RESOURCES: Screen Addiction in Children and Teenagers  

FROM OUR SPEAKER – Nicholas Kardaras, Ph.D., LCSW-R  
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Workshops  
Dr. Kardaras offers workshops and consultations on a variety of mental health and addiction topics for school districts, organizations and individuals. Topics include teenage drug use and abuse, digital addiction, and social media challenges, the 21st century epidemic, depression and anxiety, finding meaning and purpose in one’s life, and Ancient Greek philosophy.  
He has also developed an 8-week personal growth curriculum available to schools called Teen Discovery, whereby students engage in experiential exercises to better understand themselves, concepts of mental health, as well as the new landscape and challenges facing the millennial and Z generations. This program is available to schools and can be integrated in a Health and Wellness curriculum.

Treatment  
- Counseling & Wellness – “Tech Addiction” (Austin, TX; Dr. Kardaras, CEO/Founder): www.omegarecovery.org  
- Rehab (Hawaii): www.mauirecovery.com  
- Sober Living (Austin, TX): www.bridgewaysoberliving.com

Books  
- Glow Kids: How Screen Addiction is Hijacking our Kids – And How to Break the Trance by Dr. Nicholas Kardaras  
- Reset Your Child’s Brain by Dr. Victoria Dunckley

Articles and Video  
- “Generation Z: Online and at Risk?” in Scientific American  
  https://www.scientificamerican.com/article/generation-z-online-and-at-risk/  
- “Screens in Schools Are a $60 Billion Hoax” in Time Magazine  
  http://time.com/4474496/screens-schools-hoax/?xid=fbshare  
- “It’s ‘digital heroin’: How screens turn kids into psychotic junkies” in The New York Post  
- “Kids turn violent as parents battle ‘digital heroin’ addiction” in The New York Post:  
- The Cocaine-Like Effect of Your Child’s Screen Addiction – Newshub: New Zealand National TV  
- 20/20 Digital Addiction - Elizabeth Vargas Reports - https://www.youtube.com/watch?v=N1Dz6T_5pro

Disclaimer: Wurzweiler Care Cafe provides this list of resources, programs and providers only as an informational service. These resources, programs and providers are not endorsed and have not been evaluated. We encourage attendees to independently investigate and evaluate the listed resources, programs and providers.
FROM OTHER SOURCES (please also visit www.drkardaras.com and see p. 1)

Books:
- *Last Child in the Woods: Saving Our Children from Nature Deficit Disorder* by Richard Louv
- *Peak Performance: Elevate Your Game, Avoid Burnout, and Thrive with the New Science of Success* by Brad Stulberg and Steve Magness
- *Raising Healthy Kids* by Michio Kushi and Aveline Kushi
- *The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age* by Catherine Steiner-Adair with Teresa H. Barker
- *The Conscious Parent: Transforming Ourselves, Empowering Our Children* by Shefali Tsabary, Ph.D.
- *The Awakened Family: How to Raise Empowered Resilient, and Conscious Children* by Shefali Tsabary, Ph.D.

Online
- Website for Free or Low-Cost Family Activities in New York City: https://www.nycgovparks.org/events/kids
- Common Sense Media: https://www.commonsensemedia.org/
- National Institute on Media and the Family: http://www.parentfurther.com
- MediaTechParenting: http://www.mediatechparenting.net
- TED Talk - “Why our screens make us less happy” Adam Alter
  https://www.ted.com/talks/adam_alter_why_our_screens_make_us_less_happy
- TED Talk - “What happens in our brain when you pay attention?” Mehdi Ordikhani-Seyedlr
  https://www.ted.com/talks/mehdi_ordikhani_seyedlr_what_happens_in_your_brain_when_you_pay_attention

8 Ways to Help Cure Your Teen’s Screen Addiction

1. **Give teens a voice.** When they’re part of the decision-making process of how and when their household uses technology, teens are more likely to take ownership of the plan. And since teens know technology so well, chances are they’ll help families make better decisions.

2. **Teach teens to pick up on marketing ploys.** Teens who are wise to the ways marketing, advertising, and the media work are also more keen to tricks of the industry.

3. **Resist the cool stuff/cool person image.** Teens sometimes connect technology devices with social status. Make it clear that a person’s value isn’t related to the things they own.

4. **Remember that technology use is not an all or nothing matter.** Every rule is malleable. Don’t be afraid to adjust a rule that doesn’t quite fit. Each family needs to find the formula that works for them.

5. **Find allies in other parents.** Connect with families from the neighborhood, school, and local place of worship and find out what other parents do to manage technology use in the home.

6. **Don’t just limit media use.** Find activities to replace it. And be creative about it.

7. **Be O.K. with the backlash that comes with setting parental limits.** This is one of those simple and timeless parenting principles. Find which rules work and stick to them. Don’t cave to slammed doors and sucked teeth:

8. **Find ways to make technology habits productive.** A technology obsessed teen might be finding a passion. Channel that and put it to work. Enroll that kid in a programming, animation, or app design class.

If you are concerned about your child’s well-being, we encourage you to seek guidance from a licensed mental health practitioner.

If you have concerns about depression, anxiety, and/or possible suicidal thoughts or behaviors, we encourage you to:
- Learn more by visiting the American Foundation for Suicide Prevention at https://afsp.org/
- Call the National Hopeline Network / Suicide Prevention Lifeline: 1 (800) 273-8255
  - Chat online at https://suicidepreventionlifeline.org/chat/ or visit https://suicidepreventionlifeline.org/

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