

# Teens and Screens: How To Help Adolescents Build Empathy and Connection In A Digital World.

Yshai Boussi, LPC  
Portlandfamilycounseling.com  
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- The mere presence of a smartphone can disrupt the connection between two people, having negative effects on closeness, connection, and conversation quality.
- 72% of teens and 48% of parents feel the need to immediately respond to texts, social-networking messages, and other notifications.
- A systematic review of meta-analysis (of 20 studies) showed strong, consistent evidence of an association between bedtime access to or use of devices and reduced sleep quantity and quality, as well as increased daytime sleepiness.

## ADOLESCENT BRAIN

Prefrontal Cortex = planning, judgement, managing emotions. This part of the brain is under construction and therefore unreliable.

Amygdala = Fight/Flight/Freeze. This part of the brain is very sensitive and easily activated for young adolescents.

Dopamine = The reward system in the brain. The positive feeling we get in response to experiences. Adolescents experience more of this than adults or children do.

## SOCIAL MEDIA

### Most popular social media apps among teens (in order):

Snapchat

Youtube

Instagram

Facebook

Twitter

Other popular apps: Reddit, Tumblr, TikTok, Discord

- A 2019 study at Oxford University found that the relationship between social media and adolescent well being is “tiny”.

## 2018 COMMON SENSE MEDIA POLL



Yshai Boussi, LPC  
(503)289-1584

www.portlandfamilycounseling.com  
Email: yshai@portlandfamilycounseling.com

- Teens with “Low Social Emotional Well Being” are more likely to experience the negative aspects of social media AS WELL AS the positive aspects of it.

## **2018 PEW POLL**

Teens perception of positive impact of social media.

1. “Connecting with friends and family.”
2. “Easier to find news and info.”
3. “Meeting others with same interests.”
4. “Keeps you entertained and upbeat.”

Teens perception of negative impact of social media.

1. “Bullying and rumor spreading.”
2. “Harms relationships/in person contact.”
3. “Unrealistic views of others lives.”
4. “Causes distractions/addictions.”

## **SCREEN TIME**

### **5C’s**

Consuming  
Collaborating  
Communicating  
Creating  
Clearing

### ***7 Priorities Every Adolescent Needs To Build Empathy and Connection In Our Digital World***

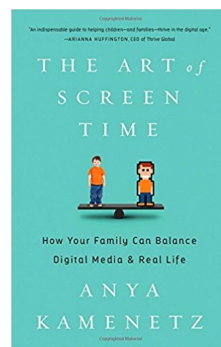
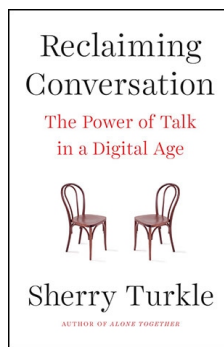
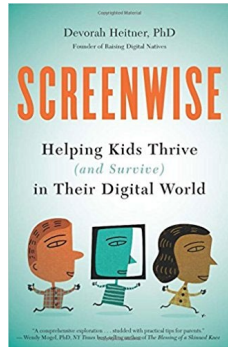
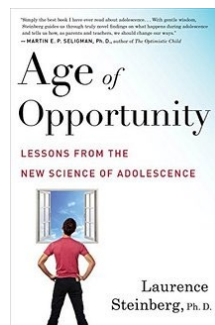
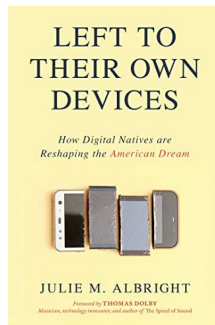
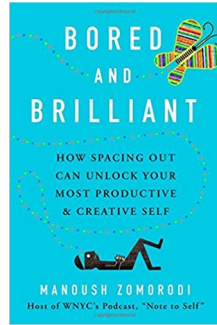
1. Sleep (phones out of their room at bedtime).
2. Device-free zones and/or times.
3. Balance between their online and offline world.
4. Social/emotional and mindfulness skills.
5. Modeling from adults.
6. Single tasking.
7. Listening and empathy.

## **Recommended Books**



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Email: [yshai@portlandfamilycounseling.com](mailto:yshai@portlandfamilycounseling.com)



## Websites Worth Checking Out

[www.common sense media.org](http://www.common sense media.org)

[www.alexandrasamuel.com](http://www.alexandrasamuel.com)

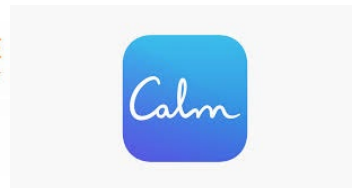
[www.scarleteen.com](http://www.scarleteen.com)

[www.ahaparenting.com](http://www.ahaparenting.com)

[www.kidsinthehouse.com](http://www.kidsinthehouse.com)

[www.humanetech.com](http://www.humanetech.com)

## Podcasts and Apps



Yshai Boussi, LPC  
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