



Tech Talk

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The Power of Imagination

- “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.” – Philippians 4:8



Tech Concerns

- Developmental
- Social/Emotional
- Mental/Physical

Why are health care professionals finding issues with our current levels of digital media consumption, **what** kind of valuable activities and practices are being neglected due to the rise in digital media, and **where** do we go from here?



Myth #1

- The fear of digital media is overhyped much like the ways newspapers and novels once were.
- “The aspects of electronic screens that influences our eyes are, *first*, unnaturally bright light, which conveys information to the brain that’s inconsistent with what’s happening in the real world. *Second*, interacting with a 2D screen alters normal eye muscle movements, including those used for changes in depth. This influences visual and vestibular development, cognition, and mood regulation. Third, electronic media provides intense, unnatural, ‘arresting’ visual stimulation that affects sensory and attention processes” (Dunckley, 36).



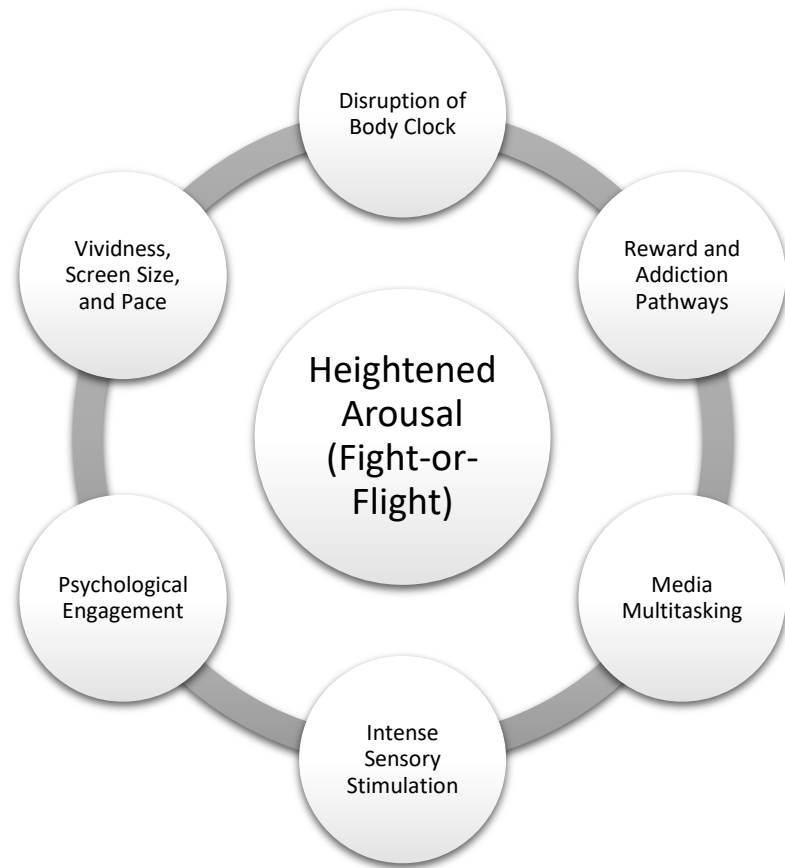
Myth #2

The message is more important than the medium when it comes to digital media consumption.



Myth #3

Interactive screen-time is much better than passive screen-time.



Myth #4

- Most of my child's media consumption is fine because it occurs primarily in their downtime.
- "If we don't know the satisfactions of solitude, we only know the panic of loneliness" (Turkle, 66).



Myth #5

Social Media is an innocuous way for my kids to keep up with friends.



Where do we go from here?

- **Principle 1:** Place healthy structures around electronic screen use (technology is a privilege, not a right). Evaluate spaces where your teen may be particularly susceptible to the negative effects of digital media. Examples may include trimming down the social media outlets they engage with or eliminating screens in the evening.

Where do we go from here?

- **Principle 2:** Prioritize solitude for your teen. Since children learn to be alone in the presence of adults, a great place to begin may be the car. From time to time, require your kids to put their technology in the console and allow them to think, look out the window, introspect, ask questions, and tell funny stories, all while knowing they are receiving everyone's complete attention.

Where do we go from here?

- **Principle 3:** Pursue intimate conversations without digital media in the general proximity. Examples may include going on a walk without your phones or taking your kid and their friends to Starbucks and leaving your phones in the car.

Where do we go from here?

- **Principle 4:** Participate in physical Activity. The physical activity guidelines for Americans state that children and adolescents (6 to 17 years) should do 60 minutes or more of moderate-to-vigorous physical activity daily. Physical activity balances important neurotransmitters like dopamine, norepinephrine, and serotonin, along with the rest of the neurochemicals in the brain.

Where do we go from here?

- **Principle 5:** Practice new leisurely habits. These can exist as a replacement from the amount of time spent on digital media and may even draw them away from it from time to time.