

CAUGHT IN THE WEB: RISKS AND RESPONSES TO EXCESSIVE TECHNOLOGY USE BY YOUTH



Problem Gambling
Institute of Ontario

ProblemGambling.ca



Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

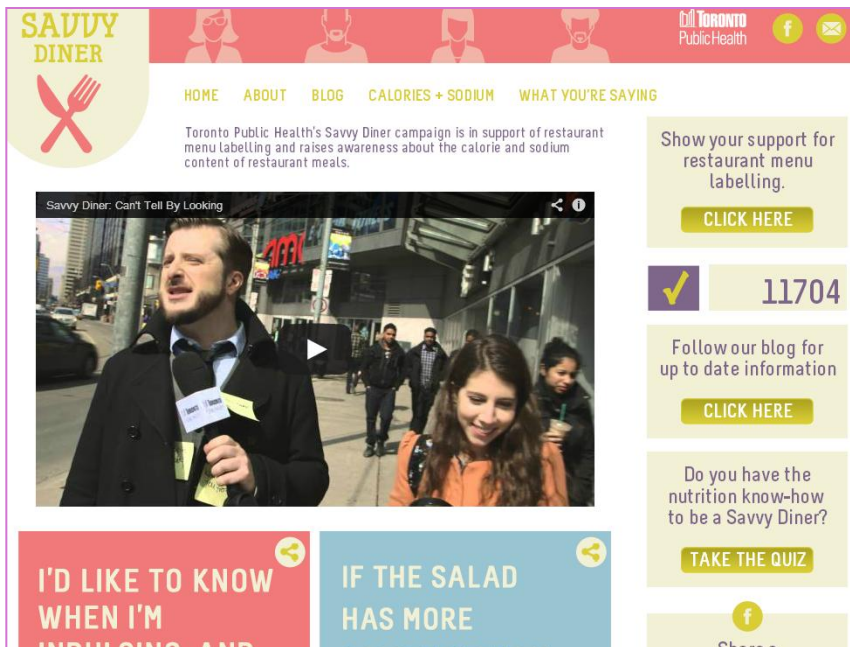
Webinar Outline

1. Introducing and defining the “problem”
 - Context and culture
 - Risk factors
 - Signs
2. Creating supportive environments: prevention and treatment strategies and responses
3. Discussion/Q&A

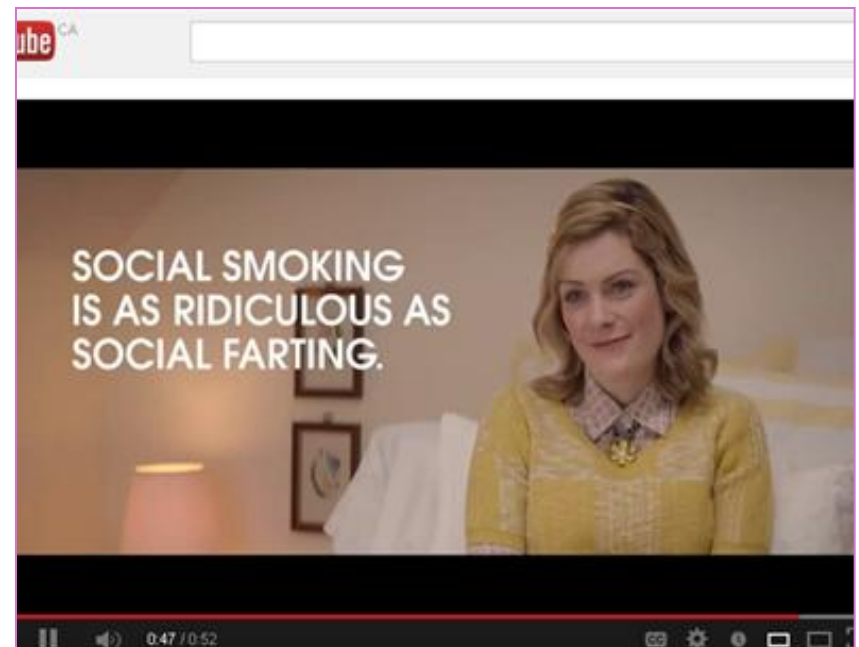
Most young people use media, games and social networks to enhance their lives



Health promotion through media and technology



The screenshot shows the 'SAVVY DINER' website. The header includes the Toronto Public Health logo and navigation links: HOME, ABOUT, BLOG, CALORIES + SODIUM, and WHAT YOU'RE SAYING. A main text block states: 'Toronto Public Health's Savvy Diner campaign is in support of restaurant menu labelling and raises awareness about the calorie and sodium content of restaurant meals.' Below this is a video player with the title 'Savvy Diner: Can't Tell By Looking' and a play button. To the right, there is a call to action: 'Show your support for restaurant menu labelling.' with a 'CLICK HERE' button. Below that, a purple checkmark icon is next to the number '11704', followed by the text 'Follow our blog for up to date information' and another 'CLICK HERE' button. At the bottom, there is a 'TAKE THE QUIZ' button and a Facebook share icon.



The screenshot shows a YouTube video player. The video content features a woman with blonde hair wearing a yellow sweater, speaking. The text overlaid on the video reads: 'SOCIAL SMOKING IS AS RIDICULOUS AS SOCIAL FARTING.' The video player interface includes a search bar at the top, a play button, a progress bar showing '0:47 / 0:52', and various control icons at the bottom.

mindyourmind

The screenshot shows a web browser window with the address bar displaying "mindyourmind.ca/index.php". The website has a dark navigation bar with the following menu items: HOME, HELP, PERSONAL STORIES, MUSIC & MORE, TOOLBOX, MYM COMMUNITY, and ABOUT MYM. A search bar is located on the right side of the navigation bar. The main content area features a large banner with the "mindyourmind.ca" logo and the tagline "reach out get help give help". To the right of the logo, a text box states: "This is a place for youth and emerging adults to access info, resources and tools during tough times. Help yourself. Help each other. Share what you live and know." Below the banner is a featured article titled "'Where Demons Hide' - a new story submissions by Katherine about getting help." The article includes a photograph of a person writing on a piece of paper. At the bottom of the page, there are buttons for "PERSONAL STORIES" and "TOOLBOX".

mindyourmind.ca/index.php

HOME HELP PERSONAL STORIES MUSIC & MORE TOOLBOX MYM COMMUNITY ABOUT MYM Search...

mindyourmind.ca
reach out get help give help

This is a place for youth and emerging adults to access info, resources and tools during tough times. Help yourself. Help each other. Share what you live and know.

"Where Demons Hide" - a new story submissions by Katherine about getting help.

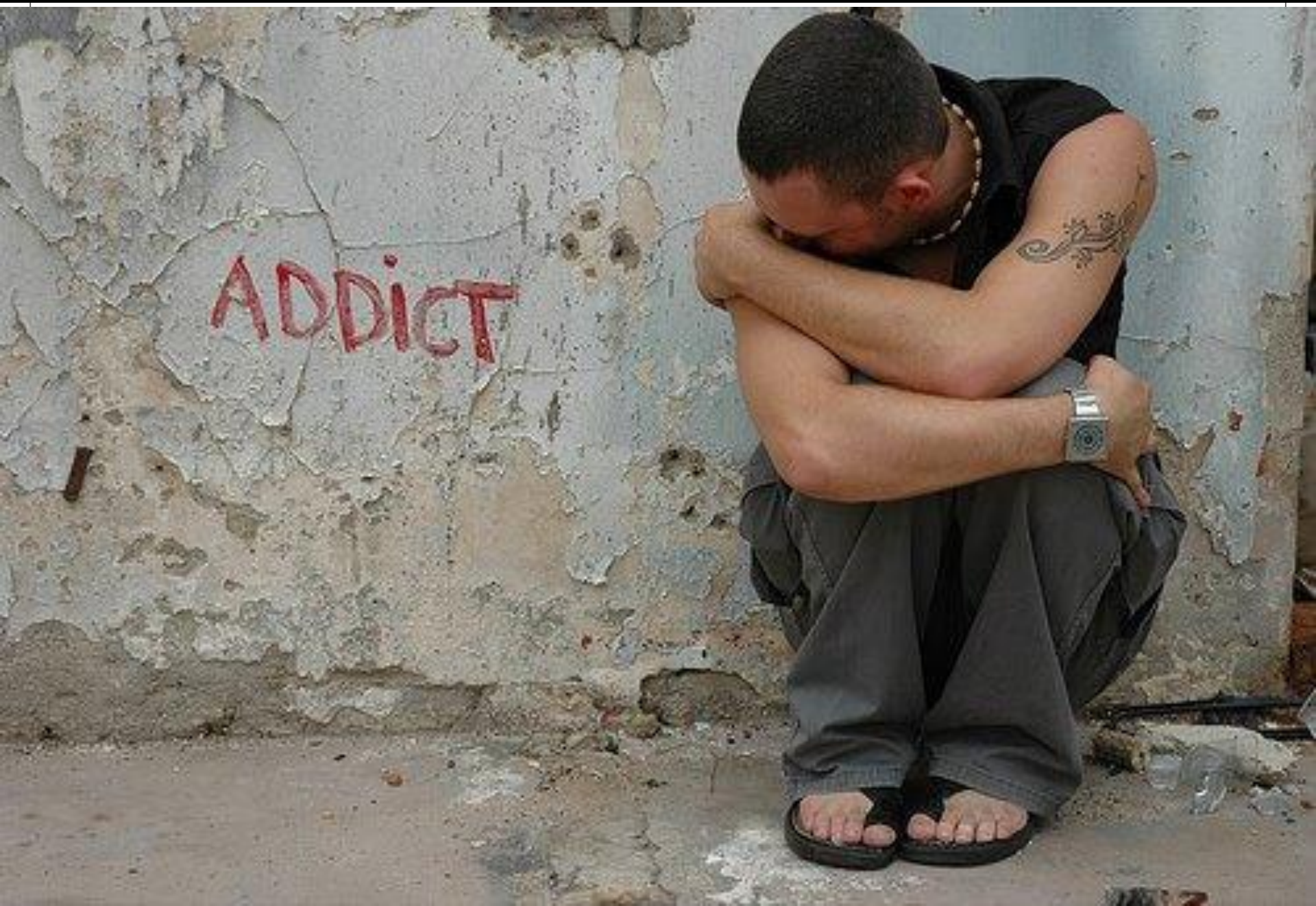
PERSONAL STORIES TOOLBOX

A close-up photograph showing two hands. The hand in the foreground is holding a lit lighter, with a small flame visible. The hand in the background is holding a black mobile phone with a screen displaying a grid of icons. The phone is held vertically. The background is a dark, textured surface. The text "Our Culture..." is overlaid in the center of the image.

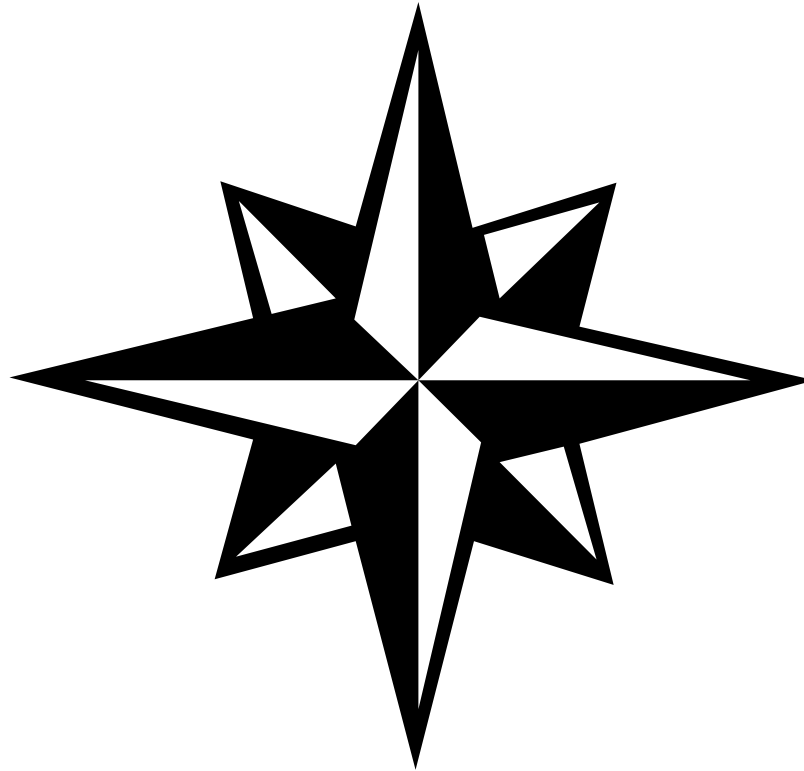
Our Culture...



THE LABEL



Harm Reduction Perspective



Problem Gambling
Institute of Ontario

ProblemGambling.ca

 **camh**
Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

How connected are youth?

Ontario Student Drug Use and Health Survey, CAMH

The 2011 Mental Health and Well-Being of Ontario Students

- Almost $\frac{1}{4}$ (23%) of students play video games daily, more males than females (37% vs. 9%)
- One in 8 (12%) report symptoms of a gaming problems
- 37% have their own computer with internet access, grade 11 up to 46%
- 10% of students spend at least 7 hours a day in front of a TV or computer



Problem Gambling
Institute of Ontario

ProblemGambling.ca



How connected are youth?

Pew Internet & American Life Project (September 2009)

- Nearly seven in ten (69%) teens ages 12-17 have a computer.
- 80% of teens between the ages of 12 - 17 have a game console like a Wii, an Xbox or a PlayStation.



Problem Gambling
Institute of Ontario

ProblemGambling.ca



Reasons Why Youth Play Video Games?

- Fun
- Like to feel in control
- Releases tension
- Relieves boredom
- Develop gaming skills
- Feel a sense of mastery
- Escape/Fantasy



*Who gets
trapped?*



Risk Factors

- Psychiatric disorders
- Temperament and biology
- Trauma
- Familial factors
- Peer groups
- Resilience
- Social variables
- Substance use



Some are more vulnerable

- Asperger's syndrome
- Gambling problem
- Social anxiety
- Posttraumatic stress
- Obsessive-compulsive behaviours
- Substance use problems
- Self-harming behaviours



*When is it a
problem?*



Continuum Perspective

No-Activity

Casual Use

Serious Use

Harmful Involvement

Pathological



**Problem Gambling
Institute of Ontario**

ProblemGambling.ca



Signs there might be a problem

- Spending increasingly long hours on the computer
- School difficulties
- Skipping chores
- Spending increasing money on games



Signs cont'd

- Irritable or restless
- Sleep problems
- Less time doing other activities
- Lying about time spent online
- Stealing games or money to play more



Stages of Change

Pre-contemplation	Contemplation	Determination/Preparation	Action	Maintenance	Relapse/Recycle
	 Fence				
No; Denial	Maybe; Ambivalence	0-3 Months Yes, Let's Go; Motivated	3-6 Months Doing It; Go	Over 6 months Living It	Start Over; Ugh!!





EQUINE
PREMIUM

quick fix

Protexin

A highly concentrated probiotic paste formulated to support digestive function and overall health.

quick fix

Q&A



Problem Gambling
Institute of Ontario

ProblemGambling.ca



Creating Supportive Environments: Prevention and Awareness/Education



Problem Gambling
Institute of Ontario

ProblemGambling.ca



Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

Why is prevention/education important?

- Access to technology has grown
- Normal part of the life of youth as compared to the over 30 who did not have access as youth
- Grown with no awareness of messaging about healthy vs. unhealthy involvement



Healthy involvement in online activities

- Youth have a balance of activities that include other things besides technology, like outdoor exercise and spending time with family.
- Most youth use technology in a way that enhances their lives: to access information that they want or need quickly and to keep in touch with their social networks.



Unhealthy involvement in online activities

- leads to neglect of other activities, such as eating proper meals, getting exercise, socializing and doing school work
- leads to back or neck problems
- functioning is impaired due to sleep deprivation.
- can have significant consequences regardless of how much time is spent. For example, bullied online, received threatening emails, spending money than he or she can afford gambling online



Finding balance for a healthy relationship with technology



Problem Gambling
Institute of Ontario

ProblemGambling.ca



Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

Examples:

Peel District School Board

Alberta Government, “Bring your Own Device”:
A Guide for Schools



Problem Gambling
Institute of Ontario

ProblemGambling.ca





Staff login

A A A



Search...



About Us

21st Century Teaching & Learning

→ BYOD - Bring Your Own Device

Accommodation Review

Annual Planning Document

Annual Report

Budget & Financial Statements

Commitment to Accuracy

Director's Message

Equity & Accessibility

Freedom of Information

Frequently Asked Questions

General Facts

Inspire

Labour Update

Mission, Vision & Values

Our Goals

Partnerships

Purchasing

Rent School Space

Safe & Caring Schools

BYOD - Bring Your Own Device



How parents can partner for student success

At the Peel District School Board, our mission is to inspire success, confidence and hope in each student. As leaders in the use of technology, we encourage creative and innovative learning.

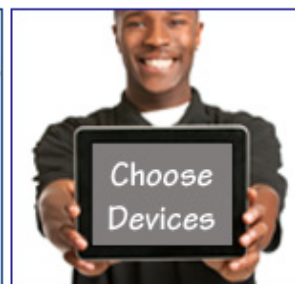
Watch our [Why BYOD? video](#) to learn more. See our [BYOD parent guide](#).

Today's students are already technology leaders. They want to take the technology they use in their daily lives and make it a normal part of their classroom experience. Research tells us that if we reflect this in their learning experiences, we will increase engagement which leads to improved student success. This is why our board's [Vision for 21st Century Teaching & Learning](#) is so exciting.

Equity of access is a key priority for the Peel board. This is why we have worked with VIG Solutions to offer a basic tablet. [Learn more](#).

Quick Links

Help Your Child
Ministry of Education



Finding balance



Problem Gambling
Institute of Ontario

ProblemGambling.ca



We all have a role to play

- Parents
- Youth
- Teachers
- Community

Balancing its use



Problem Gambling
Institute of Ontario

ProblemGambling.ca



Interagency collaboration

Collaboration brings people from different organizations together to work towards a common identified need

It works when there is

- Shared decision making, resources, expertise, and ownership of the final product or service.
- Mutual respect
- Flexibility



Problem Gambling
Institute of Ontario

ProblemGambling.ca



TCDSB

- Saw increasing number of students entering program with “gaming” related issues
- Could not locate any resources/referral sources for these students
- Collaborated with CAMH to increase capacity of staff to provide information and begin addressing the issue
- Invited CAMH to provide information to parents, saw the benefits and heard the positive feedback from parents
- Able to respond to parent requests and school presentations



What we learned

- **MANAGE** new media by educating ourselves about the risks and rewards
- **EDUCATE** ourselves and our children about who might be at an increased risk.
- **DEMONSTRATE** our own healthy relationship with new media.
- **INSIST** that we and our loved ones ensure that our online life **INVOLVES** making room a full offline life that **INCLUDES** adequate rest and exercise
- **ATTEND** to what our children do online and where they are going.
- **SUPPORT** our children to **SET** healthy priorities and we **SHOULD** establish limits with and for them.



Tips

1. Consider your own use technology – we all model for our young people.
2. Before granting access talk about safe use
3. Talk about how to integrate technology use into our lives while respecting others.
4. Access is everywhere, on phones and iPods, so know what kids have access to
5. Spend time learning about the internet and video games popular with youth



Tips (cont.)

6. Keep computers in shared space
7. Help children maintain balanced lives by setting limits around their use of technology, and involvement in other offline activities
8. Help kids set priorities like doing homework before gaming
9. As adults, we have authority to make the rules about its use
10. If you see signs of a problem, talk about it



Resources

- Centre for Addiction and Mental Health, Problem Gambling Institute of Ontario
www.problemgambling.ca
- CAMH – Mental Health and Addiction Series 101
- Media Smarts, Canada's Centre for Digital and Media Literacy www.mediasmarts.ca
- Children's Mental Health Services
- Get Game Smart Program
www.getgamesmart.com





ProblemGambling Gaming & Internet Use



COLLEEN'S GROUPS

[PG Treatment System](#)

[PG Ethnocultural](#)

[PG Gaming & Internet](#)

> [Members](#)

> [Blog](#)

> [Discussion Board](#)

> [Shared Documents](#)

[Home](#) > [Gaming & Internet Use](#) > [Gaming & Internet Use Access](#)

Community of Practice

Welcome!

This professional community of practice is for you - your contributions and your questions. Your participation is what will make it come alive as a tool and resource to support your work with youth and families affected by problem gambling, gaming and internet use.

This is not a public group forum. Access is granted to professionals who have registered and met the membership criteria.

+ SH



Q&A



Problem Gambling
Institute of Ontario

ProblemGambling.ca



camh

Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

Thank you!

Colleen Tessier
colleen.tessier@camh.ca

Lisa Pont
lisa.pont@camh.ca

Monica Nunes
monica.nunes@camh.ca

