

Dr. Ryan Smith

- Marriage and Family Therapist
- 13 Years in Public Education
- Teacher, Coach, Technology Facilitator, Family Therapist
- Founded clinic for Family Counseling in Schools
- President of the Texas Association of Marriage and Family Counselors
- Author of a published study on the Impact of Social Media on Marriage
- Clinical Research Focus: Impact of Technology on Relationships and Relational Functioning
- 7 Years in Private Practice
- Family Life Minister in Rockwall





Relax

There is no judgment here.

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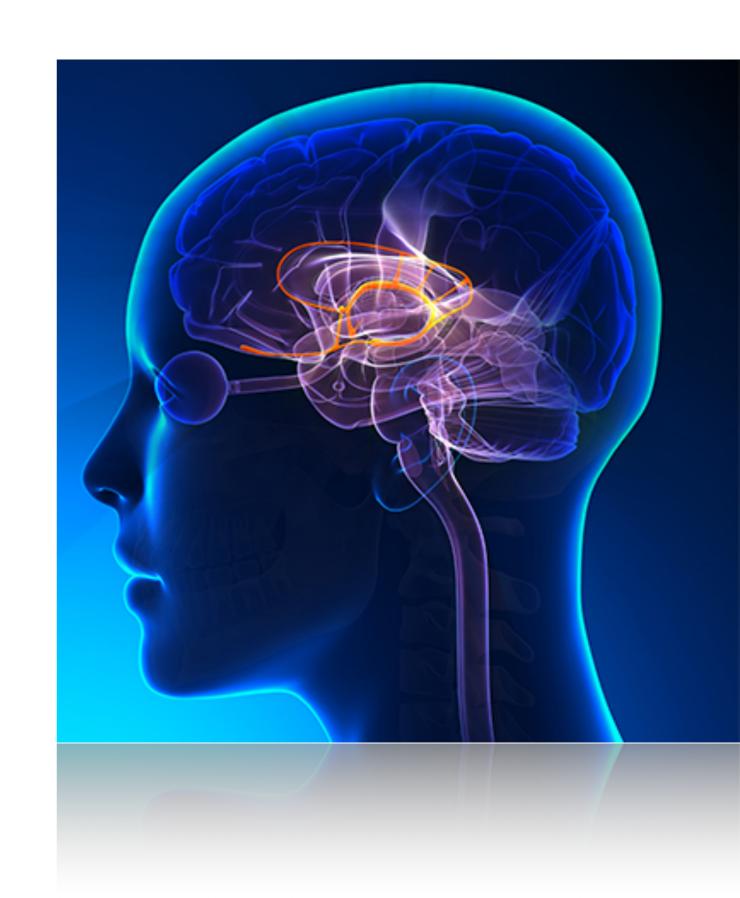
Then click on "Digital Kids"

It's the not the technology.

It's us.

The Limbic System

- Amygdala
- Basic Functions
 - Breathing, Blinking
- Innate reactions
 - Fight or Flight
- Strong Emotions
 - · Anger, Fear



Cerebral Cortex/ Prefrontal Cortex

- High level cognitive functioning
 - Decision making
 - Future Planning (tomorrow or next year)
 - Inhibiting inappropriate behavior
 - Social Understanding
 - Self awareness
 - Imagination
 - Empathy
 - Morality



What happens when we introduce technology to developing brains?

Some Numbers

- Digital stimulation:
 - Every hour per day = 10% increase in the likelihood for later attention problems
- Cognitive stimulation:
 - Every hour = 30% decrease in likelihood for later attention problems

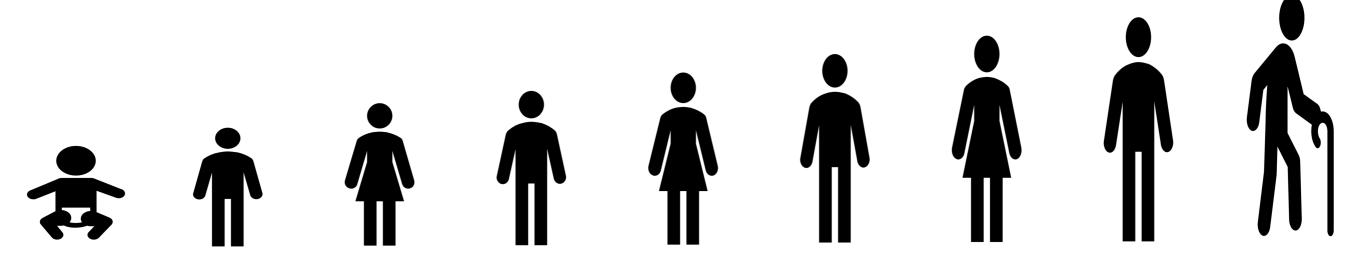


But Why???

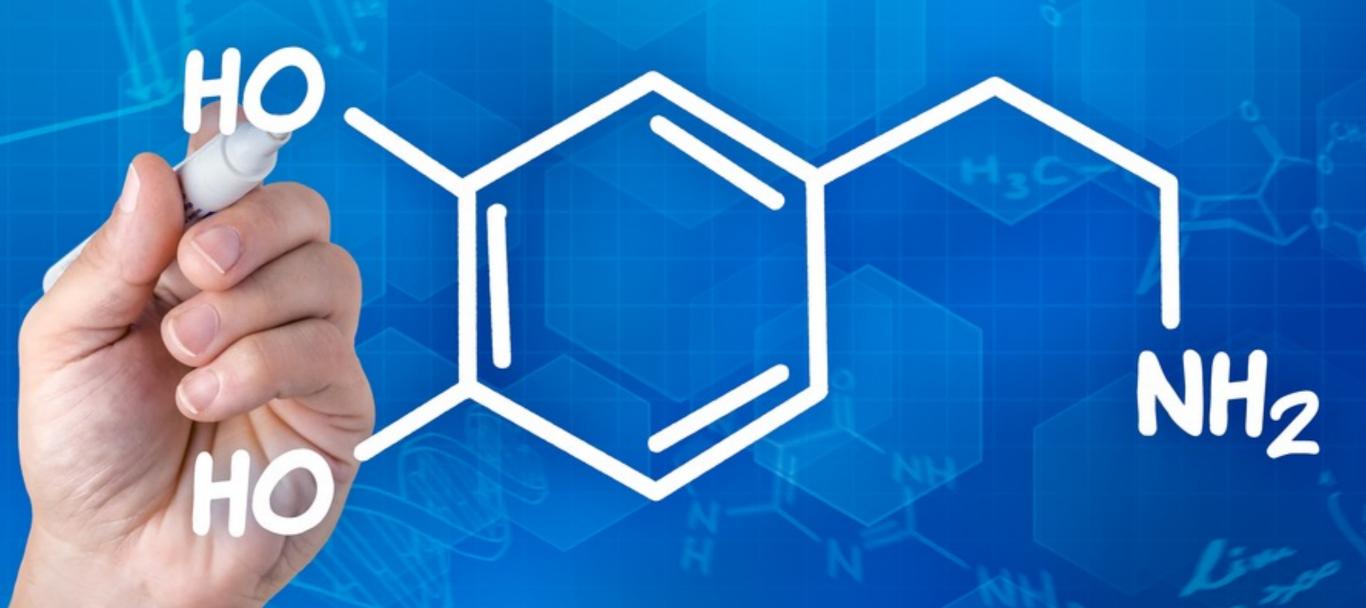
Inattention in early education is positively correlated to the expectation of high levels of stimulation and rapid pacing created by digital input.







DOPAMINE



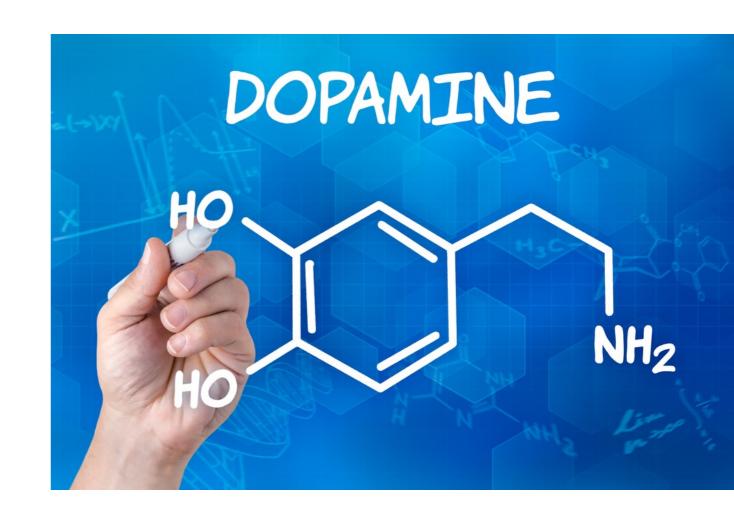
Dopamine

- A neurotransmitter that helps control the brain's reward and pleasure centers.
- Helps regulate emotional responses
- It enables us not only to see rewards, but to take action to move toward them.
- In other words... it predicts rewards.
- When we get a dopamine rush, it feels good and we want more of it.



Dopamine

- During adolescence, the "path" for dopamine is wider.
- This enhanced dopamine release causes adolescents to gravitate toward thrilling experiences and exhilarating sensations.
- In other words, they chase what gives them dopamine releases.

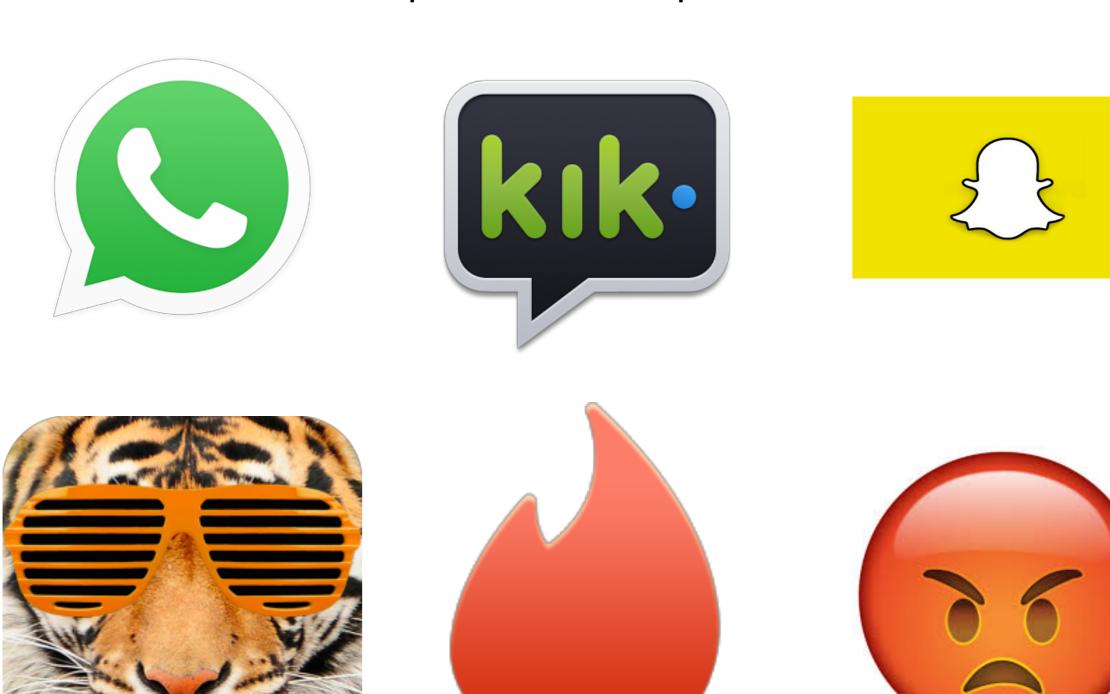








Dopamine Dispensers



Most of us worry about one question;

"What are they doing with technology?"

A question that's just as important is,

"What is the technology doing to them?"

How Social Media Affects Children

- Increased feelings of comparison and jealousy in participants as young as 10.
- Increased feelings of envy and conflict
- Participants (adults and kids) were 40% less likely to rely on face-to-face interaction when seeking out a confidante
- SNSs were negatively correlated to family connection from the perspective of the child
- Lower life satisfaction, heightened envy

Some other findings...

Researchers found that the adolescents displayed issues such as:

- An inability to control urges to look at their phone
- They used the device as an escape and for avoidance of undesirable feelings
- Their phone use created problems for them such as a feeling that they were spending more time using it than they desired yet they were unable to stop.

It's not just the biological impact.

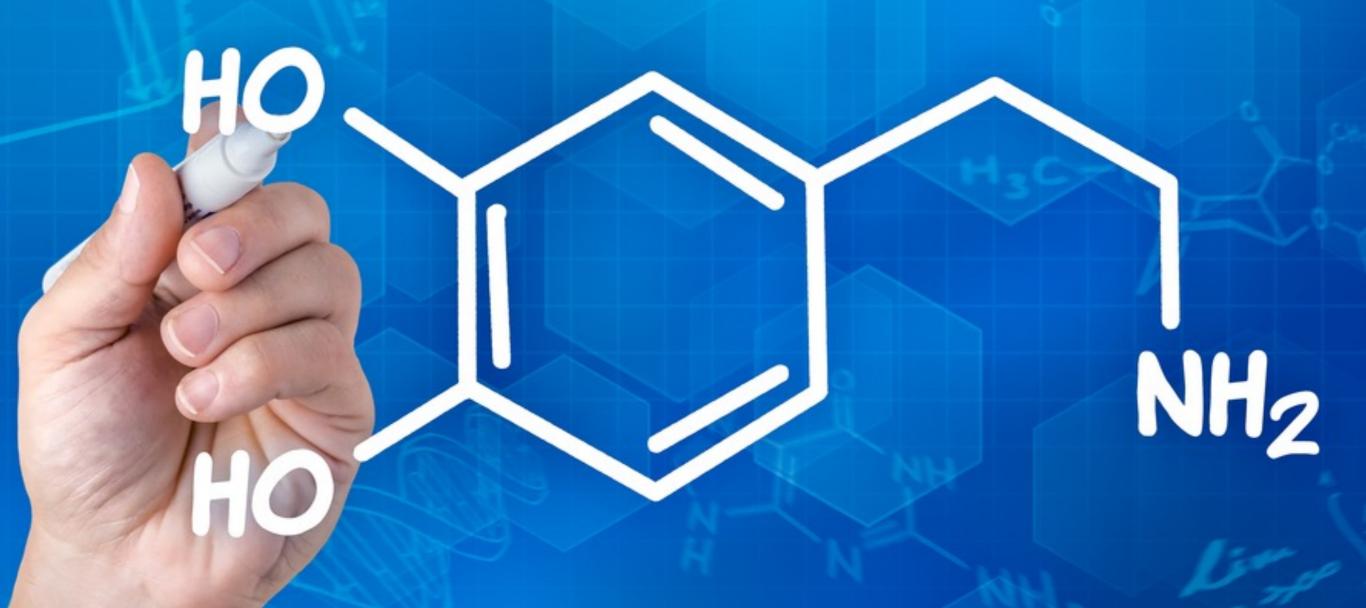
There's a social component as well.

Modern technology is rearranging and redefining social norms, which it should.



This is not a "kid problem"

DOPAMINE



In a very biologically real way, our cell phones are making us less happy with anything that isn't our cell phone.

Attacking Intimacy in Adults

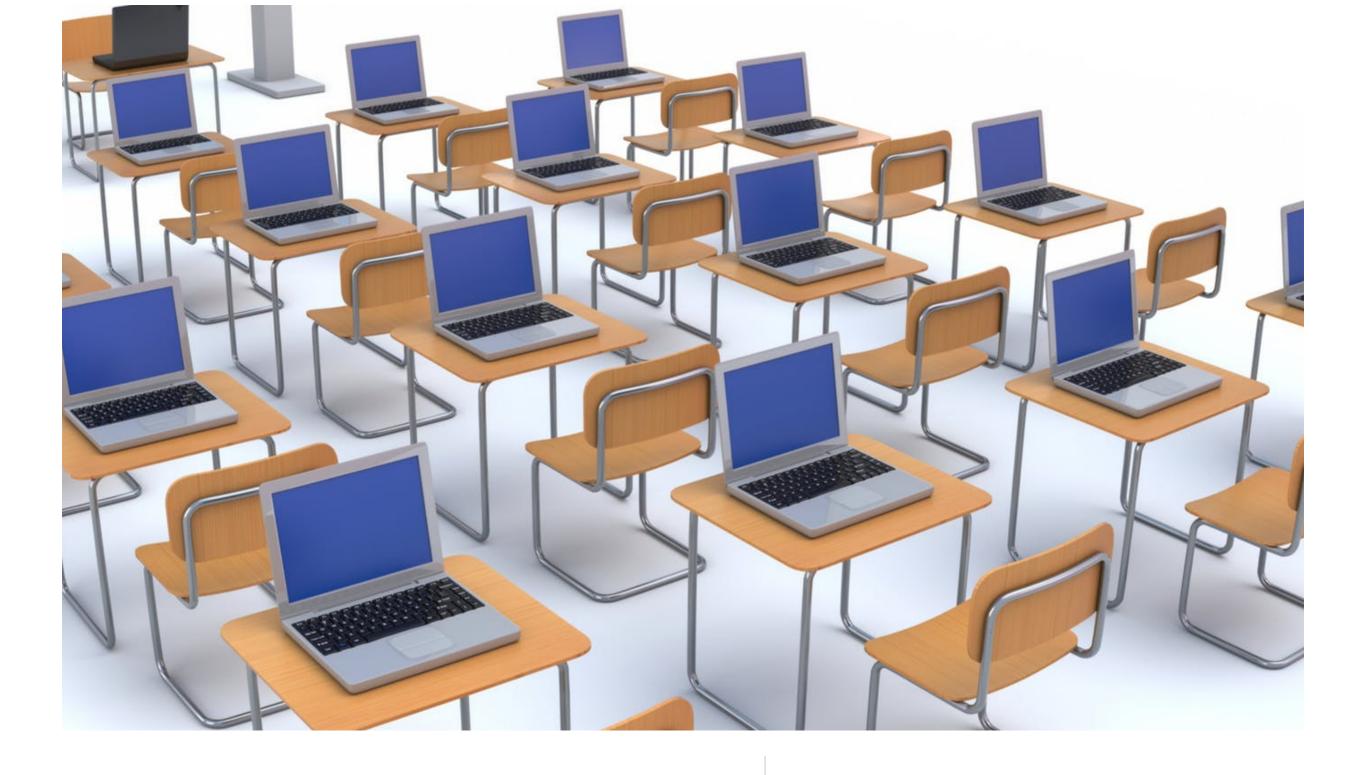
- The presence of a cell phone results in lower levels of intimacy between the two people talking.
- (Przybylksi & Weinstein, 2013)
- (Misra, Cheng, Genevie, and Yuan, 2014)



Unintentionally, we create phone-obsessed homes and then blame our kids for their phone obsessions.

We are the most distracted culture in history

- There's nothing "wrong" with kids today.
- When adults aren't around, kids test limits. They always have.
- Adults are not around A LOT now, even when they're in the same room.



A Note About Schools

So kids are horrible little monsters, our society is going to crumble, and we're going to "like" it while posting car selfies.

Great.

Now what?

Talk

With purpose, openness, and clarity.

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Everyday, Everyone

Devices must be put away by ___ 01 weeknights and _____ weekends All devices charge in master bedroom at 02 night (no devices in kids rooms during sleeping hours) No devices during family meals, game 03 time, or tech free time*

*Tech free time is flexible and will be implemented by request. A 3-minute notice must be given

Kids

No locked screens	04
No secret social media/email/networking accounts	05
No arguing if a parents asks to see my phone	06

Kids

07

08

09

Add your own here

Parents

No work contact after

	10
Pictures of kids posted online must be approved by kids first	11
No devices during sleeping hours	12
No choosing phones over kids	13
Add your own here	14
Add your own here	



Smith Family Technology Plan





Social Media

being mean to people online	10
No pictures may be posted/sent that parents would not approve of	16
Add your own here	17
Add your own here	18

No making fun of, complaining about, or

Video Games

Add your own here	19
Add your own here	20
Add your own here	21

Add clarifications here

Slip-Ups

Devices surrendered for 24 hours	1-3
Devices surrendered for 48 hours	4-9
Add your own here	10-14
Add your own here	15-18
Add your own here	19-21
Add your own here	25-30

Family Goals

Add your own here

Add penalty for parent slip-ups here

Connect as a family on a networking app.	22
Create and maintain a shared family calendar.	23

Reminders

Devices are not private	25
Data plans are limited	26
Calls or texts from parents are answered	27
Broken phones don't get replaced	28
Add your own here	29
Not arguing about your phone being taken away will allow you to reduce your penalty time by 50%	30

Family Signatures

Add comments here

24

Join them.

Always be learning.

The tech world moves fast.



Make conscious decisions about when to introduce what.

So..... When?

- 1. Why?
- 2. Can your child follow rules at home and school with minimal supervision?
- 3. Do they lose things?
- 4. Is there a safety concern that the phone is addressing?
- 5. Would more access to friends benefit them?
- 6. Are you prepared to monitor every day, discuss it regularly, and engage in conversations about anything they may see that you wish they hadn't?

If you choose "No"

- Don't be swayed by hearing that "everyone else is doing it".
- Talk to your kids about it. In depth. Be open about struggles you may have.
- Don't apologize or be sheepish about it with your kids.
- Decide on the next time you're going to reevaluate it and then commit to saving that conversation until then.

If you choose "Yes"

- 1. Use every platform that they use
- 2. Set hard limits on usage
- 3. Create tech free zones and stick to it (Family Tech Plan)
- 4. Monitor everything... Literally, everything... Daily if you can.
- 5. Don't allow games, video streaming, or SNS unless you're physically present.
- 6. Expect that they will be exposed to things you didn't plan for
- 7. They **must** be pursuing hobbies and interests
- 8. They must be successfully interacting socially with friends and family (analog)
- 9. The best parental control app is you (kids can circumvent just about anything)

Teach resilience and proactive safety.

They're going to need it.

Teach awareness.

Who are we showing the world we are?

Awareness Activity

- www.samandscout.com
- http://www.samandscout.com/ social-media-inventory-forhigh-school-students/
- Purpose was to analyze student behavior on social media.



People You Don't Like/	I	
"Sub-tweet"		
300-111001		
Selfle		•
		_
Questionable		-
Language		
Show-off		-
Quotes/ Song Lyrics		•
Teenage Angst/		
Anti-Authority		
Weather/News		•
, , , , , , , , , , , , , , , , , , , ,		
Positive/Happy/Thanks		•
TV/ Sports/ Music		
Wouldn't Want My		•
Parents to See		
1 010111510 000		
Wouldn't Want A		•
Future Employer/		
College to See		
Sexual/Sexual		
Innuendo		
Boyfrlend/Girlfrlend		•
		•
		-

Recognize how hard this is.

Plan for that. You need each other for accountability.

The Kitchen Safe







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