

Sources

Child Mind Institute
• www.childmind.org

American Academy of Pediatrics
• aap.org

Common Sense Media
• commonsensemedia.org
Features recommendations on games, apps, and movies

Wait Until 8th
• www.waituntil8th.org
This website, and the accompanying Facebook page, offers studies, stories, and advice relating to the use of smartphones. It recommends delaying a smartphone until at least eighth grade.

Bulldog Pride

Baker School District 5J
2090 Fourth St.
Baker City, OR 97814
541-524-2260
www.bakersj.org

Baker School District Staff: Editor
Lisa Jacoby: Writer, photographer, designer
School board:
Chris Hawkins, Katie Lamb, Kevin Cassidy, Andrew Bryan, Julie Huntington

It is the policy of the Baker Board of Education and School District that there will be no discrimination or harassment on the grounds of race, color, sex, marital status, sexual orientation, religion, national origin, age or disability in any educational programs, activities or employment. Persons having questions about equal opportunity and nondiscrimination should contact the Superintendent at the Baker School District Office at 2090 4th Street, Baker City, OR. 97814, Phone (541) 524-2260. All Career and Technical Education (CTE) programs in this school district are open to all students. The District will take steps to assure that the lack of English language skills will not be a barrier to admission and participation in CTE programs. -Section 504 Compliance Officer, Special Education Director, 2090 4th Street, Baker City, OR. (541) 524-2260. -Title II Coordinator, Director of Curriculum, 2090 4th Street, (541) 524-2260. -Title IX Coordinator, Special Education Director, 2090 4th Street, Baker City, OR 97814 (541) 524-2260

Technology Talk

Navigating the world of phones, computers, and games

Technology is part of today's world — the Pew Research Center reports that 96% of Americans own a cellphone, 75% of adults own computers, and half have iPads or tablets.

Navigating this world of constant communication is still fairly new for adults, yet today's youth are growing up in the world of technology.

"It's our job as parents to monitor and manage it. We have to prepare kids — it's here to stay," said Heather Heriza, a licensed clinical social worker.

Heather's husband, Pat, is also a LCSW. Both contract with Baker School District as behavioral specialists. They've done research on technology use, especially when it comes to young children and teenagers.

Technology, as with life, comes with both the good and the bad.

Benefits include social connections, creativity, civic engagement, educational uses, and connecting families separated by geography.

Risks are: isolation, sleep disruption, depression, obesity, and cyberbullying.

The American Academy of Pediatrics suggests screen time limits for ages 6 and older: no more than 30 to 60 minutes per day on school days and 2 hours or less on non-school days. The time recommendation drops to less than an hour a day for those younger than 6.

The Child Mind Institute (childmind.org) offers a wide



range of articles related to technology, cell phones, and social media use. One story addresses the correlation between social media and depression, stating that "A 2017 study of over half a million eighth through 12th graders found that the number exhibiting high levels of depressive symptoms increased by 33 percent between 2010 and 2015. In the same period, the suicide rate for girls in that age group increased by 65 percent."

One reason, the research asserts, is that people, especially girls, compare themselves to photos of their peers — which oftentimes are altered using filters.

According to the Pew Research Center, 59% of U.S. teens have been bullied or harassed online. Cyberbullying is a term coined to describe bullying behaviors that happen through a text or online app.

WAIT

Heather Heriza says the

acronym WAIT is good for all to consider before posting online. This stands for:

Wide audience
Affect (Are you angry? Embarrassed?)

Intent
Timing

Remembering WAIT, she said, encourages youth "to think before you put something out there. Everyone can see it — there's no privacy."

Modeling behavior

Children learn by example. In addition to helping children use technology in a responsible way, the Herizas encourage modeling appropriate use.

Dr. Catherine Steiner-Adair, a clinical psychologist and author, has studied family dynamics and technology. In an article titled "How Using Social Media Affects Teenagers," she recommends parents to put down their own phones.

She says, "Kids should be used to seeing our faces, not our heads bent over a screen.

The best thing parents can do to minimize the risks associated with technology is to curtail their own consumption first. It's up to parents to set a good example of what healthy computer usage looks like. Most of us check our phones or our email too much, out of either real interest or nervous habit."

She goes on to suggest establishing technology-free zones in the house, and technology-free hours when everyone is off-line.

Effects

The long-term effects of screen time are still under study. In 2016, the National Institutes of Health launched the ABCD student (Adolescent Brain Cognitive Development) to track the brain health of nearly 12,000 youth over 10 years to ascertain the effect of screen time.

To learn more, visit abcd-study.org.

The Herizas offer this parting advice:

"The short-term effects of unlimited access to technology are clear as described above and our challenge as individual users, both children and adults, is to utilize technology in positive ways that minimize the impacts on our social and emotional health.

"Our challenge as parents and teachers is to model healthy use of technology and to educate the youth to the good and bad of technology."