



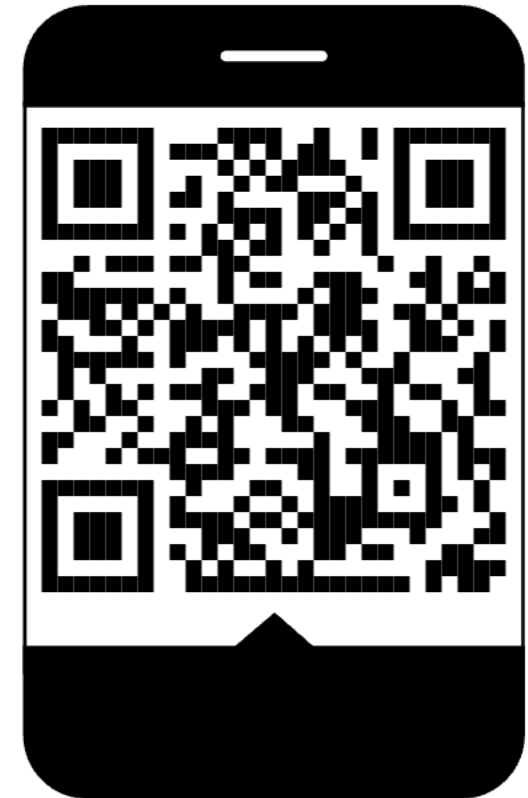
REGENTS INTERNATIONAL SCHOOL
PATTAYA

A NORD ANGLIA EDUCATION SCHOOL

Social Media and Gaming Addiction Parent Workshop

Amos Turner-Wardell

WHAT WOULD YOU LIKE OUT OF THE SESSION?
WHY ARE YOU HERE?



OVERVIEW OF THE SESSION

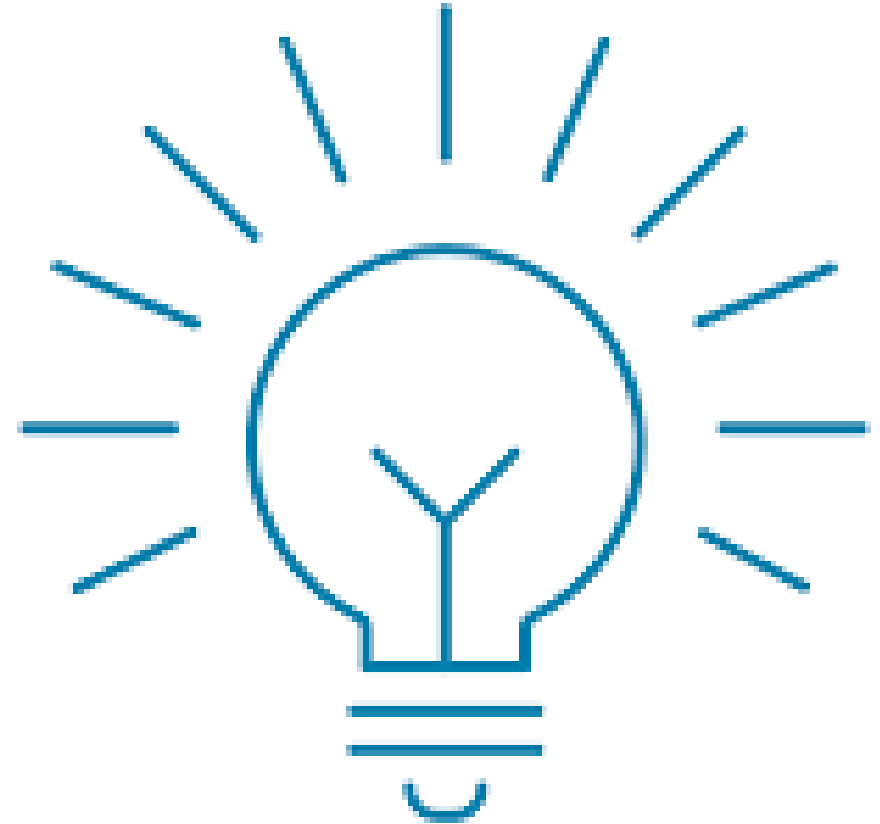
- 1. Being Aware –Pre and Post COVID
- 2. What does addiction look like?
- 3. Impact on our children
- 4. What to do about it?



THINK ABOUT?

When with your children have you ever:

1. Forgotten what you were talking about as you checked your phone?
2. Been asked by them to put your phone down?
3. Checked your phone before talking to your children: morning/after school?
4. Put pictures of your children on your social media?
5. Used your phone at dinner?
6. Been looking at your phone while they are playing in the park/with a friend?



“If we disrupt our one-on-one time by disappearing into our smartphones, then they will learn to disconnect in similar ways.”

THINK ABOUT?

At what age do children have a social media presence?

More Than 80% of Children Have an Online Presence by the Age of Two

Welcome to the world of “sharenting.”

This is a world where the average parent shares almost 1,500 images of their [child online before their fifth birthday](#).

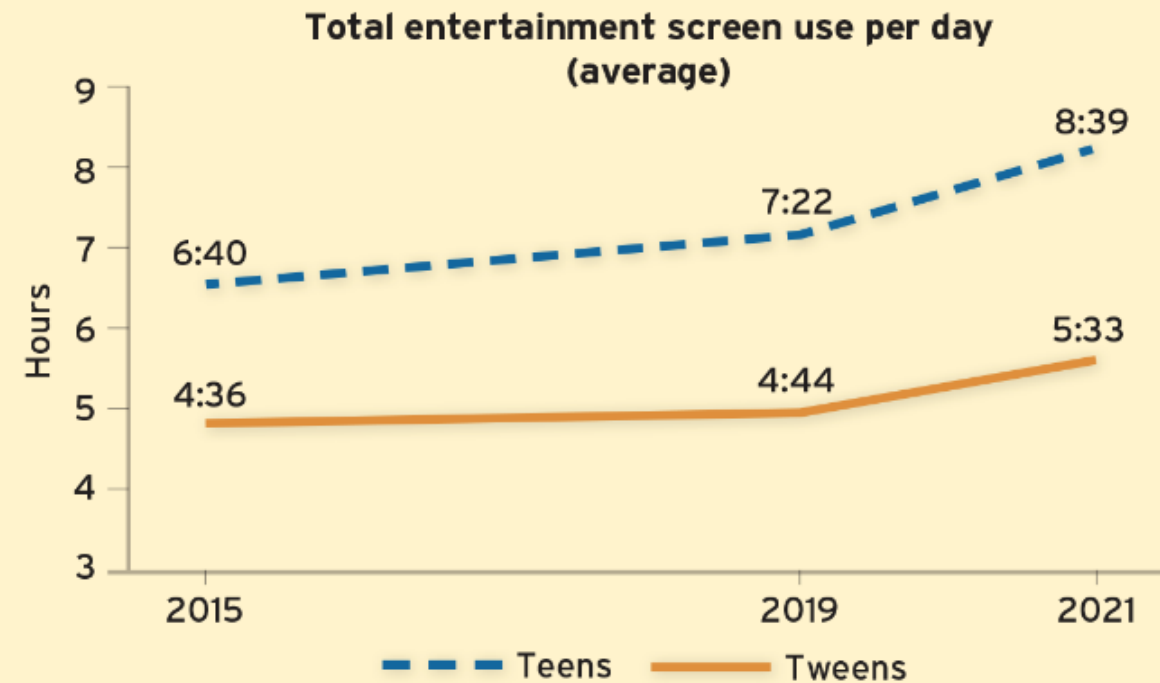


BEING AWARE...COVID IMPACT

- Take a look at this graph...
- What is it telling you?
- What is the impact of this information?

Increase in Entertainment Screen Use Accelerated During the Pandemic *(Figure 2)*

Students' entertainment screen use grew quickly during the Covid-19 pandemic. Screen use increased by 17 percent, on average, from 2019 to 2021—more than it had during the prior four years.



NOTE: Tweens refers to students ages 8-12; Teens refers to students ages 13-18.

SOURCE: Rideout, V., Peebles, A., Mann, S., & Robb, M. B. (2022). *Common Sense census: Media use by tweens and teens, 2021*. San Francisco, CA: Common Sense.

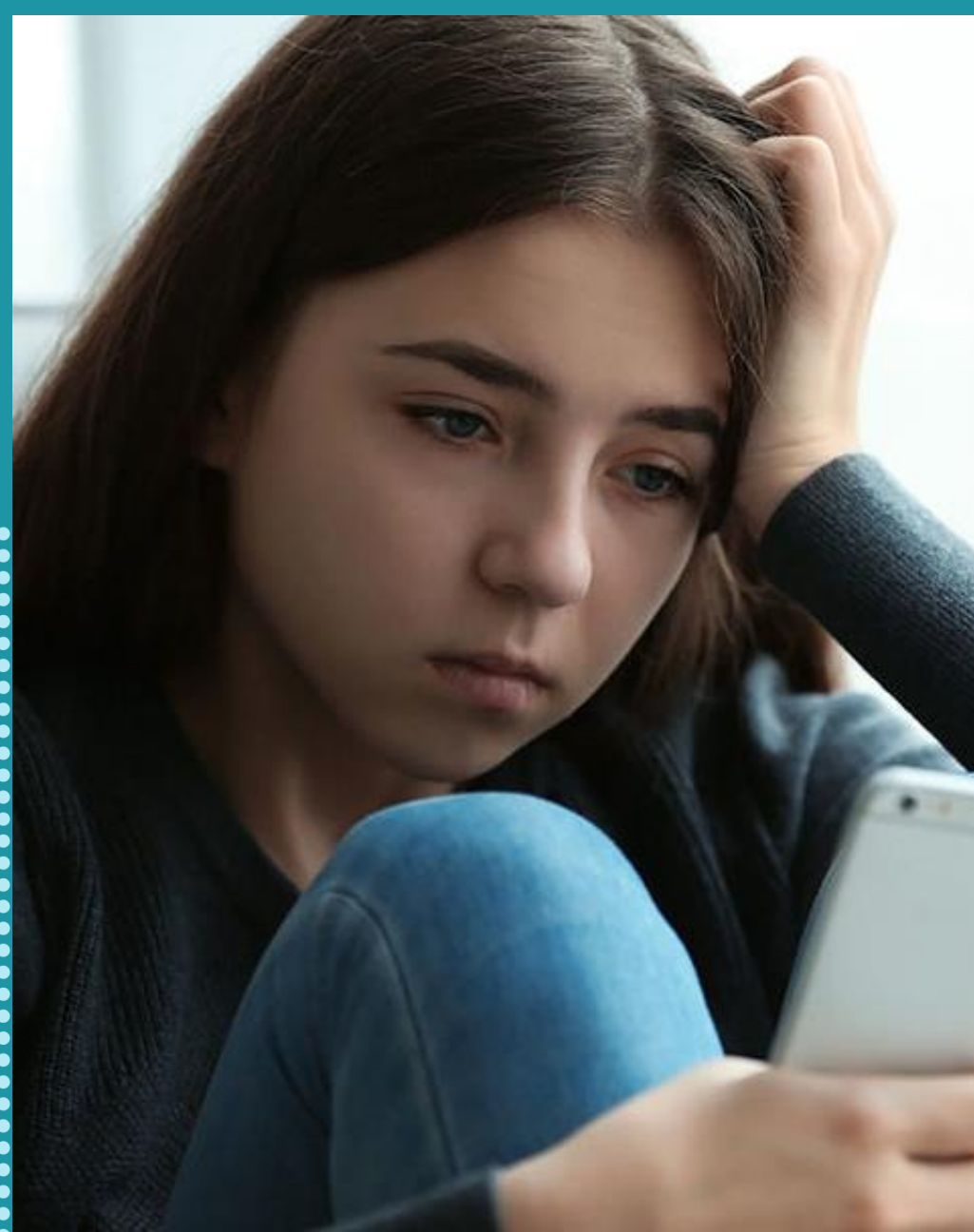
WHAT ARE THE SIGNS OF ADDICTION...

- **Lying about smartphone use.**
- **Loved ones expressing concern.**
- **Neglect or trouble completing duties at work, school, or home.**
- **More and more time using a phone.**
- **Checking peoples' profiles repeatedly**
- **Accidents, fights, injury due to phone use.**
- **Working later to complete tasks.**



WHAT ABOUT OUR CHILDREN?

- Always keeping their phone on and with them
- Changes in behavior
- Difficulty with emotional regulation
- Extreme reactions when separated from their device
- Impatience, irritability, restlessness, inability to focus in school when separated from their phone
- Increased social challenges
- Sleep disturbances
- Spending more and more time on their phone
- Switching between multiple devices and programs (social networking, texting, gaming, etc.)

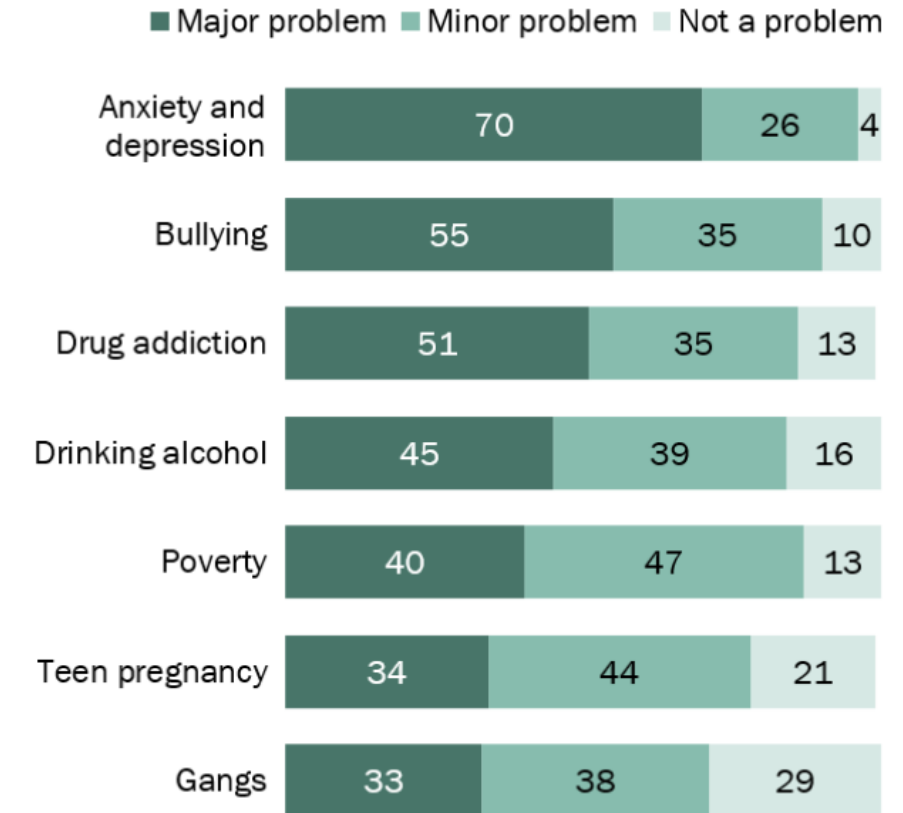


WHAT IS THE ACTUAL IMPACT?

- Long before Covid-19, spiraling levels of depression, anxiety, and isolation among children.
- This historic downturn in the well-being of young people coincided almost exactly with the dramatic rise of the smartphone and social media.

Anxiety and depression top list of problems teens see among their peers

% of teens saying each of the following is a ____ among people their age in the community where they live



Note: Share of respondents who didn't offer an answer not shown.
Source: Survey of U.S. teens ages 13 to 17 conducted Sept. 17-Nov. 25, 2018.

"Most U.S. Teens See Anxiety and Depression as a Major Problem Among Their Peers"




THE TROUBLE WITH TASK SWITCHING

DOUG LE MOV

The problem with cellphones is that young people using them switch tasks every few seconds. Better put, young people *practice* switching tasks every few seconds, so they become more accustomed to states of half-attention, where they are ever more expectant of a new stimulus every few seconds. When students encounter a sentence or an idea that requires slow, focused analysis, their minds are already glancing around for something new and more entertaining.

Though all of us are at risk of this type of restlessness, young people are especially susceptible. The region of the brain that exerts impulse control and self-discipline, the prefrontal cortex, isn't fully developed until age 25.



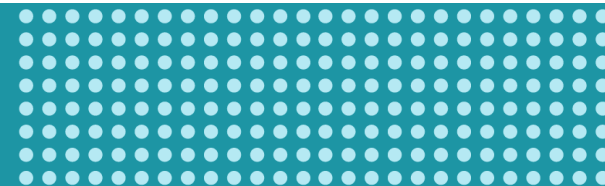
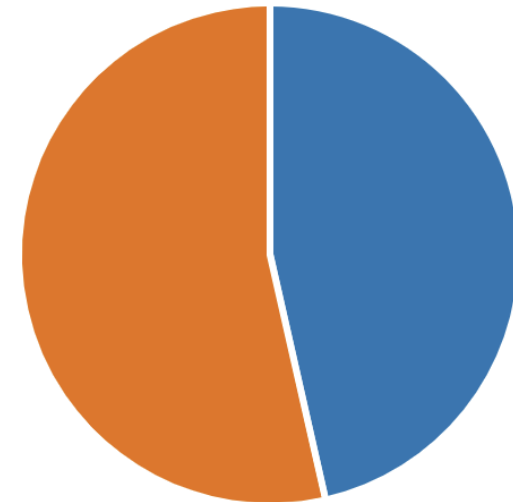
REGENTS STUDENTS AGED 11-14

15. Do your parents know about everything you do on your device? (0 point)

[More Details](#)

 Insights

 Yes	85
 No	98



WHAT CAN WE DO ABOUT IT?

- Role model in yourself what you want
- Talk to them
- Get them into sport/performing arts/clubs
- Have a family agreement
- Monitor their screen time and apps
- Buy an alarm clock!
- No phones in the bedroom
- Watch long shows rather than Youtube





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THANK YOU