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A Family Guide To Media Use

Rebecca Unger, M.D., F.A.A.P.

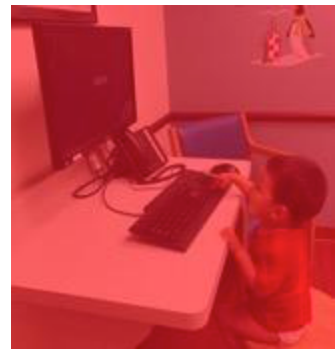
Scott Goldstein, M.D., F.A.A.P



Objectives



- **Review current recommendations from American Academy of Pediatrics**
- **Discuss common media-related concerns from birth through high school**
- **Share quality resources**
- **Answer specific questions**



From the Headlines:

Media is making our kids tired and violent

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Media use negatively affects children's sleep habits

17 percent of those polled had two TVs in their children's room

By Dane Sager Kelly

Posted: 12:36 PM, January 11, 2018

Updated: 12:36 PM, January 11, 2018



Vanessa LoBue, Ph.D.

The Baby Scientist

Violent Media and Aggressive Behavior in Children

Does watching violence on TV, in movies, or video games promote aggression?

Posted Jan 08, 2018



With recent worry about mass shootings and gun violence in the United States, one of the questions that always comes up is whether violent media promotes violent or aggressive behavior. This is something that is especially important to think about for parents, as violent content is common on television and in movies, on the internet, and in some of the most popular children's video games.

Although the issue is often presented as controversial in the media, we have pretty good evidence that exposure to violent media does make children more aggressive. And we've known it for decades. In one of the most well-known studies on this topic (published all the



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From the Headlines

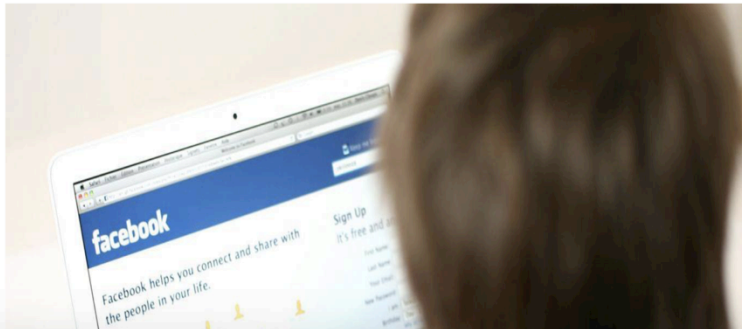
We need to ban and encourage social media

News > UK > Home News

Children facing 'significant emotional risk' on social media, report warns

Failure to act risks leaving generation of youngsters growing up chasing 'likes' and increasingly anxious due to constant demands of social media, warns Children's Commissioner

May Bulman Social Affairs Correspondent | @maybulman | Thursday 4 January 2018 00:14 GMT | 4 comments



New Scientist

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INSIGHT 8 January 2018

We should teach kids how to use social media, not scare them off



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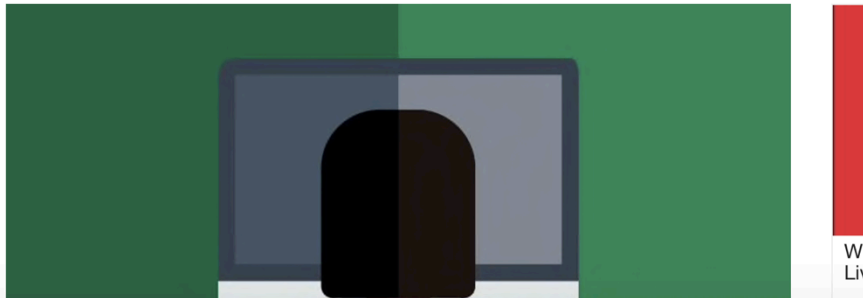
Attempts to pull children ever deeper into the world of social media should concern us all

JANE PRESCOTT

8 JANUARY 2018 • 11:29AM



1



abc NEWS

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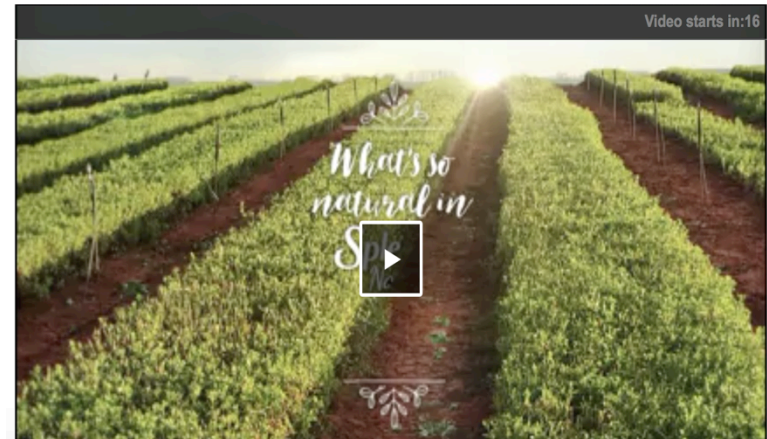
Apple says it has 'always looked out for kids' after criticism

By ANDREA MILLER

Jan 9, 2018, 5:26 PM ET

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From the Headlines

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Want to know why children are addicted to social media? Blame their like-obsessed parents

CRISTINA ODOE

5 JANUARY 2018 • 6:19PM

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THE GLOBE AND MAIL Should I take away my daughter's phone for the sake of her mental health? [SUBSCRIBE](#) [REGISTER](#) [SIGN IN](#) [Q](#) [D](#)

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HEALTH ADVISOR

Should I take away my daughter's phone for the sake of her mental health?

PAUL TAYLOR
CONTRIBUTED TO THE GLOBE AND MAIL
PUBLISHED 2 DAYS AGO

THE QUESTION

I'm worried that my teenage daughter is spending too much time on Snapchat, Instagram and other social media. Is this stuff bad for her mental health? And should I be thinking about taking away her cellphone?

THE ANSWER

It may sound counterintuitive, but simply taking away her phone is probably not the best thing to do.

Although social media poses a potential risk to some vulnerable individuals, it

TRENDING

- 1 TTC's Brad Ross on The Commuter: What not to do if Liam Neeson boards your train
- 2 Bitcoin plunges as South Korea plans to ban cryptocurrency trading
- 3 Trade Minister says WTO challenge sends firm message as NAFTA talks get set to resume
- 4 Air Canada pilot blames switched radio channel for close call in San Francisco

From the Headlines: Seriously? Laundry Pods??

Teens are eating laundry pods in new social media challenge

Posted: Jan 11, 2018 12:05 PM CST

Updated: Jan 11, 2018 12:28 PM CST

Adam McDonald, Digital Producer, Meredith **CONNECT**

(Meredith) – It's a social media trend that could quickly turn deadly. Teens are putting laundry pods into their mouths as part of the "Tide Pod Challenge," and if the contents are ingested, the results could land your child or teen in the hospital.

What is the Tide Pod Challenge?


The "Tide Pod Challenge" involves teens eating laundry detergent pods raw or, in some cases, [cooking them before eating them](#).



Children continue to eat a dangerously large number of laundry detergent packets, new data show.

Hypothetical edible tide pods recipe

Everyone wants to eat them and I want to make an edible version. I haven't done this so if something is off _(ツ)_/



If you had the silicone needed to make your own mold, you could make swirl molds and then add berry blue and orange flavored jello to the swirl molds. If you can't make a mold or find a candy mold that makes moon shapes (like this one on etsy), pour blue and orange jello into an ice cube tray. Place tray in fridge overnight.

White Gel:

Ingredients:

- 1 can sweetened condensed milk

Deep Thought

“Today’s American teenagers are the most sensitive, least violent, least bullying, least racist, least homophobic, most globally-minded, most compassionate, most environmentally-conscious, least dogmatic, and overall kindest group of young people this country has ever known”

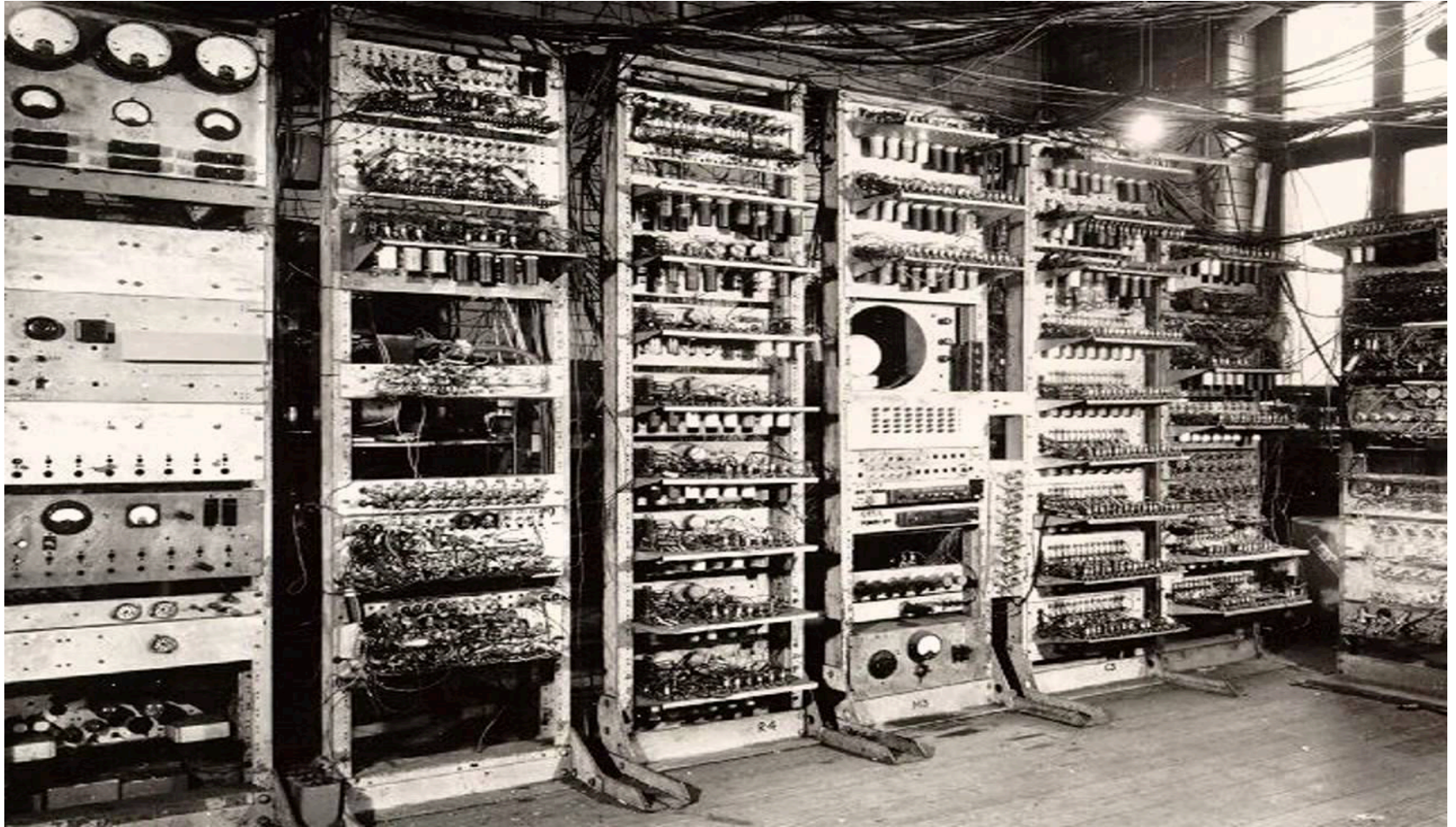
– Elizabeth Gilbert

Where We Stand



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Where We Stand



Where We Stand

- Settings → Privacy → Location Services → System Services → Significant Locations → History



Augenblick

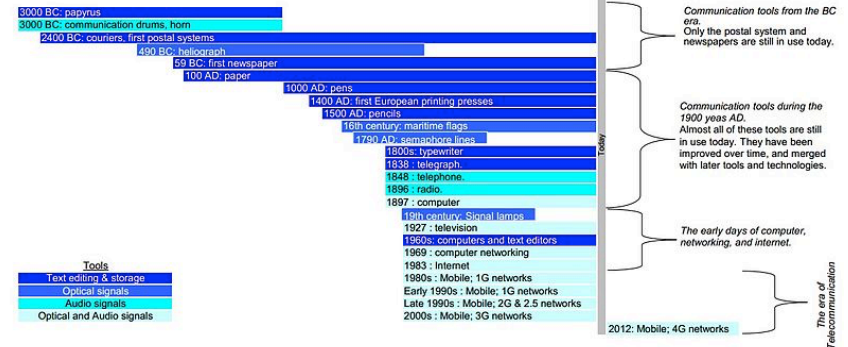
- If we condense the history of civilization into 1 year, we have only been using media as we know it for the past few hours
- Time to reach 50 million people:

Radio - 38 years

Television - 13 years

Facebook - 2 years

Timeline of Communication tools



What happened in 2006-2007?

Innovations in how we communicate

- Facebook which had been confined to college campus users was available to everyone 13 years and older
- The iPhone “emerged” – the smartphone made the Internet more accessible and the Internet made the smartphone more valuable
- The Android phone was launched
- Twitter spun off of its startup to form a separate (and global) platform
- Amazon released the Kindle

Friedman, Thomas. *Thank you for being late: An optimist's guide to thriving in the age of accelerations*. Macmillan Publishing Group. 2016

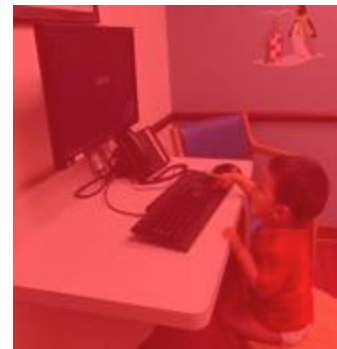


Guidelines: American Academy of Pediatrics Recommendations for Media Use*



- Children younger than 18 months: avoid use of screen media other than video-chatting
- Children 18 to 24 months: (for parents who want to introduce digital media) parents should choose high-quality programming, and co-watch
- Children ages 2 to 5 years: limit screen use to 1 hour per day of high-quality programs; parents should co-view media
- Children ages 6 and older: place consistent limits on the time spent using media, and the types of media

www.aap.org/en-us/about-the-aap/aap-press-room/pages/american-academy-of-pediatrics-announces-new-recommendations-for-childrens-media-use.aspx, October, 2016





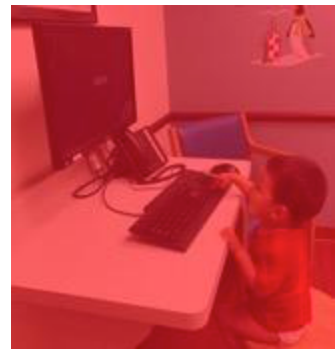
Guidelines: American Academy of Pediatrics Recommendations for Media Use*



For families with children of all ages:

- Make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health
- Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms
- Have ongoing communication about online citizenship and safety, including treating others with respect online and offline

www.aap.org/en-us/about-the-aap/aap-press-room/pages/american-academy-of-pediatrics-announces-new-recommendations-for-childrens-media-use.aspx, October, 2016



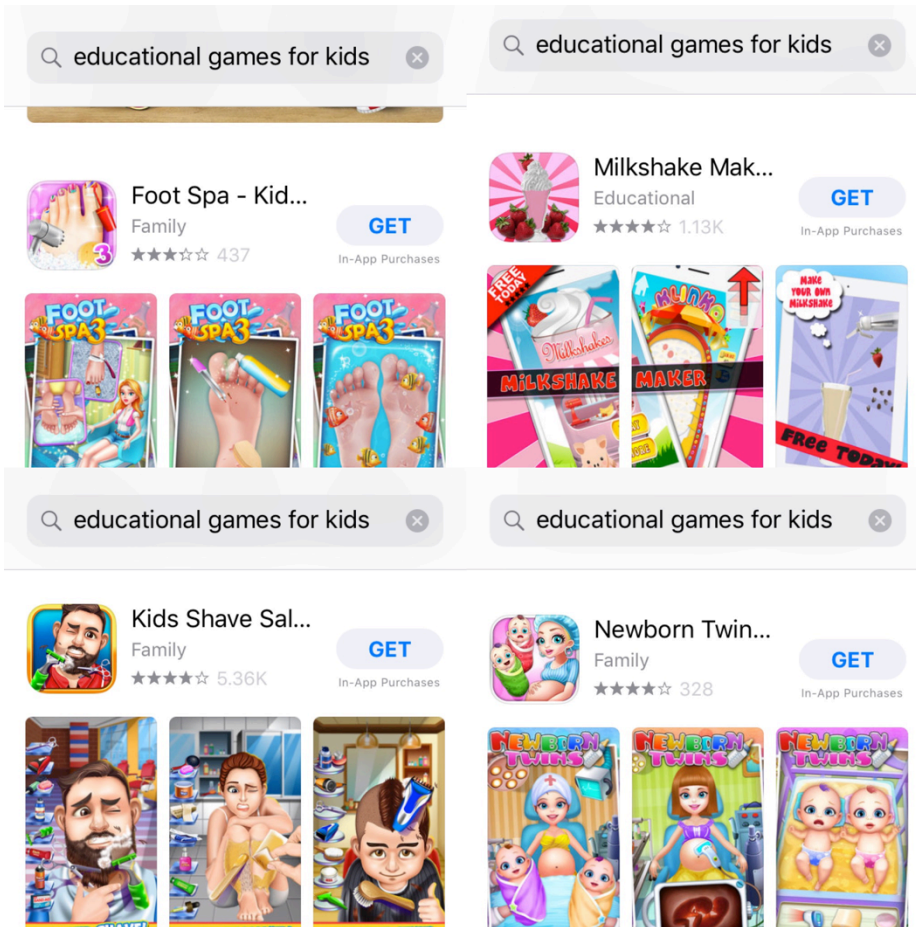
AAP Statement: Media and Young Minds

- Children under 2 need hands-on exploration and social interaction with trusted caregivers to develop their cognitive, language, motor, and social-emotional skills
- Under age 2, there is limited evidence for using media, but almost 40% use mobile devices.
- 80,000 apps are labeled “educational”, but with little research to support.



Media and Young Minds. Pediatrics, October 2016. American Academy of Pediatrics Policy Statement

AAP Statement: Media and Young Minds



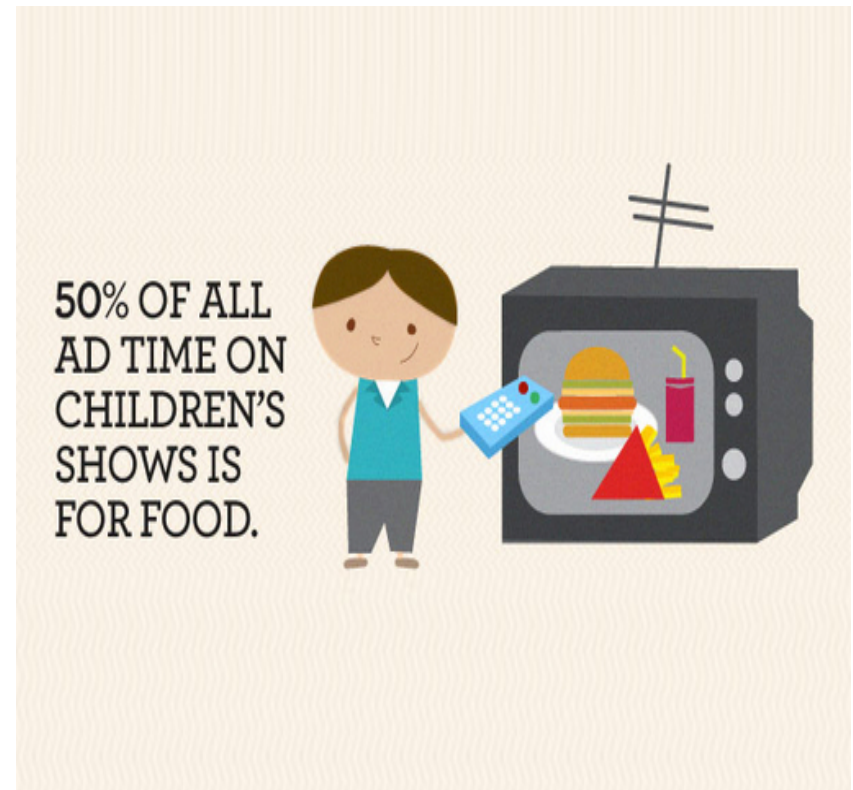
- Biggest factor that facilitates toddlers learning from media ...
Watch with them, and reteach content
- Higher order thinking and executive function skills are best taught through unstructured social play, and with parent-child interaction

AAP Statement: Media and Young Minds

Media exposure causes problems with:

- Weight
- Sleep
- Development

These can be even worse in younger children with a difficult temperament, and in households where parents use media excessively.



AAP Statement: Media and Young Minds

Recommendations

DO

- ✓ Choose high-quality programming/apps
- ✓ Watch with your child
- ✓ Use video-chat
- ✓ Turn off devices when not using
 - ✓ Keep bedrooms, mealtimes, and parent-child playtimes screen-free

DON'T

- Let babies under 18 months use screens
- Let children age 2-5 watch more than 1 hour/day
- Feel pressured to introduce media early
- Use screens to calm
- Show fast-paced, distracting, or violent content
- Use screens during meals

AAP Statement: Media and Young Minds*

Industry Recommendations

- Content should be made in consultation with psychologist/educators
- Scientifically evaluate products before making educational claims
- Eliminate advertising
- Develop systems that can help parents monitor and limit media use
- Make high-quality products available to every family

Prohibition on Advertising to Children in Quebec

Section 248

"Subject to what is provided in the regulations, no person may make use of commercial advertising directed at persons under thirteen years of age."



Section 249

"To determine whether or not an advertisement is directed at persons under thirteen years of age, account must be taken of the context of its presentation, and in particular of

- (a) the nature and intended purpose of the goods advertised;
- (b) the manner of presenting such advertisement;
- (c) the time and place it is shown."



gowlings 33

*Media and Young Minds, Pediatrics, October, 2016, American Academy of Pediatrics Policy Statement,



AAP Statement: Media Use in School-Aged Children and Adolescents

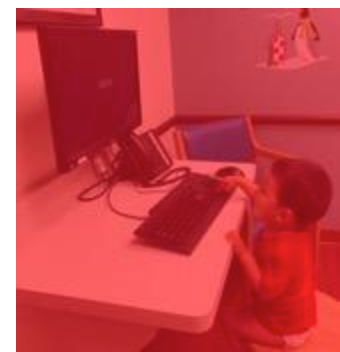
- Focus on children 5-18 years: risks and benefits
- Most common broadcast media is TV, although viewing has changed
- Media use in adolescents continues to grow due to mobile phones
- Children need time for sleep, physical activity and media free time
- Parents and children must make a developmentally appropriate, individualized family media plan



Media Use In School-Aged Children and Adolescents. Pediatrics, October 2016.
American Academy of Pediatrics Policy Statement



Media Use Patterns



Common Sense Media Kids Census Kids 0-8 2017*

- Mobile media is a universal part of the media landscape
- The average amount of time kids spend with mobile devices has tripled since 2013, which was tripled from 2011 (although total amount of time with media is the same)
- Many children use media before bedtime, and many families have TV on most of the time
- There are large differences in screen time by household income and parent education
- The Digital Divide still exists, but is shrinking

*[Commonsense.org](https://commonsense.org)



Common Sense Media Kids Census Kids 0-8 2017*

- The amount of time children spend reading has held steady, but many kids under 2 are not read to regularly
- Parents are concerned about sex, violence, and advertising, and optimistic about using media to support learning and creativity
- Some “cutting-edge” technologies are just getting started



*[Commonsense.org](https://www.commonsense.org)

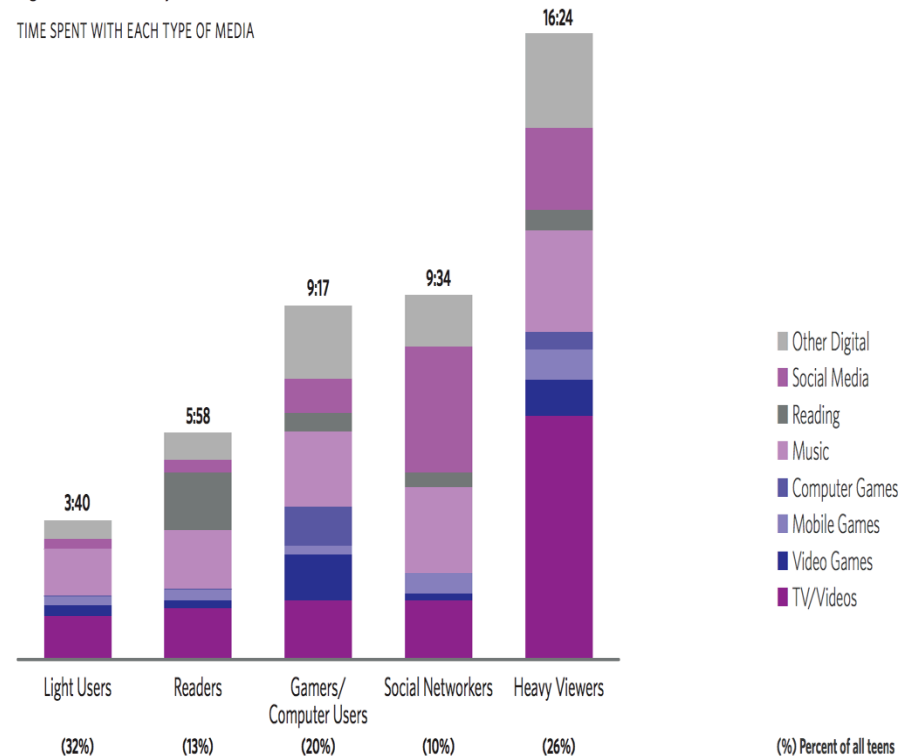
Media Use Patterns - Tweens and Teens*

- Teenagers (13-18) watch entertainment media (non school work) an average of 6.5 screen hours/day
- Tweens (8-12 years) watch 4.5 hours/day
- Teen boys spend 56 min/day playing video games vs teen girls spend 7 min/day
- Teen girls spend 40 min more/day on social media than boys (92 vs 52 min)
- 92 % of higher income families have a home laptop vs 54 % lower income

* Commonsense.org, November, 2015

Figure 4. Teen media profiles

TIME SPENT WITH EACH TYPE OF MEDIA



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Media Use Patterns – Teens and Tweens*

- With all the available choices, tweens prefer watching TV and teens prefer listening to music
- A surprisingly low percentage of teens say social media is their favorite media activity
- Very little (<5%) of time is spent on creating content
- Parents are more concerned with media content than with time spent using
- Tweens and teens multitask when doing homework, but they don't think this affects work
- Family income, race/ethnicity, and parent education all affect media time

*Commonsense.org, November 2015



Media: School-Aged Children/ Adolescents

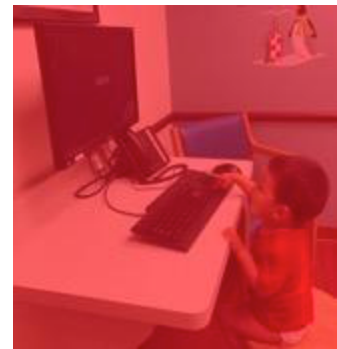


Negative effects

- Obesity
- Sleep problems
- School performance
- Risk taking behaviors
- Mental health
- Privacy concerns
- Internet gaming disorder

Positive effects

- Exposure to new ideas, current events
- Community participation
- Student collaboration
- Connections with family and friends
- Use of support networks for health conditions and health promotion



Negative effects of media:

Obesity

Study	Findings
Wen, I et al, Obesity, 2014: 1723-1739	BMI increased for every hour/week of media consumed in 2 year olds
Bel-Serrat, S, et al, Eur J Clin Nutrition, 2013: 848-854	Higher levels of media use are linked to obesity and CV risk: risk starts in early childhood
Gortmaker, S, et al, Arch Pediatr Adolesc Med, 1996: 356-362*	Odds of being OW were 4.6x greater for 5-10 year olds watching >5 hrs TV/day vs 0-2
Wethington, H, et al, J Sch Health, 2013: 573-581	Having a TV in the bedroom was an independent risk factor for obesity

Negative Effects of Media: Obesity

Good news!

Making an effort to reduce sedentary media can have positive health effects:

A study* of 3rd and 4th graders showed:

- ↓ TV time
- ↓ Video game time and
- ↓ TV viewing during meals

Resulted in:

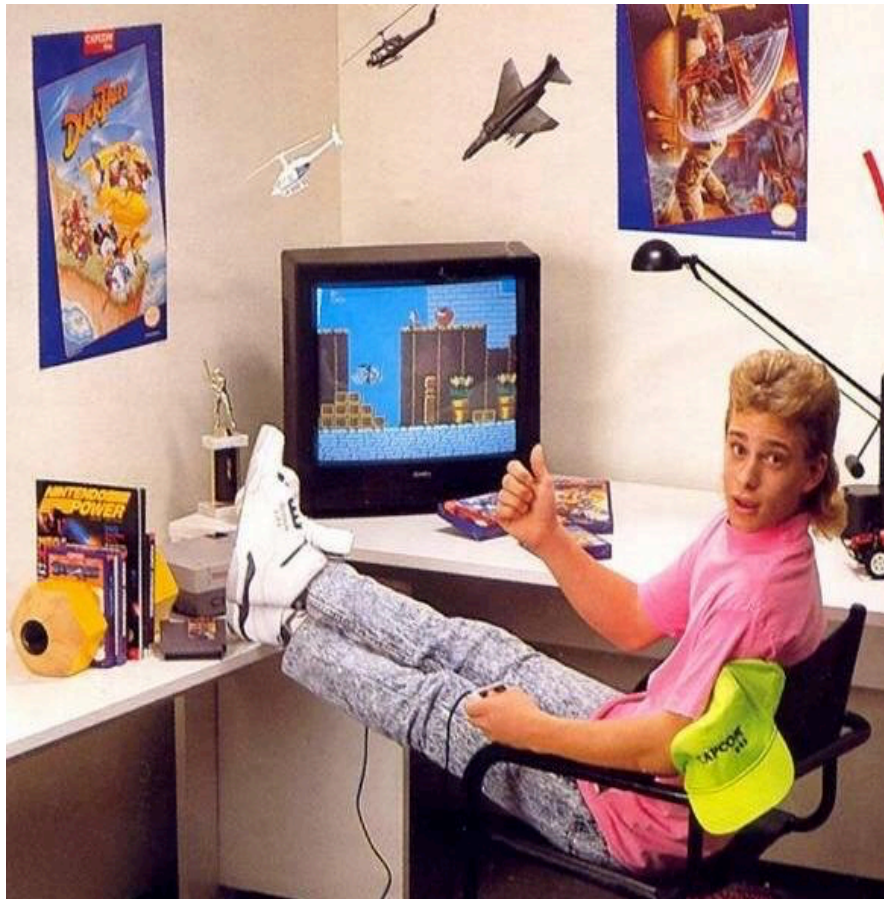
- ↓ BMI!!

* Robinson, T et al, JAMA. 1999; 282(16): 1561-1567



Negative Effects of Media:

Sleep



- Having a screen or mobile device in the bedroom is a risk factor for poor sleep
- There is an association between electronic media use before bed, poor sleep, and depression in teens
- **Ensuring adequate sleep is an important part of the family media plan**

Negative Effects of Media:

School performance

Studies* show:

- Children who spent 2-4 hours/day on non schoolwork media devices had 23 % lower odds of finishing homework vs. children who spent < 2 hours
- Children who spent 4-6 hours on non schoolwork media devices had 49% lower odds of finishing their homework
- There was a similar relationship between increased digital media exposure and decreased “childhood flourishing”

*

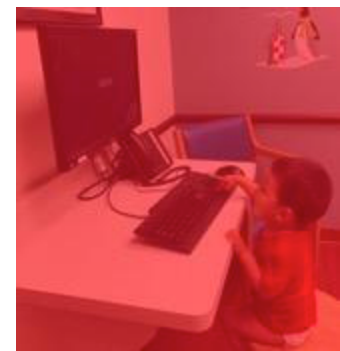
www.healthychildren.org/English/news/Pages/More-Time-on-Digital-Devices-Means-Kids-Less-Likely-to-Finish-Homework.aspx



Tips for parents: Obesity, sleep & school



- Be aware of your child's media habits
- Be aware of your media habits
- Encourage regular routines for sleep, study, physical activity, meals
- Be active during the day – promote interesting and varied activities
- Monitor screen time, especially at night: screens off at least 1 hour before bedtime
- Avoid placement of TVs in bedroom
- Create a sleep and study supportive environment
- Recognize that teens need more sleep, not less



Negative effects of media:

Risk taking behaviors

Studies show:

- Exposure to alcohol, tobacco and risky sexual behaviors in traditional media (TV, movies) is linked to initiation of these behaviors (TV = a “Superpeer”)
- Digital and social media influences have a similar influence
- Restrictions protect children from unhealthy TV advertisements but exposure through social media has a significant effect on adolescent risk taking behaviors

Negative effects of media:

Cyberbullying

Definition: An aggressive, intentional act or behavior that is carried out by a group or an individual, using electronic forms of contact, repeatedly and over time against a victim who cannot easily defend himself*

Cyberbullying challenges vs traditional bullying:

Differences:

- Victims often do not know the bully or why they are targeted
- Hurtful actions can reach the victim anytime of day (no safe haven)
- Bullying messages can spread rapidly to many others

Similarities:

- Can lead to short and long term negative social, academic and health consequences
- Higher levels of depression and decreased self esteem for bullies and victims
- Victims have higher risk of suicidal ideation

*Smith, et al. Cyberbullying: its nature and impact in secondary public schools. *J Child Psychol Psychiatry*. 2008

