Growing Up Online:

A Toolkit for Service Providers Working with Children, Youth and Families Experiencing Problematic Use of Digital Technology

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Disclosure

- We are not counsellors in the area of process of addiction.

- We are coming to health care professionals from research and qualitative improvement lens.

- This project was requested by services providers who work with children, youth and their families.

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Learning Objectives

- Participants will recognize the impact, risk factors, and treatment of problematic digital technology for children, youth and families.

- Participants will increase awareness of resources and develop skills.

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Youth Voices

" I don't know how many times I have stayed up past one or two a.m., gaming or watching videos. It is often difficult to remember to stop and pull the plug."

-Theo, age 16

" I've noticed that I spent a lot of time on technology and social media in my teens and this sometimes took away from developing relationships with the people around me in person"
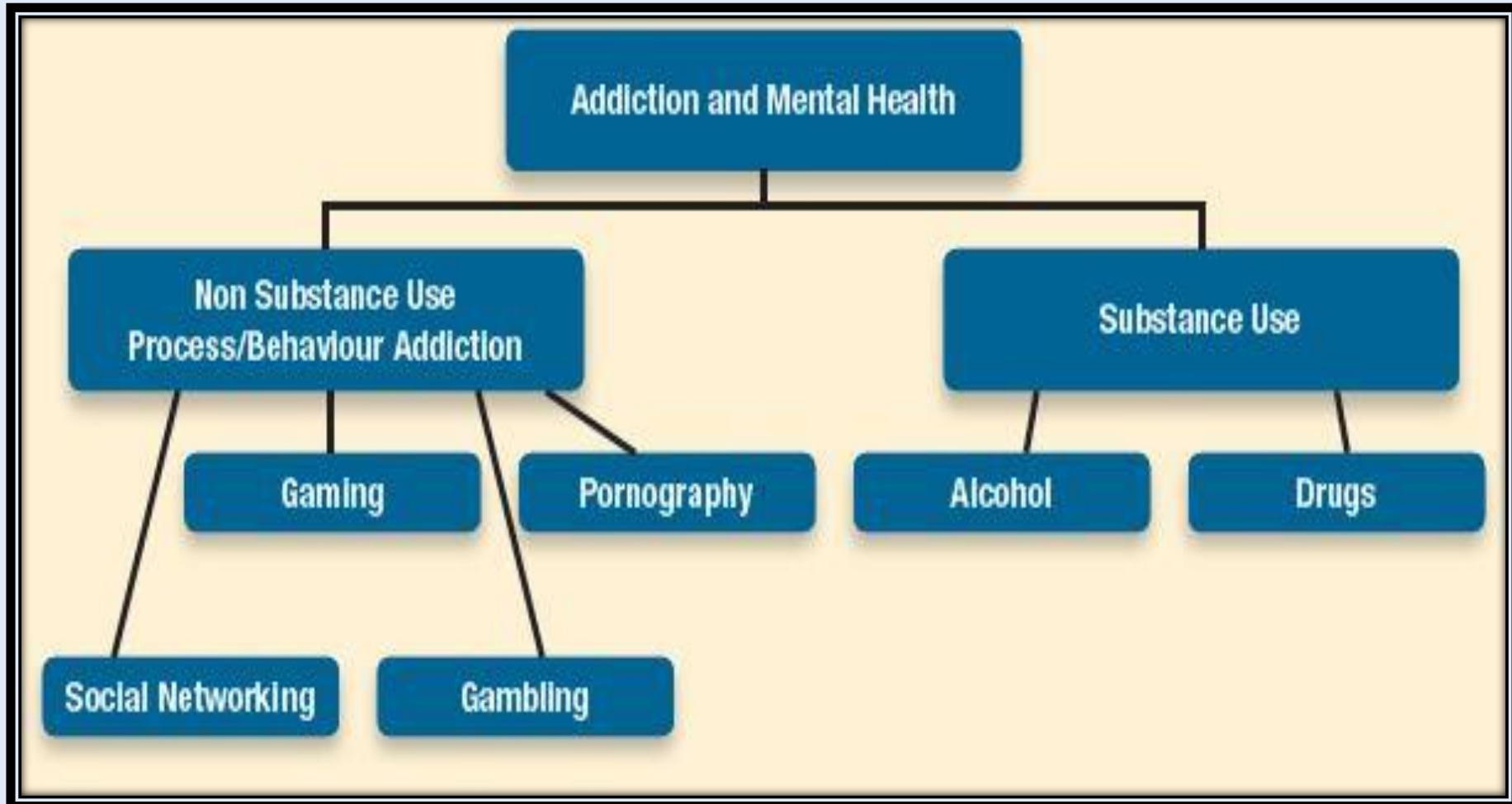
-CAYAC Alumni, age 23

" Taking away a device will not teach a child proper behaviour, it will only make them more hostile to the situation".

-CYFI Youth

Process of Addiction

FACTS

92% of one-year-olds have already used a mobile device.

On average, **11- to 18-year-olds** spend over **11 hours** per day exposed to electronic media
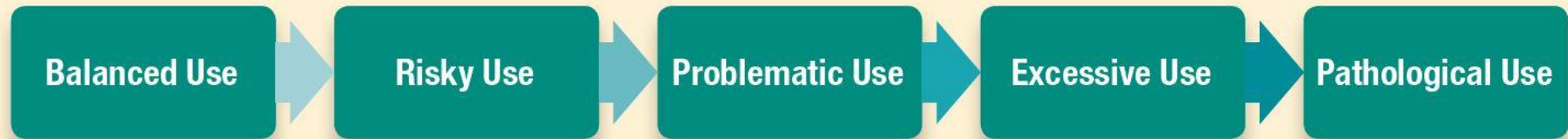
Most **two-year-olds** use mobile devices on a daily basis.

50% of adolescents report feeling "addicted" to their phones.

https://nationalpost.com/news/on-the-viral-death-of-a-b-c-teen-what-came-first-cruel-intentions-or-an-addiction-to-creating-content

Continuum of Use

Balanced Use → Risky Use → Problematic Use → Excessive Use → Pathological Use

(Centre for Addiction and Mental Health, 2011).

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Risk Factors

- The amount of access youth have to screen time (Frith, 2017)

- Personality traits (Bányai et al., 2017, American Psychiatric Association, 2013; Alarcón, & Sarabia, 2012)

- Negative life experiences (Brunborg, Andreas, & Kvaavik, 2017)

- Having an existing addiction or mental health problem (Andreassen et al., 2016)

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Impacts:

- Contributes to changes in brain functioning (Choi, 2019)

- Limits the development of coping skills and responses to natural rewards (Clark, Frith, Demi & Faan, 2004)

- Causes negative impact on physical, emotional, financial, social and educational well-being isolation (Kuss, 2013)

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Areas of Concern for Youth

World Health Organization (WHO) identifies **four** areas of concern:

- **Social Networking**,
- **Gaming**,
- **Online Gambling**,
- and **Sexual Internet-based preoccupations (e.g. Online Pornography).**

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Social Networking

Social Networking

Prevalence and Trends

- 43% of teens report using social media hourly or constantly (Common Sense Media, 2018)
- Problematic use is higher in girls than boys (Van Deursen, Bolle, Hegner, & Kommers, 2015)
- LGBTQ+ communities may use social networking sites for self-expression
- Social media can be used to target vulnerable children and youth

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Social Networking

Risk Factors for Problematic Use:

- Narcissistic personality traits (Bányai et al., 2017)

- Need for external validation (Kuss & Griffith, 2011a)

- Relationship difficulties

- Underlying mental health and addiction issues (Kuss & Griffith, 2011b)

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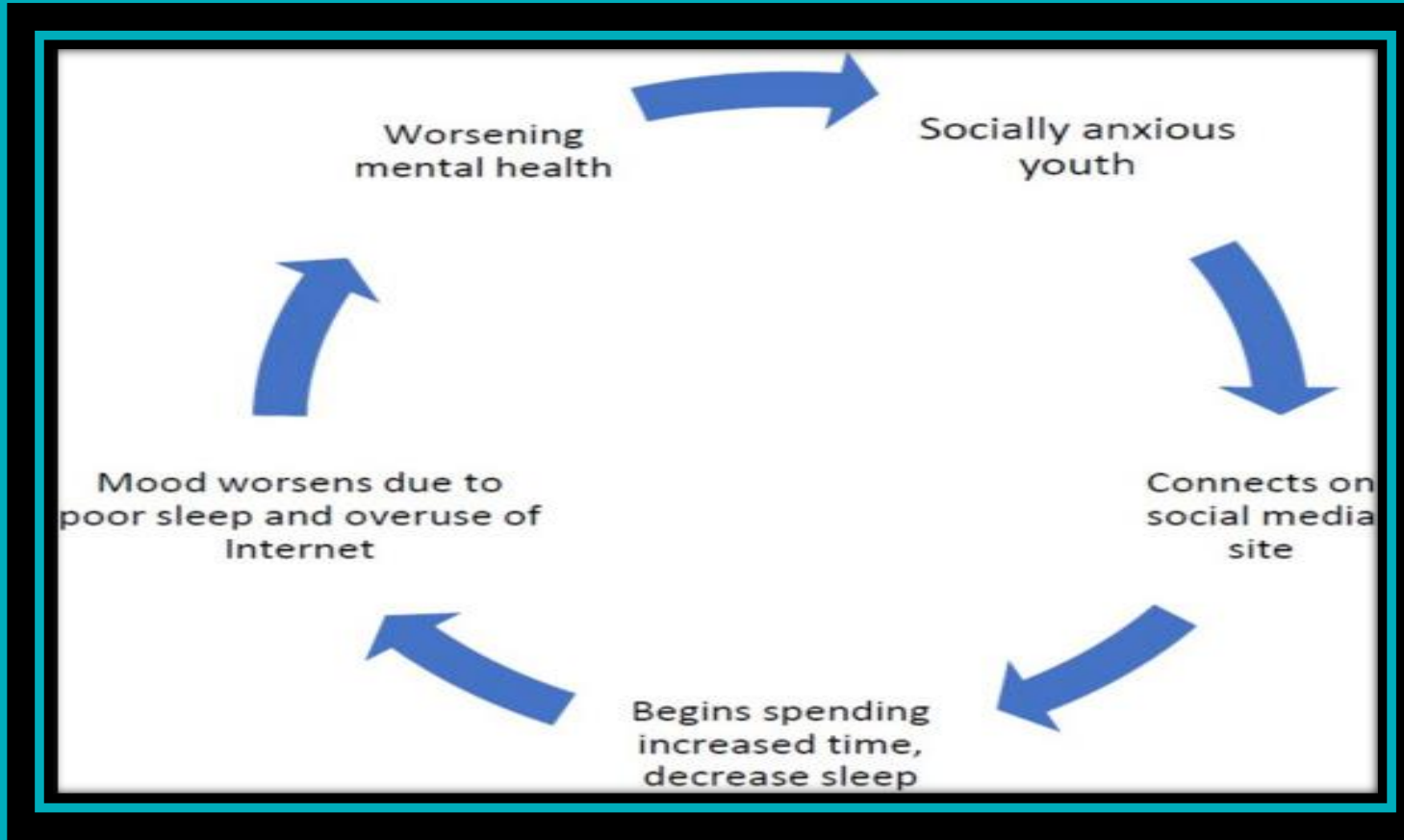
Social Networking

Problematic Use:

- Addiction/excessive use

- Exposure of inappropriate or personal information

- Cyberbullying (Frith, 2017)

- Sourcing of harmful chatrooms such as those promoting self harm (Shapiro & Margolin, 2014)

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Social Networking

Impact of Problematic Use:

- Health concerns such as decreased physical activity

- Procrastination, distraction, poor time management

- Difficulties in relationships

- Depression, anxiety, self esteem or body –image concerns (Kuss & Griffith, 2011a)

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Social Networking

(Primack & Escobar-Viera, 2017)

Social Networking

Prevention:
- Resilience and emotional and mental well-being
- Digital Citizenship
- Limit screen time (Vente, et. al, 2018)

Treatment:
- Screening and assessment
- Stimulus control and gradual re-exposure to the internet
- Counseling
- Improve psychosocial functioning (Andreassen, 2015)

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Gaming

Gaming
Prevalence and Trends

- There are positive impacts of gaming!

- Gaming and gambling have become intertwined (Kovess-Masfety et al., 2016)

- 29% of gamers are under the age of 18

- 52% are male

- 3-12% of regular gamers display signs of addiction (King & Delfabbro, 2014)

- Addicted gamers tend to use video games as a way to cope with negative moods

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Gaming

Risk Factors for Problematic Use:

- Impulsivity (Hu et al, 2017)

- Sensation seeking

- Low extraversion (Braun et al, 2016)

- Pre-existing mental health problems

- Unstable care patterns

- Social Disorders (Whitesell, et al, 2013)

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Gaming

Impacts of Problematic Use:

- Addiction

- Physical health decline

- Loss of hobbies and previously enjoyed activities

- Poor time management

- Poor social relationships outside of gaming

- Inability to find pleasure in normally pleasant experiences

(King & Delfabbro, 2014)

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Gaming

Prevention:

- Limit screen time

- Encourage hobbies and social activities outside of gaming

- Increase resilience and mental- well being (King et al., 2017)
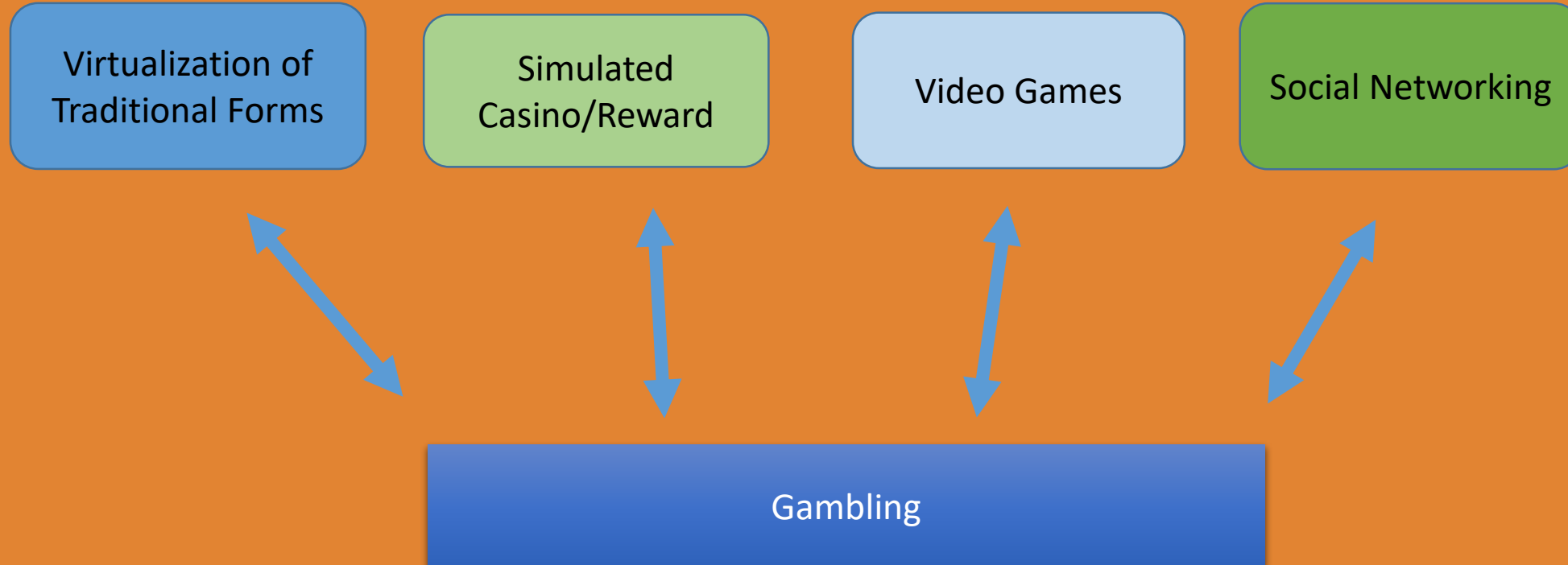
Gaming

Treatment:

- Screening and Assessment

- Counseling

- Abstinence based for certain games or activities

- Strategies for improving life areas affected by use

- Mindfulness

(Li, Garland, O'Brien, Tronnier, McGovern, Anthony & Howard, 2018)

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Online Gambling

Online Gambling

Virtualization of Traditional Forms — Simulated Casino/Reward — Video Games — Social Networking

Gambling

(Elton-Marshall, Leatherdale &Turner, 2016).

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Online Gambling

Prevalence and Trends

- 13% of 12-18 year olds play simulated online gambling games
- 39% of 11-16 year olds have spent money on gambling
- 6% gamble online using a parent's account
- Male gamblers are two to three times more likely to be at risk for problem gambling than their female peers
- An estimated 1.7% of youth are addicted

(Boak & Hamilton, 2017).

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Online Gambling

Risk Factors:

- Family norm
- Impulsivity
- Addiction or mental health concerns

(King, 2018)

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Online Gambling

Impacts:
- Addiction
- Financial problems
- Mental and physical health problems
- Parent-child relational conflict
- Suicidality
- Stealing

(King, 2018)

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Online Gambling

Prevention:

- Denormalize gambling in the home
- Focus on resilience and positive mental wellbeing
- Encourage parents to explore possible learning supports
- Increase opportunities for the family to spend positive quality time together on a regular basis

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Online Gambling

Treatment:

- There is a lack of research on evidence informed therapeutic modalities or best practice approaches

- Addiction counseling similar to adults is the only studied area for treatment

(Derevenksy., 2018)

Online Pornography

Online Pornography

Prevalence and Trends
- Difficult to determine use and rates for youth
- 98% of now adults report being exposed to online porn as youth with first exposure at age 12
- 1 in 5 youth experience unwanted exposure
- 1 in 9 experience solicitation

(Bauer & Gradus, 2015)

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Online Pornography

Risks of Developing Problematic Use:

- Excessive viewing
- Pre- existing mental health or addiction
- Social isolation

(Rodda, Lubman, Dowlin, 2016)

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Online Pornography

Impact of Problematic Use:

- Addiction (Rodda, Lubman & Dowlin, 2016)
- Unrealistic view of healthy sexual activity (Gebauer, LaBrie & Shaffer, 2010)
- Sexual Dysfunction
- Depression
- Shame

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Online Pornography

Prevention:

- Limit unsupervised screen time
- Install parental controls
- Have open conversations about sex
- Focus on resiliency and positive mental-wellbeing

Treatment:

- A non-judgmental, supportive therapeutic relationship will help reduce feelings of shame
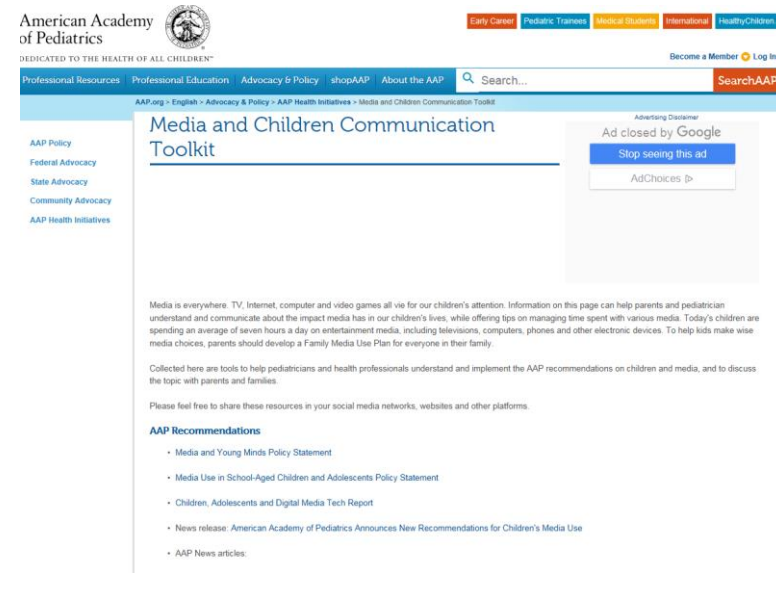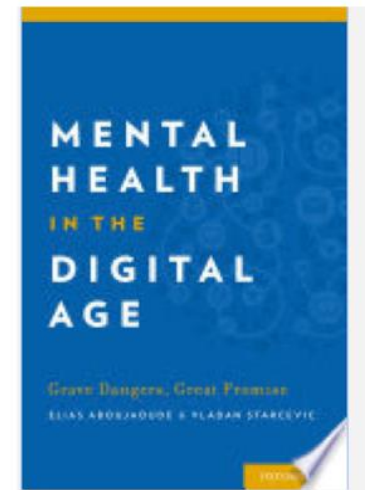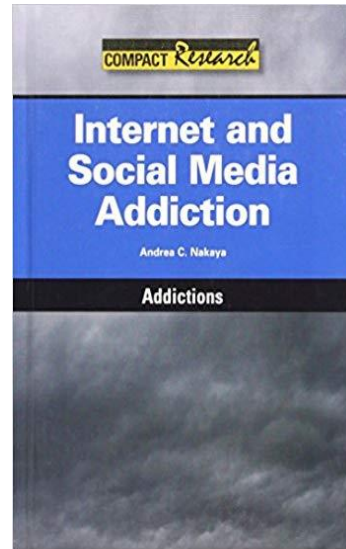- Counseling including CBT, trauma informed care and self regulation

Case Study

As a service provider, a parent asks you to see their 13-year-old son. His parents say he is dropping social activities he used to enjoy, has no hobbies, is not sleeping well and is more interested in playing video games alone than joining his family and friends for activities.

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Questions

- What information should you collect to get a broader picture of this situation?

- What interventions do you think would be most helpful for this client and his family?

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Clinical, nature resources and more

Cyberpsychology as Everyday Digital Experience across the Lifespan
Dave Harley, Julie Morgan and Hannah Frith

COMPACT Research
Internet and Social Media Addiction
Andrea C. Nakaya
Addictions

Screen Smart
Helping families manage media

Raising Kids in a Digital Age

camh · Problem Gambling Institute of Ontario
Youth, family and interactive technology

Texting
Snapchat
Twitter
Online gambling
WhatsApp
Video gaming
Instagram
Facebook
Virtual worlds
Live streaming
YouTube

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN

Media and Children Communication Toolkit

MENTAL HEALTH IN THE DIGITAL AGE

Websites, Books and Blogs

- Canadian Centre for Child Protection: https://www.protectchildren.ca/en/
- Media smart: http://mediasmarts.ca/sites/mediasmarts/files/publication-report/full/ycwwiii_trends_recommendations_fullreport.pdf
- Common Sense: https://www.commonsense.org
- Educate and Empower Kids: https://educateempowerkids.org
- Healthychildren.org: family media plan : https://www.healthychildren.org/English/media/Pages/default.aspx
- Fight the New Drug: https://fightthenewdrug.org
- Game Quitters: https://gamequitters.com/
- Protect Young Minds Website: https://www.protectyoungminds.org
- Screen Time Contract: https://www.screenagersmovie.com/contracts
- Tech Talk Tuesday Blog: https://www.screenagersmovie.com/tech-talk-tuesdays\
- Canadian Centre for Child Protection (2018). *Parenting Tweens and Teens in the Digital World.*: https://www.protectchildren.ca/en/order/product/214:en/

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- https://epi.org.uk/wp-content/uploads/2017/06/Social-Media_Mental-Health_EPI-Report.pdf

- Take Me Outside: http://takemeoutside.ca/

- David Suzuki One Nature Challenge: https://davidsuzuki.org/take-action/act-locally/one-nature-challenge/

- Government of Alberta School Gardens: https://www.alberta.ca/agricultural-education-school-gardens.aspx

- The Wild Network – Wild Explorers App: https://www.thewildnetwork.com/inspiration/persil-wild-explorers-app

- Inaturalist app: https://inaturalist.ca/?src=wfnc

- Nature Canada Screen Time vs. Green Time: https://naturecanada.ca/enjoy-nature/for-children/screen-time-vs-green-time/

- Screen Free Week: https://www.screenfree.org/

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Assessment & Screening

Microsoft Word Document

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Tip Sheets

Microsoft Word
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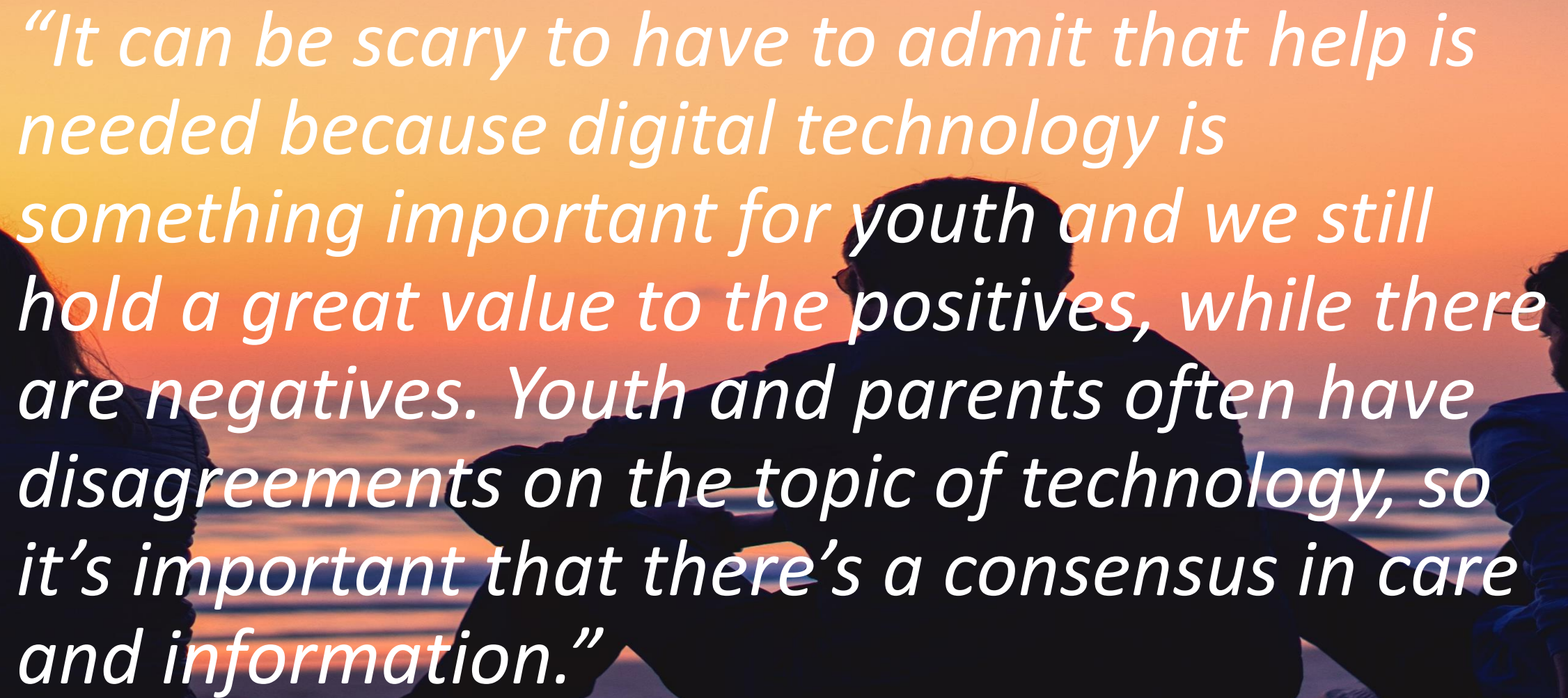
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Recommendations

- Pediatric guidelines, create a family media plan, limit screen time
- Screen time replacing
- Include concepts of online safety and digital citizenship in the home, school and workplace
- Develop resiliency and positive mental wellbeing
- Utilize the Growing Up Online Toolkit for more information and resources

"Enjoy screens, not too much, and mostly with others"

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Conclusion

- Most use is not problematic
- Digital technology is an integral part of life
- Service providers need to collaborate with the family and jointly create a treatment plan that promotes healthy habits
- More research will continue to evolve

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"*It can be scary to have to admit that help is needed because digital technology is something important for youth and we still hold a great value to the positives, while there are negatives. Youth and parents often have disagreements on the topic of technology, so it's important that there's a consensus in care and information.*"

Anonymous youth

Q&A

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