

# Social Media Effects on Children

## **Geetanjali Sahu, MD**

Child and Adult Psychiatrist,  
Broadlawns Medical Center;

Associate Program Director, University of Iowa  
Hospitals and Clinics Child and Adolescent  
Fellowship Program

## **Joseph Van Hulle, D.O.**

Child & Adolescent Psychiatry Fellow, PGY-4  
University of Iowa Hospitals and Clinics Child and  
Adolescent Fellowship Program

# Disclosures

- I do not have any financial relationships with ineligible companies to disclose

# Vignette

- 15 year old female presents in office for a well child appointment
- Mom reports, over the past few months, the patient has been more irritable, grades are slipping, and she stays in her room all the time.
- No past psychiatric history and no substance abuse
- The patient reports trouble falling asleep and when this happens she will use her phone.
- Screen time report on phone indicates an average of 6 hours/day

# Learning objectives

- List the effects of electronic and social media on developing children
- Learn the guidelines on electronic and social media
- Provide interventions for patients and families

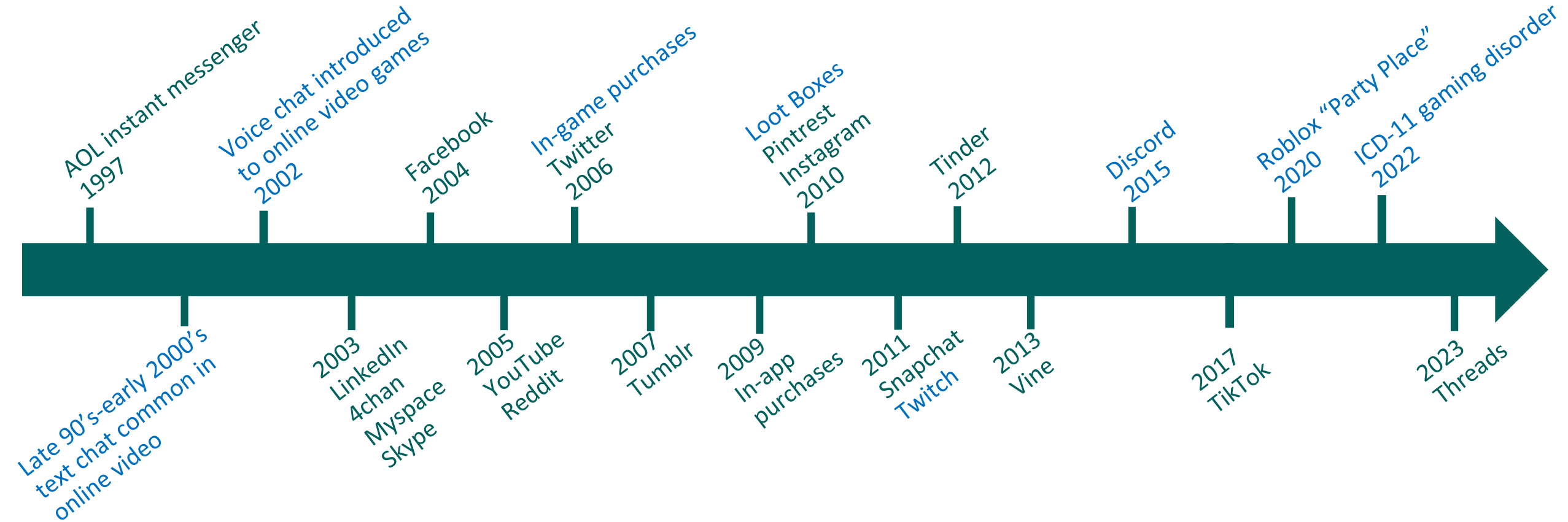
# Definitions and Scope

- Social media: electronic platform that enables users to communicate, share content and ideas
- Electronic media: TV, digital streaming, video games, movies
- Related topics that we will not cover in detail:
  - Cyberbullying
  - online predators
  - “Sexting”
  - adult content exposure
  - the “dark web”
  - VR/AR

# Why do we care?

- 🕒 95% of teens use at least 1 social media site<sup>3</sup>
- 🕒 95% of teens have a smartphone<sup>1,3</sup>
- 🕒 70% of teens maintain multiple social media sites<sup>3</sup>
- 🕒 Almost 40% of children 8-12 are on social media<sup>1</sup>
- 🕒 Half reported feeling addicted to their phone<sup>2</sup>
- 🕒 24% described their use as being constantly connected to the internet<sup>2</sup>
- 🕒 4 of 5 households have a dedicated video game console<sup>2</sup>

# Social Media Timeline



# Developmental stages

	0-5 y/o	6-11 y/o	12-18 y/o
Development	<ul style="list-style-type: none"> <li>-Cognitive, language, and social/emotional delays<sup>3,4</sup></li> <li>-Content mediates early prosocial vs antisocial behavior<sup>2,4</sup></li> </ul>	<ul style="list-style-type: none"> <li>-Media use can negatively impact academic</li> <li>-Exposure to excessively hypercritical comments<sup>7</sup></li> </ul>	<ul style="list-style-type: none"> <li>-Sense of identity and purpose can be swayed by negative/unhealthy online subcultures (e.g. “pro-ana/pro-mia”, “black-pill”)<sup>2,3,12</sup></li> </ul>
Emotional	<ul style="list-style-type: none"> <li>-Use as a soothing strategy contributes to feedback loop of poor self-regulation<sup>2,4</sup></li> </ul>	<ul style="list-style-type: none"> <li>-Tendency for upward comparison<sup>10</sup></li> <li>-Passive social media use associated with lower reported life satisfaction<sup>11</sup></li> <li>-Depressive symptoms predictive for increased future use<sup>9</sup></li> <li>-Risks of cyberbullying and associated depression and anxiety<sup>7</sup></li> </ul>	
Sleep	<ul style="list-style-type: none"> <li>-Decreased total sleep time<sup>2,4</sup></li> </ul>	<ul style="list-style-type: none"> <li>-Greater risk of sleep disturbance with phone in bedroom<sup>2,6</sup></li> <li>-Delayed bedtime, decreased duration, quality, and early awakening<sup>2,6</sup></li> <li>-Daytime tiredness and sleep deficit<sup>2,6</sup></li> </ul>	
Health	<ul style="list-style-type: none"> <li>-Increased media use correlated with BMI<sup>2,4</sup></li> </ul>	<ul style="list-style-type: none"> <li>-TV in child's bedroom associated with risk of obesity<sup>3</sup></li> </ul>	<ul style="list-style-type: none"> <li>-Earlier and increased rate of engagement in alcohol, nicotine, substance use, and sexual behaviors<sup>3,12,22</sup></li> </ul>
Parents	Heavy parental use correlates with decreased prosocial verbal and non-verbal engagement with children. Parental use predicts child's future use. <sup>4</sup>		

# “Novel” Disorders

- Problematic internet use (PIU): risky internet use, excessive/impulsive in nature, leading to adverse life consequences: physical, emotional, social, or functional impairment.<sup>23</sup>
- Internet gaming disorder (IGD): impaired control over gaming, prioritizing gaming to the detriment of other interests, activities, and gaming despite the occurrence of negative consequences.<sup>19,20</sup>
- Two way relationship between psychiatric disorder and PIU or IGD

# American Academy of Child & Adolescent Psychiatry (AACAP)

## Potential benefits<sup>14</sup>

- Stay in touch with friends
- Find community of shared interests
- Sharing art and music
- Exploration and expression of identity

## Recommendations<sup>1</sup>

- Tighter control of content type
- Multidisciplinary involvement
- Open dialog on “digital citizenship”
- Restrict where and when screens are used

# American Academy of Pediatrics (AAP)

## Recommendations 0 to 5 Years Old<sup>2,4</sup>

- No media use if younger than 18 months
- 18 months or older with parental co-viewing
- Parental interaction makes the greatest impact social development
- Limit to 1 hour or less daily
- Don't use to sooth

## Recommendations 6 to 18 Years Old<sup>2,3</sup>

- Discuss risks and benefits of social media
- Screening tools for sexting, cyberbullying, problematic internet use/overuse
- Develop Family Media Use Plan
- Co-viewing/engagement in media

# Types of Parental Mediation<sup>8</sup>

## Active

- Discussing media related concerns and responsible use

## Restrictive

- Limiting access to amount and types of media

## Co-using

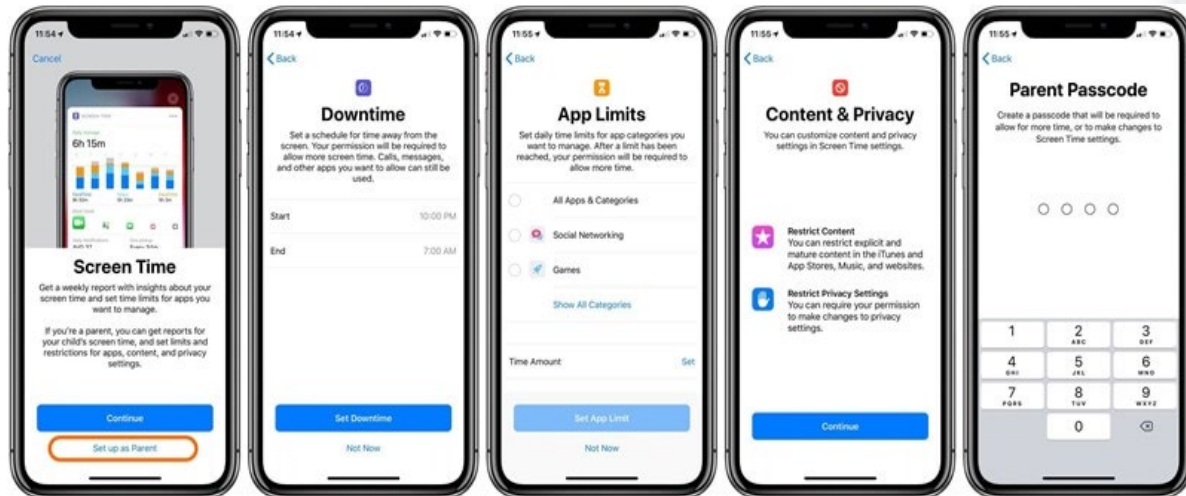
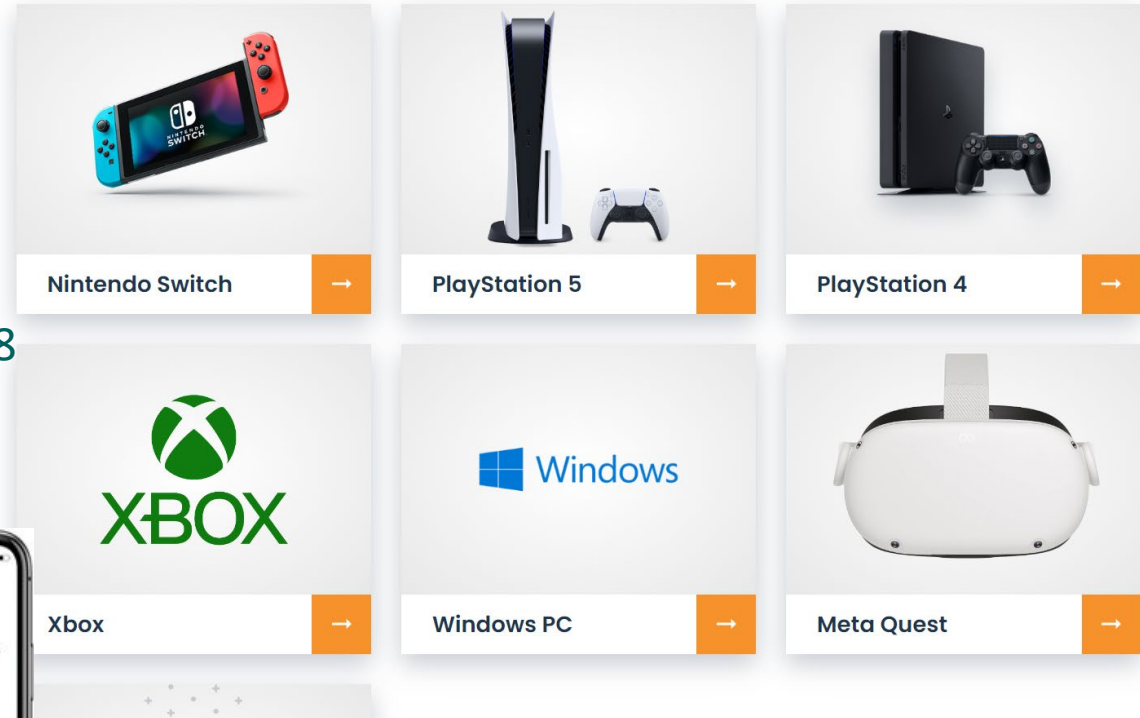
- Direct supervision and active engagement in media use

# Restrictive mediation



- Parental controls:
  - Home router or Internet provider
  - Device or operating system specific<sup>16</sup>
  - Individual application
- Difficult to enforce but has some use<sup>8</sup>

## View Full Parental Controls Guides



# Co-Viewing mediation<sup>8,16,21</sup>

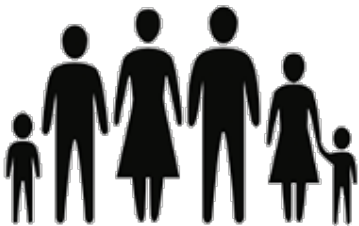
- Entertainment Software Rating Board
  - Non-profit video game rating
  - Free ESRB App



# Co-Viewing mediation<sup>8,17,18,21</sup>

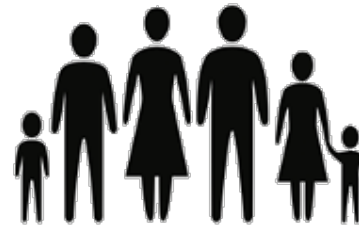
- Motion Pictures Association
  - Classification and Rating Administration (CARA)
  - CARA email bulletin
  - Additional resources through [www.filmratings.com](http://www.filmratings.com)

## GENERAL AUDIENCES



Nothing that would offend parents for viewing by children.

## PARENTAL GUIDANCE SUGGESTED



Parents urged to give "parental guidance." May contain some material parents might not like for their young children.

## PARENTS STRONGLY CAUTIONED



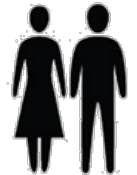
Parents are urged to be cautious. Some material may be inappropriate for pre-teenagers.

## RESTRICTED



Contains some adult material. Parents are urged to learn more about the film before taking their young children with them.

## NO ONE 17 AND UNDER ADMITTED



Clearly adult. Children are not admitted.

# Active mediation

- Correlates with lower problematic use<sup>8</sup>
- Unplug with family activity
  - Ice-breakers
  - Game night
  - Guided topics<sup>15</sup>
- AAP Family Media Plan



# Family Media Plan

Available in English and Spanish

User friendly and customizable

Facilitates family and provider discussion

Gives the Why? and How? for the 45 default items

A plan “to plan”

- Home
- Tutorial
- My Family**
- Priorities
- Media Balance
- Communicating About Media
- Kindness & Empathy
- Digital Privacy & Safety
- Screen Free Zones
- Screen Free Times
- Choosing Good Content
- Using Media Together
- Review



Enter your family name \*

The Heelers

### My Family

+ Add Another Family Member



Family Member's Name \*

Bandit

Age

0-24 months

2-5 years

6-12 years

13-18 years

Adult



Family Member's Name \*

Chilli

Age

0-24 months

2-5 years

6-12 years

13-18 years

Adult



Family Member's Name \*

Bluey

Age

0-24 months

2-5 years

6-12 years

13-18 years

Adult



Family Member's Name \*

Bingo

Age

0-24 months

2-5 years

6-12 years

13-18 years

Adult



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Home



Tutorial



My Family



Priorities



Media Balance

Communicating  
About MediaKindness &  
EmpathyDigital Privacy &  
SafetyScreen Free  
ZonesScreen Free  
TimesChoosing Good  
ContentUsing Media  
Together

Review



## Media Balance

Whether at home, school or work, we are surrounded by media and digital devices. At the same time, we know that face-to-face time with family, friends and teachers is important to a child's learning and healthy development.



## Kindness & Empathy

Having family expectations about being kind and understanding of others — both online and off — is key to healthy, respectful relationships and positive media use.



## Screen Free Zones

Having areas of your home remain screen-free benefits a child's health and development in many ways. A big part of this is understanding and agreeing as a family where screens are not allowed.



## Choosing Good Content

There are millions of shows, apps and video games trying to get your family's attention. Finding content that is a good fit with your family can take work. However, it's worth it to find media that gives your child creative experiences, positive role models and true enjoyment.



## Communicating About Media

Media shouldn't be a taboo topic. It's all around us, so we have to talk about it. The more you discuss it as part of your daily routine — in the car, dinner table or at a regular family meeting — the more natural it will become.



## Digital Privacy & Safety

The internet is still a bit like the Wild West. Certainly, it is not always designed with kids in mind. Talking about digital safety rules can help your child navigate the digital landscape. You can also use a combination of tools: privacy settings, reporting and flagging inappropriate content and ongoing conversations about online behavior.



## Screen Free Times

Screens don't have to be in every moment and every space of our day, trying to grab everyone's attention. Carving out time for family conversations and play is really important for your child's health and development.



## Using Media Together


Not all screen time is created equal. Enjoying movie night, watching an educational video or exploring a learning app together, for example, turns screen time into family time. Using digital media together can build bonds, promote learning and show your child that you care about what matters to them.





- Home
- Tutorial
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- Kindness & Empathy
- Digital Privacy & Safety
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- Using Media Together
- Review


**Having fewer apps on our devices.**

Reason / Tips   Select All   Reset

 **Bandit**  
Adult


 **Chilli**  
Adult


 **Bluey**  
6-12 years


 **Bingo**  
2-5 years


**Setting lock-screen reminders.**

Reason / Tips   Unselect All

 **Bandit**  
Adult


 **Chilli**  
Adult


 **Bluey**  
6-12 years


 **Bingo**  
2-5 years


**Filling our child's days with more play than media.**

Close   Select All   Reset

 **Bandit**  
Adult

 **Chilli**  
Adult

 **Bluey**  
6-12 years

 **Bingo**  
2-5 years

**Why?**

So much brain development happens before the age of 5 years old. Much of it comes through play, discovery and kids working to figure things out on their own. A lot of popular videos and apps actually aren't very educational. Be sure to read educational labels and descriptions carefully.

**How?**

Get ideas from the AAP's texting program or HealthyChildren.org e-newsletters. [Sign up here!](#) The app **Vroom** provides brain-building ideas. **PBS Play and Learn** has ways to learn from screen and non-screen play. Text the word "kids" to 21555 and answer a brief survey to get texts about healthy media habits from Common Sense Media.

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←

Continue  
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→





**Bandit**  
Adult



**healthychildren.org**  
Powered by pediatricians. Trusted by parents.  
from the American Academy of Pediatrics

## The The Heelers Family Media Plan

### **We will help balance tech with online and offline activities by:**

- Planning a screen-free activity to do together as a family every day.
- Making a habit of turning off media that's not being used by anyone.
- Setting lock-screen reminders.
- Filling our child's days with more play than media.
- Setting media time limits.
- Preventing unhealthy video gaming habits.

### **We will choose times and spaces where we don't want distractions from screens by:**

- Using only one screen at a time.
- Silencing phones by putting them on "do not disturb" during family time and playtime.
- Preventing media use from interfering with sleep.
- Avoiding screens during the hour before sleep.



# For Clinicians

- Media use screening that fits your practice
  - Amount, types, and content of media
  - PRIUSS-18 tool<sup>23</sup>
- Direct families to resources available through AAP and AACAP
  - AACAP has a variety book recommendations and free videos<sup>22</sup>
  - AAP provides the Family Media Plan
- Work with family to develop and review their Family Media Plan
  - Parents are critical to meaningful changes in media use for children at all ages
- For severe cases, addiction, or comorbid behavioral concerns referral to Child and Adolescent Psychiatry and/or psychotherapy

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# Links to Helpful Websites

- <https://www.esrb.org/>
  - Ratings for video games and parental controls
- <https://www.filmratings.com/>
  - Ratings for movies
- <https://www.aap.org/en/patient-care/media-and-children/>
  - Contains link to the family media plan
- [https://www.aacap.org/AACAP/Families Youth/Resource Centers/Screen Media Resource Center/AACAP/Families and Youth/Resource Centers/Screen Media Resource Center/Home.aspx?hkey=a3e157cf-2c08-46d6-aa93-161dbc710f26](https://www.aacap.org/AACAP/Families_Youth/Resource_Centers/Screen_Media_Resource_Center/AACAP/Families_and_Youth/Resource_Centers/Screen_Media_Resource_Center/Home.aspx?hkey=a3e157cf-2c08-46d6-aa93-161dbc710f26)
  - Contains FAQ's, videos, and books for family