

Critical Technology Boundaries 3

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www.TheHomeScholar.com

www.TotalTranscriptSolution.com

“Helping parents homeschool high school”

Resources and Links Mentioned in this Class

11 Long-Term Consequences of Excessive Technology Use

Internet Gaming Disorder in the American Psychiatric Association Diagnostic and Statistical Manual (DSM-5)

<http://www.dsm5.org/Documents/Internet%20Gaming%20Disorder%20Fact%20Sheet.pdf>

Dry, Scratchy Eyes? Staring At Screens Is Driving This Trend

<http://www.npr.org/blogs/health/2014/09/04/345518998/dry-scratchy-eyes-staring-at-screens-is-driving-this-trend>

1. Self Esteem Problems

Studies show Facebook may be true, significant public health threat

<http://www.foxnews.com/health/2013/08/19/studies-show-facebook-may-be-true-significant-public-health-threat/>

Facebook Manipulated 689,003 Users' Emotions For Science

<http://www.forbes.com/sites/kashmirhill/2014/06/28/facebook-manipulated-689003-users-emotions-for-science/>

2. Dementia and Deterioration of Cognitive Abilities

Your Smartphone May Be Making You... Not Smart

<http://www.psychologytoday.com/blog/fulfillment-any-age/201110/your-smartphone-may-be-making-you-not-smart>

3. Under-developed Brain

'Digital dementia' on the rise as young people increasingly rely on technology instead of their brain

<http://www.dailymail.co.uk/health/article-2347563/Digital-dementia-rise-young-people-increasingly-rely-technology-instead-brain.html>

4. Memory and Concentration Damage

“How Technology Is Warping Your Memory”

http://www.creativitypost.com/technology/how_technology_is_warping_your_memory

Is Google Making Students Stupid?

<http://www.theatlantic.com/education/archive/2014/09/is-google-making-students-stupid/380944/>

5. Computer Game Addiction

Dr. Keith Ablow on FoxNews.com

<http://www.foxnews.com/health/2013/08/19/studies-show-facebook-may-be-true-significant-public-health-threat/>

Students and Video Game Addiction

<https://www.insidehighered.com/views/2012/12/13/students-and-colleges-vulnerable-computer-gaming-addiction-essay>

6. Lower Academic Performance

Texting, social networking and other media use linked to poor academic performance

<http://www.sciencedaily.com/releases/2013/04/130411131755.htm>

Why Clay Shirky Banned Laptops, Tablets and Phones from His Classroom

<http://www.pbs.org/mediashift/2014/09/why-clay-shirky-banned-laptops-tablets-and-phones-from-his-classroom/>

Laptop Multitasking Hinders Classroom Learning for Both Users and Nearby Peers

<http://www.sciencedirect.com/science/article/pii/S0360131512002254>

7. Mental Health Disorders

Spending too much time online 'causing mental illness in children' government health advisers warn

<http://www.mirror.co.uk/lifestyle/health/spending-much-time-online-causing-3549003>

8. Increased Suicide Risk

Need help? In the U.S., call 1-800-273-8255 National Suicide Prevention Lifeline

9. Escaping from Real Life

Teenagers Using the Internet to Escape Reality

<http://counselorcraig.wordpress.com/2011/06/29/teenagers-using-the-internet-to-escape-reality/>

A Call of Duty Loser Called the SWAT Team on His Opponent

<http://gawker.com/a-call-of-duty-loser-called-the-swat-team-on-his-oppone-1566587596>

10. Depression and Sadness

Facebook Manipulated 689,003 Users' Emotions For Science

<http://www.forbes.com/sites/kashmirhill/2014/06/28/facebook-manipulated-689003-users-emotions-for-science/>

11. Digital or Internet Addiction

TEDxGlasgow: Gary Wilson The Great Porn Experiment

<https://www.youtube.com/watch?v=wSF82AwSDiU>

When does cell phone dependence become addiction?

<http://www.consumeraffairs.com/news/when-does-cell-phone-dependence-become-addiction-090414.html>

12 Symptoms of Serious Technology Abuse

"Addiction means a person will willingly forgo sleep, food, and any human contact to feed their technology needs for 10 to 20 hours a day (or more.)"

Man is Treated in First Case of Google Glass Addiction

<http://www.newsweek.com/man-treated-first-case-google-glass-addiction-277703>

Three or four "yes" answers suggest serious issues and five or more suggest addiction.

- 1. Increasing amounts of time spent with technology**
- 2. Failed attempts to control behavior**
- 3. Heightened Euphoria while using Technology**
- 4. Craving More Time Online**
- 5. Neglecting Family and Friends**
- 6. Restlessness When Not Online**
- 7. Being Dishonest About Technology Use**
- 8. Interfering with Job or School Performance**
- 9. Feelings of Guilt and Shame**
- 10. Changes in sleep patterns**
- 11. Changes in Physical Health**
- 12. Withdrawing From Other Pleasurable Activities**

Trailer For Love Child- A Documentary About Internet Addiction

<http://www.neatorama.com/2014/01/23/Trailer-For-Love-Child-A-Documentary-About-Internet-Addiction/>

Helping Teens with Digital Addiction

Self-help guide for digital addiction created by Hilarie Cash, of ReStart

<http://www.helpguide.org/articles/addiction/internet-and-computer-addiction.htm>

Internet Addiction Treatment Center: Four beds ready to treat Internet addicts

<http://www.cnn.com/2013/09/07/health/internet-addiction-treatment-center/>

Ryan G. Van Cleave autobiography

[Unplugged: My Journey into the Dark World of Video Game Addiction](#)

9 Real Family Examples of Setting Successful Technology Boundaries

Steve Jobs Was a Low-Tech Parent

<http://www.nytimes.com/2014/09/11/fashion/steve-jobs-apple-was-a-low-tech-parent.html>

- 1. Mealtimes: meals are for food and family, not technology**
- 2. Bedtime: technology has a designated place at bedtime**
- 3. Friend time: no technology when socializing**
- 4. Common area: family can easily see screens**
- 5. Family time: nobody plays video games unless everyone plays together**
- 6. Focused attention: immediately close, turn over, or turn off devices when spoken to**
- 7. No isolation: digital isolation is not allowed**
- 8. Only weekends: gaming and videos only on weekends when no outings are planned**
- 9. Before bedtime: all media turned off long before bedtime**

5 Steps for Safe and Sane Internet Use

- 1. Lead by example**
- 2. Keep technology in public areas**
- 3. Install filters and monitoring software**
- 4. Turn off the internet at night**
- 5. Set up internet free times**

End of Part Three

Read More: TechnoLogic: Setting Logical Boundaries on Technology with Your Teen

<http://www.thehomescholar.com/technologic-setting-boundaries-on-technology.php>