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# Talkin' Tech

## with Janell Burley Hofmann

A monthly newsletter for SINAI parents

March 2019



### Parent Tech Tip:



## From Typical to Troubling - Let's Talk About Tech Addiction

Tech Addiction is a major concern for parents and there is still so much research emerging on the topic. Here are some updates:








- In 2013, the Diagnostic and Statistic Manual of Mental Disorders, Fifth Edition (DSM-5) classified [internet gaming addiction](#) as a "condition for further study."
- In 2018, the World Health Organization (WHO) officially classified [gaming disorder](#) as a disease.
- Psychologists and clinicians are increasingly concerned about the concepts of [social media addiction](#) and [internet addiction](#), which are symptomatically similar to gaming disorder, but are not formally classified as disorders.

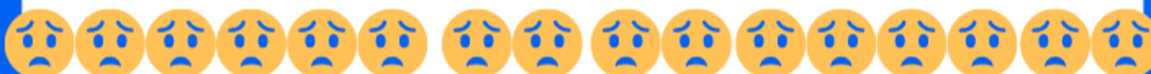
WHO defines gaming disorder as a pattern of behavior, lasting more than 12 months, that is characterized by:

- Impaired control over gaming.
- Increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interests and daily activities.
- Continuation or escalation of gaming despite the occurrence of negative consequences.







## "Red flag" behaviors to watch for include:

-  Frequent and/or obsessive tech-related behaviors
-  Persistent use even when life is negatively impacted
-  Overreliance or excessive dependency on tech
-  Feelings of isolation, anxiety, depression, or boredom when away from screens
-  Consistent lying and/or sneaking technology
-  Loss of interest in activities, peers, or aspects of life once enjoyed due to screen use
-  Angry or (possibly) aggressive behavior when access to tech is limited or removed



## If We're Worried, What Can We Do?

-  **Set Boundaries for Prevention!** A Working tech agreement that everyone has agreed to and is used for consistency can really help lay out our expectations.
-  **Increase Your Knowledge!** Ask for help and build a community of support with pediatricians, mental health professionals, your child's school, friends & neighbors; engage caregivers, young people, and your own child. Plus check out free online resources like Common Sense Media & Connect Safely.
-  **Check Your Habits!** Model what you'd like to see in your child. Developing tech healthy habits in adults makes for a tech healthy family.
-  **Talk About It!** Talkin' Tech is one of the best ways to manage it.

Click on the video below to learn more about Tech Addiction.



## Who is Janell?



Janell Burley Hofmann is an international author, speaker and consultant on digital health and well-being. Janell works with youth, educators, families, communities and organizations finding solutions and best practices for living tech-healthy lives. She is also a mother of five children ages 11, 12, 14, 16, and 19. Additionally she has a Bachelor's Degree in Communications and Media Studies and a Master's Degree in Critical and Creative Thinking. This is the second year Janell has partnered with SINAI Schools. For more information on Janell visit [www.janellburleyhofmann.com](http://www.janellburleyhofmann.com).

### What's New? Learn, Read & Connect!

- **Support:** Did you know Common Sense Media can help you better understand your child's specific media consumption including games,

social media, internet use, movies, streaming programs and even books? **This** is a great FREE resource for families. to visit this great FREE resource for families.

- **Engage:** Want to make your own FREE tech contract? **Click here** to check out this feature made by Janell Burley Hofmann and VISR.
- **Follow:** Are you worried about screens and addiction? **Check out** Dr. David Greenfield's screening test from the Center For Internet and Technology Addiction.
- **Read:** A **great article** on understanding dopamine, tech and the brain.
- **Watch:** Want to use a parental control? **Here** are some great tips on the process.

Do you have a tech & family question? Email Janell at **JBH@JBHwrites.com**. Janell will (confidentially) answer one question each month in the newsletter.



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