

THE TECHNOLOGY EXPLOSION: THE GOOD, THE BAD, AND THE UGLY

Mrs. Kim Arnold, Behavior Specialist

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09:00 am - 01/20/2018



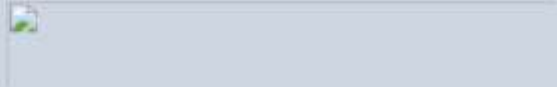
@ Fort Zumwalt School District

555 E Terra Ln
O'Fallon , MO 63366

please join us
CESS EVENT
m, Jan. 20, 2018

Home / Events / Community Awareness Event: Cyber Safety Summit

Community Awareness Event: Cyber Safety Summit



09:00 am - 01/20/2018




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PLAY NOW
This game is NOT for Kids!
Tones of HOT pleasure and satisfaction! 18+

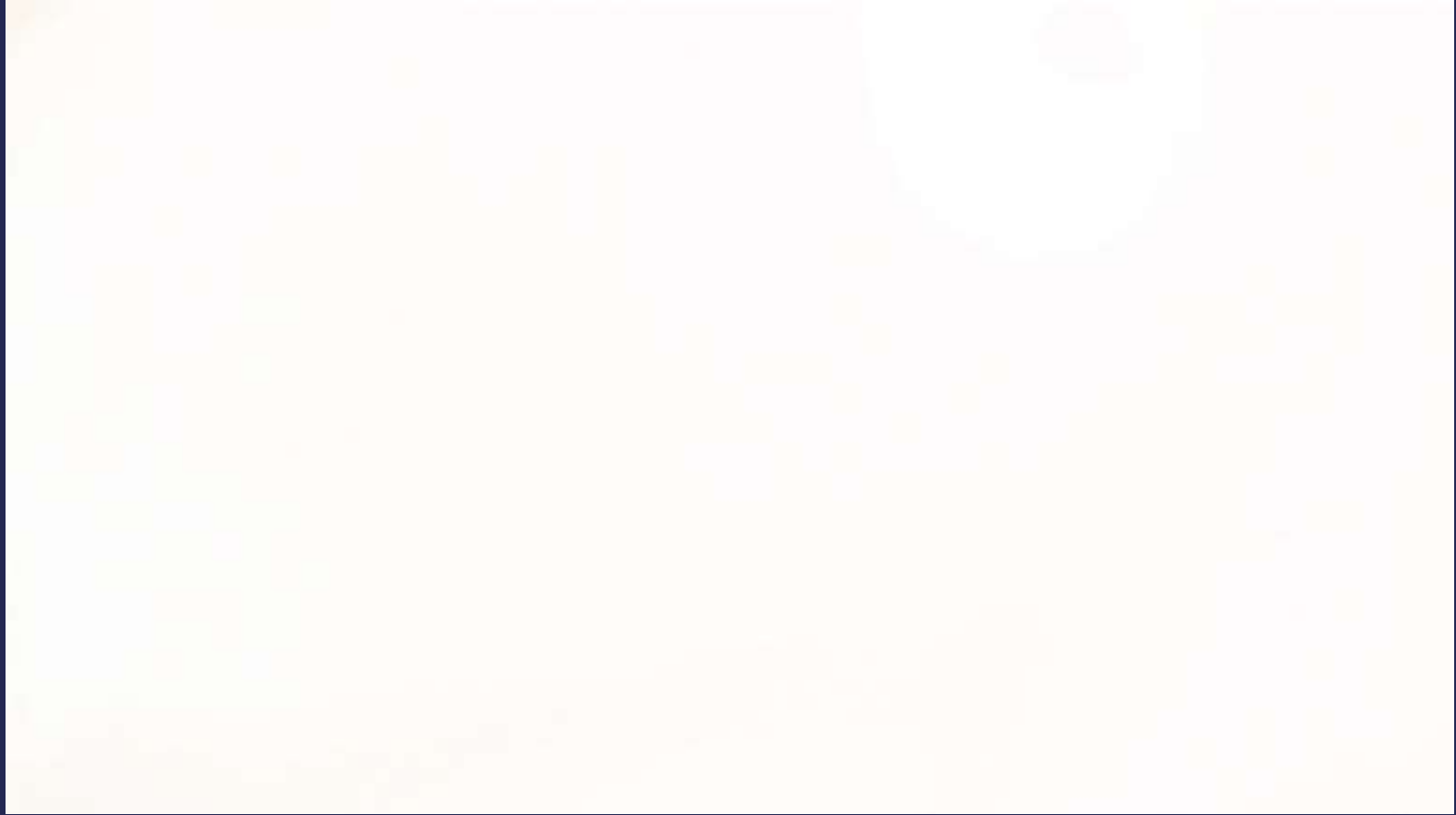
St. Louis Tweets

 Jamie Forsythe
New @OFallonIL #furniture store owner says opening will be 'bigger' than IKEA's (via @CaraRAnthony) #business...
<https://t.co/gOmR8jq8dT>

please join us
COMMUNITY AWARENESS EVENT
9 am - 1:30 pm, Jan. 20, 2018

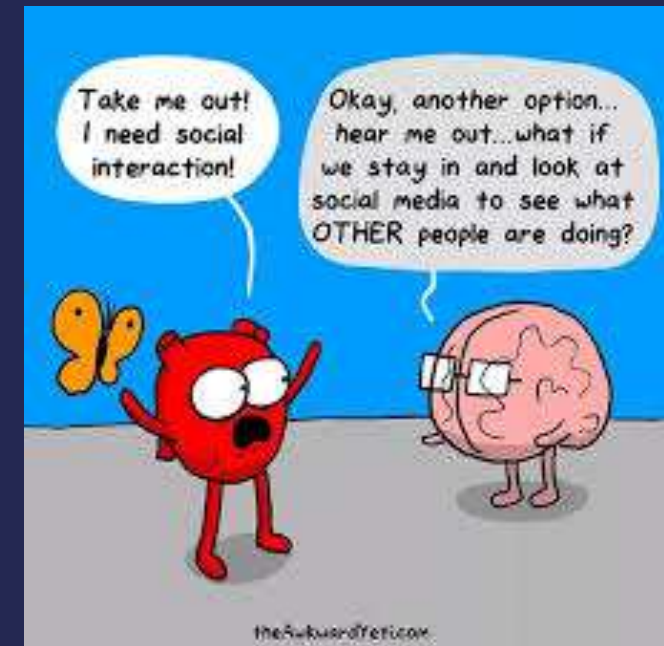
SOCIAL MEDIA



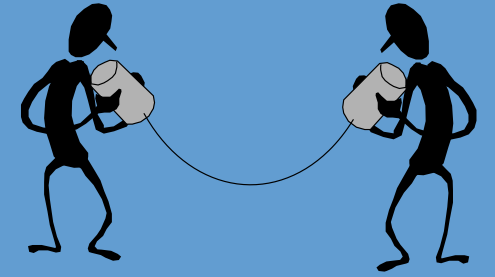


BRAIN CHANGES https://www.youtube.com/watch?v=HFFWFD_6BJo

- Re-routes our ability to multi-task
- Re-wiring nervous system: Phantom Vibration Syndrome
- Reward circuitry activated by number of “likes”
- “Cognitive control” and “response inhibition” less activated
- Attention spans decreasing

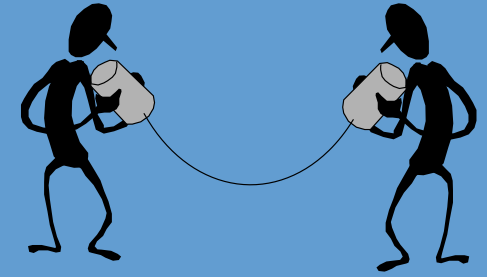


SOCIAL MEDIA: THE GOOD



- 1. Communication with friends and family members and other cultures; Connectedness
- 2. Fosters public understanding of crucial issues
- 3. Well-being

SOCIAL MEDIA: THE GOOD



- 4. Allows for self expression
 - Art, music and political ideas

- 5. Helps develop self-identity

- 6. Useful as a classroom tool

<http://www.aap.org/en-us/about-the-aap/aap-press-room/pages/Social-Media-and-Kids-Some-Benefits,-Some-Worries.aspx>

SOCIAL MEDIA: THE BAD AND THE UGLY

- Mental Health
- Negative self view
- Cyber bullying
- Sexting
- Online Predators



CELL PHONES



Since we modified your daughter's digital cellular structure, she's been experiencing a lot of ringing in her ears. If you need me to check her status, I'll be on call.

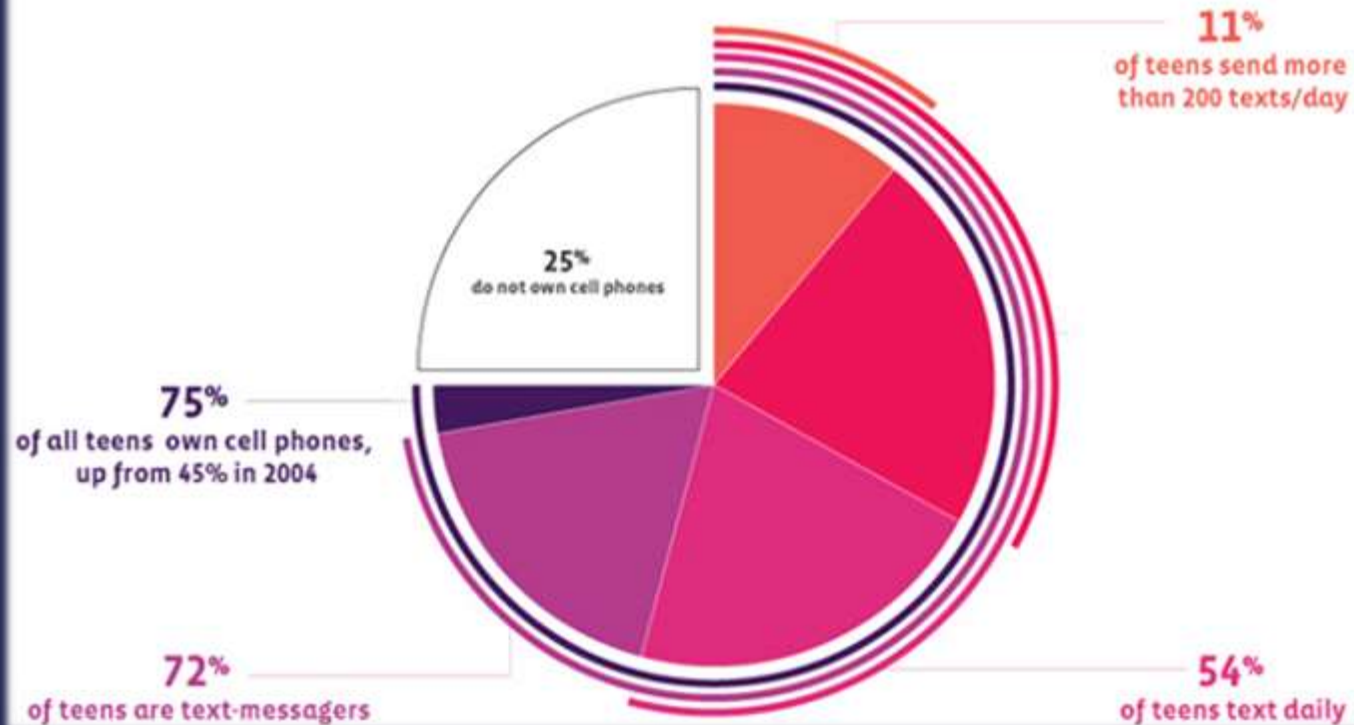


CALL ME OR TEXT ME



How Are Teens Using Their Cell Phones?

Cell phone use, all teens (ages 12-17)



CELL PHONES: THE GOOD



- ❖ Connect with friends near and far
- ❖ Constant access to communication between parents and teens
- ❖ Gained independence and freedom
- ❖ Increased social support
- ❖ Access to global information
- ❖ Academic tool & support
- ❖ Entertainment options



CELL PHONES: THE BAD AND UGLY



- ❖ Increased stress/anxiety
- ❖ Symptoms of depression and loneliness
- ❖ Relationship casualties
- ❖ Cell phone addiction
- ❖ Sleep deprivation
- ❖ Myopia
- ❖ Neck pain
- ❖ Poor posture

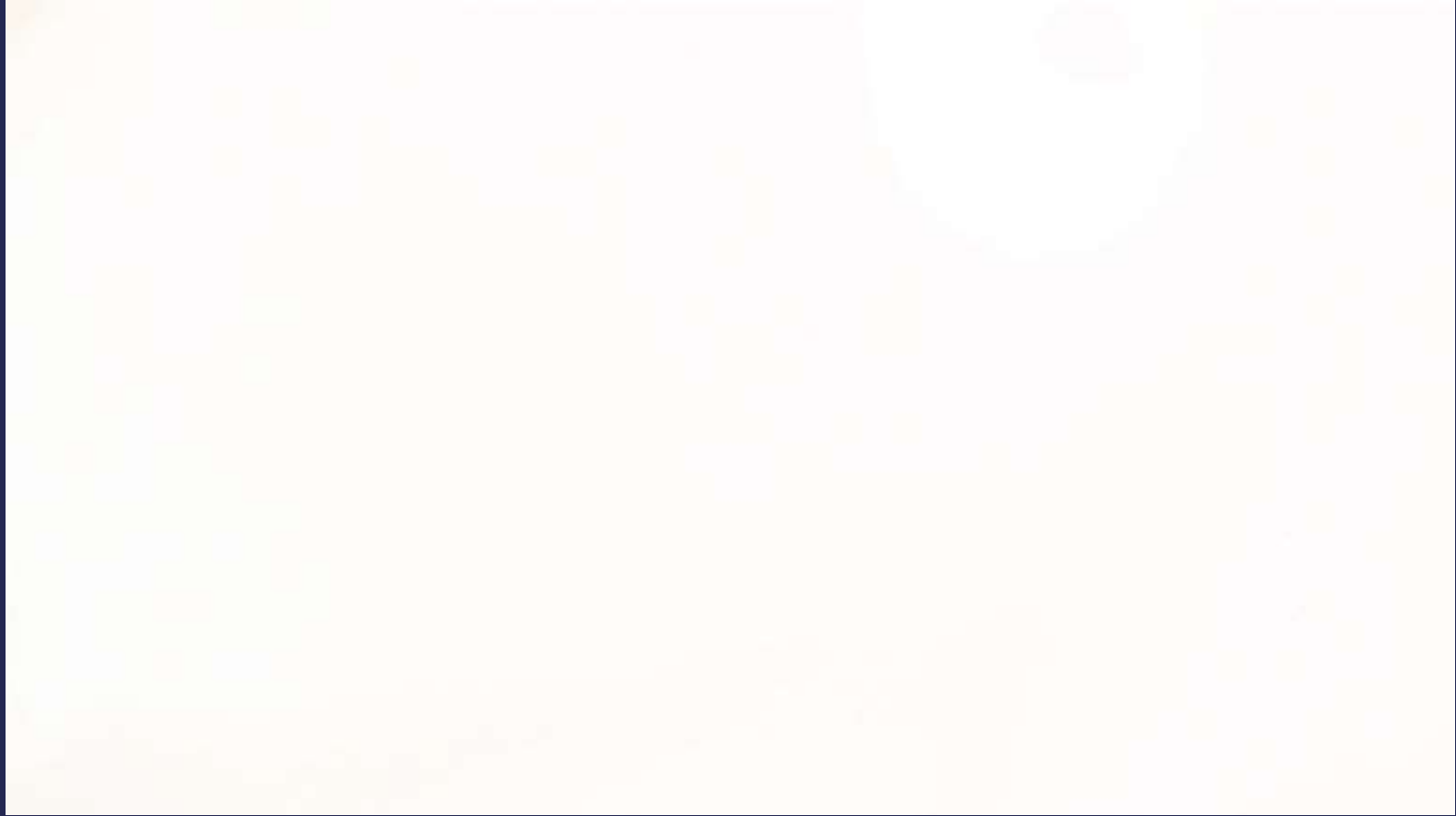


IMPACT ON THE TEEN BRAIN



- <https://www.youtube.com/watch?v=W6CBb3yXgZs>







VIDEO GAMES: THE GOOD

VIDEO GAME FACTS

- 97% of American teens play video games
- The average American child plays video games approximately two hours a day
- A significant number of male children and adolescents report playing video games 4 hours a day or more
- The research on the effects of video games on children is in its infancy- violence and addiction have been the most studied topics, but much research is still needed to fully understand the long-term effects that video games can have on youth



FOX 35

9:34 77°

**BOB
FRIER**

**AMY
KAUFELDT**

SPORTS

WEATHER MORE STORMS LIKELY TOMORROW. TROPICAL STORM DON HAS NOW FORMED IN THE W

LEESBURG | 10 AM ☀ 83° | 3 PM ☁ 91° | 7 PM ☁ 83° |

POSITIVE EFFECTS OF VIDEO GAMES

1. Educational games have been used to successfully teach a number of subjects
 - Reinforce student's behavior frequently
 - Are engaging enough for student to play on multiple occasions
 - Provide clear objectives and require active involvement
2. Prosocial video games have been shown to reduce aggressive thoughts, feelings, and behaviors while increasing prosocial thoughts, empathy, and helping behaviors
 - Several studies have shown that prosocial video games produce long-term increases in cooperation, sharing, empathy, and helping others, as well as decreasing aggression in children

POSITIVE EFFECTS OF VIDEO GAMES

3. Exergames have been found to increase the activity level even in children with low motivation to exercise. At least one study has shown that children will play longer, expend more energy, and play exergames more frequently than traditional exercise.
4. Fast paced video games have been shown to improve visual reaction times, target localization, and mental rotation



VIDEO GAMES: THE BAD AND THE UGLY

THE BIGGEST CONCERNS:

- Violence
- Addiction
- School Performance
- Obesity





“The research demonstrates a consistent relation between violent video game use and increases in aggressive behavior, aggressive cognitions and aggressive affect, and decreases in prosocial behavior, empathy and sensitivity to aggression,” says the report of the APA Task Force on Violent Media.

VIDEO GAME ADDICTION

- Approximately 1 in 10 American youth are addicted to playing video games
- Youth with video game addictions often also suffer from depression, anxiety disorders, substance use disorders, impulse control disorders, ADHD, and personality disorders
- Most studies of pathological gaming have found significant problems associated with excessive video game play, including poorer school performance, insomnia, suicidal thoughts, and relationship problems

VIDEO GAME ADDICTION

- Where pathological gaming is a problem in it's own right or just a symptom of another problem is just beginning to be studied
- However, studies have found that depression, anxiety, social phobia, and school performance become WORSE with pathological gaming, and decreases in all areas occur when youth stop pathological gaming

IF THAT'S NOT ENOUGH

- A number of studies have documented a significant negative association between amount of time spent with screen-based media and school grades.
- A large 2010, national survey found that about 50% of heavy media users get poor grades compared to 23% of light media users
- A 2004 study found that the risk of childhood obesity doubled for every hour that a child played video games or watched television per day

CONCLUSIONS:

There are positive benefits and negative consequences to technology use

All technology use needs to be monitored

Know your own child-the impact of technology is different for each child

Everything in moderation. Similar to most things, too much technology use is bad for most children and teens.

QUESTIONS?



