



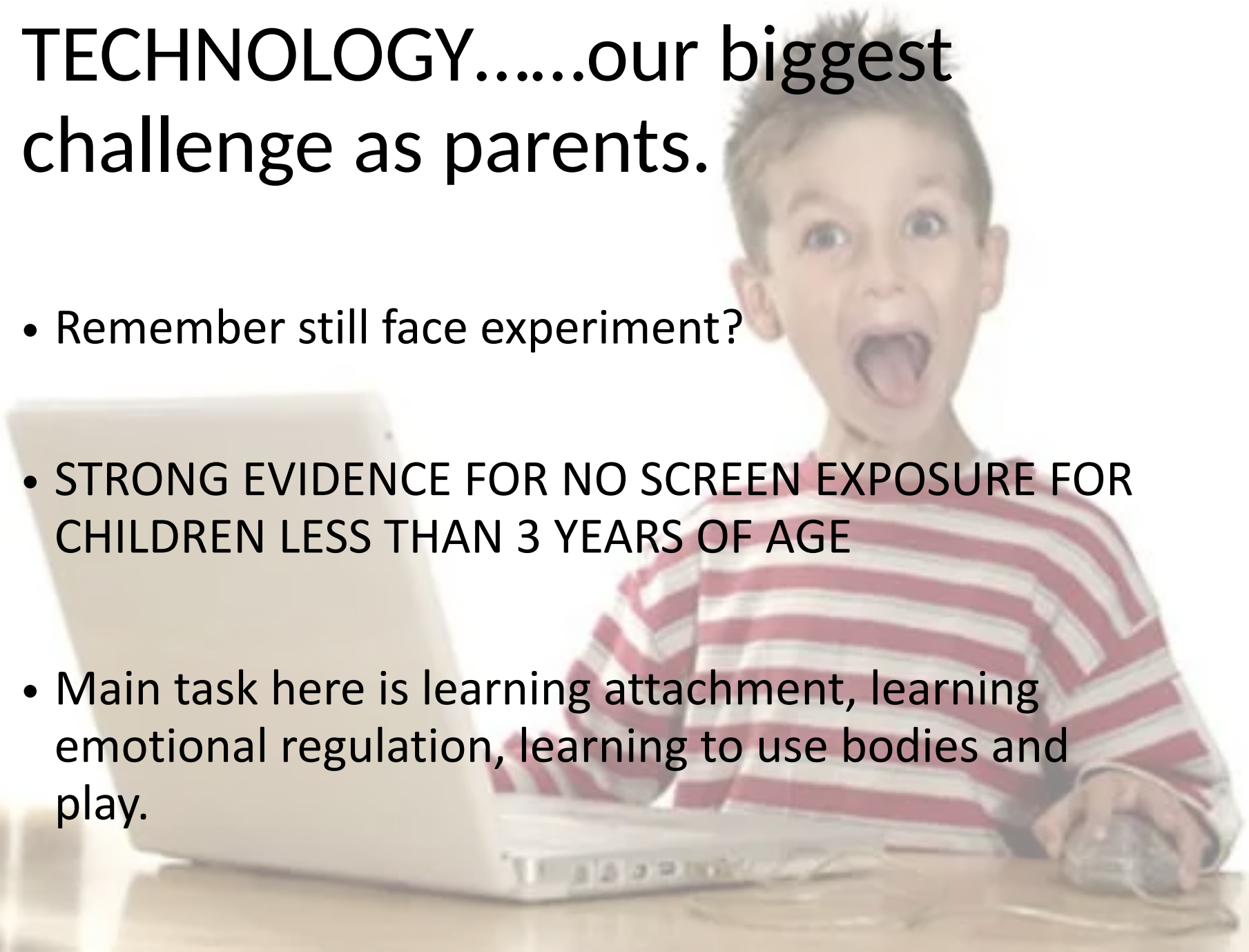
POWER
TO
THE **KIDS**

Quick recap on last workshop

- Last workshop focussed on managing anxiety.
- Take home message is to encourage kids to lean into anxiety and not avoid what makes them anxious. Practice builds mastery.
- Beware of our body language and words that can reinforce anxiety in our children.
- We need to be the anchor of calm as our kids learn emotional regulation.

TECHNOLOGY.....our biggest challenge as parents.

- Remember still face experiment?
- STRONG EVIDENCE FOR NO SCREEN EXPOSURE FOR CHILDREN LESS THAN 3 YEARS OF AGE
- Main task here is learning attachment, learning emotional regulation, learning to use bodies and play.



Consider following

- **NEWS on TV** (always negative, messaging world a bad place, we can't do anything to change it)
- **Gaming** in young people with genetic predisposition to addiction (think of family tree)
- **Social media** apps with photography around body image especially in girls eg Instagram and snapchat
- Online **pornography**

Time thief : 2015 data

- At 4–5 years old, children average more than two hours screen time per week-day.
- By 12–13 years old, this increases to more than three hours average per week-day and almost four hours per weekend day.
- This means that up to 30% of a child's waking time is spent in front of a screen.
- Children who spend 20 hours or more a week using screens has increased from 16% in 2017-18 to 24% in 2021-22.

Making money for META

- New paradigm of profit: is profit for big tech is made by keeping your eyes on the screen.
- AI algorithms have smashed our greatest human brains at Chess and Go for over a decade.
- How can we (or our young children's brains compete with that?)

Watch clip from social dilemma

Book Anxious Generation

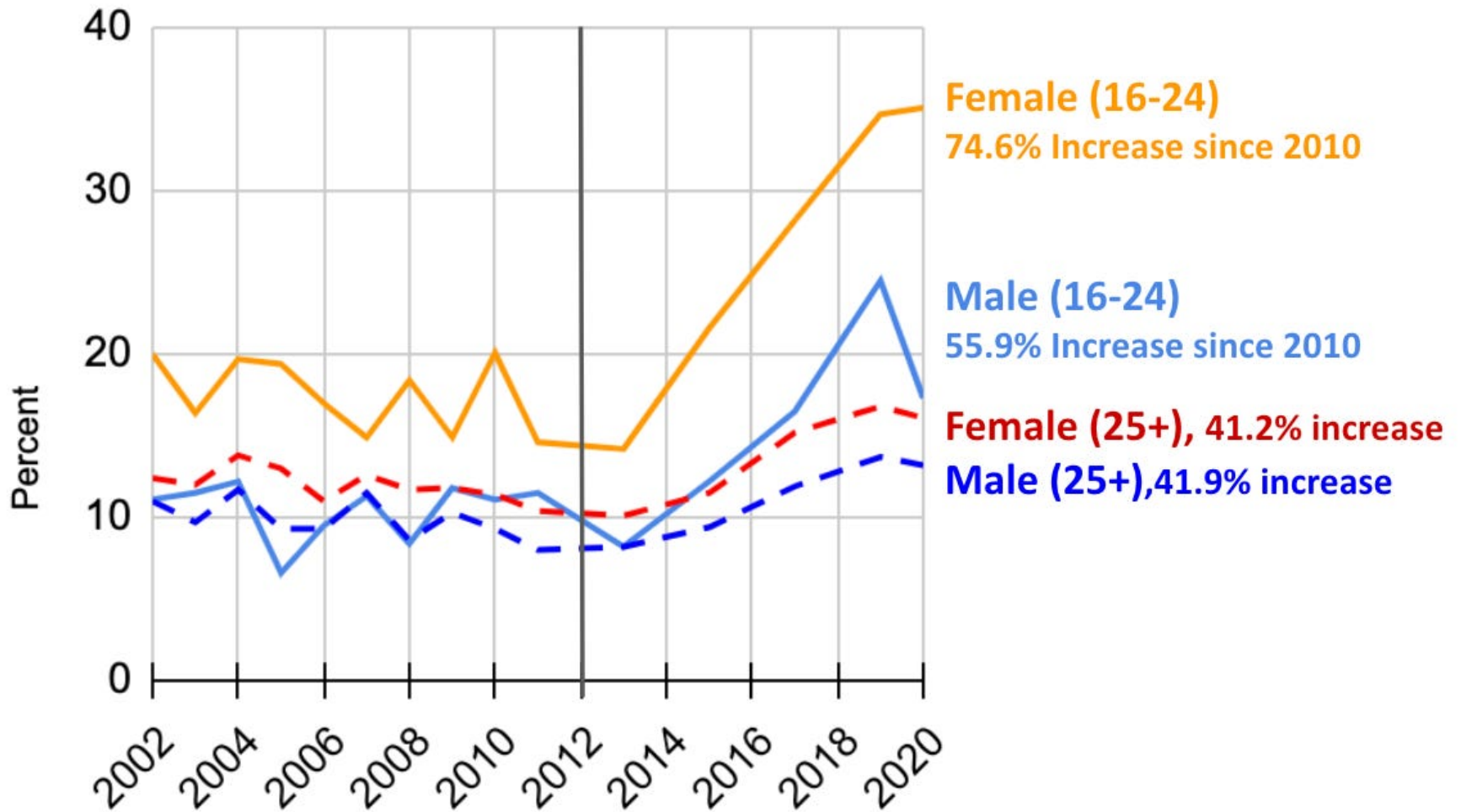
- Reviews all the evidence that is now in compares brain structure and function of kids brought up on play based childhood versus phone based childhood.
- Girls struggle most with social media.
- Rapidly increasing rates of intentional self harm (cutting) currently at 1:7 Australian teens
- Increasing rates of anorexia and eating disorders
- Increasing anxiety /loneliness rates
- Change in mindset from default of exploration to default of defend.

- Boys struggle most with gaming.
- Soft entry to those with genetic predisposition to addiction.
- Games are designed to make money for company, carefully designed to exploit known psychological tools such as inconsistent reward to drive dopamine release and drive addiction.
- Think how this reprogrammed brain that is set in addiction mindset will respond to further introduction to pornography, gambling and drugs.

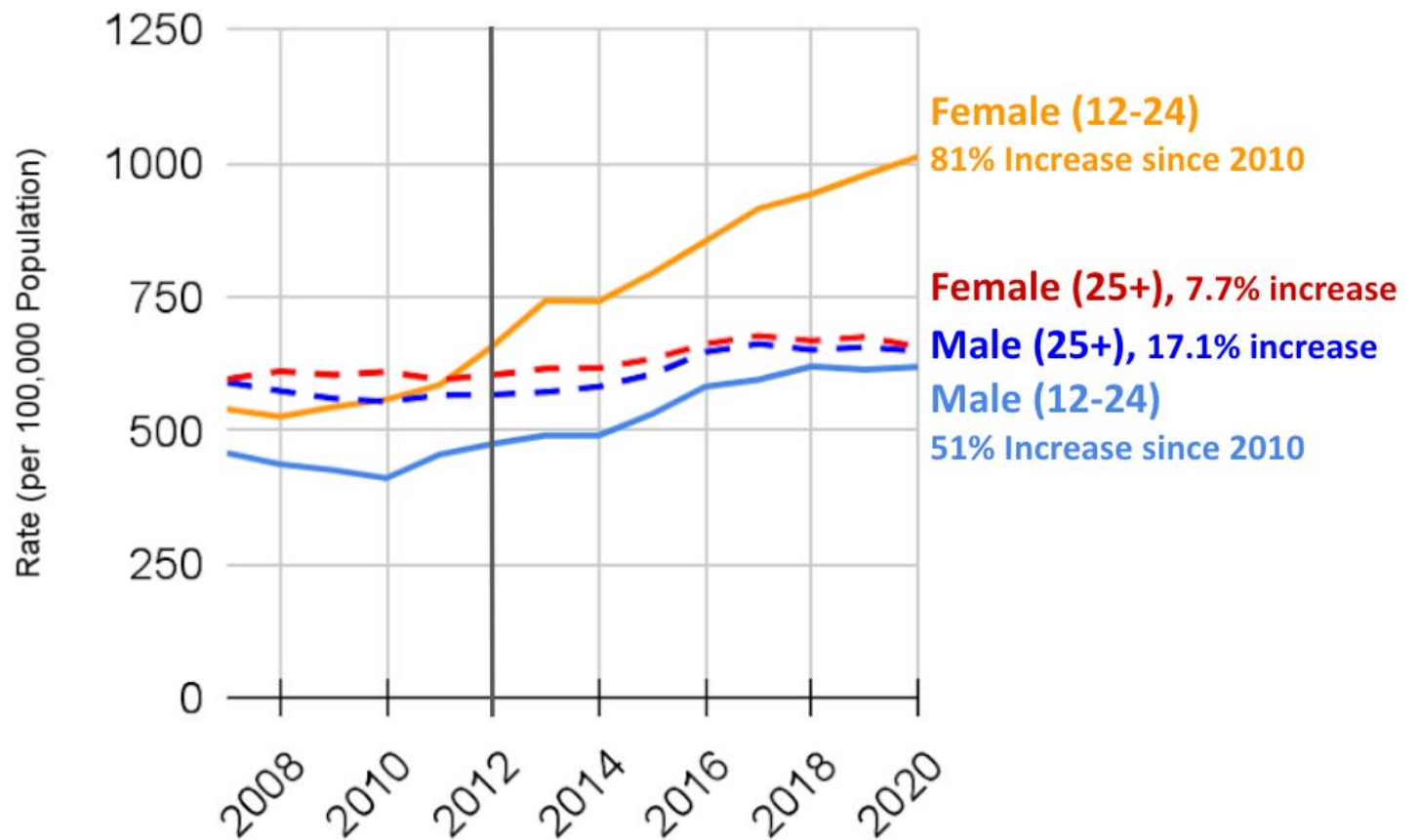
Pornography a special case

- 5% of UK children aged 5-10 had received semi naked photos to their device. 2019 data
- **The median age of first viewing is 13 years for boys and 16 years for girls 2015**
- View Consent cup of tea clip
- Stories to share, my kids, 16 year old patient.
- Child pornography laws unclear when both under age.

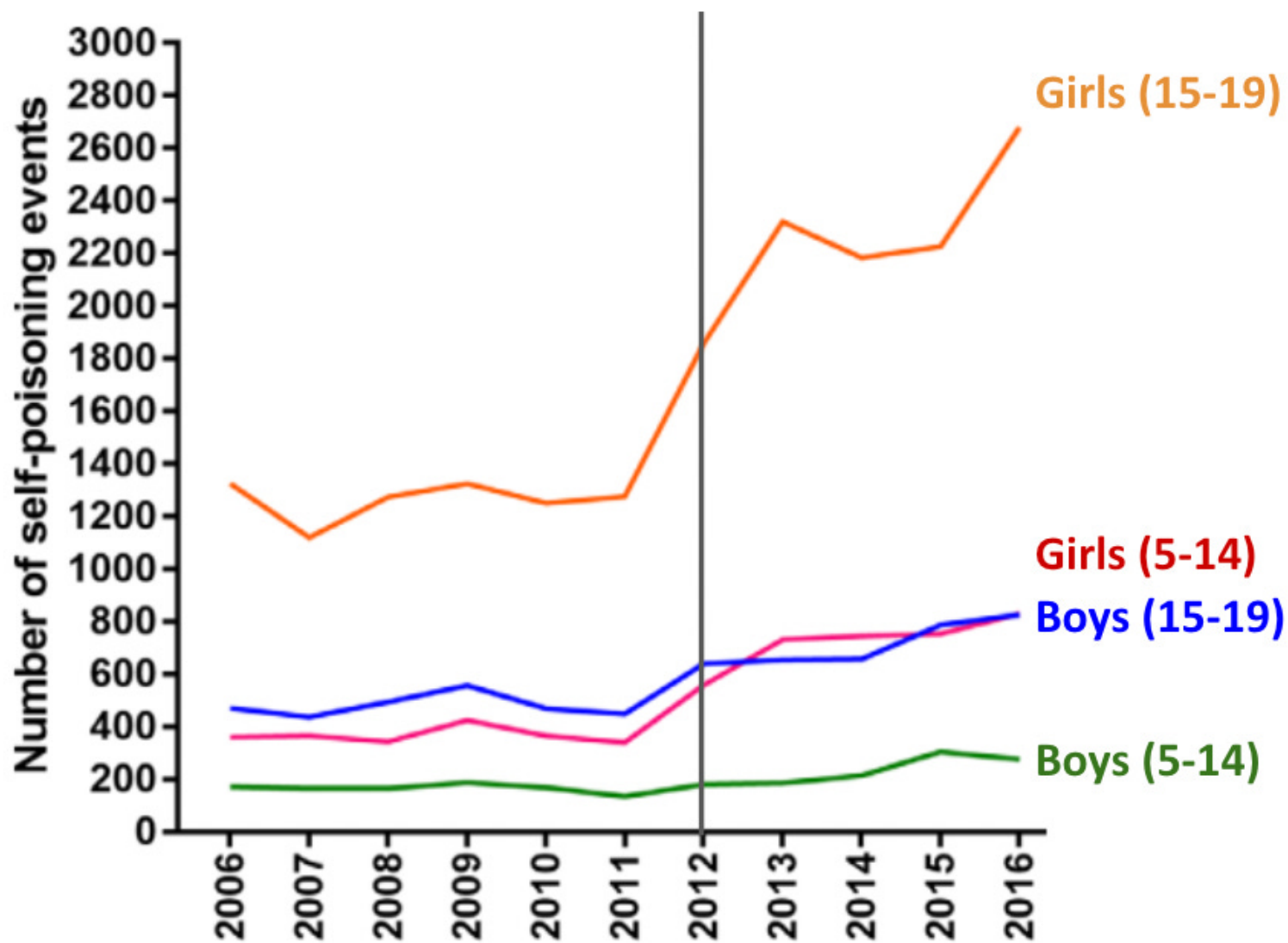
Psychological Distress, Australia



Overnight Psychiatric Emergency Department Visits, Australia



Self-Poisoning, Australia

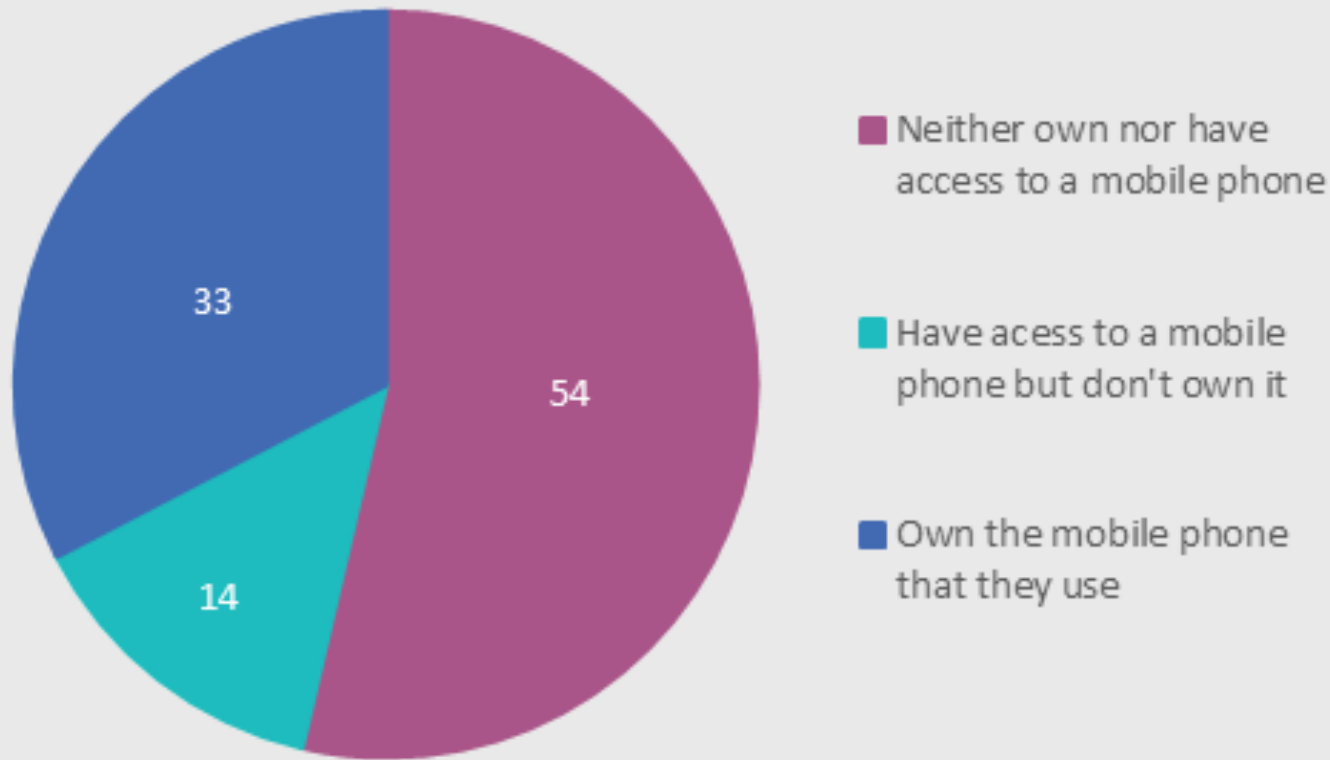


Parents get to choose values of family.

Lets talk about Phones

- Potentially 24 hour access to all content.
- Highly rewarding, instant gratification, addiction building
- Changes communication styles, is this good?
- Charging phone in room alters sleep architecture.

2020 data: primary school age



To phone or not to phone?

- Lets brainstorm some reasons for and against primary school aged children having access to phones (no judgement here, just curiosity)

Issues to consider with phones

- Time spent on phones Vs what else could they be learning during this time
- Effect on sleep (key component on brain health)
- Affect on concentration and focus
- Affect on mastery of communication skills in real life.

SOLUTIONS

- 1 (declare my bias, I advocate for nil screens at primary school, no Nintendo, no wii, no laptop, no ipad, no TV, no phones.)
- My kids get phones in year 11. They all thank me for it and wouldn't have it any other way.
- In groups lets brainstorm common questions

caused you. I love you. I appreciate you. You deserve
a mothers year every year. Happy mothers day
Love from your fav daughter

-Mooxoxo

Ps. Thanks for NOT giving me a phone.



- 1. How to negotiate / enforce time rules on devices
- 2 where to charge devices/ what is allowed in the bedroom eg TV, screens
- 3 approach to cyberbullying.
- 4 how to keep up with what children are viewing

In Groups or together brainstorm

- What solutions are parents currently using re monitoring with technology eg privacy settings, trend micro etc.
- What is working well in your house?

Parental control companies

- **Qustodio**: Offers a range of features such as content filtering, time limits, and activity reporting. \$145 per year
- **Net Nanny**: Provides comprehensive filtering options, time scheduling and real-time alerts.
- **Norton Family Premier**: Offers real-time monitoring, location tracking, and set time limits on device usage.
- **Kaspersky Safe Kids**: Offers location tracking, screen time management, and app control features.
- **Bark**: Monitors texts, emails, and social media for potential risks such as cyberbullying, sexting, and more.
- **Trend Micro** (also does security as well as parental controls)

HOMework

- ? challenge a screen free week and see what happens in our houses. (keep record to report back to next group.
- Yes that means us too. Do not disturb function is great, as is flight mode. Only checking phone and messages when kids asleep or at school
- Ideas to fill in time: group ideas.

TIME FILLERS

- Uno / exploding kittens / cards – cheat / president
- CARDBOARD BOXES (back of Harvey norman free)
- Clay or sculpty
- Reading / audiobooks
- Cooking together / decorating biscuits etc
- Finger knitting
- Treasure hunts
- Geocaching
- Boredom is ok too 😊

RESOURCES

- Thinkuknow <https://www.thinkuknow.org.au/>
- Safe on Social website
- <https://www.safeonsocial.com/>
- Esafety commissioner
- <https://www.esafety.gov.au/>
- Anxiousgeneration.com
- Social Dilemma (on Netflix)

Are you a parent, grandparent, carer or supporter of a child aged 10-13 with unmet mental health who resides in a rural, regional, or |

We are currently seeking parents, grandparents, carers or supporters of a child aged 10-13 residing in rural, regional, and remote communities who have unmet mental health needs. You would be participating in an online focus group with other parents, grandparents, carers or supporters which will run online for approximately 60 -90 minutes. An experienced mental health clinician, educator and researcher will facilitate the focus group. The focus group will refine the previous programme used for youth for parents of a younger cohort. We are offering a \$50.00 grocery voucher to all those who participate. We anticipate the group will run in late July, 2024.

If you are interested in being involved with this research project or would like further information, please email me at john.hurley@scu.edu.au

Kind regards,



Professor John Hurley