

SOCIAL MEDIA AND OUR CHILDREN



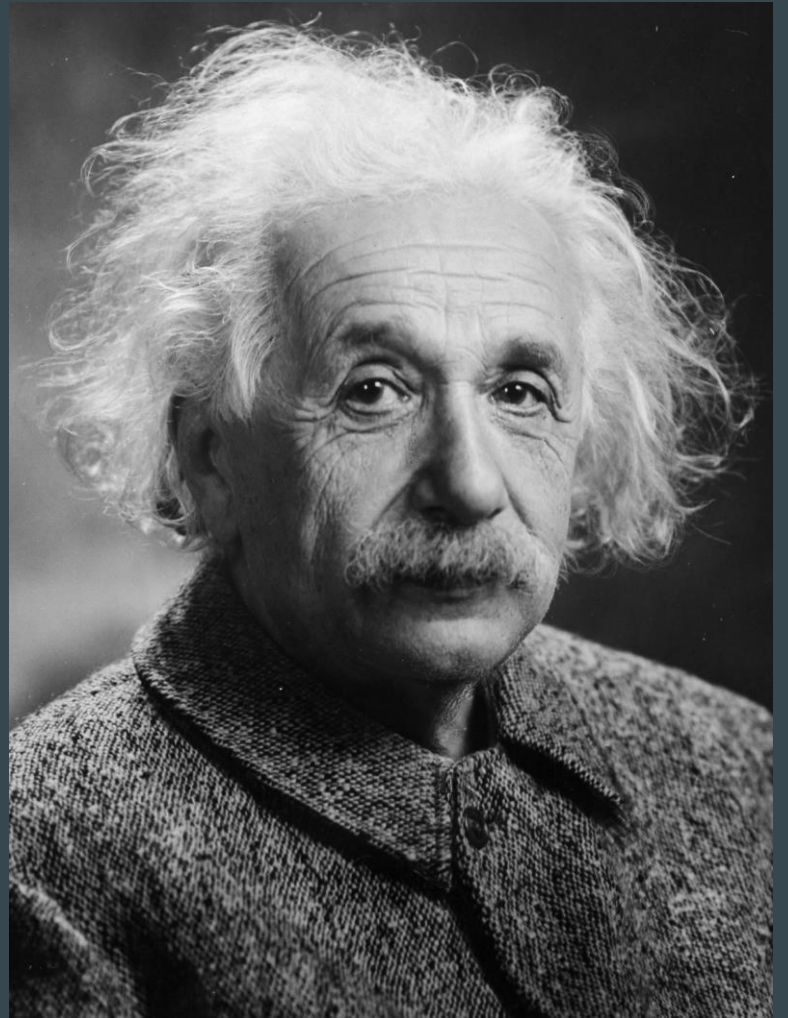
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There lies before us, if we choose, continued progress in Happiness, Knowledge, and Wisdom. Shall we instead choose death, because we cannot forget our quarrels? We appeal as human beings to human beings: Remember your humanity and forget the rest.

-Albert Einstein - addressing world leaders

I believe that the abominable deterioration of ethical standards stems primarily from the mechanization and depersonalization of our lives-A disastrous bi-product of science and technology.

-Albert Einstein - in a letter to a friend



It is so striking that for decades, membership in all kinds of groups has declined as much as a fourth. That is a lot of people who need to find a sense of purpose and support somewhere else.”

- Mark Zuckerberg- Creator of Facebook

In this speech, Zuckerberg describes how he envisions Facebook “Communities” taking on the role in people’s lives that were once filled by places like “the Church and Little League.”



Sobering Effects of Technology and “Social” Media

- Between 2010 and 2015 teens who felt “useless and joyless” surged 33%
- Teens 13-18 who died by suicide jumped 31%
- Teen Smartphone ownership crossed the 50% threshold in 2012 and by 2015 73% of teens had access to smartphones
- Smartphone use increased screen time and online time .
- Those who spend 5 hrs/day online were 71% more likely to experience at least one suicide risk factor (Depression, thinking about suicide, making a plan or attempting suicide) than those who spent one hour or less online
- Just 3 hours of screen time per day saw almost 30% increase in sleep deprivation. Sleep is a major contributor to mental wellness.

Sobering Effects of Social Media

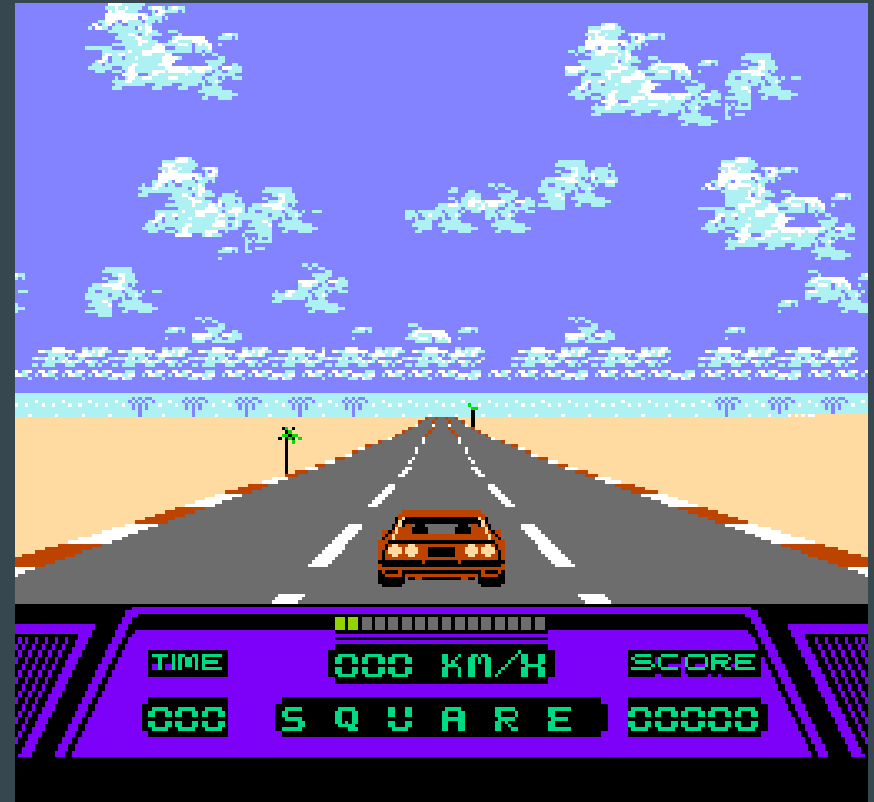
Research is beginning to recognize the link between smartphone and social media use and negative mental health effects.

- Increased Facebook use is linked to Depression particularly in Teens and Young Adults
- Instagram use is linked to increase in anxiety
- Those who frequently use social media actually report greater sense of isolation.



So What's Going On?

- Does social media make you more social?
 - Children do not learn necessary social skills online
- False connections/false vulnerability- cyberbully, stalking, gossip and dangerous decisions are easier online.
 - Remember, prefrontal cortex is not developed
- NeuroBiology and the internet
 - Addiction- each new click, like and search provides a pleasure response in the brain (dopamine)
 - When people don't "like" me?



CONNECTING & EMPOWERING

Conversation vs Lecture

Teach in short statements

LISTEN to what's important
to your kiddos

Other regulation

Co regulation

Self regulation

Create a contract together

An adolescent's plea to adults, from the book, "Right Listening," by Mark Brady

"When I ask you to listen and you start giving advice, you have not done what I have asked.

When I ask you to listen and you start telling me why I shouldn't feel the way I do, you are invalidating my feelings.

When I ask you to listen and you start trying to solve my problems, I feel underestimated and disempowered.

When I ask you to listen and you start telling me what I need to do, I feel offended, pressured and controlled.

When I ask you to listen, it does not mean I am helpless. I may be faltering, depressed or discouraged, but I am not helpless.

When I ask you to listen and you do things that I can and need to do for myself, you hurt my self-esteem.

But when you accept the way I feel, then I don't need to spend time and energy trying to defend myself or convince you, and I can focus on figuring out why I feel the way I feel and what to do about it. And when I do that, I don't need advice, just support, trust and encouragement. Please remember that what you think are irrational feelings always makes sense if you take the time to listen and understand me."

Parents' Responsibility

- Be a good example.
 - Put the phone down!
 - Have rules and follow them.
 - No screens at meal time
 - No screens after a certain hour
- Know your children (Talk and listen)
 - Build Connection without phone in hand
- Teach your children.
 - How to treat others
 - Delayed gratification
- Know what they are up to.
 - Children do not have a right to privacy (with regards to technology)-require access to all of your children's accounts
 - Keep all technology in a public area of the home
 - Monitor ALL activity on phones, tablets and computers. (Even the hidden content)
 - Be aware of technology

