The effect of the Internet and screens on Children’s brain development and the Advice from the Experts!

The first 2 links are short articles to read.

The 3rd link is a seminar on how screen use has affected families in our society. Please watch with headphones and make notes on the concerns that expert Nicole Runyon and others have about the over use of social media and screens.

<http://www.cnn.com/2012/05/21/opinion/clinton-steyer-internet-kids/>

<https://www.psychologytoday.com/blog/mental-wealth/201402/gray-matters-too-much-screen-time-damages-the-brain>

[Screenagers](https://www.youtube.com/watch?v=LFmjok0bLkU)

Dr. Nicole Runyon a Psychotherapist presented a lecture called

Screen-agers: Today’s Adolescent: Why Kindness is Missing

Dr. Runyon presents a number of concerning statistics about today’s teenagers.

* The average child in the United States spends more time consuming electronic media than going to school
* 8-18 year olds spend 6 hours a day in front of screens.
* 4% of kids time spend online is for educational purposes.
* “screen-agers” have withdrawn from their families and friends and have retreated into anxiety, depression etc.

Runyon has seen a sharp increase in young people needing therapy and believes it is mostly linked to screen usage. She has the following suggestions for families:

1. Set Age limits. 11-14 year olds are too young to have smart phones.

2. Limit the amount of time spend on all technology.

3. No Screens at Dinner time.

4. Check in the Screens Before Bed. Light at night has been linked to Depression in many studies.

5. Monitor your Teen’s screen usage.

6. Talk to your Teen.

Loss of Human Connection + Screens = Problems.

In the Documentary Screen-agers, Dr. Delaney Ruston has the following advice, which is similar:

* Dr Ruston suggests putting phones and other devices away at meal times, in the car and during family outings.
* While studying, teenagers should put their phones in another room but can take "tech breaks".
* No phones, tablets or other devices in the bedroom when it's time to sleep.
* Rather than relying on your phone, buy an alarm clock and a calculator.
* Limit interactive video games to certain times – the weekend, for example – especially for younger children.
* Try what a group of teenagers do in the film: when they eat out, they put their phones in the middle of the table. First to check their phone pays for dinner.
* Set aside regular time to calmly discuss any issues about mobile phones and other devices rather than letting them spark arguments.
* Parents worried about their children's screen usage should think about what they are doing themselves.