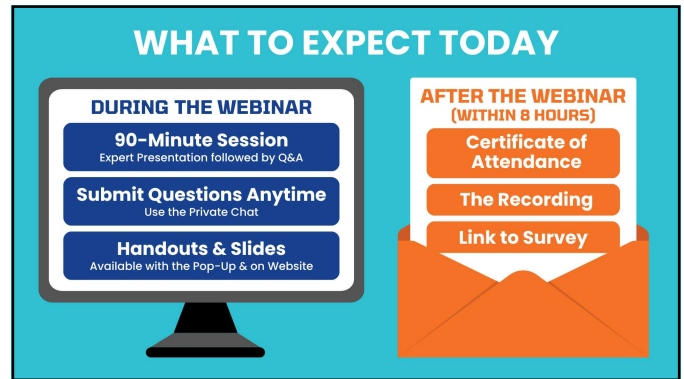
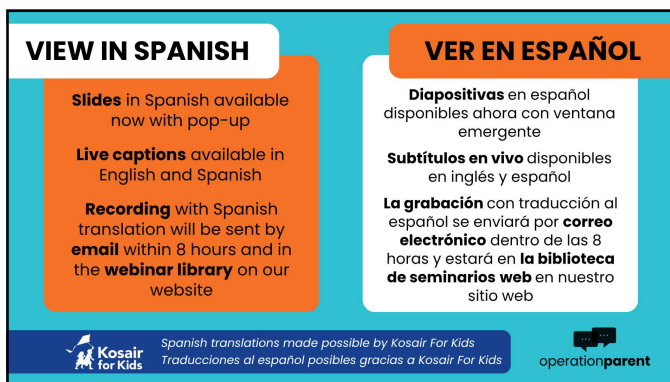




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Dave Anderson, PhD

Vice-President, Public Engagement and Education
Senior Psychologist

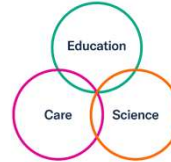


- During 11 years at Child Mind Institute, directed the ADHD and Behavior Disorders clinical center, founded CMi's school and community programs, and now leads brand ambassadorship and national program dissemination
- Programs directed by Dr. Anderson have reached over 2.4 million youth, educators, and parents
- Frequently leads workshops and contributes to media for organizations such as ABC, NBC, CBS, CNN, the New York Times, and MasterClass
- Host of the Child Mind Institute's Thriving Kids podcast



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Child Mind Institute



Care

- We have treated **15,800+ patients** from **45 nations, 49 states, and Washington, DC.**
- **More than three-quarters** of the children we have served received free or reduced-cost services.

Education

- School-based programs have reached an estimated **2.4 million students, educators and caregivers** in over **9,000+ schools.**
- **2 million parents and educators** visit childmind.org each month to access credible information for their children.

Science

- Researchers in **3,335 cities worldwide** have published **1,289 articles** using our open science data sets.
- **Over 3.6 million** people have gained insight into a child's behavior using our online Symptom Checker.



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Key Takeaways

- 1 Recognize how screens and social media can influence youth mental health and behavior.
- 2 Identify strategies for setting clear, age-appropriate boundaries around digital use.
- 3 Support safe and balanced engagement with digital tools.

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How Do We Study Technology, Youth, and the Developing Brain?



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State of the Science: Youth & Technology

A number of things can be independently true about technology and youth mental health:

- We are in the midst of a youth mental health crisis, but research does not indicate that technology is the sole or main factor driving the crisis
- Clear risks and benefits of youth technology use do exist
- Reform of existing technology like social media platforms is needed
- More research at the intersection of technology and mental health is needed
- Parents need a science-based approach characterized by **practicality, not panic**



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What Changes the Brain?

- Learning
- Caregiving
- Play
- Friendships
- Music
- Nature
- Exercise
- Social interactions
- Stress
- ...Experiences!



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Youth Tech Balance Checklist



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Technology Considerations Across Development

Preschool Years (Ages 3-4)

- Screen time boundaries important due to displacement of important developmental tasks
- Modeling of screen time behaviors by adults
- Careful considerations of content exposure

Early Elementary Years (Ages 5-7)

- Continued consideration of content exposure and time balance
- Differentiating screen-based activities

Late Elementary Years (Ages 8-10)

- Embarking on the "I do, we do, you do" model; values and behaviors important in the digital world
- Highlighting use of tech for learning, entertainment, and social connection

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Modern Technology-Based Activities

Listening to music	Digital art and design activities	Watching TV shows and movies	Filming and editing videos	Texting/ messaging
Watching live streams	Reading books/news	Rideshare/ travel apps	Working on shared documents/ projects	Internet searches
Playing video games	Calendars/ planners	Listening to podcasts	Online clubs and communities	Using AI tools
Receiving/ sending emails	Ordering food/ delivery	Educational videos/ courses	Social media	Taking and editing pictures

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Technology Considerations Across Development

Middle School Years (Ages 11-13)

- Emphasis on a competency-focused approach to digital literacy
- Allowing increased independence with high parental monitoring
- Conversations about risks, autonomy and responsibility, and privacy

High School Years (Ages 14-18)

- Explicitly try to keep lines of communication open and let them know you're here for anything concerning or troubling
- Emphasize the social contract of increasing autonomy as a trade-off with behavioral demonstration of responsibility
- Be curious and interested, validating the importance of growing up in a digital age
- Be on the lookout for signs and symptoms that a teen is struggling, and consider the role of tech or tech experiences as an accelerator

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Teen Afternoon Structure

Investing time in the most important developmental tasks



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Managing Research-Indicated Risks Associated with Technology



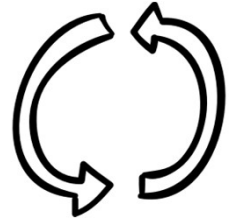
- Excessive screen use
- Privacy considerations
- Cyberbullying, hate speech, and harassment
- Disturbing or inappropriate content
- Content that promotes harmful behaviors
- Impact on daily health activities
- Pre-existing mental health vulnerabilities



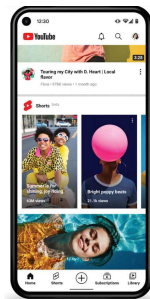
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Intersections between Technology and Pre-Existing Mental Health Vulnerabilities

- Depression and Mood Disorders
- Anxiety & Social Comparison Effects
- Obsessive Compulsive Disorder
- Body Image and Eating Disorders
- ADHD and Executive Functioning
- Behavior Concerns
- Autism Spectrum Concerns



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So, what can parents do?

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Parents

- Self-compassion in the face of parental guilt and anxiety
- Focus on the balance of critical development tasks
- Be your kid's guide and ally in digital literacy
- Be familiar with risk factors
- Focus on the practical, not the panic
- Be explicit about thinking critically with technology



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So, what can schools do?

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Schools

- Consider how technology augments or distracts from education
- Encourage and guide discussion of digital literacy
- Emphasize need for upstanding to combat bullying in both real-life and digital spaces
- Reinforce balance of critical developmental tasks
- Anticipate and prepare for tech trends interacting with school performance (e.g., AI integration)



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So, what can communities do?

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Communities

- Yes/And.. delay movements by promoting digital literacy and safety
- Continue to advocate for accountability and transparency from technology companies
- Make sure that efforts to support youth mental health continue to focus on additional key factors beyond technology, including:
 - Stigma reduction
 - Service access and coverage
 - Workforce expansion and training
 - Crisis support
 - Culturally- and community-centered care
 - Youth inclusion and engagement
 - Basic needs like food, safety, financial stability, and physical health



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Resource Hubs

- **CMI Screen Time and Technology**
 - <https://childmind.org/topics/screen-time-technology/>
- **Mental Health America Social Media and Youth Mental Health:**
 - <https://mhanational.org/resources/social-media-and-youth-mental-health/>
- **Common Sense Media Tech Parent Guides, Social Media & Gaming:**
 - <https://www.common Sense Media.org/parents-ultimate-guides>
- **AAP Healthy Children Media:**
 - <https://www.healthychildren.org/english/family-life/media/>
- **CMI Technology and Mental Health Webinar Series:**
 - <https://childmind.org/science/public-health-epidemiology/technology-youth-mental-health-series/>

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Website: <https://childmind.org/>
Facebook: @ChildMindInstitute
Instagram: @childmindinstitute
LinkedIn: Child Mind Institute



Thriving Kids Podcast

Practical advice for raising emotionally healthy kids, hosted by Dr. Dave Anderson. New episodes out every Thursday.

[Start Listening](#)



<https://childmind.org/resources/podcast/>

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Care at The Child Mind Institute



If you need additional help and support, our clinical expertise includes:

- **ADHD & Behavior Disorders**
- **Anxiety and OCD**
- **Autism**
- **Learning and Development**
- **Depression and Mood**
- **Psychopharmacology**

Evidence-based treatments include 1:1 therapy, parenting interventions, specialty programs and intensives.

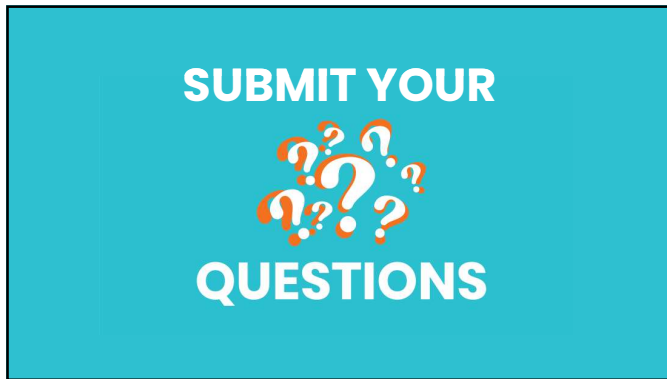
Our financial aid funds have helped thousands of children gain access to transformative treatment.



Scan the QR code to learn more.



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LET'S KEEP HAVING CASUAL COURAGEOUS conversations

BECOME A PROMO PARTNER

The Power of Connection: A Parent's Greatest Protective Tool
Susan Caso

Growing Minds and Modern Highs: THC, Hemp & Kratom
Julie Dreifaldt
One Chance to Grow Up

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