Digital technologies are not inherently good or bad; they are powerful.
Media Ecology Then

- Borrowed from Lee Rainie, Pew Internet and American Life, “The Rise of the Networked Individual

Media Ecology Now

- Adapted from Tom Wolzien, Sanford C. Bernstein & Co

* Borrowed from Lee Rainie, Pew Internet and American Life, “The Rise of the Networked Individual
53 hours a week is the amount of time tweens and teens spend with media outside of school and homework. (Common Sense Media, 2015)

4.5 hours a day is the amount of time each day teens spend with their smartphones. (Common Sense Media, 2015)

37% of 2-4 year olds have TVs in their bedrooms. (Common Sense Media, 2013)

1/4 of children go online daily at age 3. (Joan Ganz Cooney Center, 2016)
Digital technologies are not inherently good or bad; they are powerful.
How do we respond?

Digital technologies are not inherently good or bad; they are powerful.
Protective Factors:

- Relationships
- Boundaries
- Participation

Ingredient #1: RELATIONSHIPS

- What kind of person are you on this app? In what ways is it similar or different to your offline personality?
- Do you feel pressure to act a certain way here?
- What do you like about this? What do you want to change?
- Do you feel like you have "control" here? Why or why not?
“These have become spaces where much of social life is echoed and amplified - in both good and bad ways.”

- Amanda Lenhart, Pew Internet and American Life Project

Social media are spaces for:

- **Support** - especially for marginalized youth
  (Boyd, 2014)
- **Identity formation** (Boyd, 2014)
- **Advice** (Nielsen, 2009)
- **Information** - especially health information.
  (Lenhart, 2010)
Depression and anxiety soars in young women in social media age, experts report.
How are they using it?
How do they feel about it?
How much do they use it?

It's complicated.

Extending Friendships?

Belonging and Support
Bessiere K, et al. (2010)

Sleep disruption due to bad sleep (and symptoms of depression) are consistently associated with mobile use and number of devices in the bedroom. Later turn-off time is also a risk factor. Lemola et al., 2015; Gentile et al., 2017

Key Questions

- Does Internet cause depression and anxiety?
- Do depressed or anxious youth turn to the Internet? (including avoidance coping)
- Probably both.
How to respond to online displays of depression?

- Whilehill, J.M., 2013

“I saw your post and wanted to check in with you. Is everything okay?”

“Hamza mentioned that you posted some pretty dark stuff on Instagram. I wanted to check in with you about it.”

- Clifford Nass, 2013
Ingredient #2: BOUNDARIES
Nurturing “Digital Discipline”

“It keeps me from looking at my phone every two seconds.”

- Becker, 2012
The Seeking Brain

Singletasking

- 15-20 minute focused attention sessions followed by brain break.
- If phones aren't part of homework - off and away.
- Reduce alluring cues like "ping!" "buzz!"
- Use history and monitoring tools to help self reflect on study habits.
Gain Awareness of Habits (Moment)

"Forest"

Phone Tools

OFF TIME

MOMENT

BREAK FREE
“To make our lives livable we have to have spaces where we are fully present to each other and ourselves, where we’re not competing with the roar of the Internet.”

- Sherry Turkle

Stay in touch!

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