

Technology is Addictive

What parents say

What parents should know







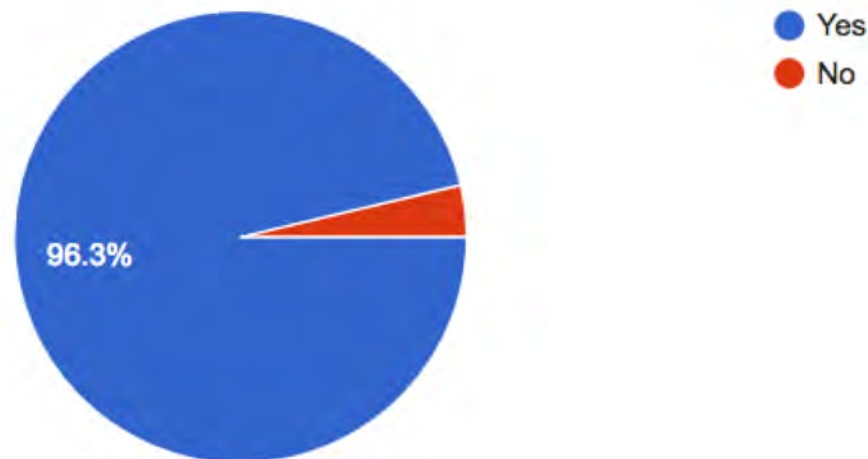
Do you worry that digital media may be addictive to children? By digital media * we mean social media, websites, apps, online/offline games, podcasts etc.

Yes

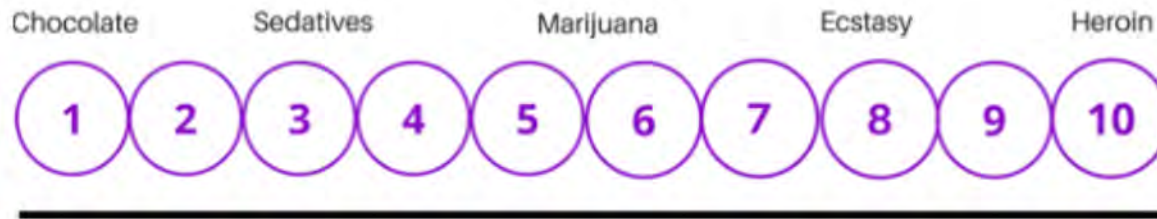
No

Do you worry that digital media may be addictive to children? By digital media we mean social media, websites, apps, online/offline games, podcasts etc.

135 responses



If yes, how addictive do YOU believe digital media to be for children? Indicate ^{*} in the scale below, where 1 is "like chocolate" and 10 is "like heroin". PLEASE read the scale guide below.



1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Scale guide



"1" is standard, habitual use which results in problematic behaviour that is not life threatening and can be managed via a simple detox.

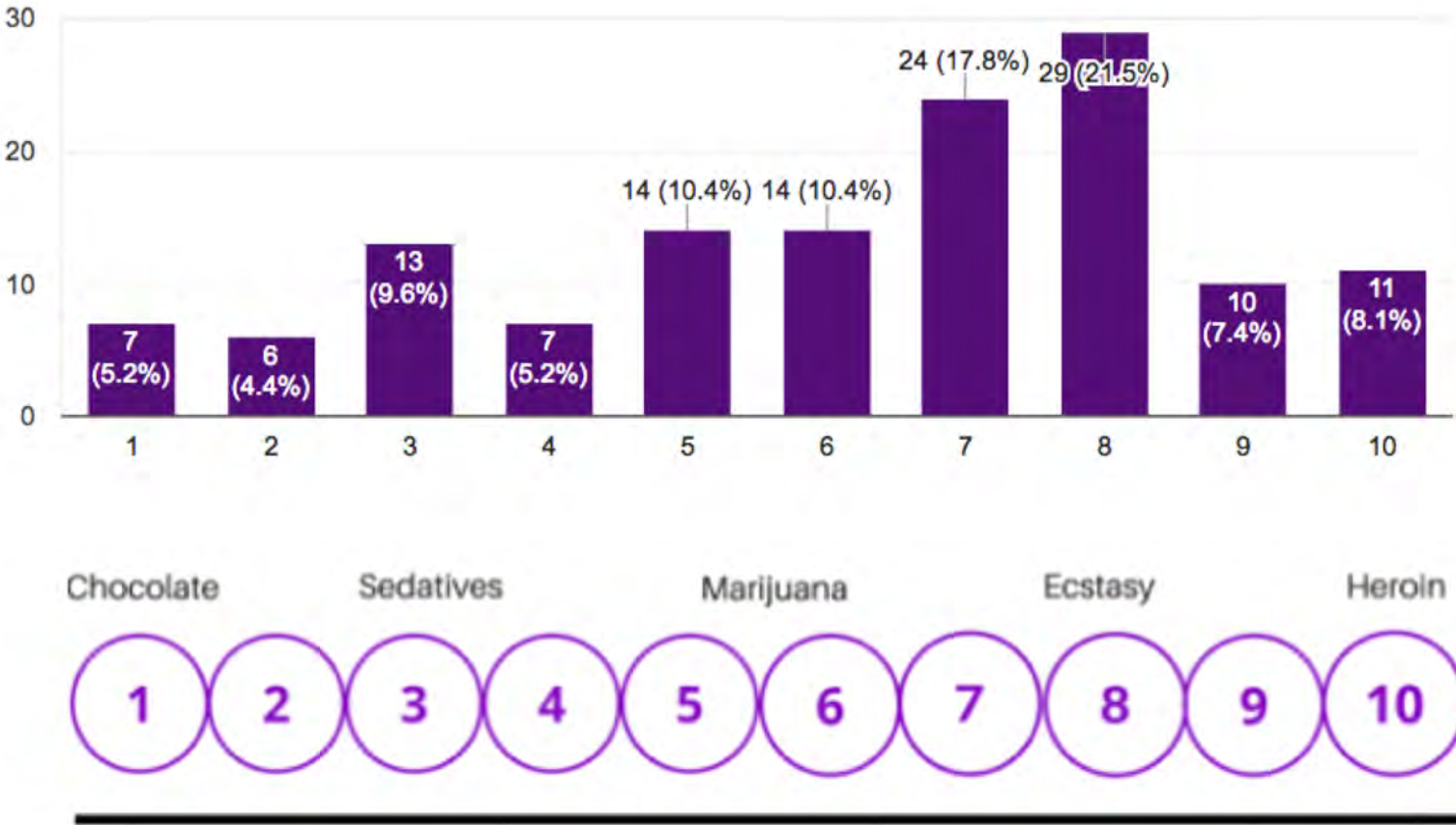


"10" is excessive use that is dangerous to one's health and can have detrimental effects on one's life, including relationships, work and academic achievement. It cannot be managed without professional help.




If yes, how addictive do YOU believe digital media to be for children? Indicate in the scale below, where 1 is "like chocolate" and 10 is "like heroin". PLEASE read the scale guide below.

135 responses




What parents say




If you believe digital media to be addictive (to any degree), what is important to you about determining their impact on children?

What parents say:



"Digital media is part of our lives, we have no choice but to accept it. How is this "addiction" going to affect their daily adult lives or by then it will be so part of their lives it wont be considered an addiction."


What parents say:



“Facts are important to me. Long term studies. Before and after.”

“If in moderation it can still impact their cognitive function and development.”


What parents say:



“Getting actual scientific facts so we can take it from there.”


“Optimal use, how to develop good habits, good detox techniques that stick.”

What parents say:




“It's important to me to have scientific data to back up the findings and to have doctors and teachers and other adults tell my children how dangerous it is. They don't believe me!”

What parents say:




“General apathy and lack of motivation except for the aforementioned drug. As for whether it's 1 or 10 or anything in between, it all boils down to parents actually parenting, or not.”

What parents say:



“I think it’s more about access, time management and other available stimulation. Actually believe it can be more addictive for children that are prohibited from use.”


What parents say:



“Our teen son asked us to change the password to Netflix. Part of the “addiction” is TV series. Escapism.”

“How it impacts their behavior, their choices and their feelings of self-esteem.”


What parents say:



“More awareness, more education, more boundaries for both children AND parents.”

“Knowing how to manage the children's exposure in order to limit the addiction risks, whilst not making them ostracised at school.”

What parents say:



“Protection, yes but your survey is so totally outrageous, it's hard to be serious given the lack of findings.”

Informal Take-Aways

- Public perception of 'technology addiction'
- what the PUBLIC thinks, right or wrong
- Public opinion is difficult to shift
- Parents' comments show that this is a highly emotive issue
- Raising awareness and showing evidence may help, but consider a good PR campaign dealing with EMOTIONS

What parents should know

- Media use of term “technology addiction”
- Technology use causes dopamine release, but it has not been proven to be a drug
- True addiction is a small percentage
- Controversy over “gaming disorder”
- More research is needed, so don't panic

“People don’t think that depressed people who sleep all day have a ‘bed addiction’.”

Christopher J. Ferguson
Professor of Psychology,
Stetson University

Thank You

digital *parenting*
COACH

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