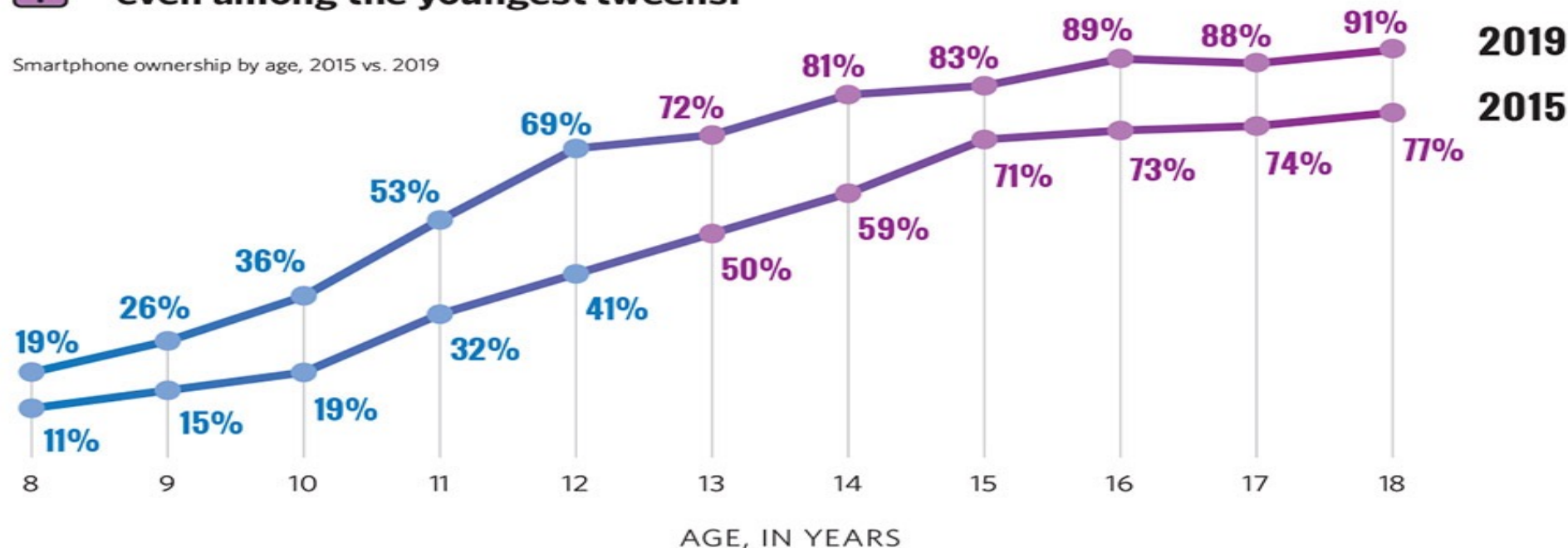
Young people in lower-income homes use nearly two more hours of screen media a day than their peers in higher-income homes.

Note: "Lower income" is <\$35,000; "higher income" is \$100,000+ per year.



Smartphone ownership has risen dramatically, even among the youngest tweens.

Smartphone ownership by age, 2015 vs. 2019



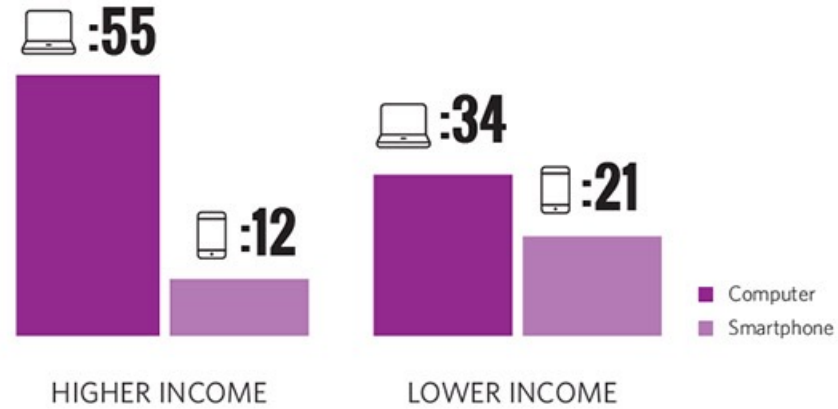


Homework gap

Teens in lower-income homes spend less time using computers and more time using their phones for homework than their peers in higher-income homes.

Average minutes per day 13- to 18-year-olds spend using each device for homework, by income, 2019

Note: "Lower income" is <\$35,000; "higher income" is \$100,000+ per year.



Top screen media activities for tweens and teens

Proportion of screen time devoted to various media activities, 2019

#1

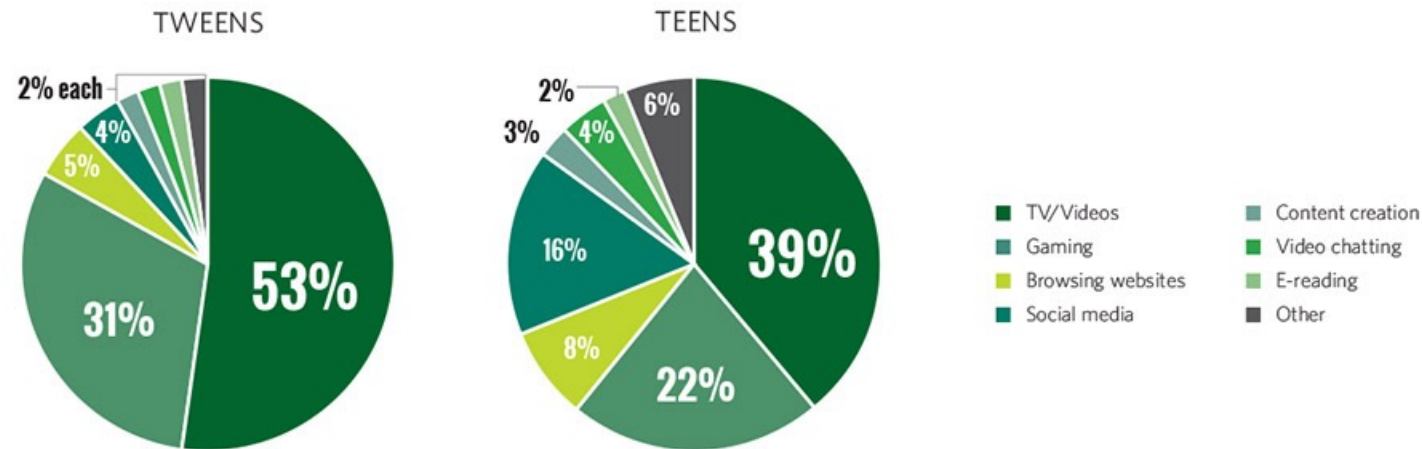


Watching TV/videos

#2



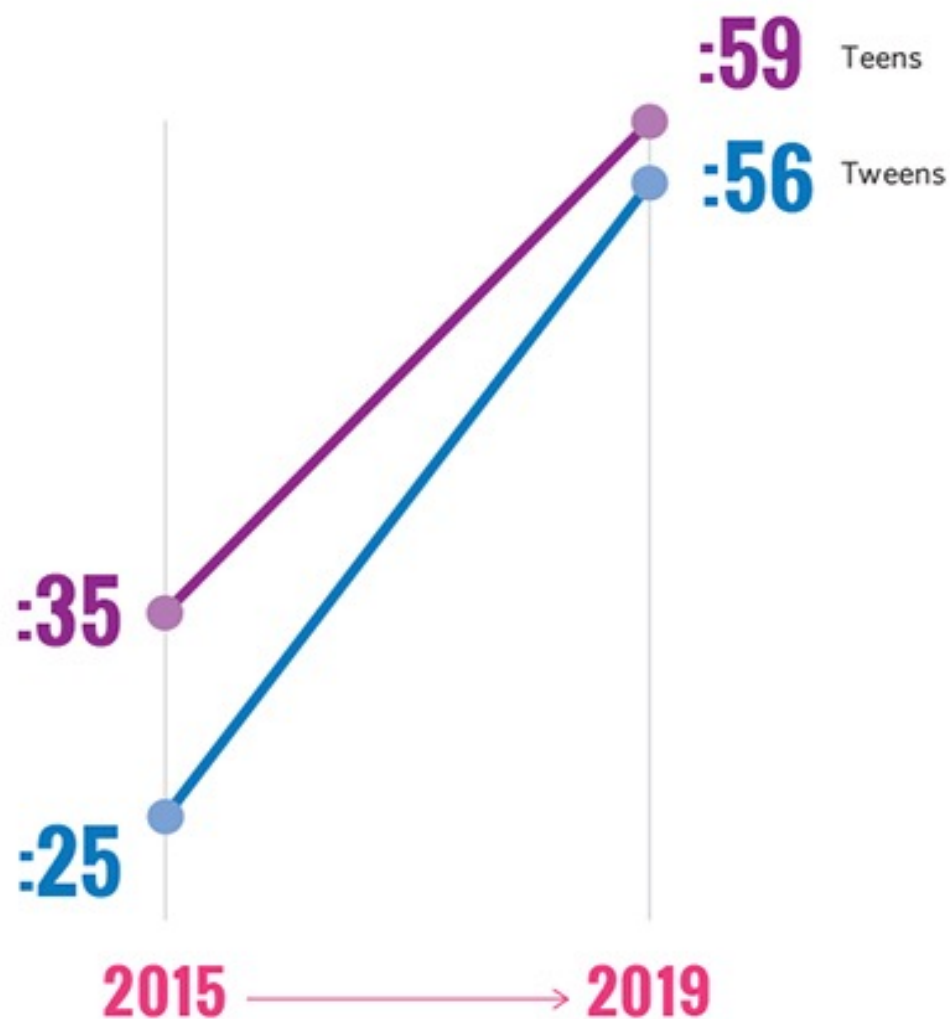
Playing games



Note: Content creation includes writing on digital devices, making art, or creating digital music. "Other" includes using GPS or other functional apps, using email, shopping, and doing any other digital activities not specifically asked about in the survey.

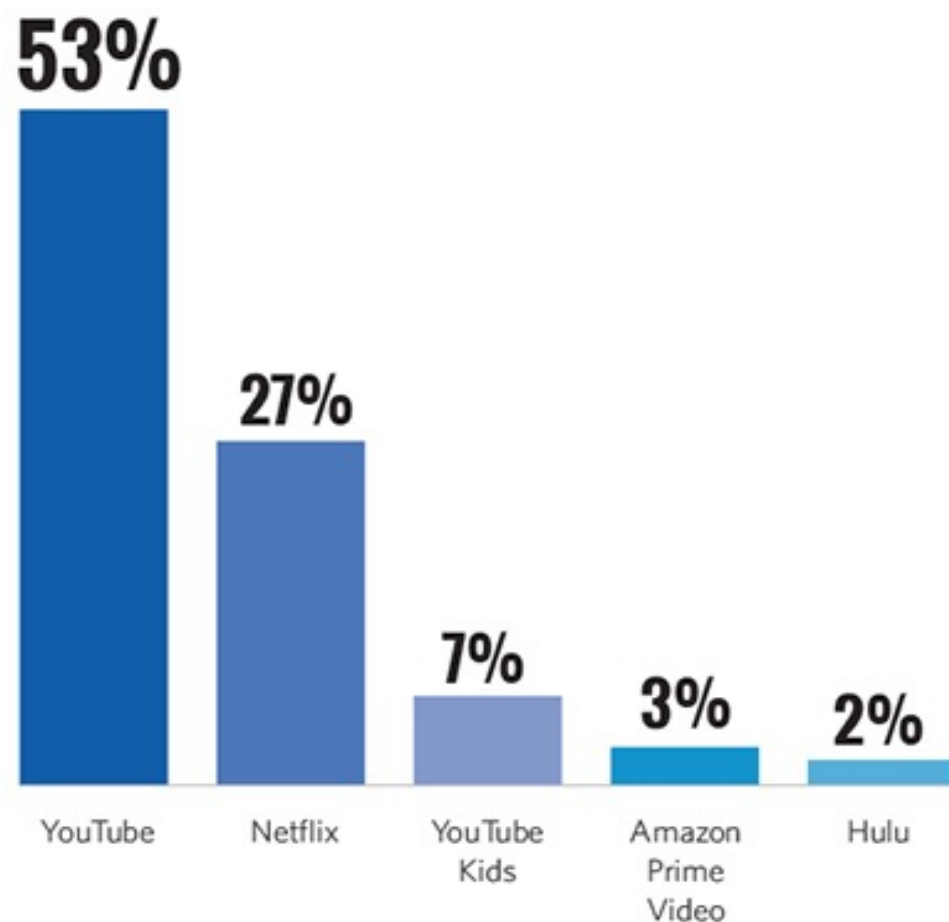


Time spent watching online videos has increased substantially.



For tweens, YouTube dominates the online video space.

Online video or subscription platforms used "the most" by 8- to 12-year-olds



'It's a mobile world'

- 53% of tweens kids 8 to 12 have their own tablet
- 67% of teens have their own smartphones.
- Mobile devices account for 41% of all screen time for tweens and 46% for teens.

The Upside of Social Media for Teens

- Teens are hardwired for socialization, and social media makes socializing easy and immediate.
- Kids with Social Anxiety, Autistic Spectrum Disorder, or lack of easy access to socialization – could benefit from Social Media
- Teens in marginalized groups—including LGBTQ teens
- Supportive/supervised groups for teens via social media – depressed teens living in isolation vs finding support.

Issues with Social Media & Homework:

- What's wrong with multitasking??
- >50% teens/tweens watch TV or use Social Media while doing homework
- >75% listen to music
- >60% text
- IT'S DISTRACTING!!

Why to Monitor our kid's Social Media Usage:

- 71% of teens admit to hiding on-line activities from their parents. “Parents won’t allow it”!
- Child predators/pedophiles
- Mental health issues
- Cyber-bullies
- Sexting
- LMIRL: *Let's Meet In Real Life* and can be dangerous

Effects of Social Media Dependency

- Withdrawing from face-to-face social interaction.
- Consistent anxiety, stress or feeling overwhelmed by normal routines.
- Grades begin to slip and incomplete
- Avoidance of real life responsibilities, such as chores or homework.
- Ill at ease, ill-equipped or unresponsive to people in front of them.
- Phubbing—teens snub people next to them by looking down at their phone.
- Phones begin to create conflict in their closest relationships.

Psychological Effects of Media Dependency

- Studies show direct and consistent correlation between Sedentary Screen Time and rates of *depression & anxiety*.
- Sleep-related disturbances
- Low self-esteem issues (comparing)
- Poor academic achievement
- Irritable Moods
- Less face time – poor social interaction skills, lack of empathy and compassion



Instagram Dangers

**Protect
Young
Minds**

Instagram and Your Kids: 5 Hidden Dangers

- **I can bully kids and not get caught – using ‘Finstas’**
- **I can easily find porn. Yes, straight up video sex**
- *parental controls on iOS or Android don't work on Instagram app – and search history can be cleared*
- **I can access Tumblr, Google, Bing, Yahoo and Twitter without ever leaving Instagram**
- **I can transform myself into a prettier me....**



Deeprootathome.com



Effects on Media Usage on Sleep

- media directly displacing sleep,
- media causing increased cognitive, emotional, or physiological arousal.
- bright light exposure from media causing circadian rhythm delay

Limit Screen Time



Screen time is addictive and interferes with relationships.

- 1) For young children, be careful about using the TV as a babysitter.
- 2) Do not allow computers or TVs or cell phones in children's rooms.
- 3) Make agreements with children about how much TV, video games, texting and internet time is reasonable.
- 4) Brainstorm fun alternative activities that bring family members together.

Suggestions to Parents :

- Limit screen time to 60-90 minutes of media (ALL SCREENS)
- Make non-screen time meaningful – encourage self play, play-dates, extracurricular activities (sports, arts/crafts, drama), family bonding time.
- If you allow Video Games, play those games with your kids! Play family based games.
- Parents need to manage their OWN screen usage.
- Make media use a reward after completing homework/studies.

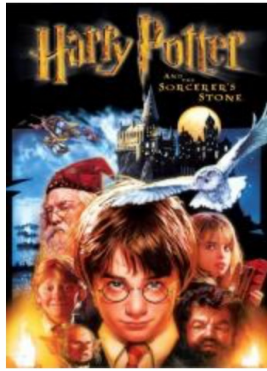
Safety issues – What do Tech Experts say:

- Parent Controls can be easily circumvented. Still check Privacy settings every 6 months.
- Discuss the perils of social media, give examples, expose vulnerabilities, educate your kids and teach them tech!
- Teach them time management, encourage responsibility/judgment
- Invest in Wi-Fi blocks rather than taking away individual screens
- Be ready to collaborate with other kids parents re: setting limits on devices (Online Gaming, Social Media, Facetime/Skype)

- Kids should get Zero Privacy and Zero expectations of Privacy
- Experts agree 1st phone for any kid needs to be a flip phone.
- Age for 1st smartphone??
- Follow a strict phone curfew
- No screens at least 90 minutes before bedtime

'Phone Contract'

- Parent buys the phone, parent owns the phone.
- It should be based with love and understanding & mutually agreed upon.
- Parent should be diligent/responsible with supervising phone & taking it away with inappropriate use.
- Media-free homework time
- Media-free family meals time



Common Sense says

✓ age 7+ ★★★★★ *i*

First Potter movie is a magical ride but also intense.

PG | 2001 | 152 minutes

♡ Save | ☆ Rate movie

Parents say
age 8+

★★★★★
Based on [118 reviews](#)

Kids say
age 7+

★★★★★
Based on [352 reviews](#)

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🏆 We think this movie stands out for:
• [Character Strengths](#)

A LOT OR A LITTLE?

The parents' guide to what's in this movie.

A+ ● ● ● ● ●
Educational Value

● ● ● ● ●
Positive Messages

● ● ● ● ●
Positive Role Models & Representations

💣 ● ● ● ● ●
Violence & Scariness

💋 not present
Sexy Stuff

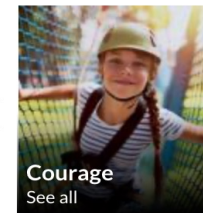
#! not present
Language

💰 not present
Consumerism

🍷 not present
Drinking, Drugs & Smoking

CHARACTER STRENGTHS

Find more movies that help kids build character.



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unicef 
for every child

THE STATE OF THE WORLD'S CHILDREN 2017

Children in a Digital World

