Dealing with Digital Distractions

By

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Evolution of Technology

• Radio
• Television
• Music (Boom Box, Walkman, Mp3)
• Letters
• Telegram
• Phone
• Mobile Technology
Positives of Technology

- Access to data
- Transfer data
- Staying connected
- Entertainment
- Educational
Negative of Technology

- Access to data
- Transfer data
- Staying connected
- Entertainment
- Distraction
The ADHD Brain

- Delayed Development in the Prefrontal Cortex
- Prefrontal Cortex is involved in “attention regulation”
- Prefrontal Cortex is the “stimulator” part of our brain
Why Children with ADHD are so drawn to Digital Distractions

• The Prefrontal Cortex is “under-stimulated”
• Rapid changes in video games or digital technology “stimulates” the prefrontal cortex often leading to “hyper-focus.”
• Video games require “less mental effort” therefore making concentration and task completion easier for children with ADHD
 Teens and Screens

- Children spend an excessive amount of time on screens
- Estimated 11 hours a day on some type of screen
- Mobile technology (i.e., cell phones) have surpassed console type devices
Lets Talk Cell Phones

• Cell phones represent the number one mobile technology device
• Children/Adolescents represent the number one marketing demographic
• 85-90% of Teenagers have possession of a cell phone
• 50-60% of children between the ages of 8-12 have a cell phone
Lets Talk Cell Phones

• Mobile technology is the greatest source of conflict between parents and children
• Parents see cell phones as a “mixed blessing”
• Parents set limits on console devices
• Less than 3% of parents set limits on cell phone use and mobile technology
• Teens send on avg. 100-150 text messages a day
• Texting is the preferred method of communication
• Hypertexters (i.e., over 200 per day) are at greater risk for sexting, academic difficulties and behavioral problems
Video Games and Behavior

• More than 1 hour per day leads to increased attention issues and correlates with academic failure
• Exposure to violent video games increases arousal; aggressive thoughts/feelings and decreases pro-social behaviors
• No research on Mobile Technology
What Can Parents Do!!

• Have Family Rules about Technology Usage
• Set a designated place for devices to be put each night
• Have a set time to “shut it off”
• Set Limits! Set Limits! Set Limits!
Questions

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