



Can't Quit Now! Games, Apps and the Internet

Stephanie Roy, Training and
Prevention Consultant

- © 2015 Stephanie Roy. This work may be reproduced and redistributed, in whole or in part, without alteration and without prior written permission, solely by educational institutions for nonprofit administrative or educational purposes provided all copies contain the following statements: "© 2015 Stephanie Roy. This work is reproduced and distributed with the permission of Stephanie Roy." No other use is permitted without the express prior written permission of the developer, Stephanie Roy. For permission, contact majorpaiger@comcast.net

Learning objectives

- **We will:**
 - **Discuss why youth are drawn to technology and the technology they use most**
 - **Explore genres of games and examine why they have the potential to become addictive**
 - **Learn about parental controls for technology**
 - **Discuss strategies to assist youth who are using technology in excess**

Why do kids use:

- Entertainment
- Fantasy/Escape
- Relaxation
- Coping
- Knowledge
- Accessibility
- Communication

Genres

- Puzzle
- Manage and Control (micro and macro)
- First person shooters
- Action and Adventure
- Real time strategy
- Independent
- MMORPG (Massively Multiplayer On-Line Role Playing Game)
- MOBA (Multiplayer On-line Battle Arena)

Gaming Statistics

- 99% of boys play video games
- 94% of girls play video games
- 50% of boys and 14% of girls prefer games with “M” (mature) ratings

Entertainment Software Rating Board (ESRB)



Games: Currently Popular

- Sports games- FIFA, NBA, Wii Sports, NFL
- GTA V™- Heists (multi-player)
- Battlefield Hardline™
- Minecraft™
- Super Smash Bros.™
- Rayman Legends™
- Call of Duty™ -COD
- Halo™
- Skylanders™
- Disney Infinity™
- Pokemon™

Grand Theft Auto V™

- 256 million marketing and development budget
- Broke all video game sales records
- Grossed \$1 billion in sales after 3 days

*reuters.com

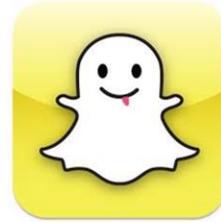
Games and Apps: Currently Popular

- Angry Birds ™
- Where's My Water ™
- Minecraft Pocket Edition ™
- Dumb Ways to Die ™
- Five Nights at Freddy's ™
- Geometry Dash ™
- Piano Tiles ™

Social Media: Youtube™

- Category: fan base
- PewDiePie- gaming
- Yogscast- gaming
- Bethany Mota- beauty
- Zoella- beauty
- Fine Brothers- comedy, react videos
- Tyler Oakley- comedy, activism

Social Media



iOS 6



Instagram, we heart it, tumblr, snapchat

Parental Controls for Apps

- ParentKit™ (iPad, iPod, iPhone)
- Force shut-downs
- Youtube™ Parental controls

ParentKit is a breakthrough monitoring app for parents. Using this app gives parents the option to set up a schedule and parental control for their child's device. The best part is that you do it from your own device, which acts as a remote. You can now schedule your child's usage on safari, purchased apps and shows, all from your own device. For Ipad, Ipod, Iphone

Force shut down- applications which shut the technology down after a period of time, etc. Kids are savy

Loggin to your Youtube account at the bottom of the page there is a selection for Safety, click "On" then logout. Next time that Youtube is accessed from this computer the safety will be on and it will require you the user to unlock it. However they may have a different Youtube access associated with a different email.

Parental Controls for Apps

- Mobile Guardian™
- Qustodio™
- Net Nanny™
- My Mobile Watchdog™
- MamaBear™
- MMGuardian™

<http://www.tomsguide.com/us/pictures-story/596-2-best-parental-control-apps.html>
December 2014

Mobile Guardian (Android, iOS) provides a powerful Web dashboard with a whole suite of parental monitoring tools for tracking your child's smartphone activity. Mobile Guardian offers a Web content filtering system, application blocking, a schedule and timetable system, contacts management and contacts blocking, as well as a GPS tracking and geofencing system so you always know where your child is. The premium service starts at about \$4 a month, and features a 7-day free trial for test runs.

Qustodio (PC, Android, iOS) is another full featured desktop and mobile monitoring service that parents can use to monitor their children's device use and online activity, with further tools unlocked with a premium subscription. Qustodio's free tier allows users to track web activity and block inappropriate content, as well as set rules for device use and access. Premium subscriptions, starting at \$44.95 per year, unlock a more robust toolset, with location tracking, application controls, as well as call monitoring.

Net Nanny (Android, iOS) provides an Android and iOS browser and parental control system that can be used to restrict access to adult material. The Android version also comes with an app manager. On Android, Net Nanny browser features 18 filtering categories and can be set to Block, Warn or Allow access based on category, while the iOS version comes with a simpler three-tier system of content filtering.

My Mobile Watchdog (Android, iOS) offers users with a series of powerful parental

controls that allow mom and dad to see phone call logs, read text messages on their childrens' phones, set Web blocking and time blocking, remotely block and grant access to apps, as well as find out where your child is through GPS. My Mobile Watchdog takes pains to indicate that they aren't 'spyware', with the app having no stealth mode, so your kid is also aware that they're being watched. The suite of controls is pretty impressive, and comes with a \$4.95 per month

MamaBear (Android, iOS) is an all-in-one mobile parental control app that allows you to locate a child through a smartphone, keep tabs on social media activity, and find out when your kid has been driving over the speed limit. MamaBear's location tracking can tell you where your child is, as well as provide arrival and departure alerts from locations such as school or home.

MMGuardian is a parental control app that can locate a kid's phone, monitor text activity and set various use restrictions. The free level allows parents to send an SMS to locate or lock their child's phone, or have it emit a siren alarm. Enhanced features for subscribers allow for time limits (such as locking during school time), call blocking, text monitoring, safe driving controls that prevent texting and calling when on the road, as well as app controls. Notably absent are any internet filters. \$3.99

Violent Video Games and Aggression

- Small %: link between long-term violence and playing violent video games
- Temperament, exposure, and high emotional experience
- Impact to stimuli
 - 10% highly impacted
 - 80% somewhat impacted
 - 10% minimally impacted

*Are Violent Video Games Child's Play? –Horacio Sanchez, Resiliency, Inc. News January 2012

Violent Video Games and Aggression

- Less brain wave activation in response to violent images for habitual violent game players
- Risk occurs when the brain continues to mute emotional response
- Lowering of empathy across a wide range of the general population
- Proportional to multiple risk factors in the player

*Sanchez

Technology and the Brain

- Stimulation of the addiction area of the brain
- Reward pathway becomes activated
- Brain's reward circuit- the nucleus accumbens, amygdala, and orbitofrontal cortex

http://med.stanford.edu/news_releases/2008/february/videobrain.html

The better the reward connection with the nucleus accumbens, amygdala, and orbitofrontal cortex the better males performed during game play.

Technology and the Brain

- Dopamine levels rise resulting in feelings of pleasure
- Psychological addiction caused by reinforcement from playing and excelling at a game- Reward pathways
- Endorphins are released
- Rush of adrenalin

Adolescent Brain

- Brain Stimulation: IQ is fluid during teenage years with
 - 1/3 IQ increase, 1/3 IQ decrease, 1/3 IQ stable
- Addicted faster, stronger, deeper and feel effects longer

*Frances Jensen, Neuroscientist at Children's Hospital of Boston, professor at Harvard Medical School

Risk Factors

- Some youth are more at risk than others due to temperament or mental health concerns (shy, anxious, difficult, ADHD, Bipolar, Autism)

Benefits of Technology

- problem-solving skills, perseverance, pattern recognition, hypothesizing, estimating, logistics, mapping, memory, quick thinking, and reasoned judgments
- help build confidence
- development of hand-eye coordination

<http://www.units.muohio.edu/psybersite/cyberspace/onlinegames/video.shtml>

Educational and Social Issues

- Minecraft™
- Darfur Is Dying™
- Never Alone™
- Gone Home™
- Quandary™

<http://content.easybib.com/10-educational-games-that-teach-kids-about-social-issues/>

Games for Change

- Mission Statement:
Catalyzing Social Impact Through
Digital Games
 - Create and distribute games with social impact
 - Entertain and engage for social good

<http://www.gamesforchange.org/about/>

Warning Signs

- Affecting relationships
- Avoiding activities previously enjoyed
- Missing school/affecting grades
- Compromising values
- Negatively effecting social skills
- Financially burdensome-in game spending
- Not able to see negative effects of behavior
- Physical symptoms of use
- Emotional disturbance when games/electronic devices are taken away

*www.video-game-addiction.org

*Cyber Junkie, -Kevin Roberts

Warning Signs

- Persistent inability to cut down on gaming/cyber activity
- Ever-increasing amounts of time spent gaming/engaging in cyber activity
- Obsessing about gaming/cyber activity even when not playing or using technology

*Cyber Junkie, -Kevin Roberts

Kid Advice: What if it is getting out of control?

- Try something new
- Engage in old hobbies
- Technology free times
- Technology for purpose
- Don't play alone!
- Uninstall the "problem" game
- Free games- less addictive games

Support Strategies

- Limit gaming/internet use to no more than two hours a day, no more than four days a week . (K. Roberts)
- Have frequent discussions about how to play safely and talk about the signs of playing too much.

Support Strategies

- Provide healthy distractions
- Techniques for reducing stress
- Healthy activities: join a club, reading, exercise, sports
- Recommendations for therapists who work with adolescents and may have had experience with treating video-game compulsions
- Social skills
- Involvement with in-school support groups
- Replacement behaviors
- Treatment providers- facilities, "wilderness" programs, etc.
- Therapist or treatment program that specializes in adolescents

Contact

Stephanie Roy

Training and Prevention Consultant

majorpaiger@comcast.net