Digital Media and Families

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Children’s Telephonic Psychiatric Consultation Service (TiPS)

2nd Annual Pittsburgh Behavioral Health and Pediatric Primary Care Conference and SBIRT Learning Collaborative

March 23, 2018
## Disclosures

<table>
<thead>
<tr>
<th>Source</th>
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<tbody>
<tr>
<td>Research Funding</td>
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</table>
Outline

• Terms of Reference
• Use
• American Academy of Pediatrics Guidelines
• Chief Complaint
• Evaluation
• Interventions
• Tools for Our Toolboxes
• References
Outline

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Terms of Reference: Media

Text

Audio

Images

Video

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Terms of Reference: Digital Media

Digital media is a generic term for any content in electronic form.

** Text: Twitter, WordPress
** Audio: Spotify
** Images: Instagram
** Video: Netflix, Hulu, YouTube
** Software: Steam, App Store, Google Play
** Messaging: WhatsApp, Skype
** Online Services: Gmail, Messenger, Facebook

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Terms of Reference: Technology Platforms

Mobile devices

Gaming Consoles

Laptops or Computers

Televisions
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Mobile Device Ownership

Mobile is universal. Among 0- to 8-year-olds, percent of homes with a mobile device

- 2011: 52%
- 2013: 75%
- 2017: 98%

Daily Media Use

- 12 - 18 years old: 9 hours
- 8 - 12 years old: 6 hours
- 2 - 8 years old: 2.5 hours
- 0 - 2 years old: 0.75 hours

Data Source: https://www.commonsensemedia.org/research/the-common-sense-census-media-use-by-tweens-and-teens
Media Preference: Toddlers

- Slow
- Familiar
Media Preference: School Age

- Faster
- Adventurous
- Creative/Fantasy
- Educational
- Instructional
Media Preference: Tweens & Teens

Source Data: https://www.commonsensemedia.org/research/the-common-sense-census-media-use-by-tweens-and-teens
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American Academy of Pediatrics

Prior to October 28, 2016:

• DISCOURAGE “Screen time” from 0-2 years old

• LIMIT “screen time” to 2 hours a day for children over 2 years old
Quality > Quantity

“In Real Life”

Online

@mykld
AAP Guidelines to Industry

• Create design interfaces that are developmentally appropriate
• Scientifically evaluate products before making educational claims
• Make high-quality products accessible to low-income families and in multiple languages.
• Eliminate advertising in applications and programming
• Provide parents the tools to set limits and monitor media use
AAP Digital Media Limit Setting

**Time**
- Limit most media use
- Limit media use to 1 hour/day
- Parent-child playtimes without media
- Limit entertainment media use during homework
- Consistent limits on hours per day of media use
- No media during meals

**Space**
- Screens turned off when not in use
- Remove devices from bedrooms before bed

**Use**
- Video chat only
- “High-Quality” media only
- Parental Co-viewing
- Consistent limits on types of media that can be used

Age: 0 2 4 6 8 10 12 14 16 18
AAP Media Literacy Process

Planning for Media Use

- Don't feel pressured to introduce technology early
- Avoid using media as the only way to calm your child
- Avoid fast-paced programs for young children
- Use resources to find quality media (e.g., Common Sense Media, PBS Kids, Sesame Workshop)
- Educate your child on selecting high quality media
- Create a Family Media Plan

Supervising Media Use

- Monitor child's or adolescent’s media consumption for adherence to limits set in the Family Media Plan
  - Review and test what apps are used; potentially using them together
  - Watch for sexting, cyberbullying, problematic internet use and internet gaming disorder
- Serve as a positive role model with healthy media use
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Chief Complaint (& Media Use)

- Depression/Anxiety/Bipolar
- Bullying
- Poor grades
- Insomnia
- Addiction
- Aggression
- Inappropriate behavior
- College
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Evaluation with a Media History

- Listen for risky behavior, poor decision making on and offline
Evaluation of Media and Family
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<table>
<thead>
<tr>
<th>Level of Intervention</th>
<th>Possible Providers</th>
<th>Type of Intervention</th>
<th>Examples</th>
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<tbody>
<tr>
<td></td>
<td>MHC</td>
<td>PCP</td>
<td>FT</td>
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<tr>
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<tr>
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**Legend:** MHC: Mental Health Clinician; PCP: Primary Care Provider; FT: Family Therapist; K: Knowledge; S: Skill
**Source:** Dalope & Woods; Child and Adolescent Psychiatry Clinics of NA, in press
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AAP Family Media Use Plan

• Individualized
• Identify a balance between screen time/online time and other activities
• Set boundaries for accessing content
• Guide displays of personal information
• Encourage age-appropriate critical thinking and digital literacy
• Support open family communication and implementation of consistent media use rules
Family Media Plan

Media should work for you & work within your family values & parenting style. When media is used thoughtfully & appropriately, media can enhance daily life. But when used inappropriately or without thought, media can displace many important activities such as face-to-face interaction, family-time, outdoor-play, exercise, unplugged downtime & sleep.

By creating a Personalized Family Media Use Plan, you can be aware of when you are using media to achieve your purpose. This requires parents & users to think about what they want those purposes to be. The tool below will help you to think about media & create goals & rules that are in line with your family’s values.

To make YOUR family’s Media Use Plan, start by entering your family’s information. This information will remain private and confidential.

Get Started

Create Your Family Media Plan

Media Time Calculator
Healthy Media Diet

- Media: Use sparingly
- Meals: 2 - 3 hours
- Exercise: 1 hour
- Homework: 1 - 2 hours
- School: 7 hours
- Sleep: 10 hours
## Healthy Media Diet

### Nutrition Facts

Serving Size 1 day (24 hours)

<table>
<thead>
<tr>
<th>Activity</th>
<th>Hours</th>
<th>% Daily Value</th>
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</thead>
<tbody>
<tr>
<td><strong>Awake</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>School</td>
<td>7 hrs</td>
<td>29%</td>
</tr>
<tr>
<td>Homework</td>
<td>2 hrs</td>
<td>8%</td>
</tr>
<tr>
<td>Eating</td>
<td>2 hrs</td>
<td>8%</td>
</tr>
<tr>
<td>Exercise</td>
<td>1 hr</td>
<td>4%</td>
</tr>
<tr>
<td>Media</td>
<td>1 hr</td>
<td>4%</td>
</tr>
<tr>
<td><strong>Asleep</strong></td>
<td>10 hrs</td>
<td>42%</td>
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**INGREDIENTS:** Parental Supervision, Screen Curfews, Rules, plus Conversations About Values, Citizenship, Digital Footprints, Critical Thinking

**Contains** AAP Guidelines
AACAP’s Facts for Families

American Academy of Child & Adolescent Psychiatry

Facts For Families Guide

Not all children grow from infancy through their adolescent years without experiencing some bumps along the way. While every child is unique and special, sometimes they encounter emotions, feelings, or behavior that cause problems in their lives and the lives of those around them. Parents often worry when their child or teenager has difficulty coping with things, feels sad, can't sleep, gets involved with drugs, or can't get along with family or friends.

AACAP's Facts for Families provide concise and up-to-date information on issues that affect children, teenagers, and their families. AACAP provides this important information as a public service and the Facts for Families may be duplicated and distributed free of charge as long as the American Academy of Child and Adolescent Psychiatry is properly credited and no profit is gained from their use.

New and Updated Facts for Families:

- Suicide in Children and Teens - Suicides among young people continue to be a serious problem.

Holiday Movie Guide for Families and Teens

https://www.commonsensemedia.org/
UPMC Tools/Resources/Policies

• Texting
• Email Use
• Social Media
• Apps
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References: Links

• AACAP Facts for Families:

• AAP Family Media Plan:
  – https://www.healthychildren.org/English/media/Pages/default.aspx

• Common Sense Media:
  – https://www.commonsensemedia.org/
References


