



Hazelden
Foundation



Behind the Screen (Part II): Identifying Strategies to Keep Technology from Controlling Your Family

Jessica Wong Hazelden/Betty Ford

Mathew Meyers, MA, LMFT Traverse Counseling & Consulting



TRAVERSE
COUNSELING & CONSULTING

Goals for the Evening

Review

Review content from previous session

Balance

Finding balance with the use of technology in the home

Communicate

Talking with your family about Technology

PEARLS BEFORE SWINE

BY STEPHAN PASTIS

I feel so lonely all the time.



I do too.



At least we have social media.



Yeah, in such a cold world, it's given me real hope.



Right, like we have a community.



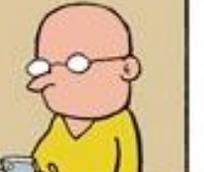
Yeah, instead of always being surrounded by strangers.



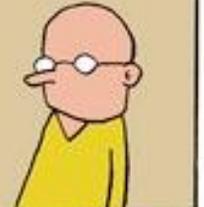
Right. Like at the cafe I go to. No one even talks to me.



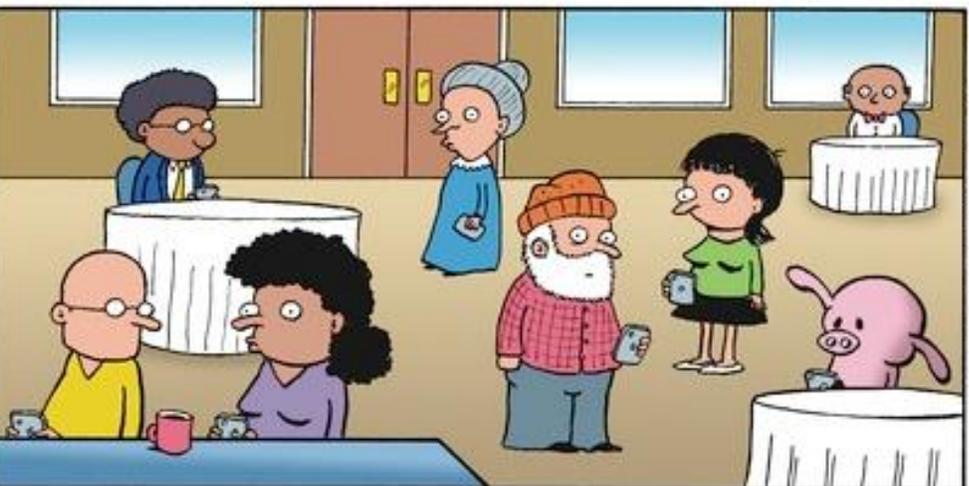
Mine too.



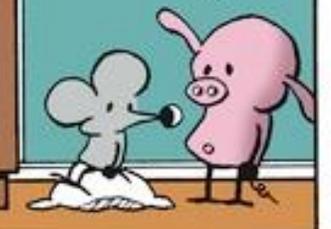
Same as mine.



Guys... Are we all at the same cafe?



THIS IS A VERY CONFUSING AGE.



© 2017 Stephan Pastis Dist. by Andrews McMeel Syndication

Technology Trends Amongst Youth

According to a CNN article, 90% of children have an online history by the age of 2

Kids spend an average of 7.5 hours a day on entertainment technology

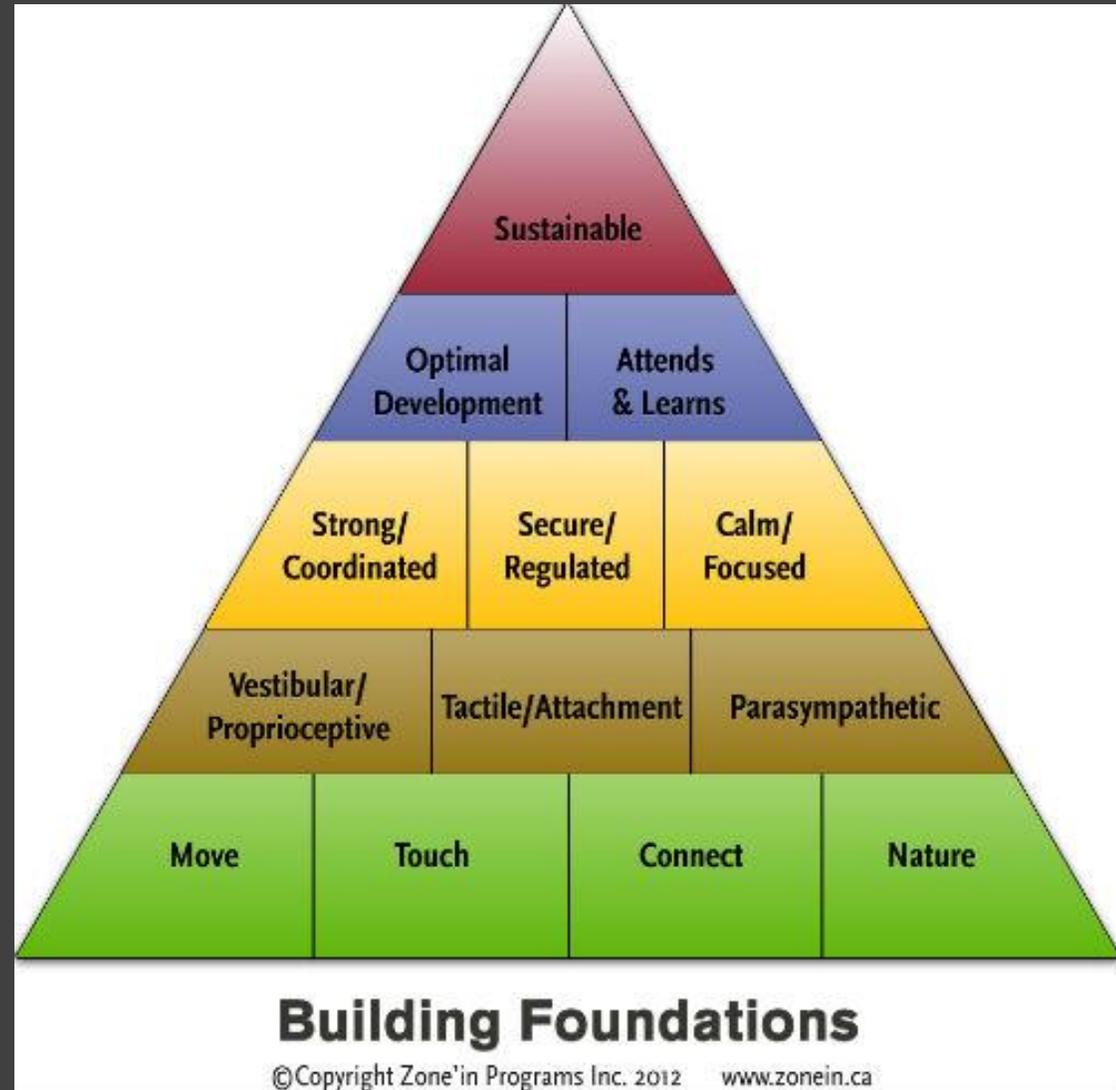
50% of kids report feeling addicted to their devices

According to a Pew research study, 25% of kids report being online through mobile devices almost constantly

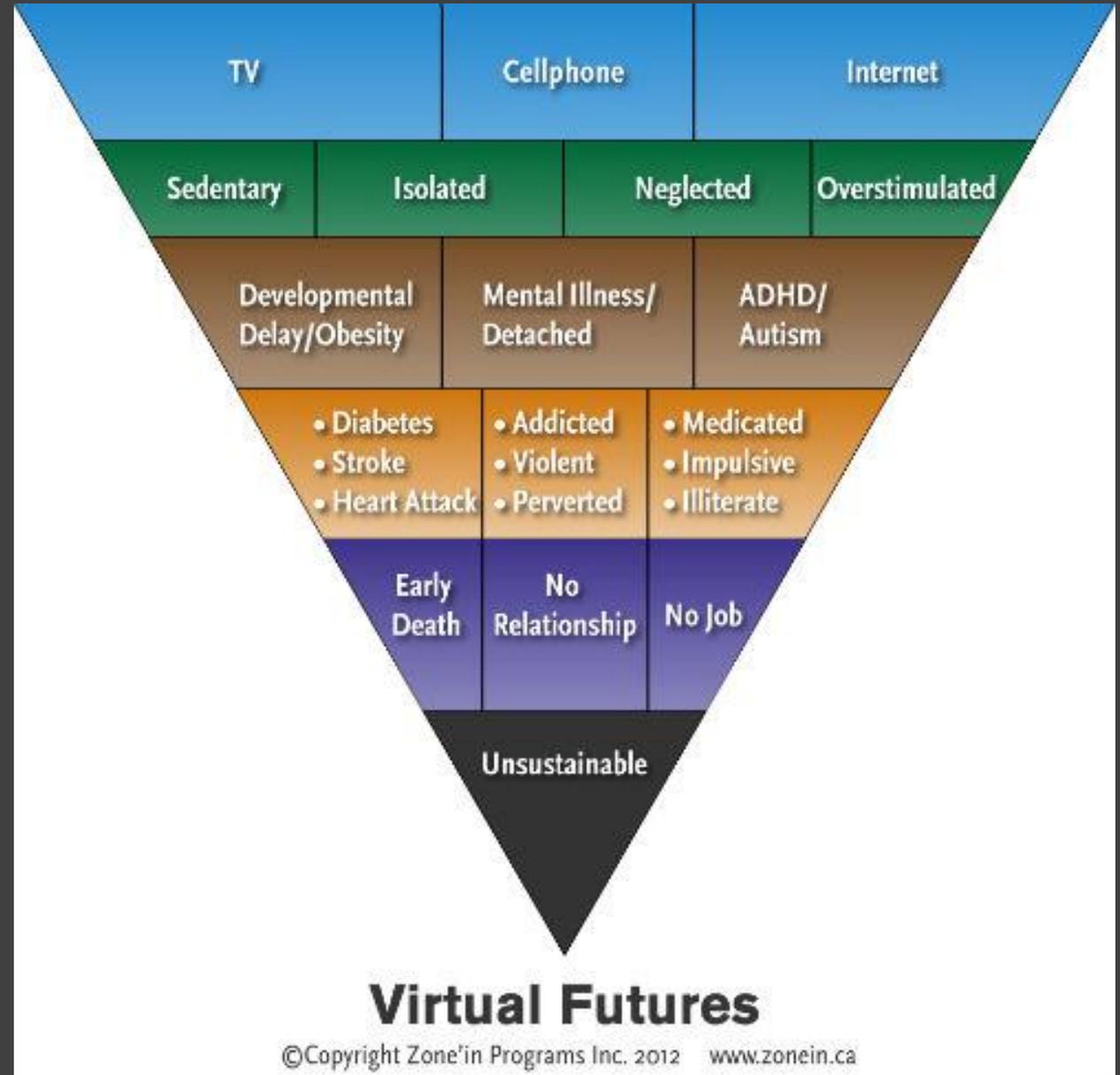
Technology in the Family

- Video clip: <https://www.youtube.com/watch?v=q0gxiwYTWJc>

Building Foundations



Building Foundations



Attachment & Relationships

- Implications of low/no Touch on development
- Belonging without being known
- Security but no intimacy
- Mirror Neurons – emotional experiences are co-created





Wired for Addiction to Technology

- Operant Conditioning
 - Negative Reinforcement:
 - Distracts from difficult feelings – anxiety, depression, poor relationships
 - Positive Reinforcement:
 - Novel
 - High Intensity and Arousal
- The developing brain has a robust dopamine system
- Developing brains do not consider negative consequences
- Developing brains prefer high reward for low effort

Bullying and Technology

- Technology has increased exposure to ridicule and bullying exponentially. One classmate's mean-spirited remark on Facebook can quickly morph into an all-out cyber campaign of spite.
- As a teen, your entire life is about your peer relationships and what people think of you.
- Social media intensifies bullying in two powerful ways.
 1. Bullying now has a more public venue with friends, classmates, and noninvolved parties able to view and respond to postings.
 2. Bullying carries lasting harm—what once was a comment made in the school hallway is now a permanent message that can be recorded and stored.



Cyber bullying

- Over half of adolescents and teens have been bullied online, and about the same number have engaged in cyber bullying.
- Only 1 in 10 teens tells a parent if they have been a victim
- 11% of teens had embarrassing or damaging pictures taken of themselves without their permission.



What Can Caregivers Do About Cyber Bullying?

- Talk to youth about the positives & the potential dangers of technology.
- Use “what if” examples to help make a plan before there is a problem.
- Stay updated on child’s online activities.
- Teach kids these steps to deal with a bully:
 - **STOP** – if you receive an offensive message, DO NOT respond.
 - **BLOCK** – block the cyber bully and limit communication about the incident.
 - **TELL** – inform a trusted adult about what is happening. Do not erase anything.

Pornography

- "The Naked people in your smartphone"
- The Business of exploiting our hardwired response to sexuality
- The exploitation of women
- Distorts reality



Pornography

- Pornography generates more revenue than MLB
- For every 400 films made in Hollywood, 10,000 porn films are made
- 3% of Boys and 17% of Girls have never seen Pornography (Star Tribune, Feb 14th 2017 (or 97% of boys have and 83% of girls HAVE seen it.)
- **Porn is part of our culture and is here to stay.**

Pornography

- In undergraduate college males, depression, anxiety, stress and social functioning were significantly related to online porn use, and more using was related to greater problems. (Zimbardo, Wilson, and Coulombe, 2016)
 - More shyness
 - Dissatisfied with sexual performance
 - Dissatisfied with own body image

When pornography use is stopped:

- Reduced social anxiety
- Improved concentration and memory
- Increased motivation and charisma
- Improved delay of gratification in pursuit of more valuable future rewards

Talking with your kids about Pornography

Physiology

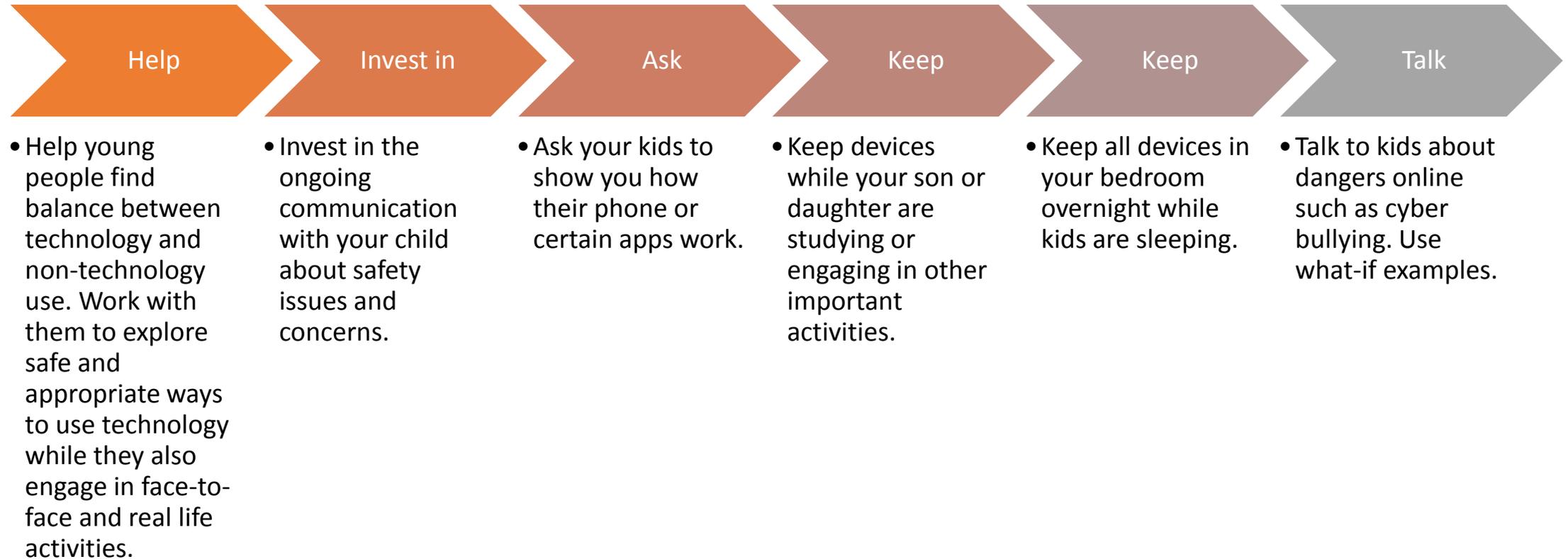
Normal physical reaction to stimulus. Getting turned on is NOT the problem.

Morality Decision system

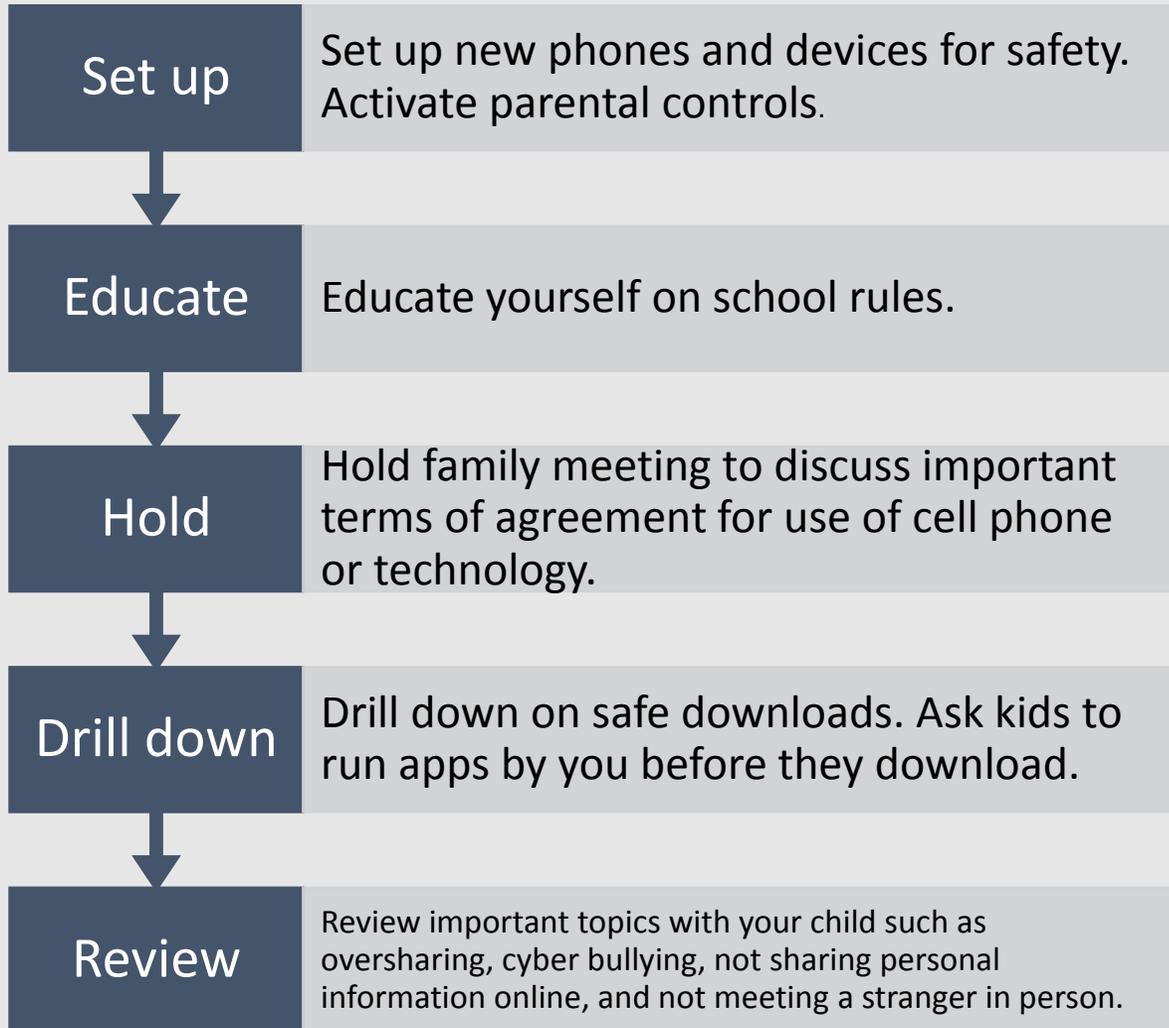
What do you choose to do when you are turned on?

Religion

What does your faith, scripture and values tell us about the choices we have in managing our physiology?



Auntie Jessica's Rules for Families



Auntie Jessica's Rules for Families

Auntie Jessica's Rules for Families

Parents get passwords to all devices.

Set clear parameters to checking in on your child's technology use and stick to it.

Lead up to responsibility from a young age. Technology is a privilege earned when good judgment is consistently shown.

Give kids a phone that is one generation older than yours.

Don't give child a phone or computer as a gift.

Make sure kids are clear about your expectations and rules. Revisit and discuss them often.

Ask

Ask kids questions about what they are doing online. – who are they talking to? What games do they like to play?

Model

Model healthy technology use to your children.

Remember

Remember, the safety of our kids trumps their privacy.

Auntie Jessica's Rules for Families

#FOXFM



21ST CENTURY PARENTING

Ways to Encourage Balance

- Establish technology free zones in your home. This includes you, mom and dad.
- Encourage children to engage in other activities such as reading, drawing, or sports.
- Reset the home Wi-Fi password daily.
- Play the dinner/dishes game.
- Set texting/talking/social media/videogaming allowances.

What can you do?

1. Model healthy behavior
2. Talk about boundaries and set clear expectations
3. Eat together as much as possible
4. Educate yourself on issues
5. Invest in the relationship



Eating Dinner Together

- <https://www.youtube.com/watch?v=6-xTxP1hD4> – Importance of Family Meals
- But don't do this: <https://www.youtube.com/watch?v=6-xTxP1hD4>

Boundaries &



Clear Expectations

Set a curfew &
stay awake

Disallow overnight
phone use

Make it easy to
leave a party

Talk directly to
other parents

Get to know and understand all
things social media

Don't accept *'it was fine'*

Make constant
communication the norm

Outline reasonable consequences
and follow through

Listen to your
instincts

To My 13-Year-Old, An iPhone Contract From Your Mom, With Love

Posted: 12/28/2012 5:17 pm retrieved from http://www.huffingtonpost.com/janell-burley-hofmann/iphone-contract-from-your-mom_b_2372493.html

Dear Gregory,

Merry Christmas! You are now the proud owner of an iPhone. Hot Damn! You are a good and responsible 13-year-old boy and you deserve this gift. But with the acceptance of this present comes rules and regulations. Please read through the following contract. I hope that you understand it is my job to raise you into a well rounded, healthy young man that can function in the world and coexist with technology, not be ruled by it. Failure to comply with the following list will result in termination of your iPhone ownership.

I love you madly and look forward to sharing several million text messages with you in the days to come.

1. **It is my phone.** I bought it. I pay for it. I am loaning it to you. Aren't I the greatest?
2. **I will always know the password.**
3. If it rings, answer it. It is a phone. Say hello, use your manners. Do not ever ignore a phone call if the screen reads "Mom" or "Dad." Not ever.
4. **Hand the phone to one of your parents promptly** at 7:30 p.m. every school night and every weekend night at 9:00 p.m. It will be shut off for the night and turned on again at 7:30 a.m. If you would not make a call to someone's land line, wherein their parents may answer first, then do not call or text. Listen to those instincts and respect other families like we would like to be respected.
5. **It does not go to school with you.** Have a conversation with the people you text in person. It's a life skill. *Half days, field trips and after school activities will require special consideration.
6. If it falls into the toilet, smashes on the ground, or vanishes into thin air, **you are responsible for the replacement costs or repairs.** Mow a lawn, babysit, stash some birthday money. It will happen, you should be prepared.

7. **Do not use this technology to lie, fool, or deceive another human being.** Do not involve yourself in conversations that are hurtful to others. Be a good friend first or stay the hell out of the crossfire.
8. Do not text, email, or say anything through this device you would not say in person.
9. Do not text, email, or say anything to someone that you would not say out loud with their parents in the room. Censor yourself.
10. No porn. Search the web for information you would openly share with me. If you have a question about anything, ask a person -- preferably me or your father.
11. **Turn it off, silence it, put it away in public.** Especially in a restaurant, at the movies, or while speaking with another human being. You are not a rude person; do not allow the iPhone to change that.
12. Do not send or receive pictures of your private parts or anyone else's private parts. Don't laugh. Someday you will be tempted to do this despite your high intelligence. It is risky and could ruin your teenage/college/adult life. It is always a bad idea. Cyberspace is vast and more powerful than you. And it is hard to make anything of this magnitude disappear -- including a bad reputation.
13. Don't take a zillion pictures and videos. There is no need to document everything. Live your experiences. They will be stored in your memory for eternity.
14. Leave your phone home sometimes and feel safe and secure in that decision. It is not alive or an extension of you. Learn to live without it. Be bigger and more powerful than FOMO (fear of missing out).
15. Download music that is new or classic or different than the millions of your peers that listen to the same exact stuff. Your generation has access to music like never before in history. Take advantage of that gift. Expand your horizons.
16. Play a game with words or puzzles or brain teasers every now and then.
17. Keep your eyes up. See the world happening around you. Stare out a window. Listen to the birds. Take a walk. Talk to a stranger. Wonder without googling.
18. **You will mess up. I will take away your phone. We will sit down and talk about it. We will start over again. You and I, we are always learning. I am on your team. We are in this together.**

It is my hope that you can agree to these terms. Most of the lessons listed here do not just apply to the iPhone, but to life. You are growing up in a fast and ever changing world. It is exciting and enticing. Keep it simple every chance you get. Trust your powerful mind and giant heart above any machine. I love you. I hope you enjoy your awesome new iPhone.
xoxoxo, Mom

the

SAFETY of our kids trumps their

PRIVACY



“Years after the tragedy, I picked up a parenting magazine in a waiting room featuring an ‘ethical parenting’ quiz. I got all ten questions ‘right’ except for ‘Would you read your child’s private journal?’ The correct answer, according to the parenting magazine was ‘no.’ I know it would have been my answer too, when Dylan was alive, but it would not be my answer now.”

“When we search our children’s rooms or read their journals, we risk that they will feel betrayed. However, they may be hiding problems they cannot manage themselves.”

Sue Klebold, *A Mother’s Reckoning*

9 Things to Help Our Kids Thrive

Don't tell them they can be anything they want. According to a recent study of 400 teenagers, kids aspire to be musicians, athletes, YouTubers, and Video Game designers though these types of jobs comprise 1% of American occupations. Help steer kids towards well-paying jobs where there is security.

Eat Dinner as a family. According to a Harvard non-profit, kids who eat dinner with their family about 5 days a week exhibit lower levels of substance abuse, teen pregnancy, obesity, and depression.

Enforce no-screen time. Developing brains can be permanently altered when they spend too much time using tablets and smartphones. This includes parts of the brain responsible for focus and attention, vocabulary, social skills, and impulse control.

Work outside the home. Researchers at Harvard Business School have found that when moms work outside the home, their daughters are more likely to be employed themselves, hold supervisory roles, and make more money than peers whose mothers did not have careers.

9 Things to Help Our Kids Thrive

9 Things to Help Our Kids Thrive

Make them work. According to a Harvard study, individuals that achieved the greatest professional success also did chores as a child and had household responsibilities.

Delay gratification. Children who are able to resist temptation grow up to be people with better social skills, higher test scores, and lower incidence of substance abuse. Train them to have tasks to do each day that need to be completed, even if they don't feel like doing them.

9 Things to Help Our Kids Thrive

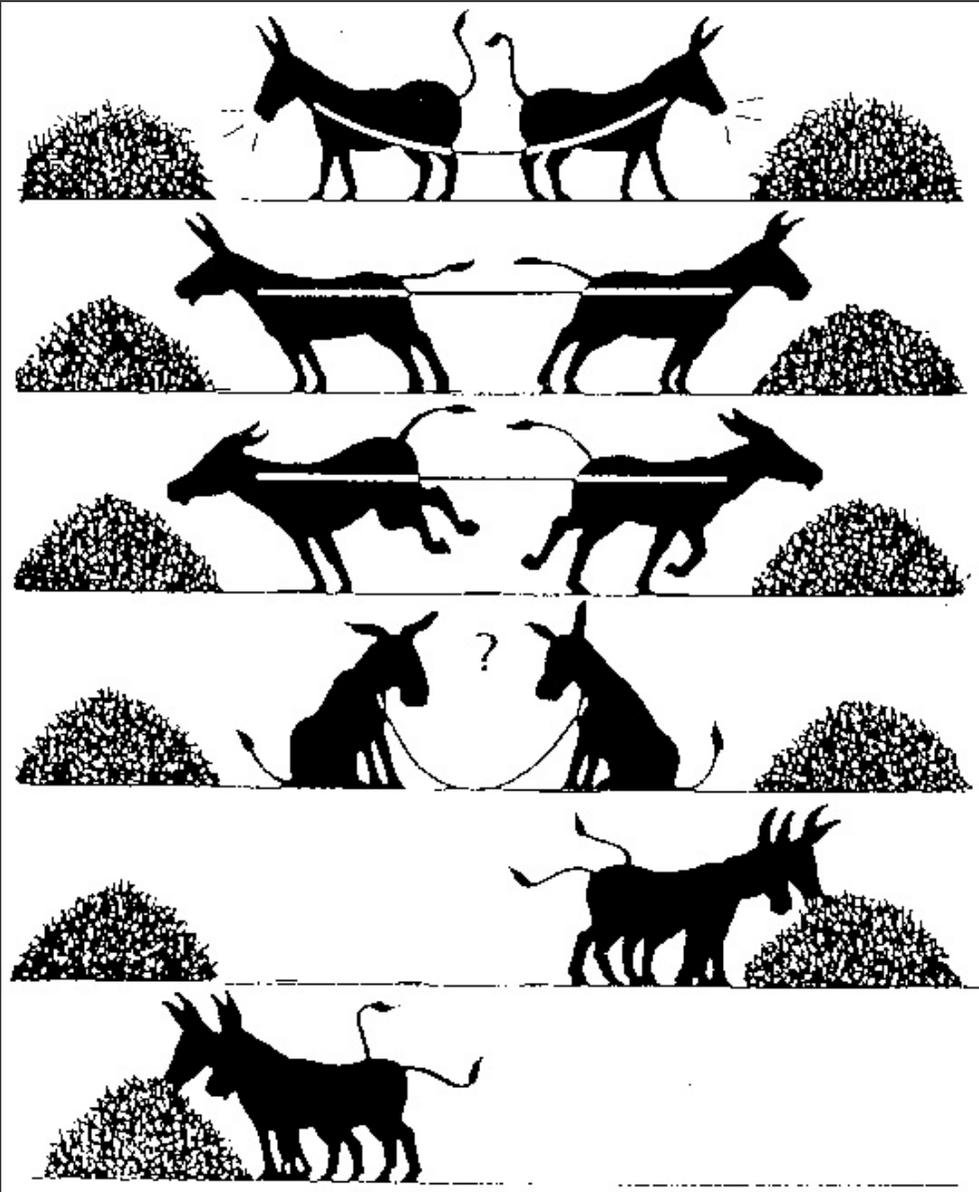
Read to them. From NY School of Medicine, research suggests babies whose parents began reading to them in infancy have better language, literacy and early reading skills

Encourage them to travel. This can lead to increased tolerance of other cultures, increased willingness to learn, increased independence and self-confidence, better adaptability and sensitivity, and better self-expression.

Let them fail. This helps your child learn to cope, and provides them with real life experience they need to relate to peers in a genuine way. Being challenge leads to the need for hard work and sustained efforts – and demonstrates that these traits are valuable even without the blue ribbon, the trophy, or the highest score. This allows children to build resilience and they will be more willing to attempt difficult tasks because they are not afraid of failure.

Parental Alignment

- Parents identify goals
- Parents work to agree upon a strategy
- Identify Barriers
- Parents implement strategy



Resources for Students, Staff, and Parents

commonsensemedia.org

Leading nonprofit dedicated to helping kids thrive in a world of media and technology.

netsmartzkids.org

Created by The National Center for Missing and Exploited Children, NetSmartz is an interactive and educational site designed to teach kids how to stay safe online and off.

getnetwise.com

Created by the Internet Education Foundation to help educate the public about the challenges and problems presented by the internet.

safekids.com

One of the oldest sites designed to help educate on internet safety and digital citizenship.

waituntil8th.org

Empowering parents to say yes to waiting for the smartphone.

nsteens.org – Teen version of NetSmartzKids. Great interactive tools, quizzes, videos, and games that can be used in the classroom.

safeteens.com – Internet safety for teens

teens.webmd.com/features/teen-internet-safety-tips - Teen internet safety tips

netsmartz.org/parents - Videos, presentations, and helpful tips about technology issues

digitalcitizenship.net – Helps teachers, technology leaders and parents understand what students should know to use technology appropriately.

daveeisenmann.com - Helping kids develop a healthy balance with technology & thrive in a high tech world.

Resources, Continued



MyHomework: Helps kids organize tests, due dates, study groups, etc.

Life 360: Find families on a private map, receive alerts when family members reach specified locations, and more.

Secure Teen: Allows parents to monitor online activity, filter mature content, and limit online activity.

Mobicip Safe Browser – Gives parents ability to set parental controls, track usage, set time limits, and establish different controls for different users on the same device.

Helpful Parenting Apps:

Almost 70% of teens admit to hiding their online activity from their parents.

And 67% of teens say they know how to hide what they do online from their parents.

So investigate!

It's all about **Balance**
and **Communication.**



Remember...

“

You can't upload love,
you can't download time,
you can't Google
all of life's answers.
You must actually
live some of your life.

”

iPhone Commercial

<https://www.youtube.com/watch?v=GOazR24VNkM>

If you give a Mouse an iPhone

https://www.youtube.com/watch?v=S3nVxt6_IAc