

A decorative background featuring a network diagram with nodes and connecting lines. The nodes are represented by circles of varying sizes and colors, including light gray, dark gray, and blue. Some nodes are highlighted with a blue outline. The lines connecting the nodes are thin and light gray. The network is distributed across the top and bottom edges of the slide, framing the central text.

# **Technology: The Good, The Bad, and The Scary**

# Hello!

## Presenters:

Jordan Reichardt is a counseling graduate student at Concordia University-Wisconsin graduating in May of 2020. Her technology-free interests include potlucks with friends, board game nights, and improvisational comedy.

Amanda DeSua is an elementary school counselor in the Waukesha School District and a published children's book author. Her technology-free interests include cooking, hiking, and goat yoga.



Jordan and Amanda  
enjoying technology-free  
moments!

# Agenda

- Icebreaker
- Gimkit quiz
- Are we losing human connection?
- Serve and return and brain development
- Technology - the bad
- Ted Talk
- Technology - the good
- What can we do?
- Additional resources

# Icebreaker

Turn and talk to a neighbor.

Discuss three dangers of technology that you've observed.

# Gimkit

Go to [www.gimkit.com/play](https://www.gimkit.com/play)

\*Experiment with using your money to freeze players or earn more cash (powerups)

# Are We Losing Human Connection?

“Removed” project by Eric Pickersgill



# Serve and Return: How Children's Brains Develop

## SERVE & RETURN

Positive interactions build sturdy brain architecture



# Technology Altering Children's Brains

- 3 to 5 year olds with >1 hour of screen time a day = decreased white matter in brain
- 9 and 10 year olds with >2 hours of screen time a day = lower scores on thinking and language tests



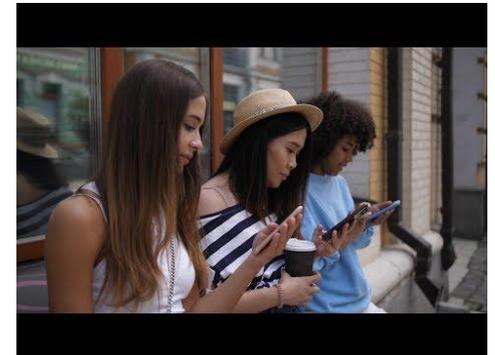
# Impacts of Gaming (The Bad)

- Video games are negatively correlated to academic outcomes
- >7 hours a day = 40% less likely to achieve high academic performance
- Inversely associated with behavioral and psychological problems
- Correlated with poorer eating habits, less physical activity, and less sleep

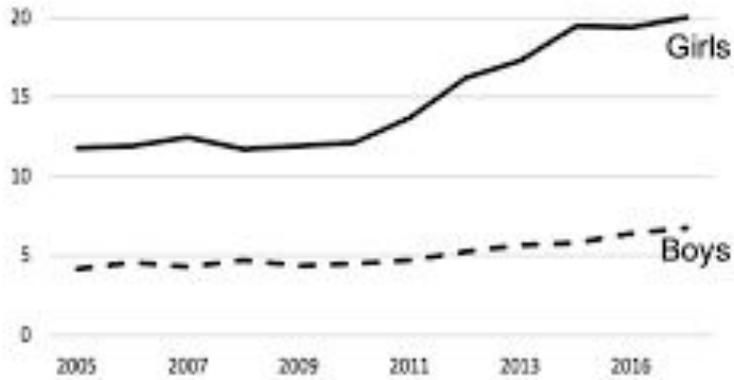


# Impacts of Mobile Phones (The Bad)

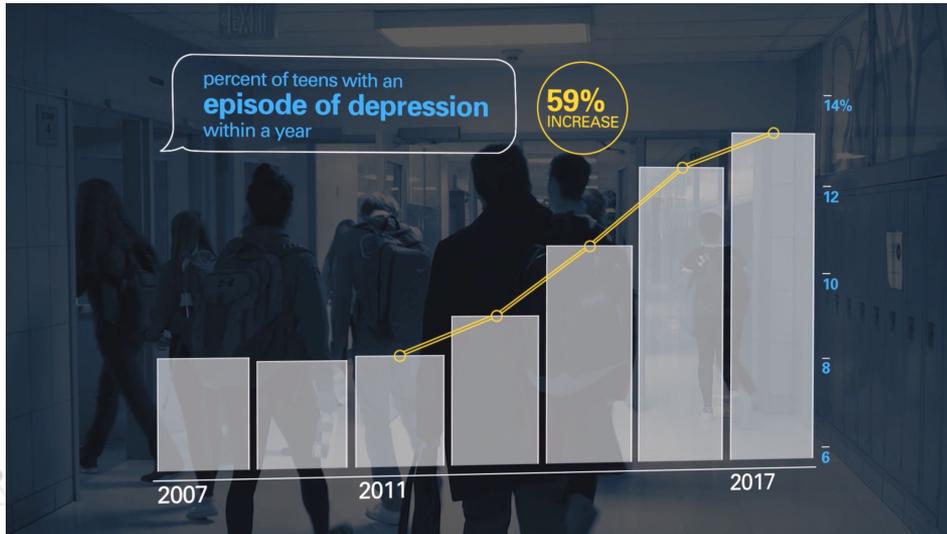
- 2011-12 = 1st year where >50% of people in our population owned iPhones
- 2011-15 = 50% increase in clinical depression and 43% increase in ADHD
- 100% increase in suicides of teens 11-14 from 2011 to 2015
- Increase in loneliness, decrease in sleep



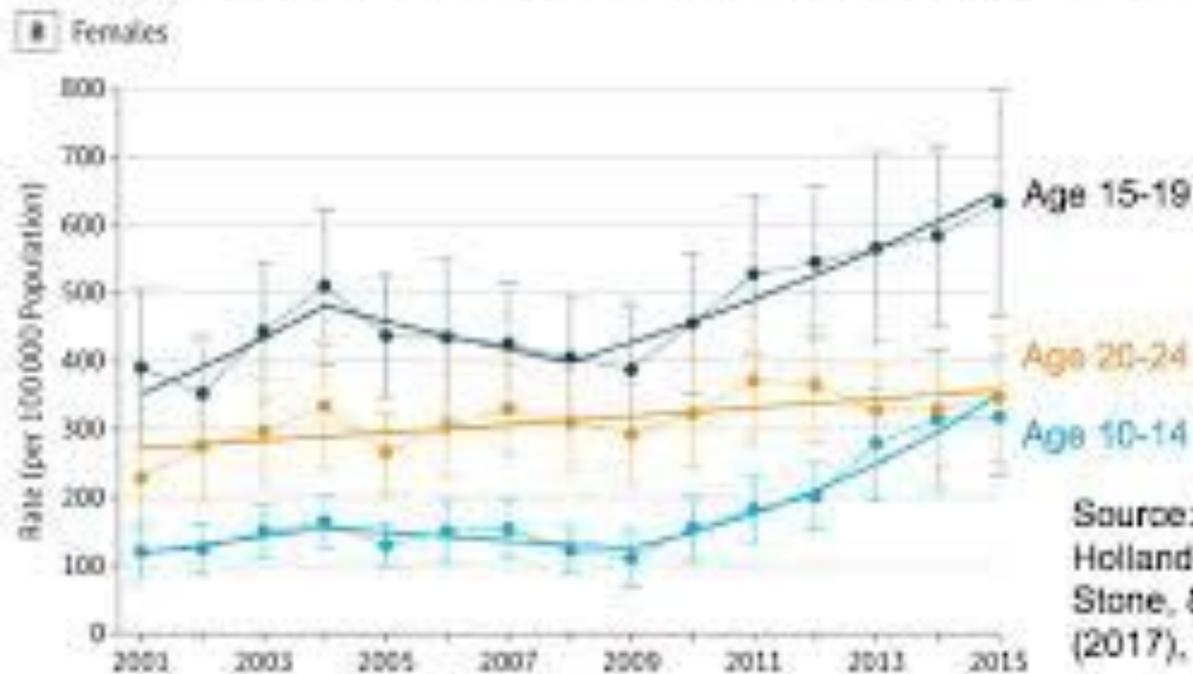
Persons Aged 12-17 Who Had At Least One Major Depressive Episode in the Past Year (% By Gender)



Data from  
National Survey  
on Drug Use  
and Health

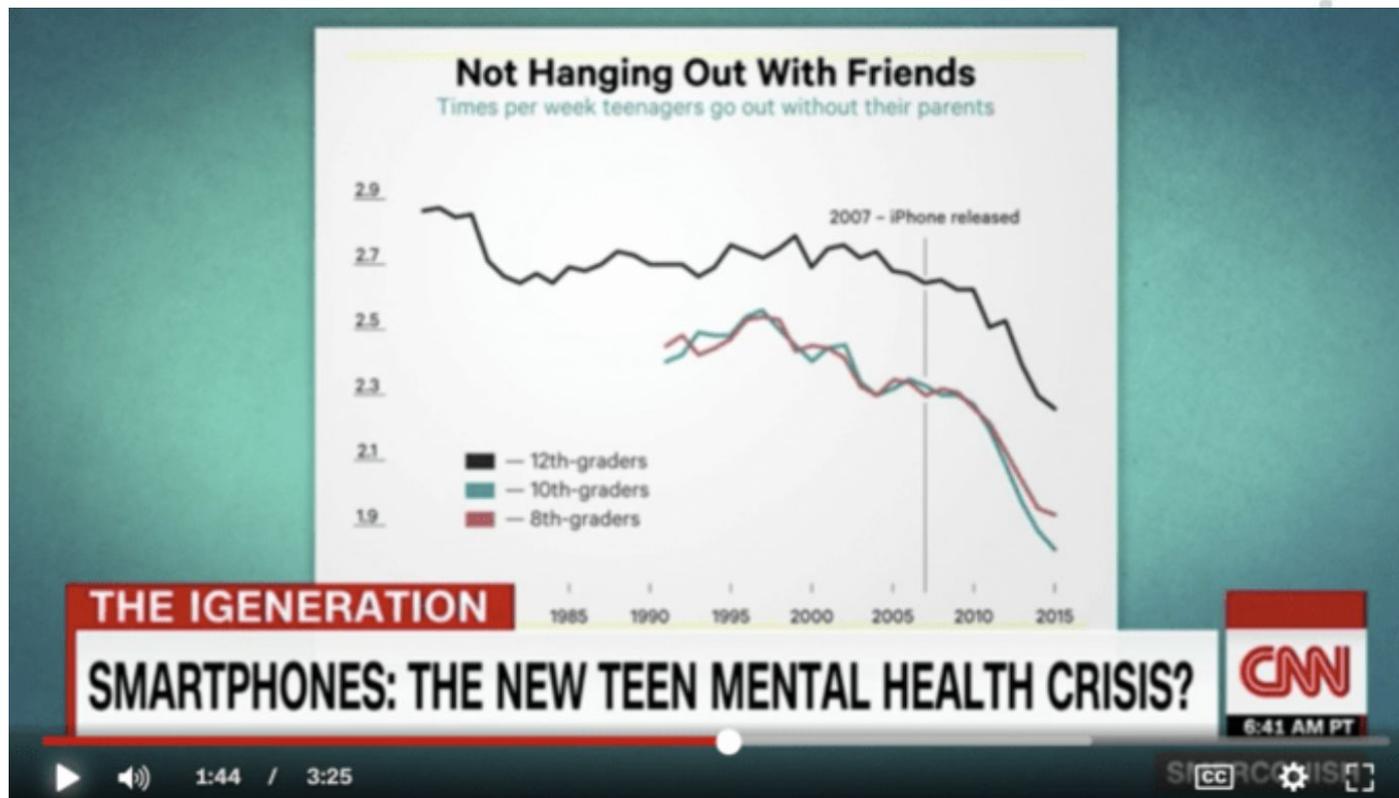


## Hospital Admissions for non-fatal self-harm: Girls



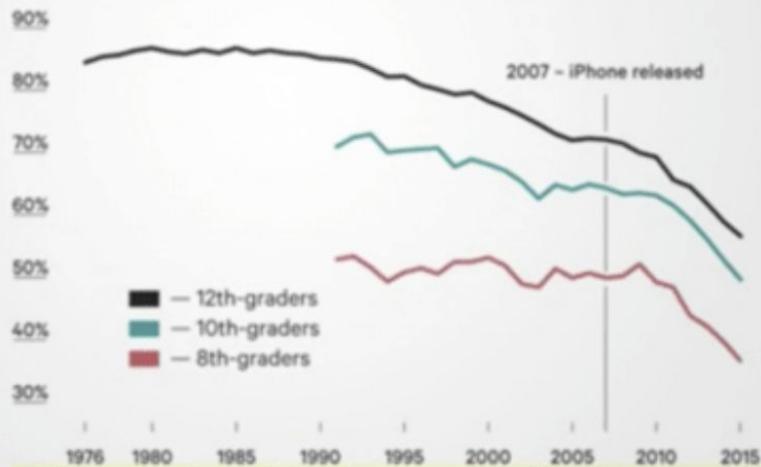
Source: Mercado,  
Holland, Leemis,  
Stone, & Wang  
(2017), JAMA





## Less Dating ...

Percentage of teenagers who ever go out on dates



9:41 AM ET

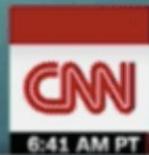
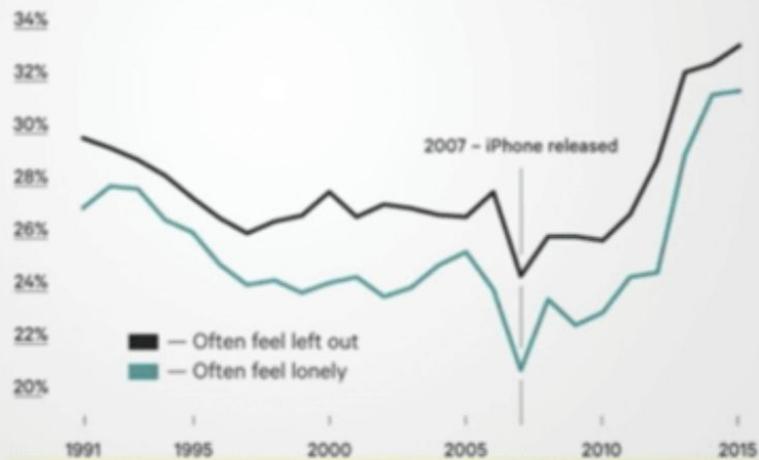


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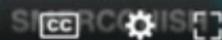
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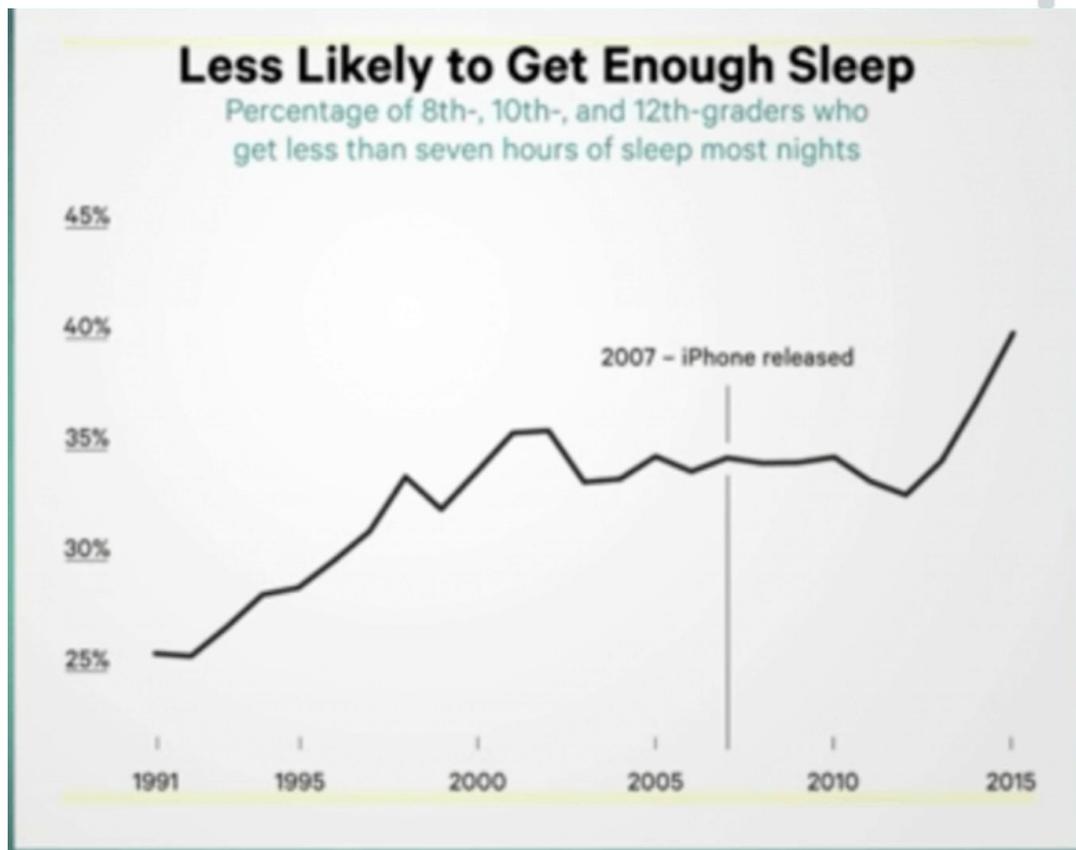
## More Likely to Feel Lonely

Percentage of 8th-, 10th-, and 12th-graders who agree or mostly agree with the statement "I often feel left out of things" or "A lot of times I feel lonely"



2:00 / 3:25





# Impacts of Social Media (According to U.S. Teens)

**Teens say social media helps strengthen friendships, provide emotional support, but can also lead to drama, feeling pressure to post certain types of content**

*% of U.S. teens who say the following about social media*

 **POSITIVE**

**81%** Feel more connected to their friends

**69%** Think it helps teens interact with a more diverse group of people

**68%** Feel as if they have people who will support them through tough times

 **NEGATIVE**

**45%** Feel overwhelmed by all of the drama there

**43%** Feel pressure to only post content that makes them look good to others

**37%** Feel pressure to post content that will get a lot of likes and comments

Note: Respondents who did not give an answer or gave other responses are not shown.

Source: Survey conducted March 7–April 10, 2018.

"Teens' Social Media Habits and Experiences"

PEW RESEARCH CENTER

Search results - G x Technology: The x Johann Hari: This x Teaching Children x Inbox (6) - adesu x 2019-20 Monthly x School District Of x best apps for min x +

ted.com/talks/johann\_hari\_this\_could\_be\_why\_you\_re\_depressed\_or\_anxious?utm\_campaign=tedsread&utm\_medium=referral&utm\_source=tedcomshare

Apps Bookmarks Getting Started Feelings Teaching... resources Kindness in Word... www.seymour.k12... Coalition to Suppo... Stunning Tranquil... Other Bookmarks

**TED** Ideas worth spreading WATCH DISCOVER ATTEND PARTICIPATE ABOUT LOGIN

Johann Hari | TEDSummit 2019  
**This could be why you're depressed or anxious**

Share Add to list Like Recommend

20:24

**Details** Transcript Footnotes Comments (56)  
 About the talk 10 languages Notes + references Join the conversation

In a moving talk, journalist Johann Hari shares fresh insights on the causes of depression and anxiety from experts around the world -- as well as some exciting emerging solutions. "If you're depressed or anxious, you're not weak and you're not crazy -- you're a human being with unmet needs," Hari says.

**3,314,046** views  
 TEDSummit 2019 | July 2019

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 ter Child development Activism Communication Technology

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 14.2M views

What is depression?  
 5.6M views

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# Impacts of Technology (The Good)

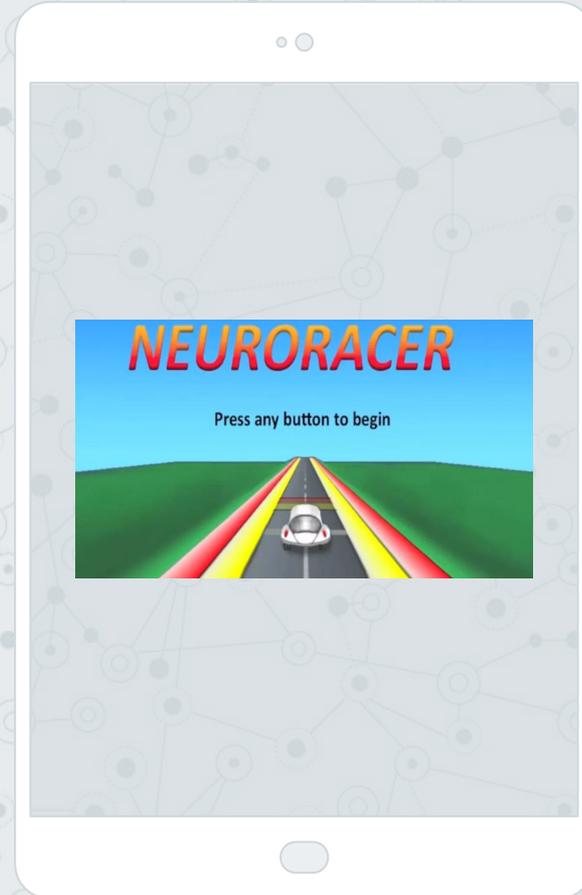


- Creative expression
- Community (and Connection)
- Professional branding

Turn and talk: What other positives of technology have you observed in your students?

# Gaming Improves Multitasking Skills (The Good)

- Adam Gazzaley - NeuroRacer Game
- Improved capacity to multitask among adults 60-85
- [Video](#)



# Computer Games Reduce Trauma Flashbacks (The Good)

Psychologists at Oxford discovered that playing “Tetris” after viewing traumatic material reduces unwanted and involuntary memory flashbacks



# Texting Allows Optimal Distance (The Good)

- Communicating with teens with distance leads to positive results
- You can't yell over text
- Amanda personal story





What can we do?



# Teach Moderation & Responsibility

- Kids thrive with boundaries!
- Swap chores for screen time
- Don't have phones "on" you at home (central charging station)
- Have phone-free car rides



# Have Screen-Free Dinners

With family dinners, students are more likely to:

- eat healthy foods
- perform better academically
- have stronger peer relationships

Students are less likely to:

- engage in risk-taking behaviors (drugs, alcohol, sexual activity)



# Mindfulness Practices

- Regrow neural connections
- Create a calm mind and body



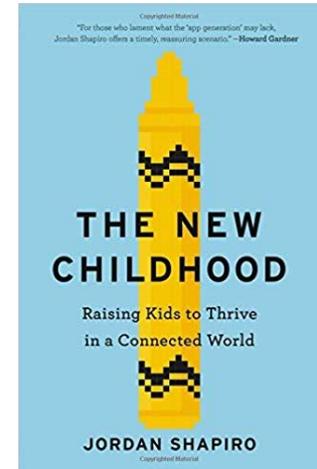
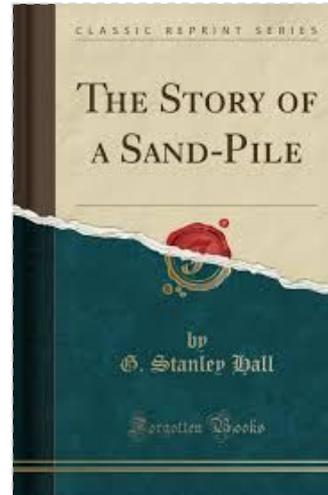
# Have Face-to-Face Conversations

- When possible
- When content is emotionally heavy
- Allows reading of body language
- Allows for discussion and brainstorming



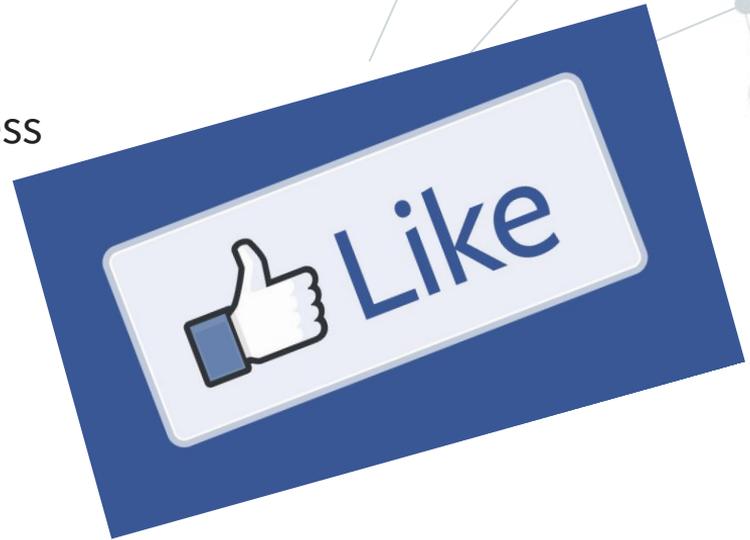
# Use Creative Technology

- Encourage collaboration
- Acceptance = important
- *The Story of the Sand-Pile*



# Encourage Self-Esteem

- Amount of likes  $\neq$  self-worth
- Encourage posts that build connectedness



# Educate Yourself

- Include filters
- Familiarize yourself with latest trends and apps

**15 Apps Parents Should Know About**

Courtesy of the  
Madril Police Department



<b>MEETME</b>  <p><b>MEETME</b> is a dating social media app that allows users to connect with people based on geographic proximity. As the app's users are encouraged to meet each other in person.</p>	<b>GRINDR</b>  <p><b>GRINDR</b> is a dating app geared towards gay, bi, and transgender people. The app gives users options to chat, share photos and meet up based on a smart phones GPS.</p>	<b>SKOUT</b>  <p><b>SKOUT</b> is a location-based dating app and website. While users under 17 years old are unable to share private photos, kids can easily create an account with an older age.</p>
<b>WHATSAPP</b>  <p><b>WHATSAPP</b> is a popular messaging app that allows users to send texts, photos, voicemails, and make calls and video chats.</p>	<b>TIKTOK</b>  <p><b>TIKTOK</b> is a new mobile device app popular with kids used for creating and sharing short videos. With very limited privacy controls, users are vulnerable to cyber bullying and explicit content.</p>	<b>BADBOO</b>  <p><b>BADBOO</b> is a dating and social networking app where users can chat, share photos and videos and connect based on location. While the app is intended for adults only, teens are known to create profiles.</p>
<b>BUMBLE</b>  <p><b>BUMBLE</b> is similar to the popular dating app "Tinder" however, it requires women to make the first contact. Kids have been known to use BUMBLE to create fake accounts and falsify their age.</p>	<b>SNAPCHAT</b>  <p><b>SNAPCHAT</b> is one of the most popular apps in recent years. While the app promises users can take a photo/video and it will disappear, new features including "stories" allows users to view content for up to 24 hours. Snapchat also allows users to see your location.</p>	<b>KIK</b>  <p><b>KIK</b> allows anyone to contact and direct message to your child. Kids can bypass traditional text messaging features. Kik gives users unlimited access to anyone, anywhere, anytime.</p>
<b>LIVEME</b>  <p><b>LIVEME</b> is a live-streaming video app that uses geolocation to share videos so users can find out a broadcaster's exact location. Users can earn "coins" as a way to "buy" mirrors for photos.</p>	<b>HOLLA</b>  <p><b>HOLLA</b> is a self-proclaimed "adulthood" video chat app that allows users to meet people all over the world in just seconds. Reviewers say they have been confronted with racial slurs, explicit content, and more.</p>	<b>WHISPER</b>  <p><b>WHISPER</b> is an anonymous social network that promotes sharing secrets with strangers. It also reveals a user's location so people can meet up.</p>
<b>ASK.FM</b>  <p><b>ASK.FM</b> is known for cyber bullying. The app encourages users to allow anonymous people to ask them questions.</p>	<b>CALCULATOR%</b>  <p><b>CALCULATOR%</b> is only one of SEVERAL secret apps used to hide photos, videos, files, and browser history.</p>	<b>HOT OR NOT</b>  <p><b>HOT OR NOT</b> encourages users to rate your profile, check out people in their area, and chat with strangers. The goal of this app is to hook up.</p>

# Provide a Foundation of Social Skills and More



- Part One: a strong foundation
- Part Two: a sturdy structure
- Part Three: a vibrant community
- [Video on the importance of the first pillar, screen time](#)

# Embrace Technology Apps

- Build community
- Increase SEL skills
- Tenacity game - participants fared better on attention tasks ([game demo](#))
- Apps to assist with addiction recovery

The Kahoot! logo features the word "Kahoot!" in white, bold, sans-serif font. It is set against a background of four colored quadrants: red (top-left), blue (top-right), yellow (bottom-left), and green (bottom-right).

Kahoot!

The Gimkit logo consists of the word "Gimkit" in a large, bold, black, sans-serif font.

Gimkit



# Host or Attend a Screenagers Screening



- [Find a Screening](#)
- Teach the 3 Ex's of Worry:
  - 1) "Expect"
  - 2) "Externalize"
  - 3) "Experiment"

# Other resources

- [10 Reasons Teens Have So Much Anxiety Today](#)
- [Online Behavior, Real-Life Consequences: The Unfolding Of A Social Media Scandal](#)
- [Small Acts of Online Kindness](#)
- [Like a Sponge Podcast: Their Own Devices](#)
- [Steve Jobs Was a Low-Tech Parent](#)
- [Student Affairs Live - The Effects of Technology on Mental Health](#)



# Thanks!

## Any questions?

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