

Raising Children in a Digital World

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Some facts and figures:

- in the 12-24 age group, internet use is now 100% (as of 2010)
- Canadian connectivity is highest (81%) with Vancouverites topping the polls for being online (44 hours a month)
- children 8-18 years of age spend an average of 10 hrs, 45 min a day accessing technology (Kaiser Family Foundation - 2010)
- 74% of our youth connect to a social network through their mobile phones.
- teenage internet addiction is on the rise and has evoked pediatric warnings.

Some more facts and figures:

- in 64% of homes, the TV is on during meals. In 45% of homes the TV is on most of the time -- even when no one is watching it
- 71% report they have a TV in their bedroom and 50% have a video game player
- only 28 percent of kids cited parental rules on TV watching and only 30 percent were subject to rules on video game use. In addition, only 36 percent of parents limited kids' computer time.



What 'comes with' a digital device and is this what children need?

As a result of providing our children with digital devices, they can now ...

1. access information like never before
2. entertain themselves like never before
3. connect with each other like never before

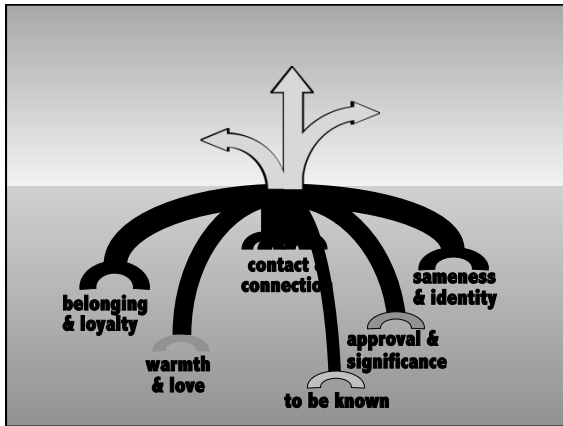
WHAT IS THE
PROBLEM ?

This is NOT
what children need.

Furthermore
this INTERFERES with
what children need.

What do children NEED to realize
their potential as human beings?

1. They NEED to emerge as separate beings, full of their own ideas, intentions, meanings, aspirations, preferences, and values.
2. They NEED to be freed from their attachment hunger by adults who are assuming this responsibility.



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2. They NEED to be freed from their attachment hunger by adults who are assuming this responsibility.
3. They NEED to adapt to lack and to loss in order to develop the resilience to handle reality.

What is the problem with free and immediate access to information and entertainment?

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- triggers 'tuning out' defenses and problems
- interferes with healthy brain growth
- erodes children's dependence upon us
- undermines our ability to control content, context and timing regarding information
- suffocates tentative individuality as well as tender emerging ideas, curiosity & reflection

IN - FLOW

information



OUT - FLOW

~~problem solving~~



PROXIMITY
in the context
of attachment



EMERGING SELF
who seeks information
from emerging
curiosity


IN - FLOW

information



OUT - FLOW


BOREDOM



What is the problem with
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What is the problem with today's
videogames?

- fails to connect the generations
- fails to prime adaptation for loss and lack
- fails to develop mastery in life skills
- fails to cultivate cooperation between children
- erodes the appetite for intimate proximity
- the attachment fix involved in winning is addictive



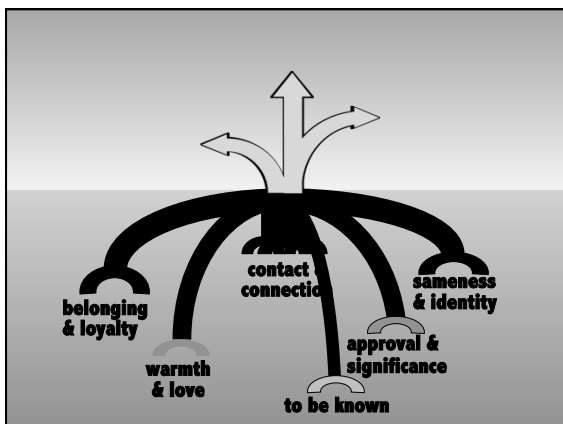
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What is the problem with today's
digitally-mediated social connectivity?

- fails to connect the generations
- happens outside the context of 'collecting'
- pursuit of proximity is divorced from the context of caring
- creates a wounding environment that is too much to bear

What is the problem with today's
digitally-mediated social connectivity?

- skews towards superficial & nonvulnerable modes of attaching



"These days, insecure in our relationships and anxious about intimacy, we look to technology for ways to be in relationships and protect ourselves from them at the same time."

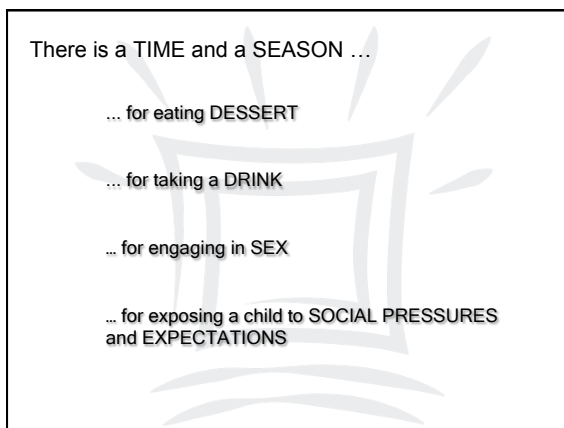
(Sherry Turkle, Alone Together, 2011)

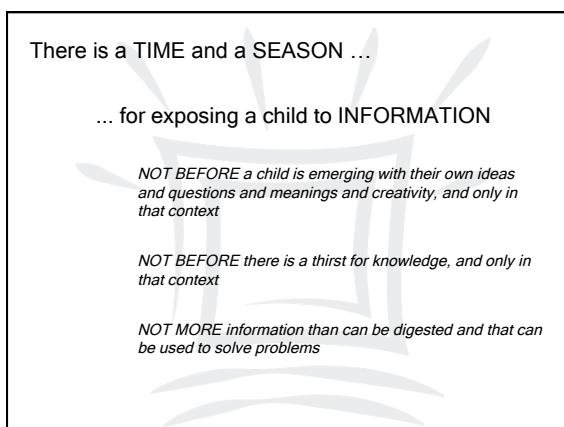
What is the problem with today's digitally-mediated social connectivity?

- it takes them away from the adults who are meant to be raising them
- erodes their dependency upon us who alone can free them from attachment hunger
- sabotages their ability to be fulfilled by what we provide

Does this mean that today's tools of connection are inherently BAD?







There is a TIME and a SEASON ...

... for providing access to entertainment
and videogames

*AFTER one has realized the futility of escaping reality and
developed the corresponding resilience to handle reality*

*AFTER one embraces one's own story and prefers to be
oneself than another*

*AFTER one has developed the capacity to handle lacks,
losses and losing, and so no longer NEEDS to win*

There is a TIME and a SEASON ...

... for providing access to the
technology to connect with their peers

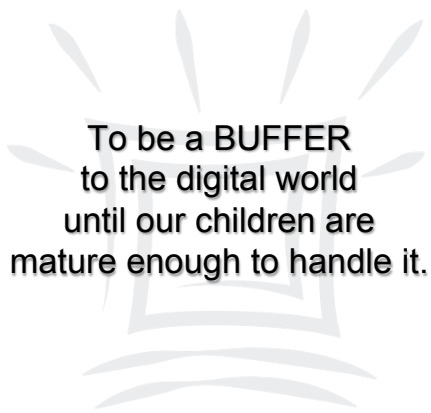
AFTER the capacity for intimacy has fully developed

*AFTER one can hold onto one's self when interacting with
one's peers*

AFTER one no longer needs peer acceptance or approval

*AFTER times of fulfilling interaction with the adults
responsible for the child*

What is an adult's role
in the digital world ?



To be a **BUFFER**
to the digital world
until our children are
mature enough to handle it.

Challenges of raising children in a digital world.

1. Believe that you **ARE** what your child needs.
2. Invite **DEPENDENCE** in other ways if necessary.
3. Create **RITUALS & RULES** to safeguard healthy attachment and to protect from premature exposure.

Challenges of raising children in a digital world.

1. Believe that you **ARE** what your child needs.
2. Invite **DEPENDENCE** in other ways if necessary.
3. Create **RITUALS & RULES** to safeguard healthy attachment and to protect from premature exposure.
4. Keep temptation out of the child's way.
5. Make it easy for your child to attach fully & deeply to you.

Challenges of raising children in a digital world.

6. Immunize your child by fulfilling their attachment hunger.
7. Address underlying peer orientation.
8. Know the signs of a child in trouble and the limits of your own natural power.
9. If needing to intervene, restore & strengthen the relationship first.
10. Take the lead in using attachment technology appropriately.

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