Media, Social Media, Children and Adolescents

Kristin A. Dalope, MD, MEd
## Disclosures

<table>
<thead>
<tr>
<th>Source</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Research Funding</td>
<td>ECHO Autism</td>
</tr>
<tr>
<td>Advisor/Consultant</td>
<td></td>
</tr>
<tr>
<td>Employee</td>
<td>UPP/University of Pittsburgh</td>
</tr>
<tr>
<td>Speakers’ Bureau</td>
<td></td>
</tr>
<tr>
<td>Books, Intellectual Property</td>
<td></td>
</tr>
<tr>
<td>In-Kind Services</td>
<td></td>
</tr>
<tr>
<td>Stock or Equity</td>
<td></td>
</tr>
<tr>
<td>Honorarium</td>
<td></td>
</tr>
</tbody>
</table>
Outline

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

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

Text

Audio

Images

Video
**Terms of Reference: Digital Media**

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

<table>
<thead>
<tr>
<th>Text</th>
<th>Audio</th>
<th>Images</th>
<th>Video</th>
</tr>
</thead>
<tbody>
<tr>
<td>#</td>
<td>🎧</td>
<td>📸</td>
<td>🎥</td>
</tr>
<tr>
<td>💄</td>
<td>🎶</td>
<td>🎨</td>
<td>📺</td>
</tr>
<tr>
<td>📦</td>
<td>🎤</td>
<td>🎨</td>
<td>🎬</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Software</th>
<th>Messaging</th>
<th>Online Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>🌐</td>
<td>📞</td>
<td>🚗</td>
</tr>
<tr>
<td>📱</td>
<td>🌐</td>
<td>🚗</td>
</tr>
<tr>
<td>🌐</td>
<td>🌐</td>
<td>🚗</td>
</tr>
</tbody>
</table>

**All logos, images, and icons are copyright by their respective owners**
Terms of Reference: Technology Platforms

Mobile devices
Laptops or Computers
Gaming Consoles
Televisions
Outline

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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Hours of Digital Media Consumption</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 - 2 years old</td>
<td>0.75</td>
</tr>
<tr>
<td>2 - 8 years old</td>
<td>2.5</td>
</tr>
<tr>
<td>8 - 12 years old</td>
<td>6</td>
</tr>
<tr>
<td>12 - 18 years old</td>
<td>9</td>
</tr>
</tbody>
</table>

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
Outline

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

@mykid
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

© 2017 Kristin Dalope
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

© 2017 Kristin Dalope
Outline

• Terms of Reference
• Use
• American Academy of Pediatrics Guidelines
• **Chief Complaint**
• Evaluation
• Interventions
• Tools for Our Toolboxes
• References
Chief Complaint (& Media Use)

- Depression/Anxiety/Bipolar
- Bullying
- Poor grades
- Insomnia
- Addiction
- Aggression
- Inappropriate behavior
- College
Outline

• Terms of Reference
• Use
• American Academy of Pediatrics Guidelines
• Chief Complaint
• Evaluation
• Interventions
• Tools for Our Toolboxes
• References
Evaluation with a Media History

• Listen for risky behavior, poor decision making on and offline
Evaluation of Media and Family
Outline

• Terms of Reference
• Use
• American Academy of Pediatrics Guidelines
• Chief Complaint
• Evaluation
• **Interventions**
• Tools for Our Toolboxes
• References
<table>
<thead>
<tr>
<th>Level of Intervention</th>
<th>Possible Providers</th>
<th>Type of Intervention</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>MHC</td>
<td>PCP</td>
<td>FT</td>
</tr>
<tr>
<td>Individual</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parental</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Consultation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crisis Stabilization</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Family Therapy</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **Assess developmental level and knowledge of technology/media to determine if they match**
- **Provide education about what is developmentally appropriate and how to manage technology**
- **Assess what is/is not working, parental knowledge level, and individual’s developmental level. Brief problem solving session.**
- **Assist the family to navigate the situational crisis, provide feedback and psycho-education and assist the family with devising a plan for the next steps in addressing the issue which led to the crisis.**
- **All of the above plus help family navigate family roles and conflicts around technology**

**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
Outline

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

To find this information in Spanish, click here.

Get Started

Create Your Family Media Plan  Media Time Calculator
Healthy Media Diet

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

## Nutrition Facts

<table>
<thead>
<tr>
<th></th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Awake</strong></td>
<td></td>
</tr>
<tr>
<td>14 hrs</td>
<td>58%</td>
</tr>
<tr>
<td>School</td>
<td>29%</td>
</tr>
<tr>
<td>Homework</td>
<td>8%</td>
</tr>
<tr>
<td>Eating</td>
<td>8%</td>
</tr>
<tr>
<td>Exercise</td>
<td>4%</td>
</tr>
<tr>
<td>Media</td>
<td>4%</td>
</tr>
<tr>
<td><strong>Asleep</strong></td>
<td></td>
</tr>
<tr>
<td>10 hrs</td>
<td>42%</td>
</tr>
</tbody>
</table>

**INGREDIENTS:** Parental Supervision, Screen Curfews, Rules, plus Conversations About Values, Citizenship, Digital Footprints, Critical Thinking

Contains AAP Guidelines
AACAP’s Facts for Families

Common Sense Media

Holiday Movie Guide for Families and Teens

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

• Texting
• Email Use
• Social Media
• Apps
Outline

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


