



A Healthy Relationship with Technology

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OBJECTIVES



1. Development of the Adolescent Brain
2. What Tech is Doing in the Brain
3. Gaming and Mental Health
4. Social Media and Mental Health
5. Creating a Healthy Tech Plan with Youth





The Adolescent Brain

Frontal lobe
Executive functions, thinking, planning, organising and problem solving, emotions and behavioural control, personality

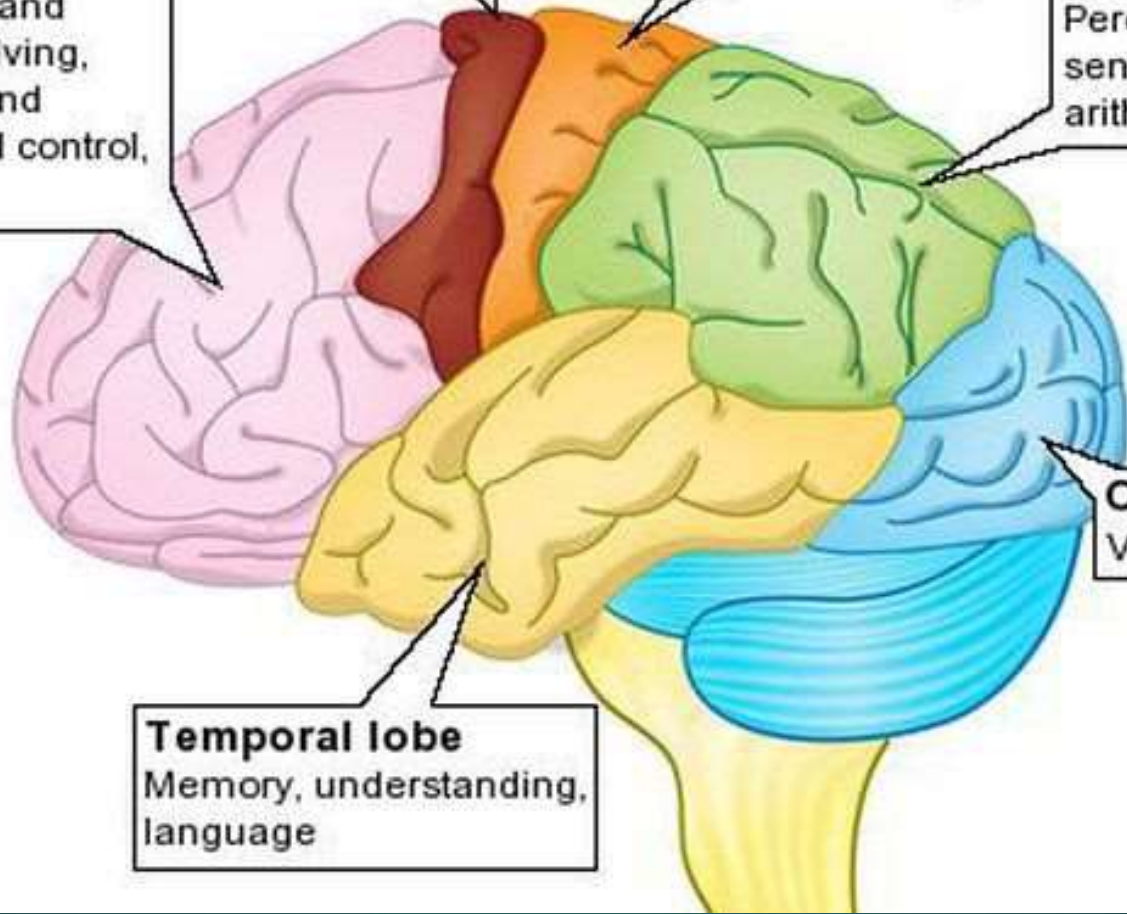
Motor cortex
Movement

Sensory cortex
Sensations

Parietal lobe
Perception, making sense of the world, arithmetic, spelling

Temporal lobe
Memory, understanding, language

Occipital lobe
Vision



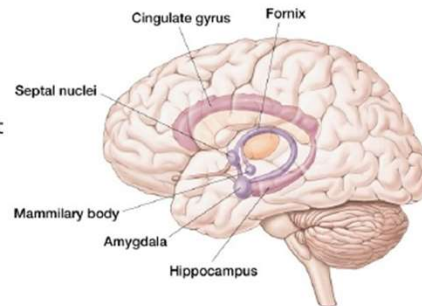
The hippocampus

Responsible for

Storage of new information in memory

Comparing sensory information with what the brain expects about the world

Enabling us to form spatial memories for navigating the environment



The Amygdala

Location

- Deep within temporal lobes
- Part of the limbic system

Functions

- Autonomic responses associated with fear
- Emotional responses
- Processing and consolidating memory
- Hormonal secretions



“Thinking about Thinking”

Higher Reasoning

Executive Function

Prefrontal Cortex

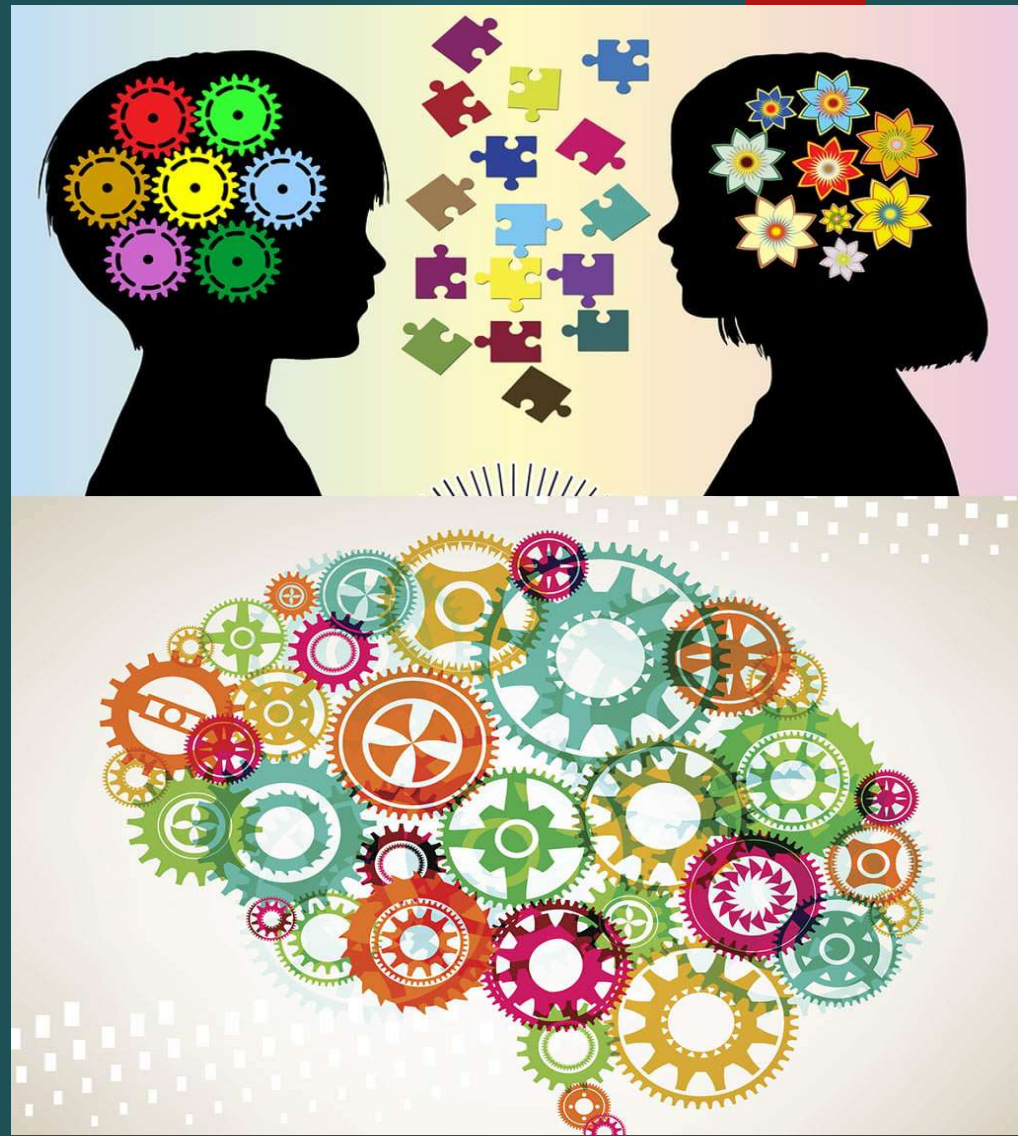
9 Functions of the Prefrontal Cortex

1. Empathy
2. Insight
3. Response Flexibility
4. Emotion Regulation
5. Body Regulation
6. Morality
7. Intuition
8. Attuned Communication
9. Fear Modulation



Limbic Brain

1. Fight, flight, freeze stress response
2. Thinks, "Am I safe? Do people want me?"
3. Emotions live here





BY THE-PIXEL.COM

Social Media Channels Explained

Each social media platform is different



Facebook

I like donuts



Twitter

I'm eating a
tasty #donut



YouTube

I'm watching
donut videos



LinkedIn

My skills include
donut eating



Instagram

Here's a photo
of my donut



Snapchat

Short video
with my donut



Reddit

Discuss our
love for donuts



TikTok

I dance & sing
with my donut



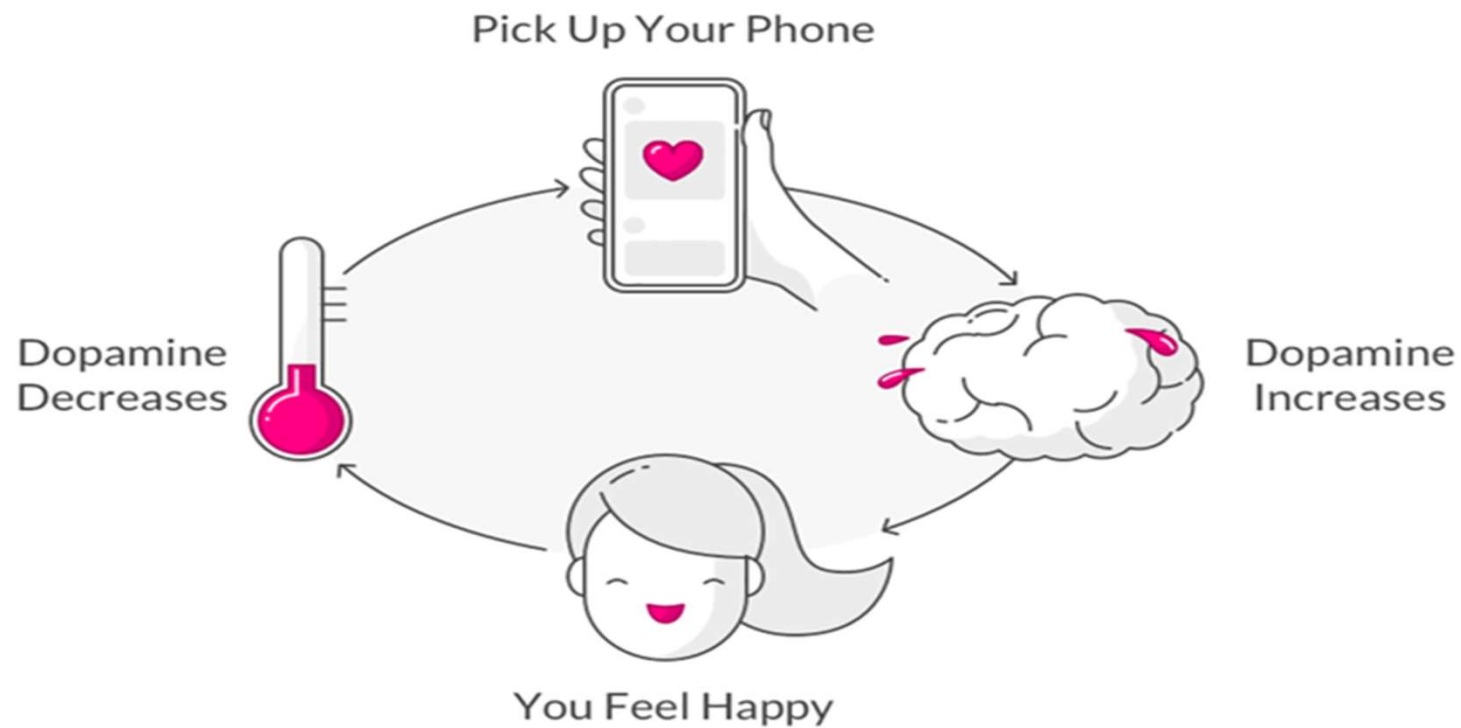
ADVICE

Avoidance, not anxiety,
may be sabotaging
your life

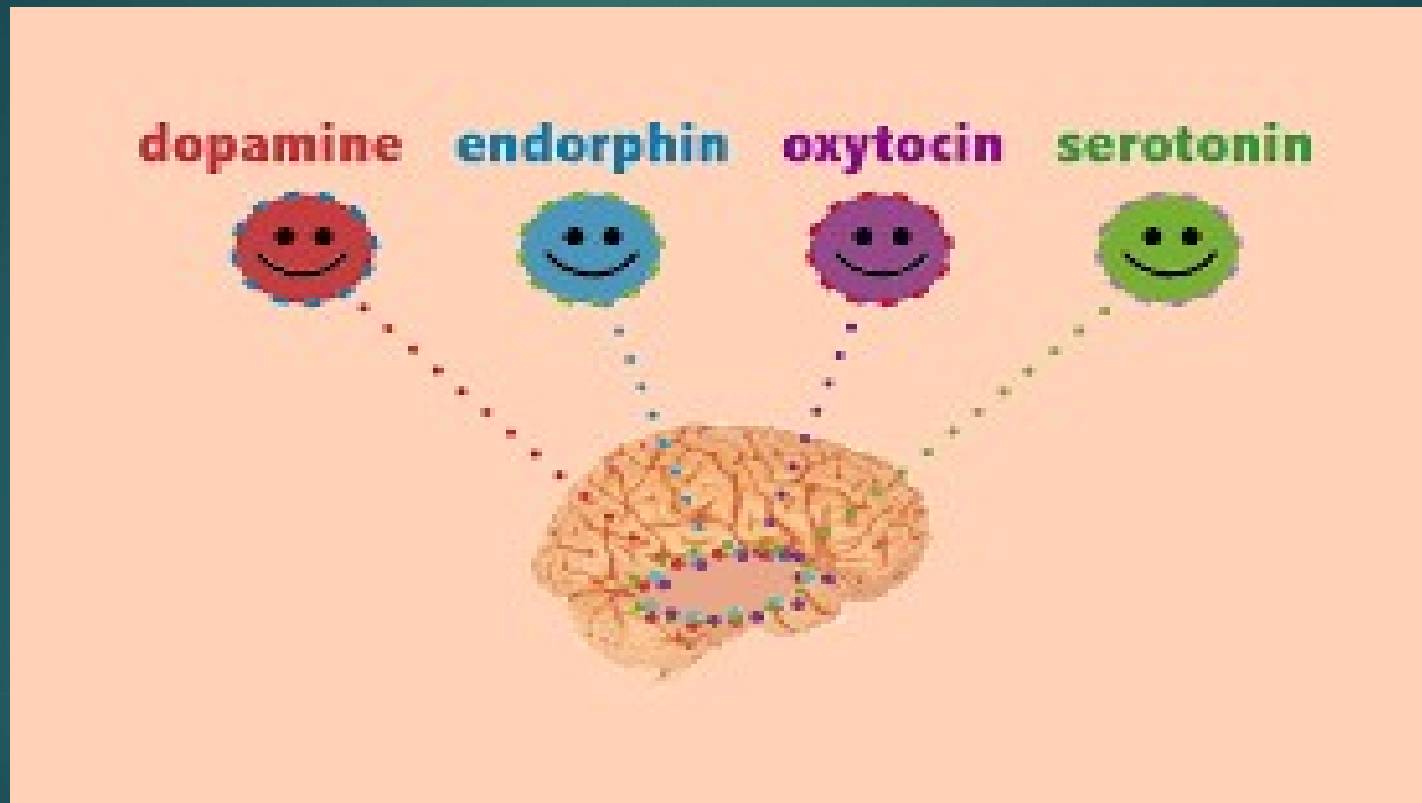


Technology and Dopamine

The Dopamine Reward Loop



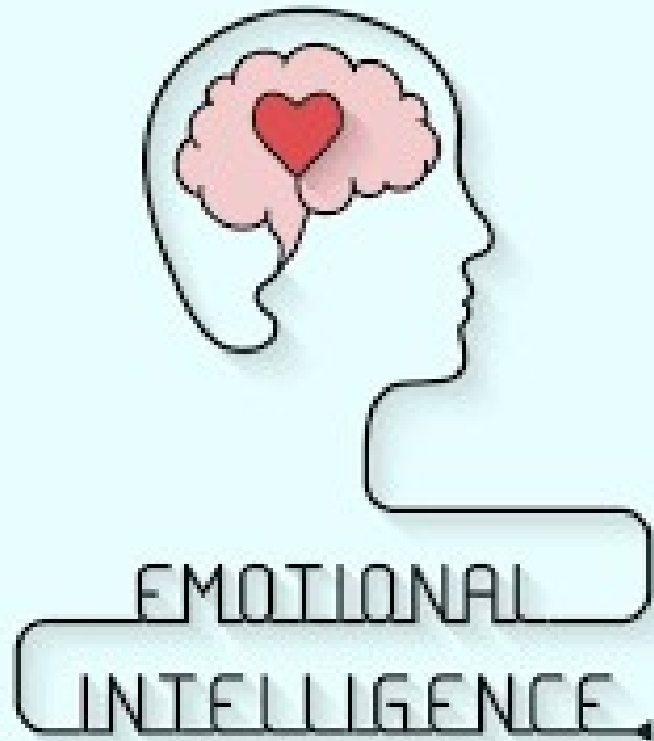
Endorphins and Tech





Multi- Tasking

Myth
or
Fact



Mixed Model

1. Self-Awareness
2. Self-Management
3. Motivation
4. Empathy
5. Communication

Discomfort
=
Growth.

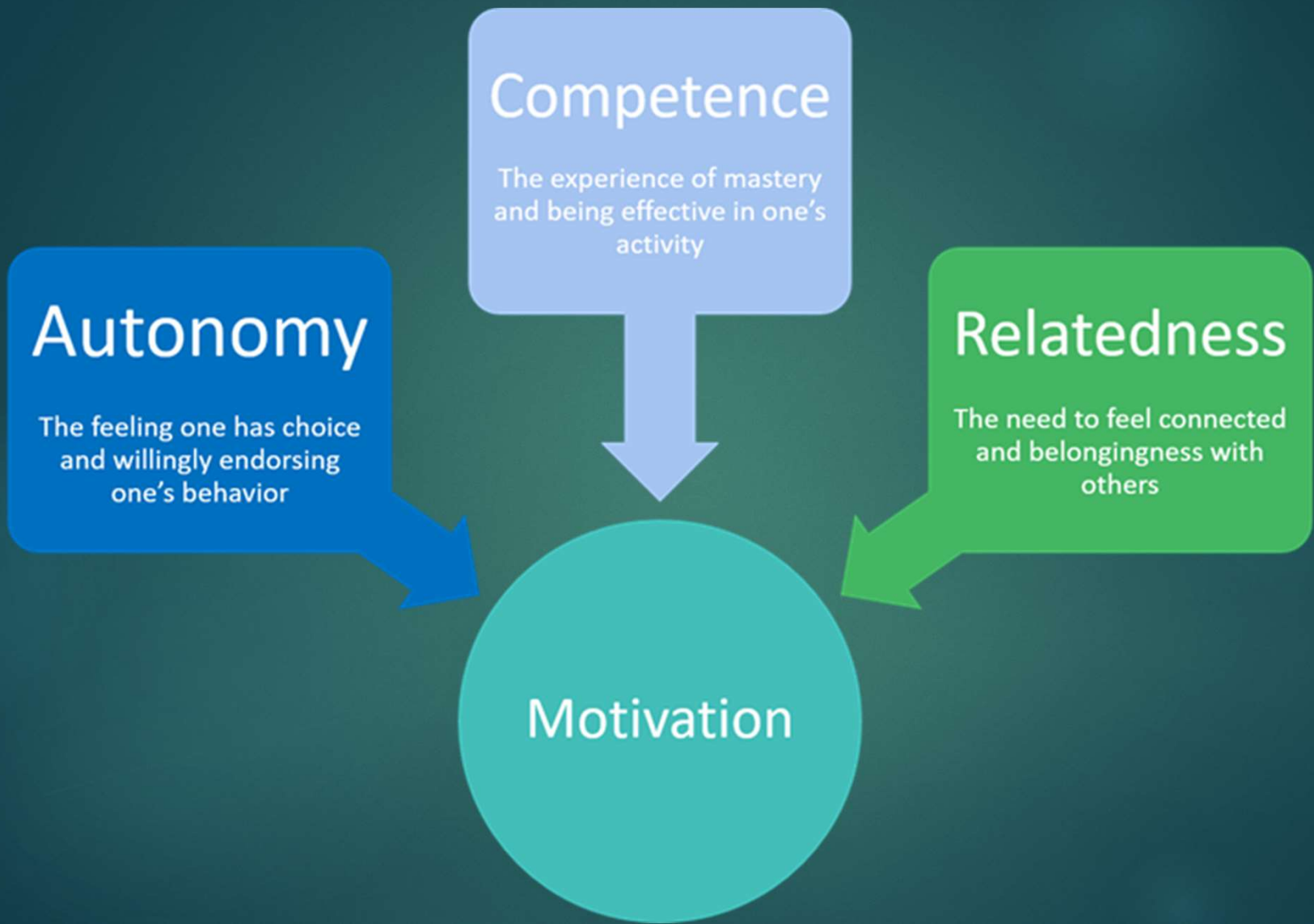
How Can We Teach Social Response?

1. Attend to the environment
2. Interpret the situation (who is with whom)
3. Figure out/problem solve what you want to do next
4. Create your response



**Questions before
we move on?**










Adam Grant ✓

@AdamMGrant

The earlier kids get smartphones, the worse their mental health as adults.

New study, 27k+ ppl: owning a smartphone younger predicts lower self-worth, motivation & resilience—and more sadness, anxiety & aggression—especially for girls.

Smartphones should wait until high school.

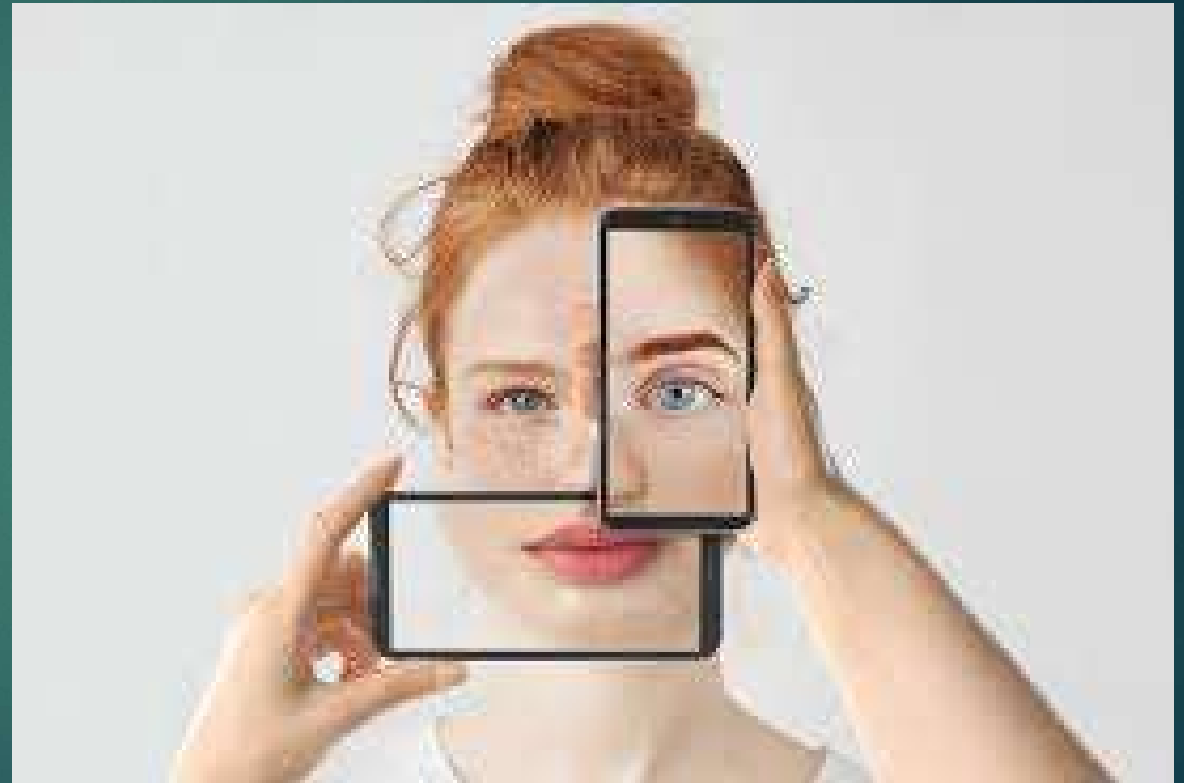


**Indiana among 33 states suing
Meta for harming young
people's mental health,
collecting data on children**




60
MINUTES

What you see
is not
what you get





Anger

The image features a quote by Maya Angelou centered over a grayscale photograph of a coastal landscape. The background shows a body of water with waves crashing against a rocky shore, with mountains in the distance under a cloudy sky. The quote is presented in a simple, sans-serif font. The entire graphic is framed by a yellow and black striped border, and a red rectangular element is visible in the top right corner of the overall image.

When you know
better you do better.

Maya Angelou

Be Aware

THIS IS SEXTORTION

Financial sextortion is a scam.
You are not alone.
There's help.



If it happens:
✔ Stop responding
✔ Take screenshots
✔ Report and block user
✔ Tell someone!

✘ Don't send more images
✘ Don't pay any money
✘ Don't respond to demands
✘ Don't continue the conversation

Even if you comply with demands,
they may carry out the threat.

It doesn't matter what has happened.

If you have been a victim, please get help.

- Report to local law enforcement | HSI and FBI may provide additional help
- Report to the CyberTipline | www.cybertipline.org
- Call or text the Suicide and Crisis Lifeline | Call or text 988
- National Center for Missing & Exploited Children Sextortion Resources | <https://www.missingkids.org/netsmartz/topics/sextortion>

CAMPAIGN ADAPTED FROM AUSTRALIAN CENTER TO COUNTER CHILD EXPLOITATION
January 2023

ICAC Internet Crime Against Children Task Force Program

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Man paid \$500 for Uber driver to bring Indiana girl he groomed to New Jersey, court docs say

Suspect vowed to victim he'd be with her 'in sickness and in health'

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United States Secret Service

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Terre Haute Child Molester Sentenced to 30 Years in Federal Prison for Distributing and Possessing Child Sexual Abuse Material Using Kik

Published By U.S. Attorney's Office
Published Date 2023-08-24

TERRE HAUTE, IN - Paul Hoopingarner, 62, of Terre Haute, has been sentenced to 30 years in federal prison after pleading guilty to three counts of distribution of child sexual abuse material, three counts of receiving child sexual abuse material, and one count of possession of child sexual abuse material.

According to court documents, beginning in at least January 2021, and continuing to at least February 2021, Hoopingarner used Kik to distribute and receive images and videos of the sexual abuse of children as young as eight-years-old. Hoopingarner used the screenname "domeeas69" to communicate and share images and videos of adults engaged in sex acts with children with others who were also sexually interested in children. The material Hoopingarner shared and stored included depictions of the sadistic or masochistic conduct or other depictions of violence as well as depictions of the sexual abuse of toddlers and infants.

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A California man who federal prosecutors said derived "sexual pleasure from psychologically torturing children" because of his crimes extorting minors in the Indianapolis area was sentenced Friday to 75 years in prison.

Buster Hernandez, 30, of Bakersfield, California, [pleaded guilty in federal court](#) last year to 41 counts, including coercion and enticement of a minor, production of child pornography and threats to kill, kidnap and injure, according to court documents.

"He took what was supposed to be the most pivotal years from my life. He stole them, he tried to destroy me, diminish me, and almost succeeded," one of the young victims said during his sentencing hearing Friday. "At the end of the day there are wounds that will never heal and psychological damage and trauma that will haunt me to my grave."

More Stories

- Colts' Jim Irsay possibly had congestive health failure, per 911 call SPORTS
- Zach Edey blocked a fan's view at a Pacers game. See his reaction. SPORTS
- This NEW Scarf Quickly Becomes Celeb's Most Wanted Item 2024 FashionInUSA | Sponsored Links

Cyberbullying

- ▶ More time online, more risk
- ▶ Laws and policies cracking down
- ▶ Important to have open communication with your young person







PROTECT Y-♥-UR LIGHT



**Questions before
we move on?**

What
Do I Do
Now





Talking To Your Schools



Connection

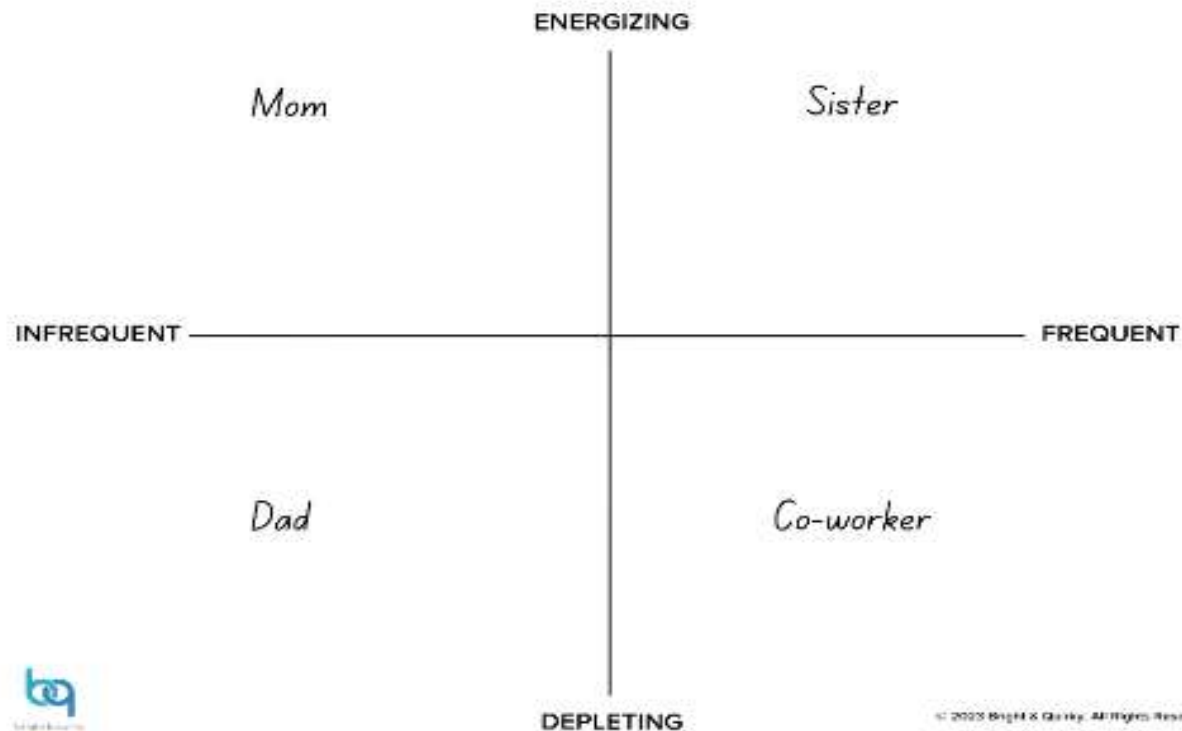
—

I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.

Rami

Map Your Social Universe & Quality of Relationships

MY SOCIAL UNIVERSE



3 Ways To Make it a Learning Conversation

1. Learn their story
2. Express your views and feelings
3. Problem Solve Together



Nonverbal Communication

Tone of
Voice

Volume of
Voice

Body
Posture

































































































Eye
Contact

Facial
Expressions

Mannerisms

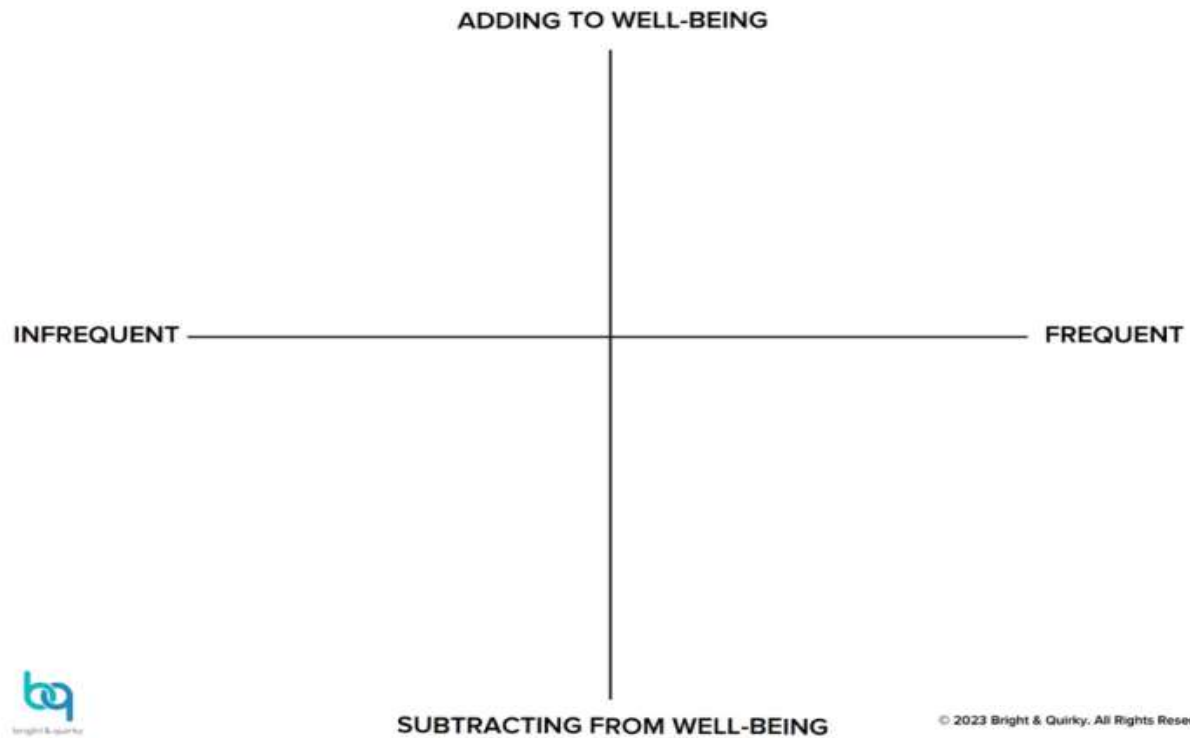
Proximity

Breath

Start Time Online	How Do I Feel?						End Time Online	How Do I Feel?					
													
	Happy	Bored	Sad	Mad	FOMO	Jealous		Happy	Bored	Sad	Mad	FOMO	Jealo
													
	Happy	Bored	Sad	Mad	FOMO	Jealous		Happy	Bored	Sad	Mad	FOMO	Jealo
													
	Happy	Bored	Sad	Mad	FOMO	Jealous		Happy	Bored	Sad	Mad	FOMO	Jealo
													
	Happy	Bored	Sad	Mad	FOMO	Jealous		Happy	Bored	Sad	Mad	FOMO	Jealo
													
	Happy	Bored	Sad	Mad	FOMO	Jealous		Happy	Bored	Sad	Mad	FOMO	Jealo
													
	Happy	Bored	Sad	Mad	FOMO	Jealous		Happy	Bored	Sad	Mad	FOMO	Jealo
													
	Happy	Bored	Sad	Mad	FOMO	Jealous		Happy	Bored	Sad	Mad	FOMO	Jealo
													
	Happy	Bored	Sad	Mad	FOMO	Jealous		Happy	Bored	Sad	Mad	FOMO	Jealo

Self-Tracker

My Online Activities & Well-Being

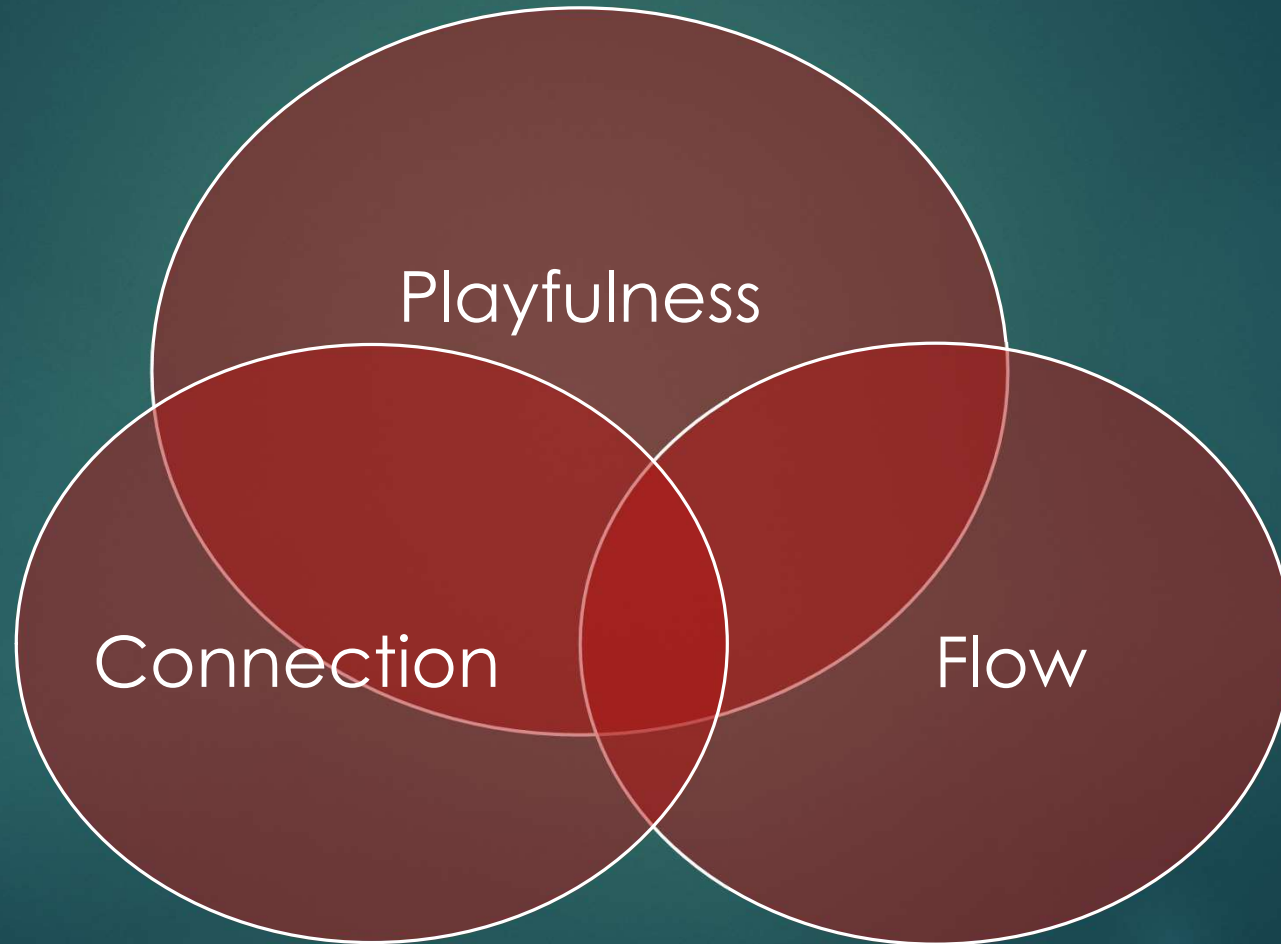


Family Media Plan

- ▶ Tech Free Zones
- ▶ Practice what you preach
- ▶ No social media on devices until they can show they are ready
- ▶ “Needs to” first then tech (routines)
- ▶ Use timers to help with boundaries
- ▶ Self-Care (sleep)



Defining True Fun



Strengths-Based

Focusing on what the adolescent can do

Identifying and building on strengths

Acknowledge challenges and difficulties

What's going well and how can we replicate it?

What is the adolescent's learning style?

How can we move challenges to strengths?

Routine

Routine helps to know what to expect.

Time of Day	Activity	Actions
3:30pm	Home From School	Empty Backpack and lunch box
3:35pm	Snack	Eat snack
3:45pm	Free play	Play outside, with a friend, or by yourself
5:30	Dinner	Dinner
6:00	Homework	Do homework
6:30	Games	Gaming Time
8:00	Ready for Bed	Brush Teeth Shower
8:30	Read	Read and sleep

Why are routines important?

- ▶ Creates a sense of security due to predictability
- ▶ Helps provide self-discipline
- ▶ Develops mastery of handling daily life
- ▶ Builds skills to self-regulate oneself
- ▶ Learn to manage oneself in different environments

Known changes in routine

- ▶ If possible, practice the change
- ▶ Discuss any new expectations in detail.
- ▶ Preparation for this change is key
 - ▶ Talking about what will be different, what will be the same, and where extra time to regulate will be put in



Other Tips for a Healthy Tech Relationship

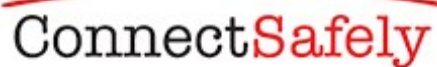
- ▶ Increase by one (call vs text, text vs snapchat)
- ▶ Observe the impact of fun – may be fun first 30 minutes but then what
- ▶ Avoid short form content! (YouTube, TikTok)
- ▶ Engage in their interests
- ▶ Grassroots Pact with Friends
- ▶ Engage Intentionally
- ▶ 2 hours a day for screens
- ▶ Turn off auto-play
- ▶ Start with a Family Phone

The most sincere compliment we can pay is attention.

— *Walter Inglis Anderson* —

AZ QUOTES

Tech Help Resources



A Parent's Guide to
Instagram for
Tweens and Teens

www.the-tech-run.com





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