CHILDREN & ADOLESCENTS IN THE DIGITAL ERA: EVIDENCES AND HEALTH CHALLENGES IN THE INTERNET AND SOCIAL MEDIA

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Rede Universitária de Telemedicina - RUTE
Sociedade Brasileira de Pediatria – SBP
ESSE Mundo Digital

Criança e Adolescente
Saúde & Medicina

Magic
Middleware for collaborative Applications
and Global virtual Communities

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DE PEDIATRIA

New Words & New World

myspace
youtube
skype   flog
i-phone   video-game
i-pad   chat
      email net
megabyte   notebook
ip mp-3
facebook   smartphone   google
      msn
gps   lan-house   i-pod
   blog
      Internet dvd cyber-café
         www
            emoticon

Two premises:

- Children and Adolescents are not mini-adults and their brains/behavior will develop progressively;

- Information and Communication Technologies (ICT) will not stop and it will evolve continuously.

- **One question:** **What are the ICT influences on children´s brains?**

Medical Risks of Prolonged Internet Use

- Sleeping disturbances

- Headaches and Dizziness

- Sedentary habits, obesity and eating disturbances

- Postural and musculo-skeletal problems

- Hearing Loss Problems: >70 dB for children and >80 dB for adults

- Computer Vision Syndrome and Digital Eye Strain

- Blue Light Emission and Increased Screen Time can disrupt sleep patterns and alter brain function

- Dr. Google´s cyberchondria

Behavior and Mental Health Risks

- Isolation and " interactive" isolation
- Irritability and constant & rapid mood swings
- Violence and *cyber-bullying*
- Paradoxical & poor school performances
- Technostress & attention deficit hyperactivity disorder > ADHD due to multi-tasking behavior
- Internet Addiction

Kimberly Young, Center for On-Line Addiction, www.netaddiction.com

- Obsessive – Compulsive Disorders
- Anxiety, Depression, Suicidal Ideation and Risks

BULLYING & CYBERBULLYING

- **Violent and agressive behavior, repeated over time, that involves an imbalance of power**

- **Kids who are bully say or do something intentionally hurtful to others and they keep doing it, with no sense of regret or remorse, even when the targets of bullying show or express their hurt or tell the aggressors to stop which leaves the victims feeling powerless and fearful with messages of social exclusion or sexual contents**

- **Cyberbullying same behavior on the Internet and social media**

- **Digitally empowered kids ARE NOT "just joking" syndrome**

ONLINE Addiction or PIMU

Problematic Interactive Media Use

Dr. Michael Rich

Center on Media and Child Health

Children´s Hospital at Harvard, Boston

www.cmch.tv

Problematic Interactive Media Use Syndrome

- Compulsive use;
- Increasing tolerance to;
- Craving;
- Inability to abstain;
- Academic failure and school avoidance;
- Social Dysfunction with Isolation from Peers and Family Discord;
- Negative reactions to being removed from interactive screen media use which impair the individual´s physical, mental, cognitive, social function;
- Reduced functional capacity.

Problematic Interactive Media Use - PIMU

Frequently associated with:

- Attention Deficit Hyperactivity Disorder, ADHD;
- Oppositional Defiant Disorder;
- Substance Use;
- Social anxiety;
- Depression;
- Suicidal Ideation and Suicidal Risks;
- Social & Family Dysfunction

Sexuality and Sexual Development Risks

- New relationship codes and shifting norms
- Multiple partners and sexist culture
- Safe sex = virtual sex (?)
- "Easy and available pornography" 24 x 7
- Sexual abuse & exploitation networks
- Sexual selfies, webcam and vídeo diaries
- Photos and images are valued by unknown persons and also "cappers" or online pedophiles
- *Grooming*
- *Sexting*

Digital Exclusion Risks

- Generational gaps with power conflicts within the family

- Online X Offline and excluded from the digital world

- Limitations and social disparities > inequities

- Consumerism and economic pressure for new devices and apps

- To be connected as a cyber-slave 24 x 7

- To be part of @ll social networks

- *Nomophobia = no mobile phobia*

- *Wi-Fi at the top of Maslow´s development essential needs pyramid*
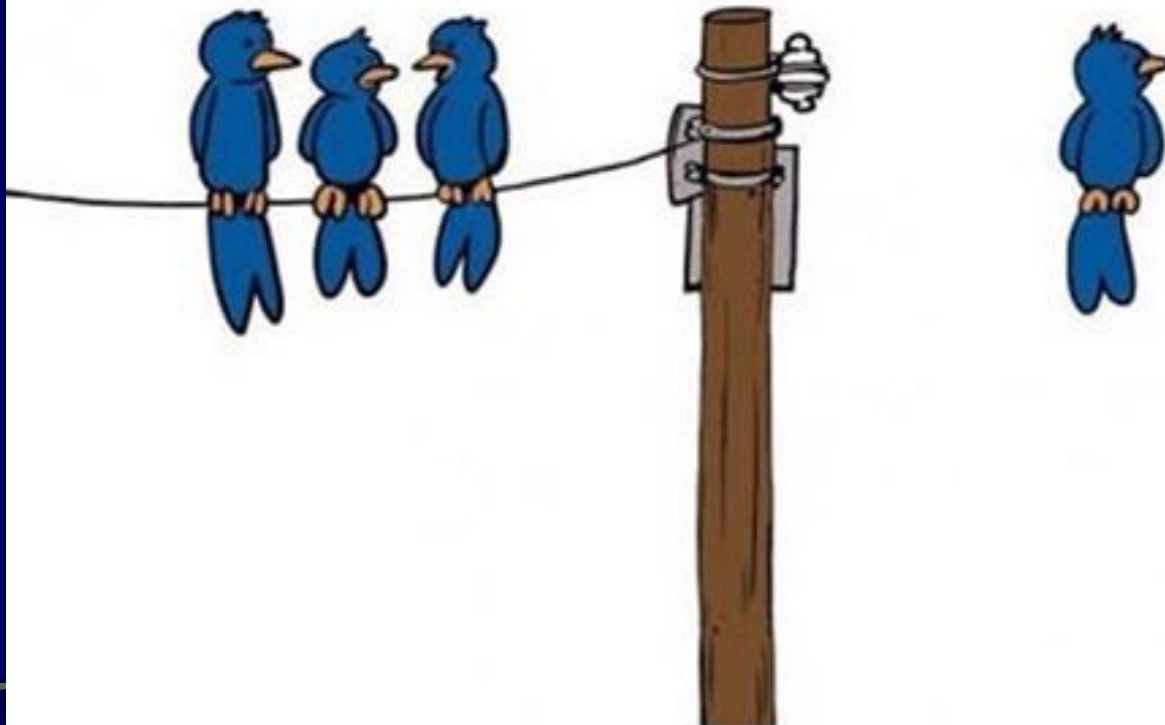
Be aware of precocious behavioral signs:

- Sleep disturbances
- Nutritional problems with weight gain or loss
- Learning and school problems
- Avoidance of daily and family activities
- Early sexualization and-or strange sexual behavior
- Cognitive or affection dissociation
- *Cyber-bullying* or feeling threatened, fearful, upset or offended by messages, images or vídeos on the Internet
- Hate and intolerance online messages
- Contact with any stranger or someone on the Internet who did not know personnally before.

Safety Networks and Help Online

- SAFERNET Network > *www.safernet.org.br/helpline*
- Number to call # 100
- Marco Civil da Internet: Law 12.965/2014
- Safe Internet World Day
- Comitê Gestor da Internet : *www.cgi.br*
- Child Safe International: *www.childsafe.com*
- Microsoft Online Safety and Privacy Education: *www.microsoft.com/protect*
- Web Wise Kids: *www.webwisekids.com*
- Center on Media and Child Health: *www.cmch.tv*

Conclusions

- ONLINE SAFETY INFORMATION FOR EVERYONE

- DIALOGUE WITH PARENTS & EDUCATORS

- STAY ALERT ABOUT ETHICS AND PRIVACY

- RISK PREVENTION IS ALWAYS THE BEST OPTION FOR YOUR HEALTH ALSO ONLINE

- TO DISCONNECT IS ALSO A GOOD OPTION !

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UFRN - Hospital de Pediatria
UFPE - Hospital das Clínicas
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UNICAMP - Hospital de Clínicas
HBL - Hospital Barão de Lucena
HGG - Hospital Geral do Grajaú
HGRS - Hospital Geral Roberto Santos
HMOB - Hospital Municipal Odilon Behrens
IFF - Instituto Fernandes Figueira
UFGD - Hospital Universitário
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