




Navigating the Digital World: Supporting Healthy Social Media Use in Children and Youth

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PART 1: Disruption

Technology is linked to disruption of the brain's myelin and numerous physical, mental, and social health conditions. YouTube Resource link: [How is technology impacting your brain](#)

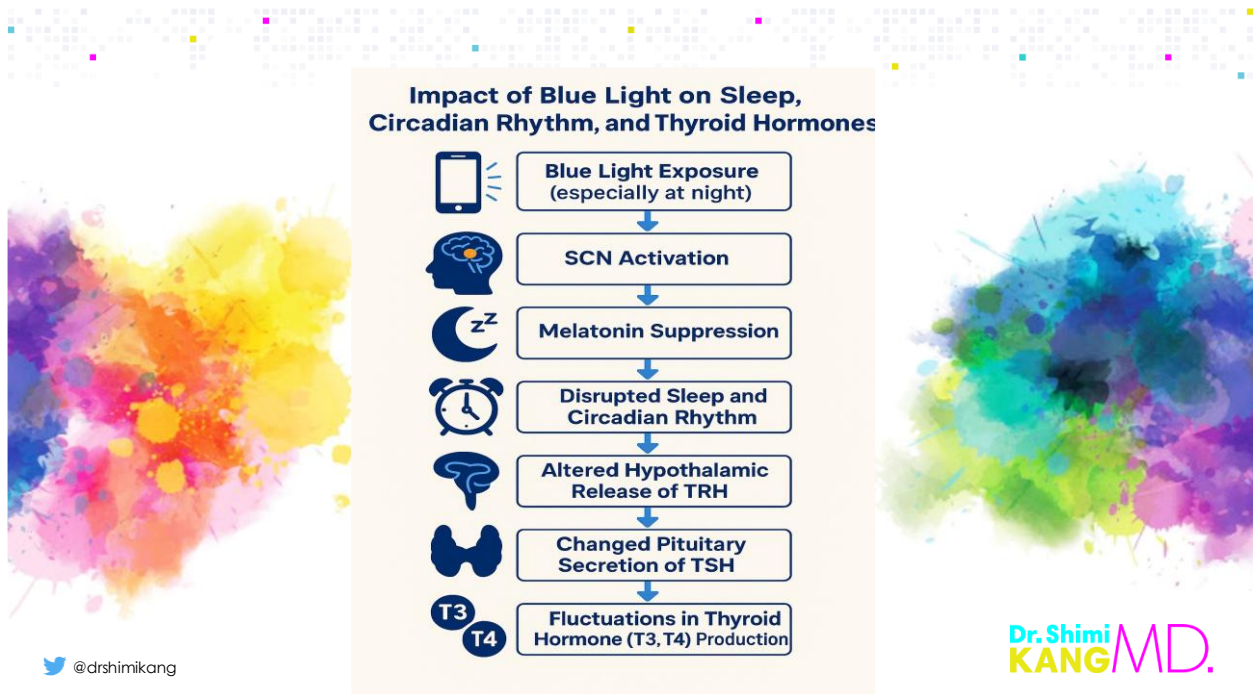


Tech use linked to

- Addiction
- Anxiety
- Loneliness
- Depression
- Attention Deficit
- Body image disorders
- Social Skills Impairment
- Societal Polarization
- Sleep & Eye disorders
- Obesity / Posture & Tech Neck
- Diabetes / Heart Disease

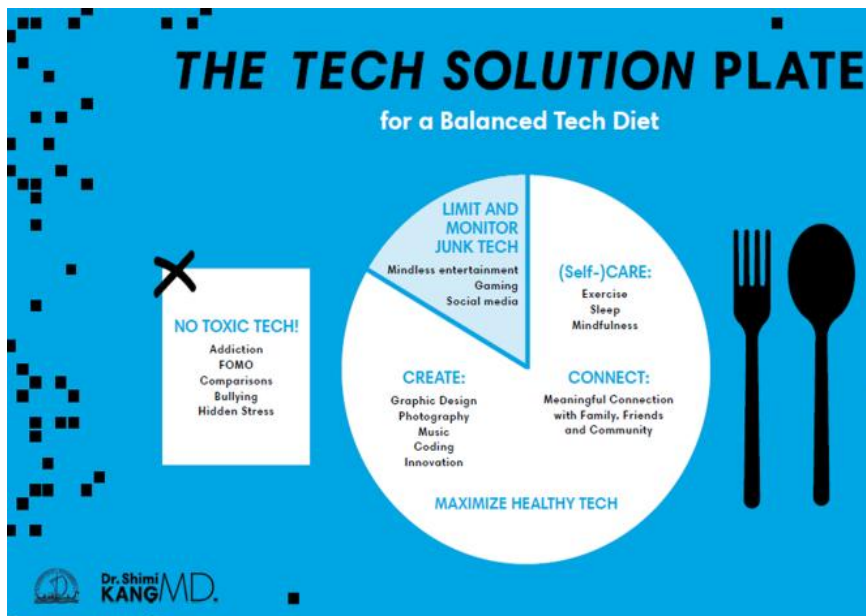
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PART 2. The Solution

Understand that the tech you consume is like the food you consume. There is healthy, junk, and toxic tech. Resource link: [What is your tech diet?](#)



To avoid toxic tech, learn coping skills


Resource link: [Do you have coping skills?](#)

To Limit and Monitor Junk Tech, understand how tech is addictive.

Resource link: [How tech is addictive](#)

Tech Rules

Screen-free times – breaks, lunch, transition
Screen-free places – hallways, staff room
Turn off notifications & autoplay
Turn off background screens
Charging stations – kitchen, offices
Shut off wifi at – 9pm – 8am
Digital day off – homes & workplaces

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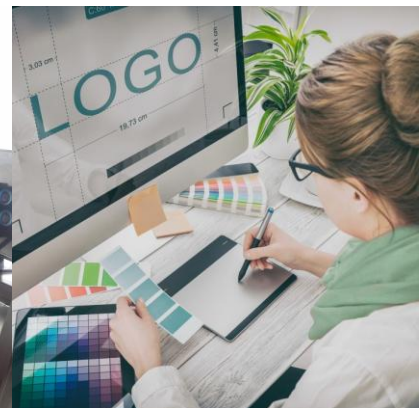
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Healthy Tech

Endorphin

Oxytocin

Serotonin

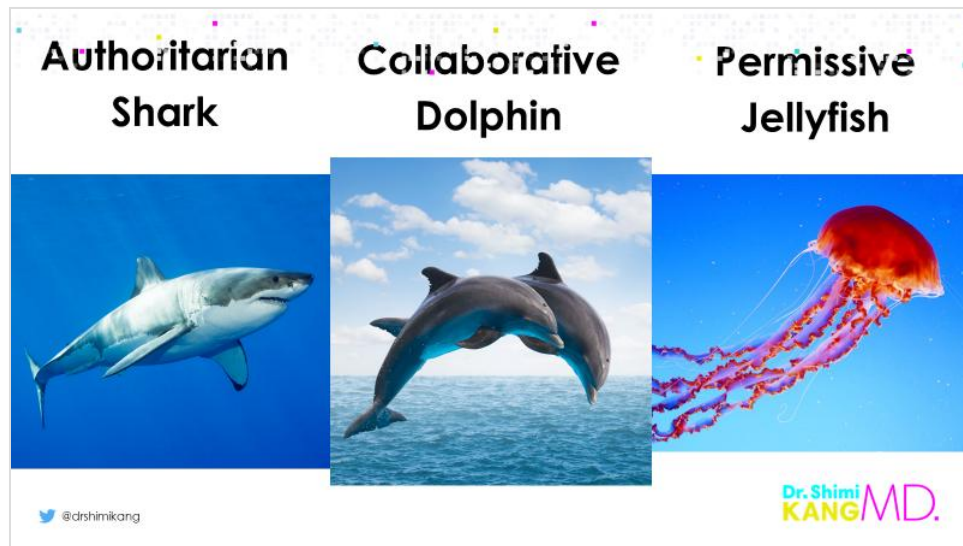


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The firm and flexible dolphin interpersonal model is a proven model for guiding toward healthy habits

- Resource link: [Managing Relationships During Stress](#)



The K.E.Y.S to Motivation – (book excerpt from The Dolphin Parent)

The K.E.Y.S are the essence of motivational communication. They complement but not intrude on the development of self-motivation. It is a four-step process focusing on a balanced state of mind, empathy, autonomy, and optimism.

Kill the shark and jellyfish. Behavior science tells us that pushing and micromanaging (shark) are counterproductive. Also, guiding is better than no direction (jellyfish). Thus, take a few deep breaths, get centered as a calm, present, Dolphin communicator.

Empathy. Empathy is a powerful tool to connect with others as it activates powerful mirror neurons and releases the trust hormone oxytocin. Put yourself in their shoes and make a statement of empathy!

Your Goals. Identify and express an understanding of the other person's goals. We all need a reason to take a step or make a change. Defining personal reasons builds autonomy and sets up the brain to release dopamine.

Support success. Create a positive support system by expressing optimism in success! If you can add a vision of success, you will activate serotonin.

Ex: If you want to help motivate your child to limit social media/video gaming.

K – Kill Shark & Jellyfish - be a Dolphin.

E – “I can see you really love your games/social media” (empathy)

Y – “You also said you sometimes feel you need more time for school or sports.” (autonomy)

S – “I can help you look at your schedule and find a good balance!” (optimism)

The graphic features a central title 'Smartphone Addiction Scale - Short Version' in bold black text. Below it, a subtitle reads 'The Smartphone Addiction Scale: Development and Validation of a Short Version for Adolescents'. Two bullet points provide details: 'Smart phone addiction scale (SAS) is a scale consisting of 33 items with a 6-point Likert scale based on self-reporting' and 'The Short Version (SAS-SV) involved 10 out of the 33 items, and was found to be effective in identifying smartphone addiction'. The background is decorated with colorful watercolor splashes in yellow, orange, pink, blue, and green. In the bottom left corner, there is a Twitter logo and the handle '@drshimikang'. In the bottom right corner, the text 'Dr. Shimi KANG MD.' is displayed in a stylized font with 'KANG' in yellow and 'MD.' in pink.

Smartphone Addiction Scale

- Short Version

The Smartphone Addiction Scale: Development and Validation of a Short Version for Adolescents

- Smart phone addiction scale (SAS) is a scale consisting of 33 items with a 6-point Likert scale based on self-reporting
- The Short Version (SAS-SV) involved 10 out of the 33 items, and was found to be effective in identifying smartphone addiction

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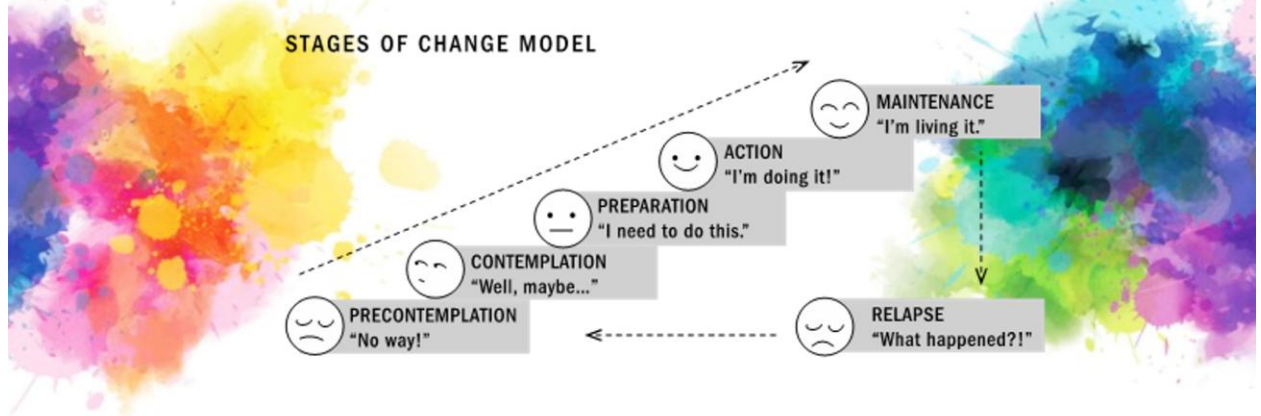
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Watch for tech addiction. There are several screening tools available. Here is the [Young Version](#)

Try a Tech Solution Reset! Complete your plate and make a commitment for a healthier tech diet.

Understand the stages of change as a first step in guiding motivation.

6 Step Motivational Plan

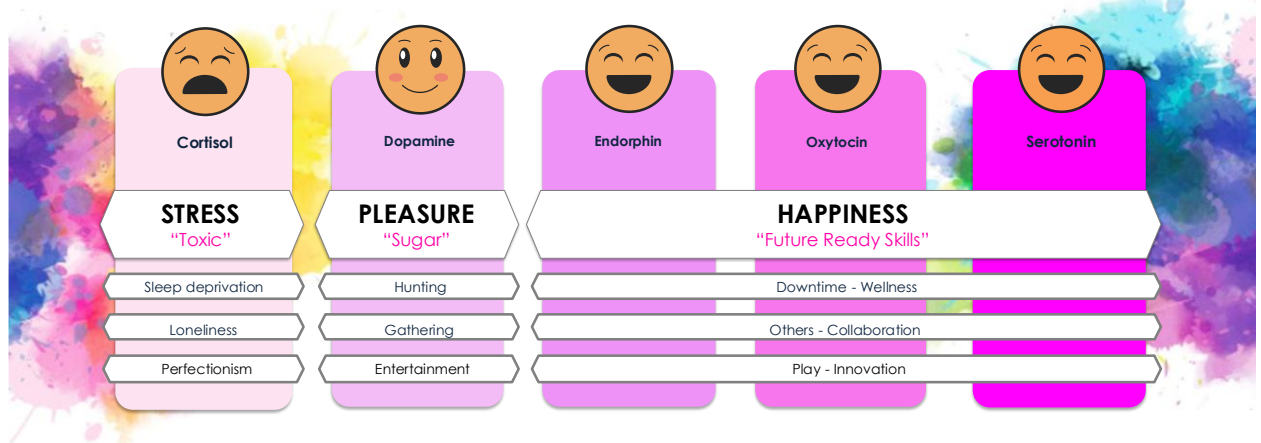


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Always pay attention to your life diet. Play, bond & prosper! – Dr. Shimi Kang

The Life Diet



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