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Related Resources

It is difficult to locate valuable resources that do not seem sensationalized or irrelevant to today's youth. Many studies have been conducted outside the United States, with adults (or older teens) and not recently. Here are several resources, though, we found worthwhile:

1. [TechAddiction.com](#)
Started by a clinical psychologist in Halifax, Nova Scotia, TechAddiction also offers some [statistics](#) from around the world on technology addiction. stats
2. [24 Hours Unplugged](#)
The International Center for

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38th Edition of the Children Online Newsletter.

We absolutely love summer! Warm sunny days, family vacations and a more relaxed pace of life for most of us. This is certainly the case with our children who have a lot more free time on their hands.



We all know that a portion of that free time is spent online. Could our children be spending too much time online? How much is too much? How much time online might reflect an addiction to technology? These are difficult questions and we don't pretend to have the answers. It is, however, the topic of this month's newsletter.

Some of the information available on Internet or cell phone addiction is spotty, quite old in "Internet years", and comes from studies done in Japan, China or South Korea where Internet addiction has been recognized as a more serious problem among youth. In the United States, Internet or cell phone addiction is less recognized. Such addiction primarily refers to social gaming online (e.g. World of Warcraft), activity in social network sites (e.g. Facebook), or the inability to disconnect from telecommunications technology in general via texting, IM and email.

Parents generally suspect when a child is spending too much time with technology and at the expense of other activities or friends.

We also wish to remind our readers of the outstanding

Media & the Public Agenda (ICMPA) asked 200 students at the University of Maryland, College Park to abstain from using all media for 24 hours. Read what the students and researches reported from their recent experiment study. Their conclusion: *"The absence of information - the feeling of not being connected to the world - was among the things that caused the most anxiety in students as they sought to learn about the role of media in their lives"* (Students were able to select the 24 hour period during 9 possible days in late February through early March, 2010.)

3. [Internet Addiction Recovery Program](#)

NetAddictionRecovery.com has a survey for parents to take to evaluate their child's behavior, in addition to a survey for teens. There are LOTS of resources on this website.

4. The Experiment - 10 days of no texting
Could your child survive this? Could you? [Watch this 5 minute interview conducted by Matt Lauer with a teen who tried this experiment.](#)

5. [Editorial from the American Journal of](#)

resource highlighted in the June newsletter...

GetParentalControls.org.

Best wishes,
Marje Monroe and Doug Fodeman

Contact Marje or Doug via email at marjem@childrenonline.org or dougf@childrenonline.org for information about our programs or consulting services.

Technology Addiction

"No texting at the table..."
"Shut off the computer and play outside"
"Are you on Facebook again?"

It is not uncommon to hear similar refrains in homes all across the country. Increasingly, parents and teachers are worried about the many hours their children and teens are spending online or in front of a screen. According to recent research, the average American child spends 8 hours per day in front of a screen. This is up considerably from 2005's average of 4.5 hours a day. Some adults are shocked by this high statistic while others are not surprised at all as they witness, first hand, the pull that technology has on our children.

Researchers are just beginning to equate the idea of addiction and technology. While it has been more of a national phenomenon in countries like South Korea and Japan, the reality of technology addiction is slower to gain attention in the US. However, as the technology improves and becomes more accessible to everyone, the combination of irresistibility, anonymity, plethora of games and lack of impulse control by teens, addiction may become a bigger factor.

The term addiction can be used to describe a recurring compulsion by an individual to engage in a specific activity, despite harmful consequences, as deemed by the user to his//her individual health, mental state, or social life. By this definition, it is not a stretch to see that we may soon witness children and teens dealing with technology addiction. Consequences of too much technology use felt by children and families across the country include dropping grades, lack

[Psychiatry regarding Internet Addiction](#)

6. Related FrontLine Videos:
[Rewiring Young Brains Online All the Time](#)

7. [Kaiser Family Foundation Study](#) finds daily media use among children and teens up dramatically from five years ago.

8. [Articles on the Treatment of Internet Addiction from HealthyPlace.com](#)

About Children Online

Children Online offers innovative and comprehensive workshops on Internet safety and online education to students, parents, faculty and administrators. Our approach, unique in the field of Internet safety, combines a thorough understanding of Internet technologies, child development and counseling, to focus on the impact of the internet on the social, emotional and language development of young people.

Doug Fodeman and Marje Monroe, experts in technology, counseling and education, work together to provide invaluable research and tools for parents and schools with practical real-life solutions to the issues faced by young people online. Since 1997, Marje and Doug have spoken to thousands of students, teachers and parents. They

of sleep, less time spent with family, lack of interest in previous activities, changes in peer groups and mood swings.

It can be overwhelming for parents to understand and manage their children's time using technology. While teens may crave more and more time online, parents can and should put time limits on their children's use of technology.

We recommend striving for your child and/or teen to have a sense of balance in their lives that includes technology. Allowing children time for family, friends and school work away from the screen is important. Purchasing or using parental control software helps parents set limits for Internet time. Taking your child's phone, iTouch or gaming system at night, may eliminate late nights texting, gaming or talking to friends. Some cell phones plans enable parents to purchase parental controls for texting. This may well be worth the cost if your teen spends quite a bit of time texting friends.

Helping to create a balanced and healthy life for children and adolescents has always been challenging. With the advent of technology, Internet, texting and gaming, it is more important than ever to help our kids understand and maintain a healthy and safe life.

Resources to help parents can be found on our website:

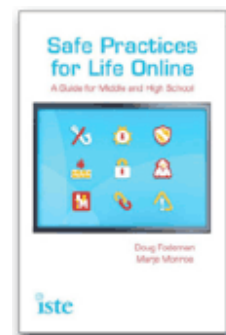
www.childrenonline.org/resourceinfo/filters.html

www.childrenonline.org/resourceinfo/tools.html

INTERNET SAFETY CURRICULUM

Safe Practices for Life Online

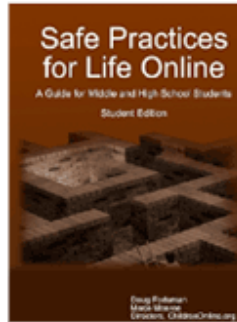
Children Online has a curriculum on Internet Safety that includes nearly 100 student exercises and lots of information on many topics including social networks, instant messaging, cyberbullying, online marketing, scams directed at kids, protecting privacy online, avoiding identity theft and impersonation, creating strong



have several publications in the area of Internet safety and offer a free online newsletter. More detailed information can be found at ChildrenOnline.org.

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passwords and more.



There is also a student edition which includes cartoons and "Did you know" sections of interesting facts for students.

To learn more or place an order visit our [publications page at ChildrenOnline.org](http://ChildrenOnline.org) or go directly to our publisher's pages: Teacher's Edition at ISTE Student Edition at Lulu.com

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