

Media, Social Media, Children and Adolescents

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Disclosures

Source	
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Outline

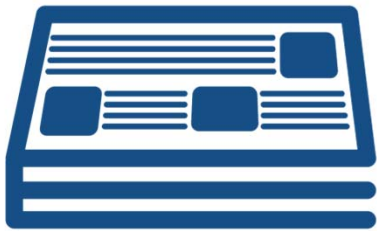
- Terms of Reference
- Use
- American Academy of Pediatrics Guidelines
- Chief Complaint
- Evaluation
- Interventions
- Tools for Our Toolboxes
- References

Outline



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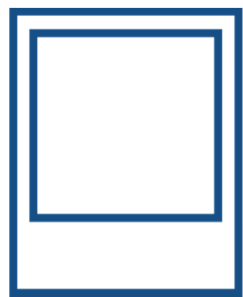
Terms of Reference: Media



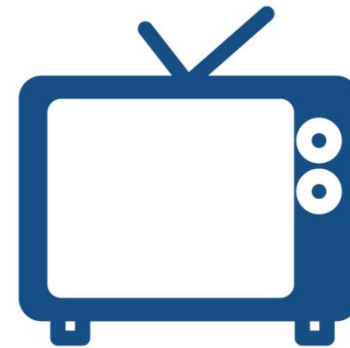
Text



Audio



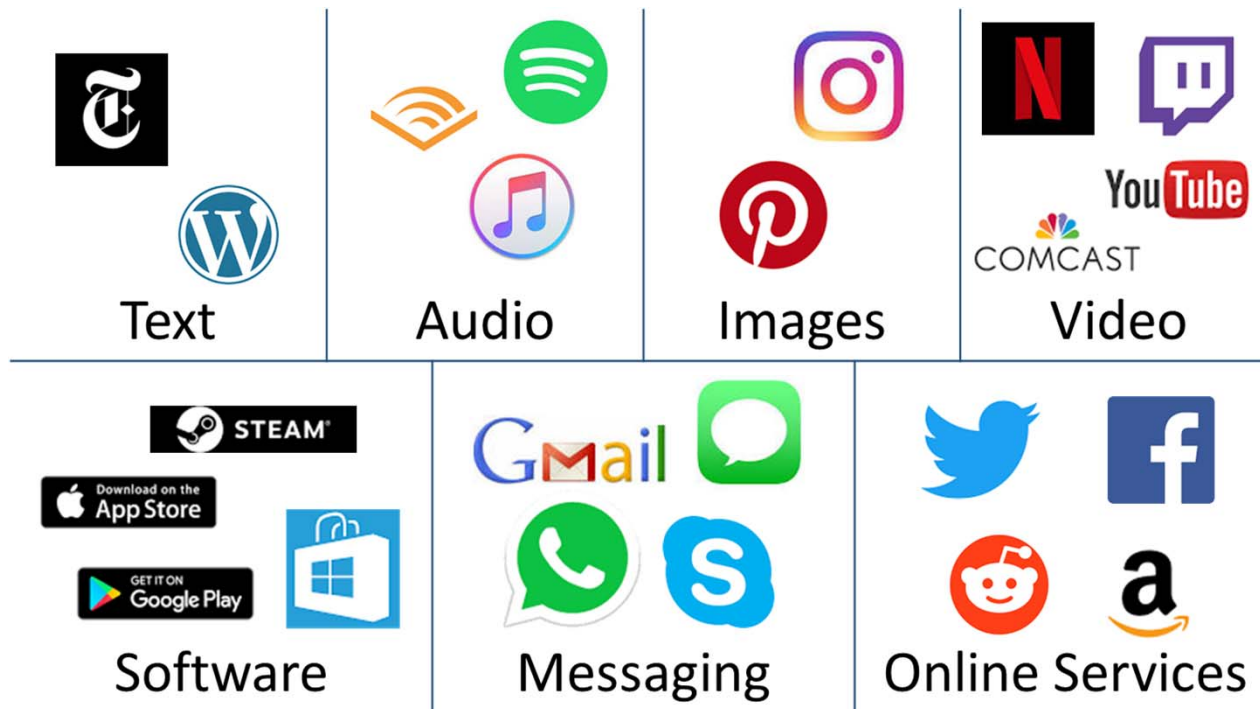
Images



Video

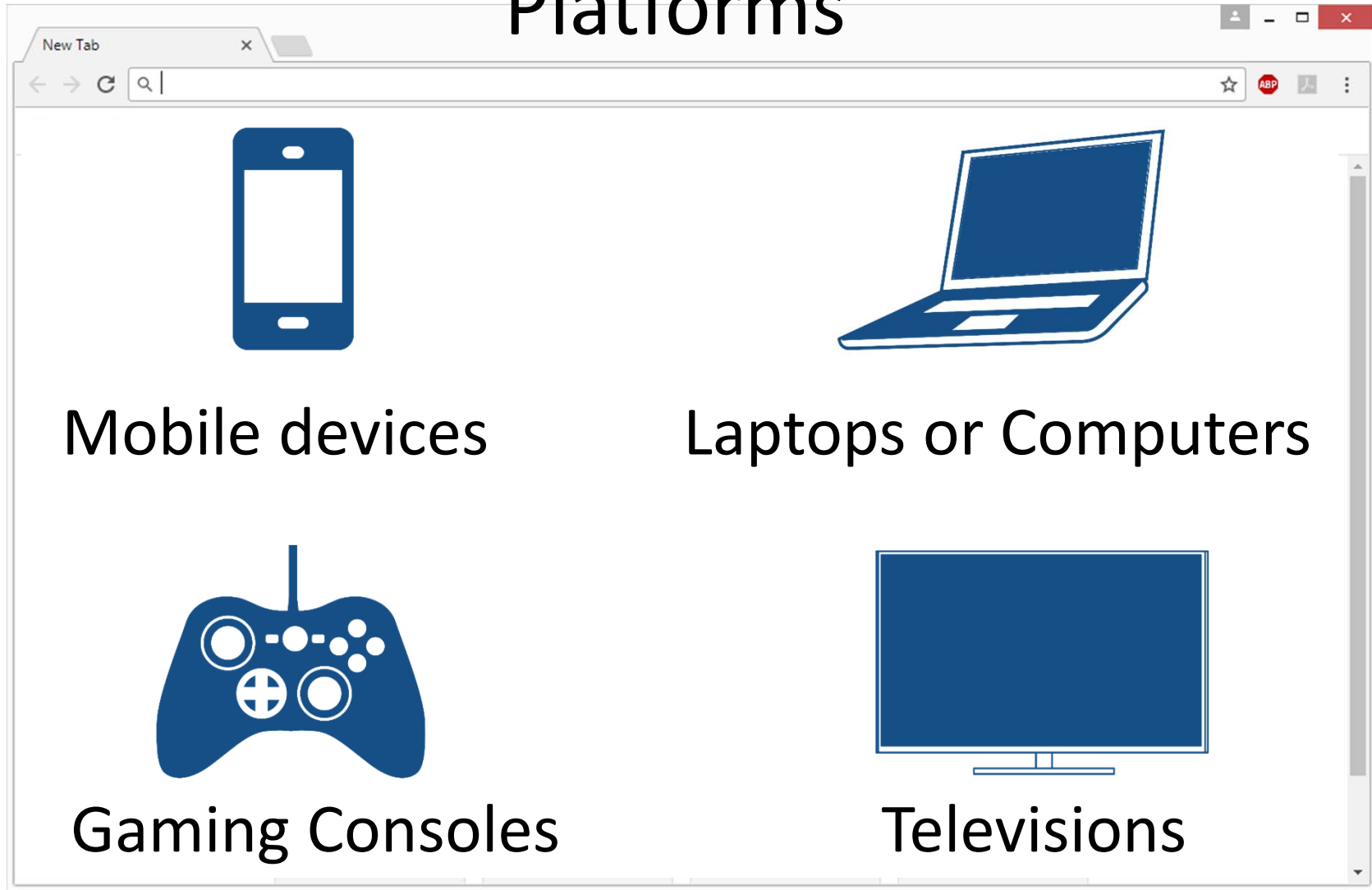
Terms of Reference: Digital Media

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



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Terms of Reference: Technology Platforms





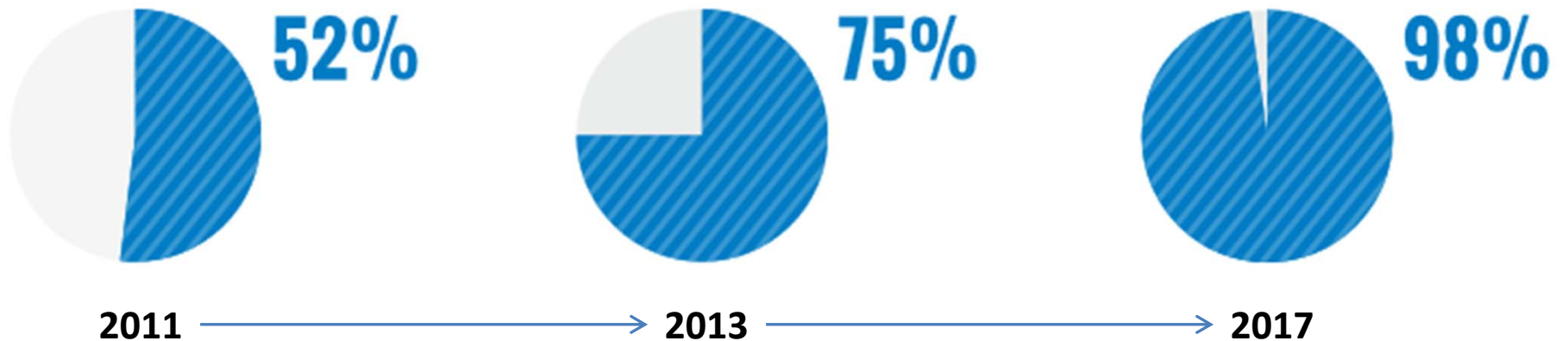
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Mobile Device Ownership

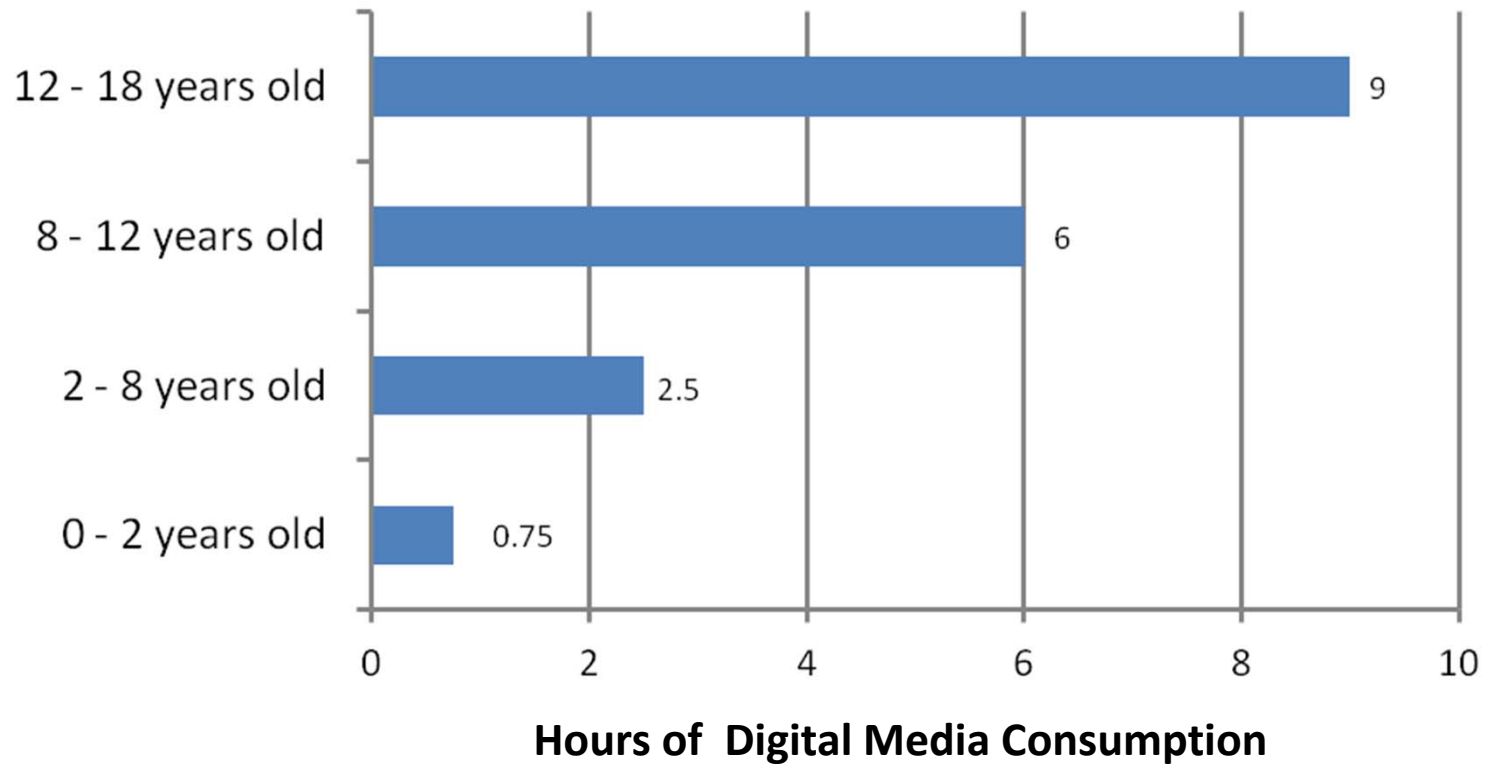


Mobile is universal. Among 0- to 8-year-olds, percent of homes with a mobile device



<https://www.commonsensemedia.org/sites/default/files/uploads/pdfs/2017-zero-to-eight-not-infographic-final.pdf>

Daily Media Use



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

Media Preference: Toddlers



- Slow
- Familiar



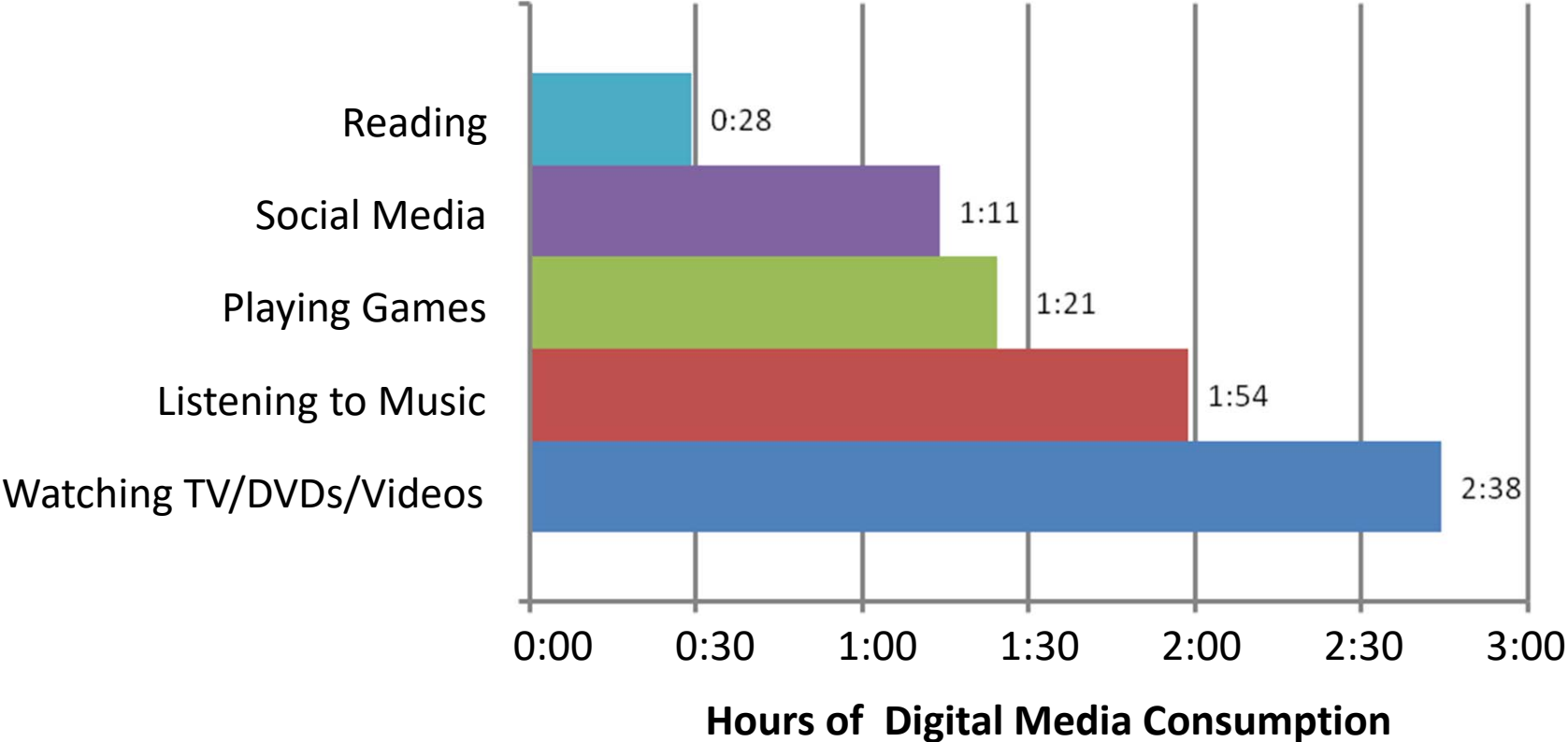
Media Preference: School Age



- 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

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™

FROM THE AMERICAN ACADEMY OF PEDIATRICS
Organizational Principles to Guide and Define the Child Health Care System and/or Improve the Health of All Children

POLICY STATEMENT
Media Use by Children Younger Than 2 Years

COUNCIL ON COMMUNICATIONS AND MEDIA

KEY WORDS
media, development, infants, young children, television, screen time

ABBREVIATION
AAP—American Academy of Pediatrics

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www.pediatrics.org/cgi/doi/10.1542/peds.2011-1753
doi:10.1542/peds.2011-1753

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PEDIATRICS (ISSN Numbers: Print, 0031-4005; Online, 1098-4275)
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abstract
In 1999, the American Academy of Pediatrics (AAP) issued a policy statement addressing media use in children. The purpose of that state-

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™

Organizational Principles to Guide and Define the Child Health Care System and/or Improve the Health of All Children

POLICY STATEMENT
Children, Adolescents, and the Media

abstract
Media, from television to the “new media” (including cell phones, iPads, and social media), are a dominant force in children’s lives. Although television is still the predominant medium for children and adolescents, new technologies are increasingly popular. The American Academy of Pediatrics continues to be concerned by evidence about the potential harmful effects of media messages and images; however, important positive and prosocial effects of media use should also be recognized. Pediatricians are encouraged to take a media history and ask 2 media questions at every well-child visit: How much recreational screen time does your child or teenager consume daily? Is there a television set or internet-connected device in the child’s bedroom? Parents are encouraged to establish a family home use plan for all media. Media influences on children and teenagers should be recognized by schools, policymakers, product advertisers, and entertainment producers. *Pediatrics* 2011;127:959–961

COUNCIL ON COMMUNICATIONS AND MEDIA

KEY WORDS
media, television, new technology, family media use plan, media history, media education

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The recommendations in this statement do not indicate an exclusive course of treatment or serve as a standard of medical care. Variations, taking into account individual circumstances, may be appropriate.

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www.pediatrics.org/cgi/doi/10.1542/peds.2011-2616
doi:10.1542/peds.2011-2616

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INTRODUCTION
Media, from traditional television to the “new media” (including cell phones, iPads, and social media), are a dominant force in children’s lives. Although media are not the leading cause of any major health problem in the United States, the evidence is now clear that they can and do contribute substantially to many different risks and health problems and that children and teenagers learn from, and may be negatively influenced by, the media. However, media literacy and prosocial uses of media may enhance knowledge, connectedness, and health. The overwhelming penetration of media into children’s and teenagers’ lives necessitates a renewed commitment to changing the way pediatricians, parents, teachers, and society address the use of media to mitigate potential health risks and foster appropriate media use.

According to a recent study, the average 8- to 10-year-old spends nearly 8 hours a day with a variety of different media, and older children and teenagers spend >11 hours per day.¹ Presence of a television (TV) set in a child’s bedroom increases these figures even more, and 71% of children and teenagers report having a TV in their bedroom.¹ Young people now spend more time with media than they do in school—it is the leading activity for children and teenagers other than sleeping.^{1,2} In addition to time spent with media, what has changed dramatically is the media landscape.^{3,4} TV remains the predominant medium (>4 hours per day) but nearly one-third of TV programming is viewed on alternative platforms (computers, iPads, or cell phones). Nearly all children and teenagers have internet access (84%), often high-speed, and one-third have

FROM THE AMERICAN ACADEMY OF PEDIATRICS
Downloaded from <http://pediatrics.aappublications.org/> by guest on October 22, 2017

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”



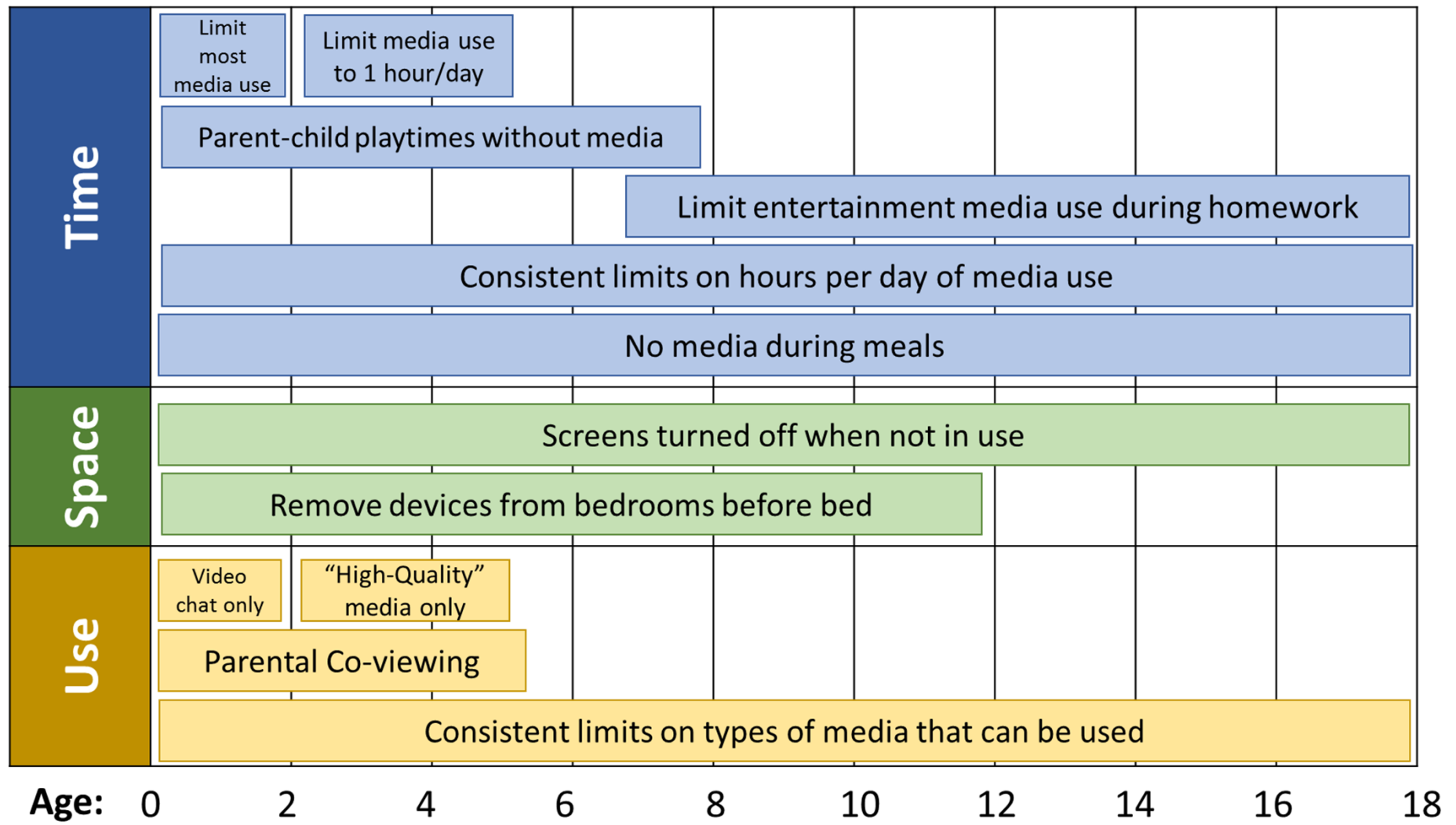
Online



AAP Guidelines to Industry

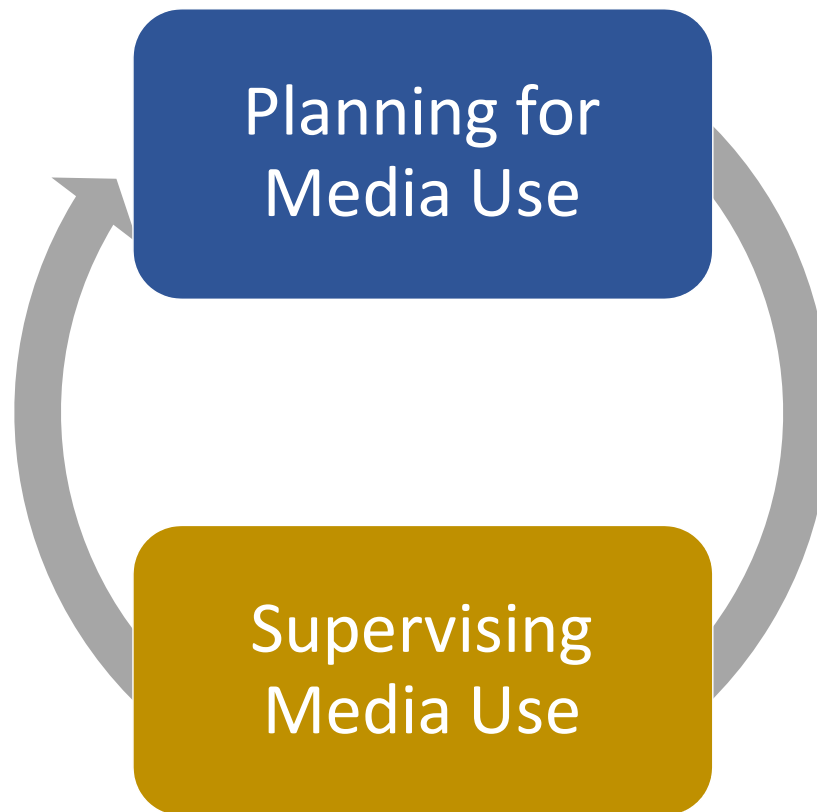
- Create design interfaces that are developmentally appropriate
- Scientifically evaluate products before making educational claims
- Make high-quality products accessible to low-income families and in multiple languages.
- Eliminate advertising in applications and programming
- Provide parents the tools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

AAP Digital Media Limit Setting



AAP Media Literacy Process

- 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



- 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



Outline

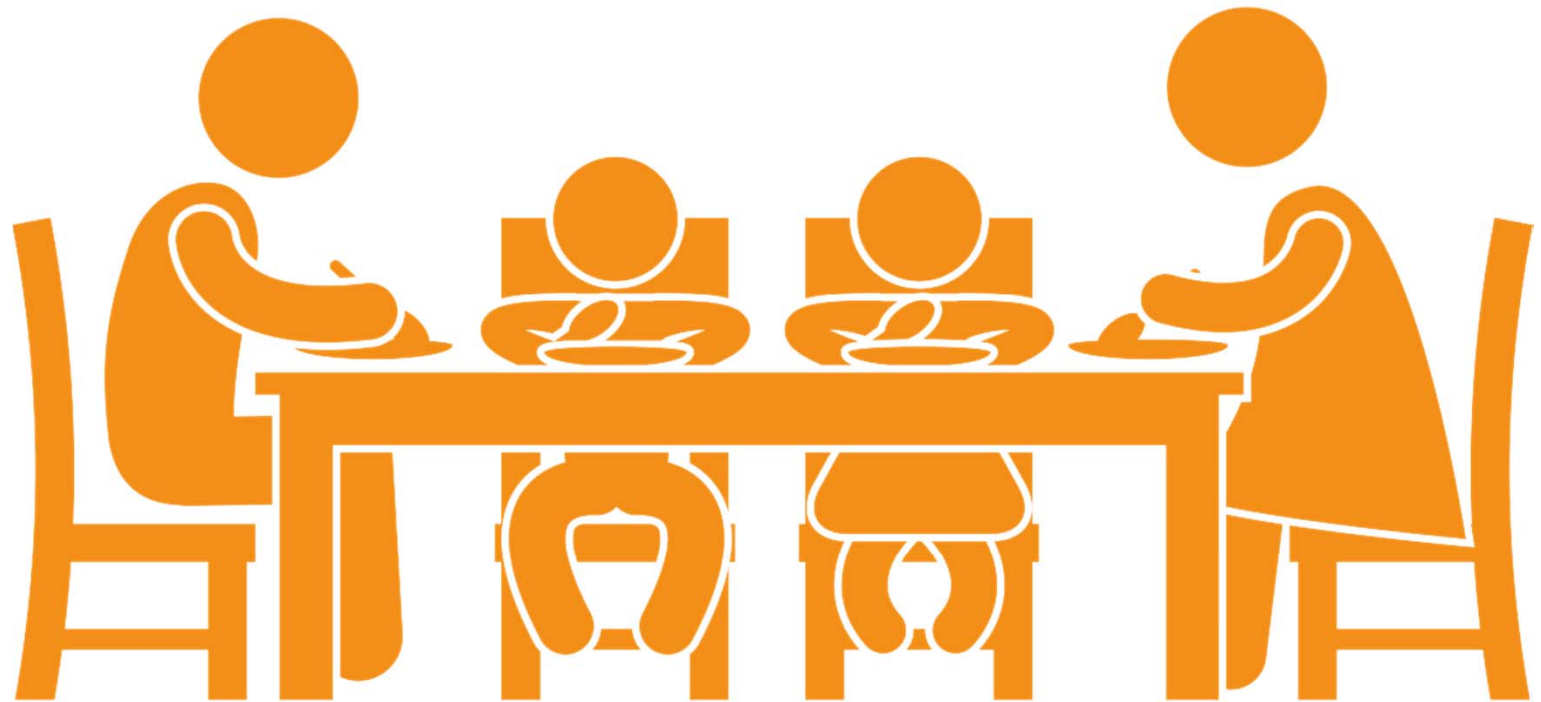
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Evaluation with a Media History



- Listen for risky behavior, poor decision making on and offline

Evaluation of Media and Family





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Level of Intervention	Possible Providers			Type of Intervention		Examples
	MHC	PCP	FT	K	S	
Individual	●	●		●		Assess developmental level and knowledge of technology/media to determine if they match
Parental	●	●		●		Provide education about what is developmentally appropriate and how to manage technology
Consultation	●	●		●		Assess what is/is not working, parental knowledge level, and individual's developmental level. Brief problem solving session.
Crisis Stabilization	●	●	●	●	●	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.
Family Therapy	●		●	●	●	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



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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

www.HealthyChildren.org/MediaUsePlan



Family Media Plan



Home

Create Your Family Media Plan

Media Time Calculator

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



Healthy Media Diet

Nutrition Facts

Serving Size 1 day (24 hours)

	% Daily Value
Awake 14 hrs	58%
School 7 hrs	29%
Homework 2 hrs	8%
Eating 2 hrs	8%
Exercise 1 hr	4%
Media 1 hr	4%
Asleep 10 hrs	42%

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

Contains AAP Guidelines

AACAP's Facts for Families

The screenshot shows the AACAP website's 'Facts for Families Guide' page. At the top, the AACAP logo is displayed with the text 'AMERICAN ACADEMY OF CHILD & ADOLESCENT PSYCHIATRY' and the website URL 'WWW.AACAP.ORG'. Below the logo is a navigation menu with links for 'Families And Youth', 'Medical Students And Residents', 'Member Resources', 'Resources For Primary Care', and 'CME & Meetings'. There are also social media icons for Facebook and Twitter, and a 'Sign In' button. A secondary navigation bar includes 'My Profile', 'Store', 'Cart', 'Donate', and 'About AACAP'. The main content area is titled 'Facts For Families Guide' and features a 'Quick Links' sidebar with options like 'Facts For Families Guide - Table of Contents', 'Facts For Families Guide - View by Topic', 'Chinese Facts for Families Guide', 'Facts For Families Guide - Search', 'Spanish Facts for Families Guide', and 'Facts for Families - Vietnamese'. The main text explains that not all children grow from infancy through their adolescent years without experiencing some bumps along the way. It states that 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. Families 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. A paragraph notes that 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. A 'New and Updated Facts for Families' section lists 'Suicide in Children and Teens - Suicides among young people continue to be a serious problem.' The right sidebar contains three categories: 'Gay, Lesbian, Bisexual, Transgender' with links for 'Transgender and Gender Diverse Youth', 'Adolescent Development Part 1', and 'Sex: Talking to your Child View all'; 'Guns' with a link for 'Firearms and Children'; and 'Race' with links for 'Finding Mental Healthcare for Children of Immigrants', 'Multiracial Children', and 'Diversity and Culture in Child Mental Health Care'.

[https://www.aacap.org/AACAP/Families and Youth/Facts for Families/FFF-Guide/FFF-Guide-Table-of-Contents.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/FFF-Guide-Table-of-Contents.aspx)

Common Sense Media

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What are you looking for?



Reviews

Top Picks

Family Guides

Parent Concerns

Videos

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Latino

Research

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Find Great Media
Kids by Age and T

Ag

 Movies

 Books

 TV

 Games

 Apps

 Websites

Go!

Holiday Movie Guide for Families and Teens

<https://www.commonsensemedia.org/>

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UPMC Tools/Resources/Policies

- Texting
- Email Use
- Social Media
- Apps



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References: Links

- AACAP Facts for Families:
 - http://www.aacap.org/aacap/families_and_youth/facts_for_families/fff-guide/FFF-Guide-Home.aspx
- AAP Family Media Plan:
 - <https://www.healthychildren.org/English/media/Pages/default.aspx>
- Common Sense Media:
 - <https://www.common sensemedia.org/>

References

- Shifrin D, Brown A, Hill D, Jana L, Flinn SK. *Growing up digital: media research symposium*. American Academy of Pediatrics. Oct 1, 2015. Accessed June 29 2017.
- Reid Chassiakos YL, Radesky J, Christakis D, Moreno MA, Cross C. Council on Communications and Media. *Children and Adolescents and Digital Media*. Pediatrics. 2016 Nov; 138(5). pii: e20162593.
- Council on Communications and Media. *Media and Young Minds*. Pediatrics. 2016 Nov; 138(5). pii: e20162591.
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