



FINDING HUCK FINN

RECLAIMING CHILDHOOD FROM THE RIVER OF ELECTRONIC SCREENS

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Center on Media and Child Health



Children's Hospital Boston



Harvard Medical School



Harvard School of Public Health

Play “Purple Haze” during waiting time: <http://www.youtube.com/watch?v=cnFSaqFzSO8>

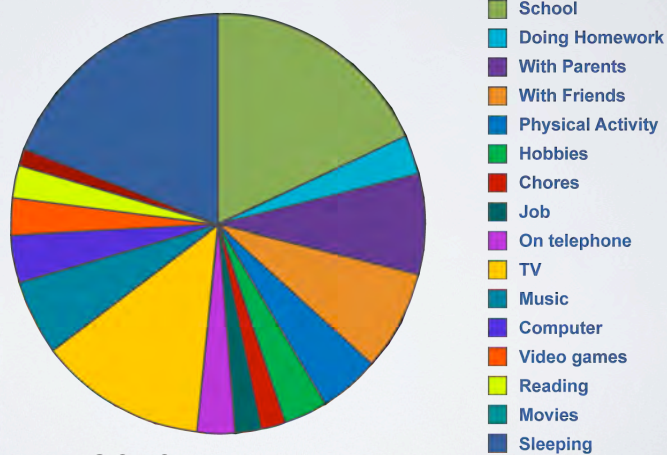
Cette présentation a été effectuée le 28 novembre 2012, au cours de la journée « Les écrans dans la vie de nos enfants : quels impacts, quelles actions? » dans le cadre des 16es Journées annuelles de santé publique (JASP 2012). L'ensemble des présentations est disponible sur le site Web des JASP à la section Archives au : <http://jasp.inspq.qc.ca/>.



CONNECTING?

Or at risk?

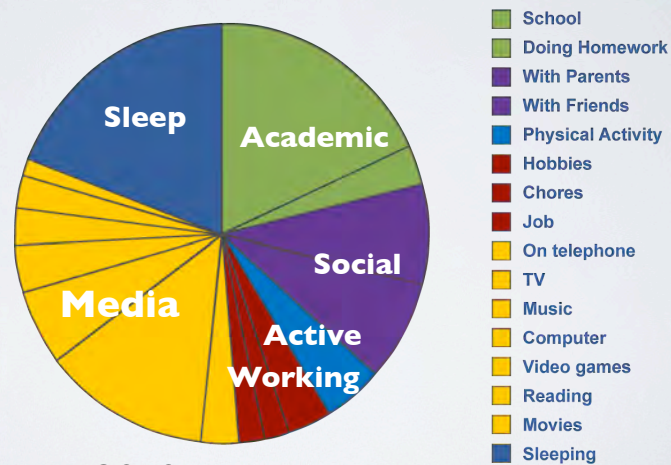
AVERAGE TIME USE OF 8-18 YEAR OLDS



US national data 2010



AVERAGE TIME USE OF 8-18 YEAR OLDS



US national data 2010



8- TO 18-YEAR-OLDS

use media for more than

7 1/2

hours per day

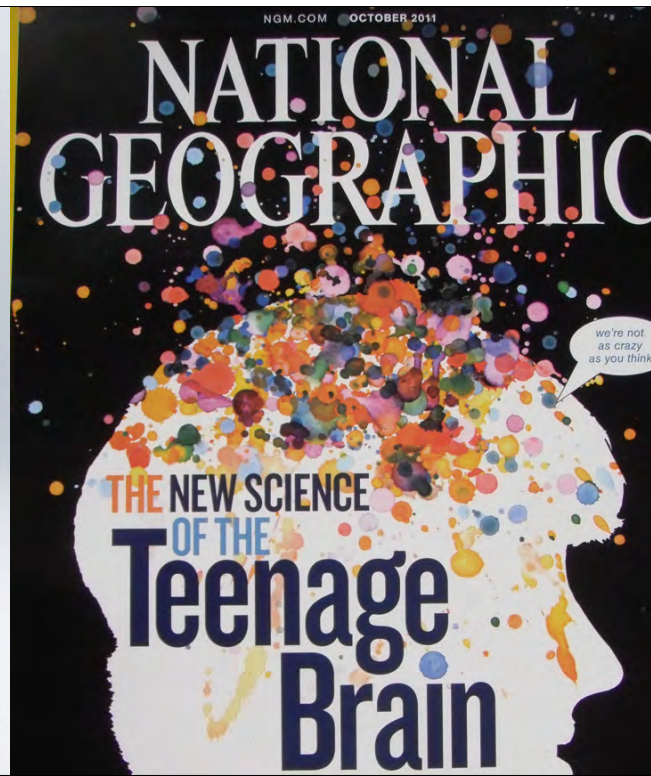
plus **0:33** talking, **1:35** texting



Exposed to 10:45 content



**Media provide
a fertile
environment
for adolescent
development**



Abstract Thinking

Altruism

Social Justice







billy macneil™






male
18 years old
montana
united states

 **Online Now!**

last login: 10/3/2007



 add  msg  blk

about me:

hello, my name is billy,
19 yrs old... and
i'm bi... i'm a lazy bastard,
I hate going to work.
I hate cooking,
cause it always turns out like shit,
which is why
i stay with easy things like cereal.

myspace url:

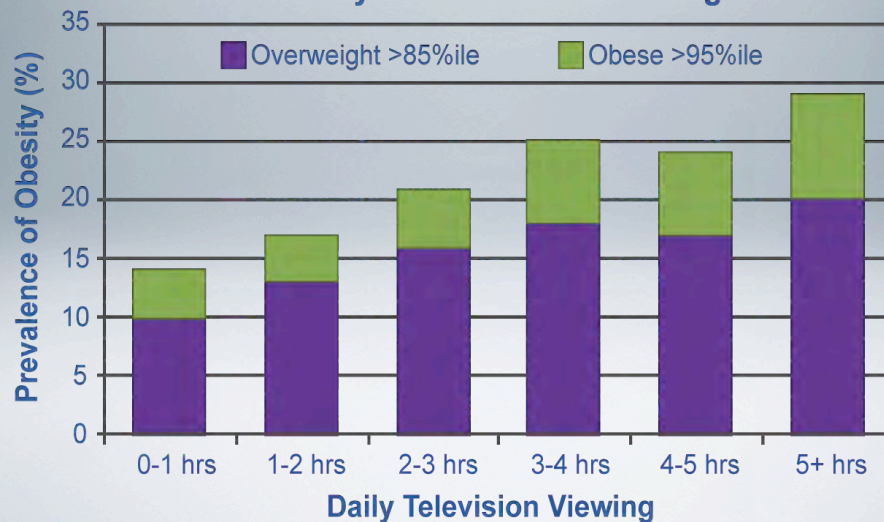
http://www.myspace.com/em0_extrem0

Identity

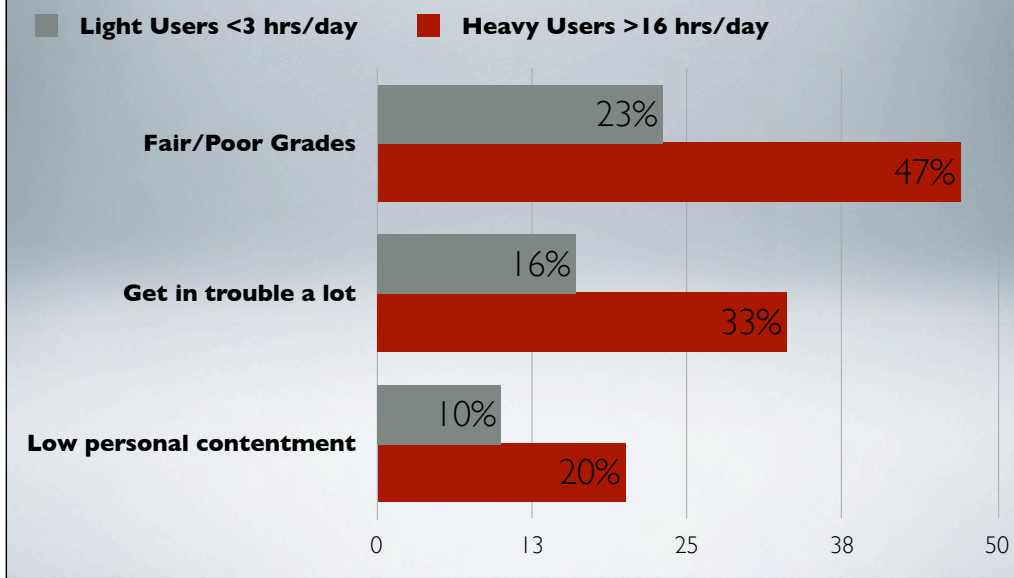


CAN THERE BE TOO MUCH MEDIA TIME?

Obesity and Television Viewing



CAN THERE BE TOO MUCH MEDIA TIME?





WHAT IS HAPPENING ONLINE?

Time:

- Homework 0:16
- Video and music 1:03
- Social networking and games 1:29

42% of 10-17 year olds have ended up on porn sites

4% have been asked for sexual pictures of themselves by strangers

42% 4th-8th graders have been victims of cyberbullying

58% have received and 53% have sent hurtful messages

58% have not revealed cyberbullying to an adult

Global Experiment in Media Abstinence

1,000 college students, 10 countries, 24 hours

"I literally did not know what to do with myself." *UK*

"I didn't use my cell phone all night. It was a horrible day. I CAN'T LIVE WITHOUT MEDIA!" *Chile*

"I felt lonely as if I was in a small cage on an island."

China

"Sometimes I felt dead." *Argentina*

"Media is my drug; without it I was lost. I am an addict. How could I survive 24 hours without it?" *UK*

"I was itching, like a crackhead, because I could not use my phone." *USA*



Internet/Video Game Addiction Disorder

1. Excessive use
2. Increasing tolerance
3. Withdrawal symptoms
4. Negative consequences

Korea - 250,000 IAD, 2.4M under 18 at risk

IAD - More obsessive-compulsive, depression, anxiety, hostility, paranoid ideation; lower interpersonal sensitivity

Higher prevalence in ADD/ADHD

ADD/ADHD symptoms subside with game play

IAD symptoms subside with Ritalin

IAD **not** accepted diagnosis in North America 

Global Experiment in Media Abstinence

1,000 college students, 10 countries, 24 hours

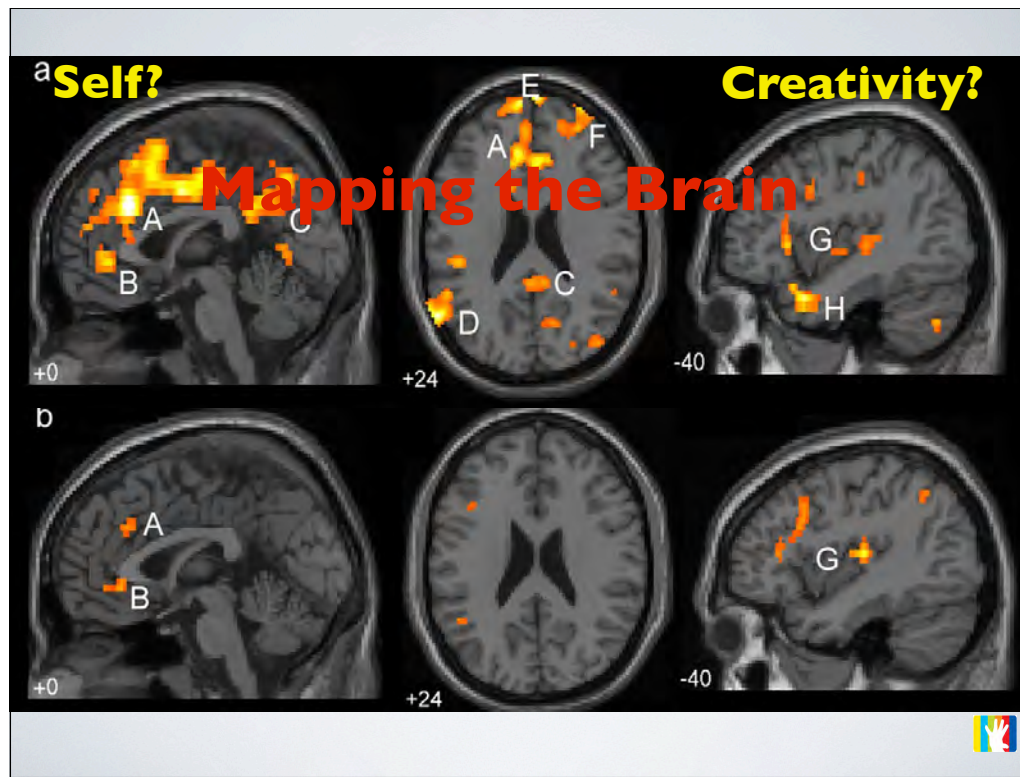
Reflections

“It was an unpleasant surprise to realize that I am in a constant state of distraction.” *Mexico*

“When you really get off the media, you realize how many quality things you can do.” *Lebanon*

“I interacted with my parents more than usual.”
Mexico

“I’ve lived with my best friends for 3 years - this is one of the best days we’ve spent together. I was able to really see them, without any distractions, and we were able to revert to simple pleasures.” *USA*





LEARNING FROM HISTORY

1912

Infectious disease, birth defects, cancer



Environment



**crowded housing
poor sanitation
pollution**

LEARNING FROM HISTORY

2012

Injury, homicide, suicide

Obesity, substance use, sexual risk taking

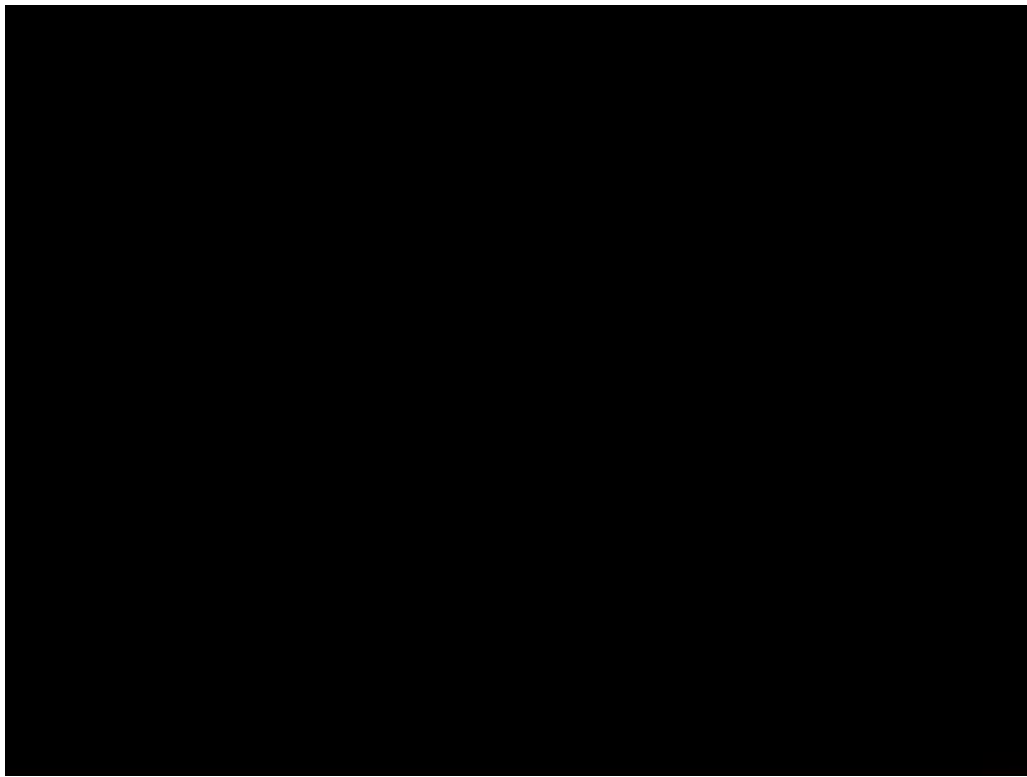
Acquired health risk behaviors

**US surveys of youth -
entertainment media #1 or #2**







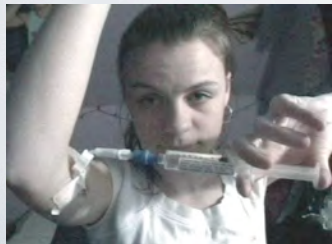


RESEARCH: VIDEO INTERVENTION/ PREVENTION ASSESSMENT (VIA)

Using camcorders to make visual illness narratives
“Show and tell about your life with...”



Asthma
Cystic fibrosis
Overweight
Spina bifida
Sickle cell disease
HIV



**Patients
becoming
partners**



CONNECT/COMMUNITY/CARE (C3)

via community connect care

Search this site: Search

Children's Hospital Boston

HOME CONDITIONS ABOUT REGISTER | LOGIN

OBSESITY
TA why I eat

Welcome to VIA – C3

VIA-C³ understands that patients are "experts" on their conditions. Through patient-generated media VIA-C³ helps patients and their families connect with others. Here you can access the community experience and collected wisdom of those who have faced and overcome challenges. Sharing your story, you can take control of your health, all while having the expertise of healthcare professionals at hand.

TRANSLATING RESEARCH INTO STRATEGIES



EDUCATING DIGITAL IMMIGRANTS

ALL media are educational

**It is only what they teach
and how well they teach it
that vary**





updated 10:50 a.m. EDT, Wed April 8, 2009

'Sexting' lands teen on sex offender list

USE CMCH RESOURCES

The screenshot shows the homepage of the Center on Media and Child Health (CMCH). At the top, there is a navigation bar with links for Home, For Parents & Teachers, For Researchers, and About Us. The CMCH logo is prominently displayed on the left, featuring a stylized hand icon. A search bar with the text 'Lijit Search' and a 'go' button is located in the top right. Next to it is a 'Support CMCH' button with a heart icon and the text 'Donate now >'. The main content area is divided into several sections. On the left, a welcome message reads 'Welcome to the Center on Media and Child Health' followed by a paragraph describing the center's mission and a link to 'Learn more about the staff, mission and projects of CMCH'. Below this are four orange buttons: 'What's the bottom line on how media affect health?', 'How Can I Help My Family use media in a healthy way?', 'What Research is Available Search the CMCH database.', and 'What's the Latest News about media and child health?'. On the right, there is a 'ASKtheMediatrician' section featuring a photo of Dr. Michael Rich, a question and answer, and a 'GO TO ASK THE MEDIATRICIAN' button. Below the main content is a large red 'www.cmch.tv' link. At the bottom, there are three columns for social media and news: 'CMCH on Twitter' with a 'Subscribe' button, 'From the CMCH Blog' with a 'Subscribe' button, and 'CMCH in the Press' with a list of recent articles.

Home For Parents & Teachers For Researchers About Us

 **cmch**
center on media and child health

Welcome to the
Center on Media and Child Health

The Center on Media and Child Health at Children's Hospital Boston, Harvard Medical School, and Harvard School of Public Health is dedicated to understanding and responding to the effects of media on the physical, mental, and social health of children through research, production, and education. [Learn more about the staff, mission and projects of CMCH](#)

ASKtheMediatrician™

Q: What do you get when you cross a Hollywood filmmaker with a pediatrician?

A: The Mediatrician!

HAVE A QUESTION ABOUT MEDIA?
GET ADVICE FROM CMCH DIRECTOR DR. MICHAEL RICH

www.cmch.tv

1 2 3

CMCH on Twitter From the CMCH Blog CMCH in the Press


- [RT @StopBullyingNow: Cartoon Network's campaign will focus on middle school students. Experts say #bullying is most common among](#)
- [Research Toolbox: Upcoming Conferences](#)
- [Research Wrap-Up: Recently Published Studies-May 18](#)
- [TV Exposure and Children's Health](#)
- [Cell Phones in the Classroom?](#)
- [The Pros and Cons of Phone Apps for Kids](#)

Ask the Mediatrixian
 Dr. Michael Rich and his team of experts answer your questions about media and kids' health

[Home](#) | [Archives](#) | [Subscribe](#)

MAY 19, 2010

Does being in control of video games make kids more easily frustrated in the real world?

 **Q:** Many of the kids I know have been playing video games from a very young age. When they grow up, the studies showing that these games make the player always in control. affect behavior and the ability to live in the real world?
 --Kids in Control? in Santa Monica

A: Dear Kids in Control,
 If the kids you are talking about are just part of their current social environment, withdrawn than other kids their age, or that they are past adolescence and still seem

**Research-based
 Balanced
 Practical**

www.askthemediatrixian.org 

violent video games is a causal risk factor for...decreased empathy and prosocial

search

Popular Searches
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* Categories

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Center on Media and Child Health
Research and news about the effects of media

MediaHealthMatters
For parents, teachers and communities who care for children



Center on Media and Child Health
www.cmch.tv



* About

and Child Health
www.viaproject.org
Video Intervention / Prevention Assessment

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APRIL 2 News & Views - November 2009

Gr
The Gra
released
week re
Followin

Dear Readers,

Welcome to Media Health Matters, the newly designed quarterly e-newsletter from the [Center on Media and Child Health \(CMCH\)](#). Here you will find

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If
a

twitter

grandparents, social workers, clinicians, and others who are helping children grow up to be healthy and successful in

Posted on

APRIL 2 Sincerely,
Beth Karnes, C

Eart
>> [Learn more a](#)

Holiday Shopping: Less "No", More Know

Your kids' holiday wish lists probably include pricey mp3 players, video games, and laptops. But with many people cutting back on spending or looking for gifts with lasting value, you may want to know more about the impact of the gifts you choose.

facebook

Tips from Parents





Communities are networking and inspiring a healthier media environment for children.

Share this with your favorite social network:









Science-Based Approach

**Peak sexual urges and
curiosity**

+

Media expertise

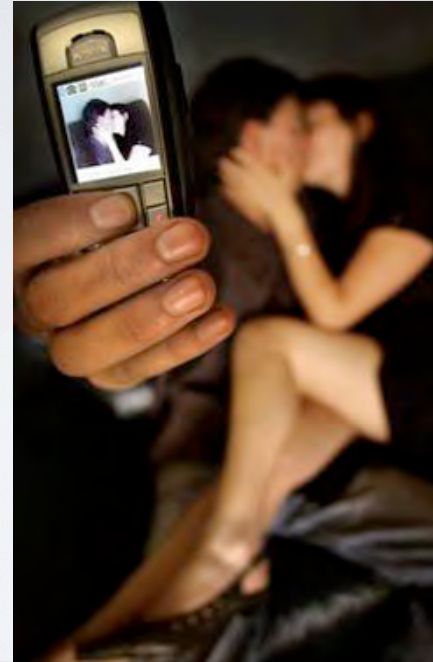
+

Clueless adults

+

**Limited executive
function**

The Perfect Storm



WHAT MATTERS?

Message

Environment

Developmental stage

Information

Amount

Ask*the*MediatricianSM