

ADOLESCENT MENTAL HEALTH AND THE INTERNET

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Sexting, suicide and addiction - the children whose lives have been ruined by the Internet



Felix Alexander who took his own life, age 17, after being relentlessly cyber bullied on social media

[HTTPS://WWW.TELEG
RAPH.CO.UK/NEWS/2
018/06/10/SEXTING-
SUICIDE-ADDICTION-
CHILDREN-WHOSE-
LIVES-HAVE-RUINED/](https://www.telegraph.co.uk/news/2018/06/10/sexting-suicide-addiction-children-whose-lives-have-ruined/)

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News

Mental health problems among the young have risen six-fold since the rise of social media platforms



Save



The number of children and young people reporting "a long-standing mental health condition" has soared among a generation brought up with the internet CREDIT: LIONEL BONAVENTURE/AFP

[HTTPS://WWW.TELEGRAPH.CO.UK/NEWS/2018/09/11/MENTAL-HEALTH-PROBLEMS-AMONG-YOUNG-HAVE-RISEN-SIX-FOLD-SINCE/](https://www.telegraph.co.uk/news/2018/09/11/mental-health-problems-among-young-have-risen-six-fold-since/)

- **[HTTP://WWW.BBC.CO.UK/NEWS/TECHNOLOGY-42705881](http://www.bbc.co.uk/news/technology-42705881)**

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Technology

Is social media causing childhood depression?

By Jane Wakefield
Technology reporter

🕒 10 February 2018

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The illustration shows a hand with a white nail polish pointing at a laptop screen. The screen displays a distorted, screaming face with sharp teeth and a wide-open mouth, set against a dark background. The laptop is grey and the background is a solid dark purple.

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PREMIUM

News

Social media is making children regress to mentality of three-year-olds, says top brain scientist



Save 170



Children's use of social media is affecting their social skills, according to Baroness Susan Greenfield



Gareth Southgate in running for Sporting Hero of the Month

England manager Gareth Southgate joins Serena Williams... [Read more](#)
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By Charles Hymas

6 AUGUST 2018 • 2:54PM

Social media and video games are creating a generation of children with the mental and emotional immaturity of three-year-olds, one of Britain's most eminent brain scientists has warned.

Baroness Susan Greenfield, a senior research fellow at [Oxford University](#) and former director of the Royal Institution of Great Britain, said she was concerned children were losing their ability to think for themselves, empathise and communicate with each other.

- [HTTPS://WWW.TELEGRAPH.CO.UK/NEWS/2018/08/05/SOCIAL-MEDIA-REGRESSING-CHILDREN-MENTALITY-THREE-YEAR-OLDS-SAYS/](https://www.telegraph.co.uk/news/2018/08/05/social-media-regressing-children-mentality-three-year-olds-says/)

- [HTTP://WWW.BBC.CO.UK/NEWS/TECHNOLOGY-42907037](http://www.bbc.co.uk/news/technology-42907037)

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Technology

The trouble knowing how much screen time is 'too much'

By Amy Orben
University of Oxford

© 23 February 2018

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Concerns about the harm caused by "too much" screen time - particularly when it is spent on social media - are widespread. But working out what a "healthy" amount might be is far from easy.

A DECADE OF SMARTPHONES: WE NOW SPEND AN ENTIRE DAY EVERY WEEK ONLINE

BY CHARLES HYMAS

- [HTTPS://PREMIUM.TELEGRAPH.CO.UK/?ICID=GENERIC PREMIUMSUB GENERIC GENERIC_TOPNAV&REDIRECTTO=HTTPS%3A%2F%2FWWW.TELEGRAPH.CO.UK%2FNEWS%2F2018%2F08%2F01%2FDECADE-SMARTPHONES-NOW-SPEND-ENTIRE-DAY-EVERY-WEEK-ONLINE%2F](https://premium.telegraph.co.uk/?ICID=GENERIC_PREMIUMSUB_GENERIC_GENERIC_TOPNAV&REDIRECTTO=HTTPS%3A%2F%2FWWW.TELEGRAPH.CO.UK%2FNEWS%2F2018%2F08%2F01%2FDECADE-SMARTPHONES-NOW-SPEND-ENTIRE-DAY-EVERY-WEEK-ONLINE%2F)

THE AVERAGE PERSON IN THE UK SPENDS MORE THAN A DAY A WEEK ONLINE, ACCORDING TO A LANDMARK REPORT ON THE IMPACT OF THE “DECADE OF THE SMARTPHONE”. PEOPLE ARE ON AVERAGE ONLINE FOR 24 HOURS A WEEK, TWICE AS LONG AS 10 YEARS AGO, WITH ONE IN FIVE OF ALL ADULTS SPENDING AS MUCH AS 40 HOURS A WEEK ON THE WEB. THIS IS PARTLY DUE TO THE RISE IN USE BY THOSE AGED 16 TO 24, WHO AVERAGE 34.3 HOURS A WEEK ON THE INTERNET. AND FOR THE FIRST TIME WOMEN ARE SPENDING MORE TIME ONLINE THAN MEN, FUELLED BY A RISE IN INTERNET USE BY THOSE AGED 18 TO 34 AND THE EXPLOSION IN SOCIAL MEDIA. THEY SPEND HALF AN HOUR A WEEK LONGER ONLINE THAN MEN OF THE SAME AGE. OFCOM, WHICH COMPILED THE REPORT, ATTRIBUTES A LARGE PART OF THE SURGE IN TIME ONLINE TO THE RISE OF SMARTPHONES WHICH ARE NOW USED BY 78 PER CENT OF THE POPULATION COMPARED WITH JUST 17 PER CENT IN 2008, THE YEAR AFTER THE FIRST IPHONE WAS LAUNCHED. BRITONS ARE NOW SO ADDICTED TO THEM THAT THEY CHECK THEM EVERY 12 MINUTES.

THE REPORT, A DECADE OF DIGITAL DEPENDENCY, SAYS 40 PER CENT OF ADULTS LOOK AT THEIR PHONE WITHIN FIVE MINUTES OF WAKING UP, RISING TO 65 PER CENT OF THOSE AGED UNDER 35. AND 37 PER CENT OF ADULTS CHECK THEIR PHONES JUST BEFORE SWITCHING OFF THE LIGHTS FOR BED, INCREASING TO 60 PER CENT OF UNDER 35S. THE YOUNGER GENERATION IS THE MOST ADDICTED. THOSE AGED 15 TO 24 ON AVERAGE SPEND FOUR HOURS A DAY ON THE PHONE COMPARED WITH 2 HOURS 49 MINUTES FOR ALL ADULTS. THE YOUNG ALSO CHECK THEIR PHONES EVERY 8.6 MINUTES, MORE FREQUENTLY THAN ANY OTHER AGE GROUP. WHILE OFCOM HIGHLIGHTS BENEFITS SUCH AS KEEPING IN TOUCH WITH FAMILY, IT CITES STRESS AND DISRUPTION TO PERSONAL AND FAMILY LIFE. “SOME FIND THEMSELVES FEELING OVERLOADED WHEN ONLINE OR FRUSTRATED WHEN THEY ARE NOT,” SAID IAN MACRAE, DIRECTOR OF MARKET INTELLIGENCE.

FIFTEEN PER CENT SAID SMARTPHONES MADE THEM FEEL THEY WERE ALWAYS AT WORK, 54 PER CENT ADMITTED THEY INTERRUPTED FACE-TO-FACE CONVERSATIONS WITH FRIENDS AND FAMILY AND 43 PER CENT ADMITTED SPENDING TOO MUCH TIME ONLINE. MORE THAN A THIRD FELT STRESSED AND “CUT OFF” WITHOUT THEIR PHONE AND 29 PER CENT “LOST WITHOUT IT” – WHILE ONE IN 10 SAID THAT GIVING IT UP WAS “LIBERATING” OR MADE THEM MORE PRODUCTIVE. BUT PEOPLE TREASURE THEIR SMART PHONE MORE THAN ANY OTHER DEVICE. ALMOST HALF OF ADULTS SAID THEY WOULD MISS IT MORE THAN TV (28 PER CENT) AND A DESKTOP OR LAPTOP COMPUTER (10 PER CENT) – A REVERSAL OF A DECADE AGO, WHEN 52 PER CENT SAID THE TV WAS MORE IMPORTANT THAN THE MOBILE PHONE (13 PER CENT). AMONG 16 TO 24-YEAR-OLDS, 72 PER CENT NOW SAY THE SMARTPHONE IS THE DEVICE THEY WOULD MISS MOST. YET WE SPEND LESS TIME MAKING PHONE CALLS ON IT THAN EVER BEFORE. TOTAL OUTGOING CALLS ON MOBILES DROPPED BY 2.5 BILLION MINUTES(1.7 PER CENT) IN 2017 AS PEOPLE TURNED TO WHATSAPP AND MESSENGER. USING IT FOR PHONE CALLS IS ONLY CONSIDERED IMPORTANT BY 75 PER CENT OF SMARTPHONE USERS COMPARED WITH 92 PER CENT WHO SAY BROWSING THE WEB IS MORE IMPORTANT. IT HAS, HOWEVER, PROVOKED A HUGE DIVIDE AT MEALTIME, WHERE USING THE PHONE WAS DEEMED INAPPROPRIATE BY 72 PER CENT OF 18-34S AS AGAINST 90 PER CENT OF THOSE AGED OVER 55.

- [HTTPS://WWW.TELEGRAPH.CO.UK/FAMILY/RELATIONSHIPS/PUT-PHONE-GROWING-BACKLASH-CALLING-TERRIBLE-TECH-MANNERS/](https://www.telegraph.co.uk/family/relationships/put-phone-growing-backlash-calling-terrible-tech-manners/)

Lifestyle Family

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Home > Lifestyle > Family > Relationships

Put your phone down! How a growing backlash is calling out our terrible tech manners



Save 50



The sudden loss of our manners where phones are concerned has not gone entirely unremarked
CREDIT: LAUREN HURLEY/PA



Does Serena Williams deserve to win the Sporting Hero award?

Vote for your favourite out of these three stars for the cha... [Read more](#)
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By Rosa Silverman
2 AUGUST 2018 - 2:20PM

How many times have you watched with distaste as a parent ignores their young child beside them while mindlessly scanning their phone? Yes, we've all spotted them at it, and yes, how we've sighed and tut-tutted.

Next question: how many times have your eyes been glued to your own mobile screen while ignoring those in the room with you? Come on, be honest now. Few among us can claim we've consistently avoided such conduct.

HTTPS://WWW.TELEGRAPH.CO.UK/NEWS/2018/06/29/CHILDREN-SPENDUP-10-HOURS-DAY-MINDLESSLY-SWIPINGTHEIR-MOBILES/

- **TEENAGERS ARE SPENDING UP TO 12 HOURS ONLINE A DAY MINDLESSLY SWIPING THROUGH SOCIAL MEDIA WITHOUT LOOKING AT ANY SINGLE PIECE OF CONTENT FOR MORE THAN A FEW SECONDS, A UNIQUE STUDY HAS FOUND.**
- **FOR THE FIRST TIME RESEARCHERS USED TECHNOLOGY TO RECORD MINUTE BY MINUTE WHAT YOUNG PEOPLE ACTUALLY DO ON THEIR SMART PHONES – AND WERE SHOCKED BY THE COMPULSIVE AND SUPERFICIAL WAY THEY “WASTED” HOURS SCROLLING THROUGH SOCIAL NETWORKING SITES.**
- **TYPICAL WAS OLYMPIA, AGED 17, WHO IN ONE 24-HOUR PERIOD SPENT 3.3 HOURS ON SNAPCHAT, 2.5 HOURS ON INSTAGRAM, 2 HOURS ON FACE TIME, 2.4 HOURS ON WHATSAPP AND 1.8 HOURS ON SAFARI - A TOTAL OF 12 HOURS.**
- **“IT’S VERY FAST SCROLLING OF ONE OR TWO SECONDS ON EACH PIECE OF CONTENT, SHARING OR LIKING, THEN SCROLLING AGAIN. IT FEELS COMPULSIVE. IT’S VERY VISUAL. IT’S QUITE SHOCKING BECAUSE IT IS VERY SUPERFICIAL,” SAID DAMON DE IONNO, MANAGING DIRECTOR OF REVEALING REALITY, WHICH ADVISES AND RESEARCHES FOR THE REGULATOR [OFCOM](#), ENGLAND’S CHILDREN’S COMMISSIONER AND THE BBC.**
- **WHEN THE RESEARCHERS PLAYED BACK THE ON-SCREEN RECORDS TO SHOW THE YOUNG PEOPLE WHAT THEY HAD BEEN DOING ON THEIR PHONES, THE TEENAGERS WENT INTO DENIAL. “THEY SAID THINGS LIKE ‘OH, IT’S NOT NORMALLY THIS BORING,’ AS IF SEEING IT PROPERLY FOR THE FIRST TIME,” SAID MR DE IONNO.**

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Children spend up to 10 hours a day 'mindlessly swiping' their mobiles, study finds



2



Researchers were shocked by the superficial way children 'wasted' hours scrolling through social media sites CREDIT: CHRIS RADBURN /PA

HTTPS://WWW.TELEGRAPH.CO.UK/NEWS/2018/08/02/GOVERNMENT-GUIDANCE-SHOULD-TELL-PARENTS-NOT-GIVE-SMARTPHONES/

- **THE GOVERNMENT SHOULD ISSUE GUIDANCE TELLING PARENTS NOT TO GIVE SMARTPHONES TO UNDER 11S, A LEADING ROYAL COLLEGE PSYCHIATRIST HAS SAID.**
- **DR JON GOLDIN, VICE CHAIRMAN OF THE ROYAL COLLEGE OF PSYCHIATRISTS' CHILD AND ADOLESCENT FACULTY, SAID OFFICIAL ADVICE NOT TO GIVE CHILDREN A SMARTPHONE UNTIL THE FIRST YEAR OF SECONDARY SCHOOL AT THE EARLIEST WOULD HELP PARENTS RESIST THEIR OFFSPRING'S DEMANDS.**
- **HE ALSO WARNED THAT CHILDREN SHOULD SPEND NO MORE THAN TWO HOURS A DAY ON SOCIAL MEDIA AMID EVIDENCE DOING SO MAKES THEM MORE LIKELY TO BECOME DEPRESSED AND ANXIOUS.**

Government should tell parents not to give smartphones to under-11s, says leading psychiatrist



Dr Jon Goldin, vice chairman of the Royal College of Psychiatrists' child and adolescent faculty, said official advice would help parents resist their offspring's demands. CREDIT: TWITTER



Which business current account is best for you?

So-called "high street" banks are very visible in the business space and many offer free periods of current account banking. [Read more](#)

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By Charles Hymas

2 AUGUST 2018 · 9:30PM

The government should issue guidance telling parents not to give smartphones to under 11s, a leading Royal College psychiatrist has said.

Dr Jon Goldin, vice chairman of the Royal College of Psychiatrists' child and adolescent faculty, said official advice not to give children a smartphone until the first year of secondary school at the earliest would help parents resist their offspring's demands.

ALMOST A FIFTH OF YOUNG PEOPLE AGED 16 TO 24 ARE SO ADDICTED TO THEIR SMARTPHONES THAT THEY SPEND MORE THAN SEVEN HOURS A DAY ONLINE, NEW OFCOM DATA REVEALS.

THE EXCLUSIVE ANALYSIS FOR THE TELEGRAPH SHOWS YOUNG PEOPLE IN THAT AGE BRACKET ARE TWICE AS LIKELY AS THE REST OF THE POPULATION TO BE ONLINE FOR WHAT IS EQUIVALENT TO OVER TWO FULL 24-HOUR DAYS A WEEK.

THE DATA ALSO REVEALS A GENERATIONAL DIGITAL DIVIDE AS JUST 1 PER CENT OF OVER 65S AND ONLY 6 PER CENT OF 55-64 YEAR OLDS SPEND OVER 50 HOURS A WEEK ONLINE, COMPARED TO THE 18 PER CENT OF 16-24 YEAR OLDS, EQUIVALENT TO MORE THAN 1.1M YOUNG PEOPLE.

OFCOM PROVIDED THE INTER-GENERATIONAL BREAKDOWN OF HEAVY USERS AFTER REVEALING EARLIER THIS MONTH THAT BRITONS ARE ON AVERAGE SPENDING A DAY A WEEK ONLINE AND CHECK THEIR SMARTPHONES EVERY 12 MINUTES.

ONLINE EXPERTS EXPRESSED CONCERN THAT SUCH HEAVY USE OF PHONES, TABLETS AND PCS COULD BE HAVING A NEGATIVE IMPACT ON RELATIONSHIPS, PRODUCTIVITY AND EVEN MENTAL HEALTH.

ONE IN SEVEN (15 PER CENT) OF YOUNGER USERS ADMITTED THEY WERE MORE PRODUCTIVE WHEN THEY LOST ACCESS TO THE INTERNET, AND ONE IN FIVE (19 PER CENT) SAID THEY WERE LESS DISTRACTED. MORE THAN HALF ADMITTED THEIR DEVICES INTERRUPTED FACE-TO-FACE CONVERSATIONS WITH FAMILIES AND FRIENDS.

News

A fifth of 16-24 year olds spend more than seven hours a day online every day of the week, exclusive Ofcom figures reveal



CREDIT: LAUREN HURLEY/PA WIRE

“I FEEL THAT AGE GROUP ARE AWARE OF THEIR DIGITAL DEPENDENCE AND ARE MAKING EFFORTS AND ATTEMPTS TO CUT DOWN,” SAID TANYA GOODIN, FOUNDER OF DIGITAL HEALTH CONSULTANCY TIME TO LOG OFF.

“IT IS NOT JUST ABOUT IT AFFECTING RELATIONSHIPS AND PRODUCTIVITY BUT ALSO MENTAL HEALTH. AN OXFORD UNIVERSITY STUDY LAST YEAR SHOWED SELF-REPORTED MENTAL WELLBEING PEAKED FOR 15-YEAR OLDS AT FOUR HOURS A DAY ON SCREENS. AFTER THAT FURTHER SCREEN TIME HAD A NEGATIVE EFFECT ON THEIR WELLBEING.”

FOR A GENERATION BORN AROUND THE TURN OF THE MILLENNIUM WHEN THE FIRST CAMERA PHONE WAS LAUNCHED AND SONY PLAYSTATION 2 WAS TAKING THE WORLD BY STORM, SMARTPHONES ARE THE MAIN MODE OF ACCESSING THE INTERNET.

EVEN THE OLDEST OF THE 16-24 YEAR-OLDS WERE JUST 13 WHEN THE IPHONE WAS LAUNCHED. NOW 95 PER CENT OF THAT AGE GROUP USE THEIR SMARTPHONE TO GO ONLINE, COMPARED TO 70 PER CENT OF ALL ADULTS AND JUST 22 PER CENT OF 65 TO 74-YEAR-OLDS.

YOUNG WOMEN APPEAR TO BE MORE ADDICTED TO THEIR SMARTPHONES THAN YOUNG MEN, WITH TEXTING (53 PER CENT), LOGGING ON TO SOCIAL MEDIA SITES (44 PER CENT) AND BROWSING THE WEB (34 PER CENT) THE MOST POPULAR ACTIVITY WHILE COMMUTING.

News

A fifth of 16-24 year olds spend more than seven hours a day online every day of the week, exclusive Ofcom figures reveal



CREDIT: LAUREN HURLEY/PA WIRE

WOMEN AGED 16-24 YEARS OLD ON AVERAGE SPEND A FULL HOUR LONGER EACH DAY ON THEIR PHONES THAN MEN OF THE SAME AGE, FOUR HOURS A DAY COMPARED TO THREE BY THE MEN.

FOR ALL ADULTS, THE PROPORTION SPENDING OVER 40 HOURS ONLINE HAS QUADRUPLED, FROM 5 PER CENT TO 19 PER CENT SINCE THE IPHONE WAS LAUNCHED IN 2007. AMONG 16-24 YEAR OLDS, IT RISES TO 33 PER CENT. THREE-QUARTERS OF THE AGE GROUP SPEND MORE THAN A DAY A WEEK ONLINE.

THE YOUNG GENERATION IS MORE TOLERANT ABOUT USING SMARTPHONES DURING ACTIVITIES WITH FAMILY OR FRIENDS, WITH JUST 21 PER CENT SAYING IT IS UNACCEPTABLE WHILE WATCHING TV WITH OTHERS, COMPARED TO 41 PER CENT OF ALL ADULTS. HALF THOUGHT IT WAS ACCEPTABLE TO CHECK THEIR PHONE FOR NOTIFICATIONS DURING A MEAL COMPARED WITH JUST 17 PER CENT OF ALL ADULTS.

THERE ARE SIGNS, HOWEVER, OF A NASCENT BACKLASH AMONG THE YOUNG – JUST AS THERE IS A TANDEM DRIVE BY THE GOVERNMENT TO GET MORE OLDER PEOPLE ONLINE SO THEY CAN MORE EASILY ACCESS SERVICES AND CARE.

HOLD, A NORWEGIAN SOCIAL ENTERPRISE COMPANY, CLAIMS TO HAVE SIGNED UP 100,000 YOUNG BRITONS TO AN APP WHICH USES SIMILAR PSYCHOLOGY TO THE SOCIAL MEDIA GIANTS BY REWARDING STUDENTS FOR THE TIME THEY STAY OFF, RATHER THAN ON, THEIR PHONES. IN NORWAY, 125,000 STUDENTS USE IT.

News

A fifth of 16-24 year olds spend more than seven hours a day online every day of the week, exclusive Ofcom figures reveal



CREDIT: LAUREN HURLEY/PA WIRE

THE REWARDS SUCH AS DRINKS, FOOD OR TRAVEL ARE PROVIDED BY SPONSORS OF THE COMPANY, WHICH HAS BEEN BACKED WITH £250,000 BY BRENT HOBERMAN, WHO WORKS WITH PRINCES WILLIAM AND HARRY TO COUNTER CYBER-BULLYING, AND HENRY LANE FOX, WHO WAS HIS CO-FOUNDER AT LASTMINUTE.COM.

KEITA ERIAWAN, 20, A STUDENT AT HULT INTERNATIONAL BUSINESS SCHOOL IN LONDON, SAID HE DOWNLOADED THE APP BECAUSE OF HIS FRUSTRATION THAT HIS HABIT OF CONSTANTLY CHECKING HIS PHONE WAS DISTRACTING HIM FROM HIS STUDIES.

HE SAID IT HELPED HIM BECOME AWARE OF HOW MUCH TIME HE WASTED: "I USED TO CHECK MY PHONE EVERY FIVE MINUTES FOR SOCIAL MEDIA AND FOOTBALL UPDATES. THAT WOULD BE OVER EIGHT TO NINE HOURS A DAY. NOW I WOULD SAY IT'S ABOUT HALF THAT TIME."

BY CONTRAST, MARTIN LOCK, CHIEF EXECUTIVE OF SILVERSURFERS, SAID HE EXPECTED A SHARP INCREASE IN OLDER PEOPLE'S TIME ON THE INTERNET IN COMING YEARS AS THE GOVERNMENT TOOK MORE SERVICES ONLINE AND MORE TECH-SAVVY MIDDLE-AGED USERS GOT OLDER.

MARGIE SAVORY, 69, A FORMER TV PRODUCER FROM BRIDPORT, ADMITS SHE IS ADDICTED TO HER PHONE, USING IT TO KEEP IN CONTACT WITH FAMILY AND FRIENDS, AND UP TO DATE WITH COMMUNITY NEWS. "I USE IT TO KEEP IN TOUCH, THROUGH FACEBOOK, WHATSAPP, INSTAGRAM AND TWITTER," SHE SAID.

"WE HAVE A WHATSAPP GROUP WITH NEIGHBOURS WHO ARE OLDER THAN ME WHERE WE CAN SEND EACH OTHER PICTURES IF WE DO SOMETHING FUN OR ARE ON HOLIDAY. WE KEEP AN EYE ON EACH OTHER'S GARDENS WHEN WE ARE AWAY."

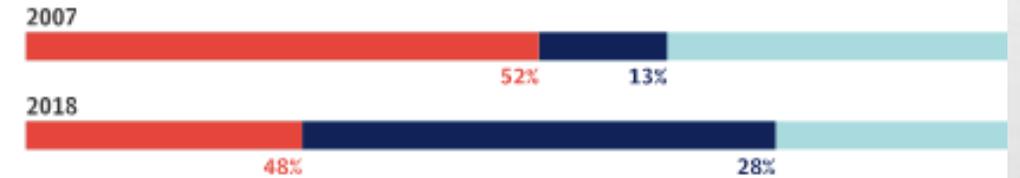
THE ONLY DOWNSIDE, SHE ADMITTED, WAS THAT HER HUSBAND CHRIS, 56, "DIDN'T LIKE IT" WHEN SHE USED HER PHONE WHEN WATCHING TV.

Decade of the smartphone

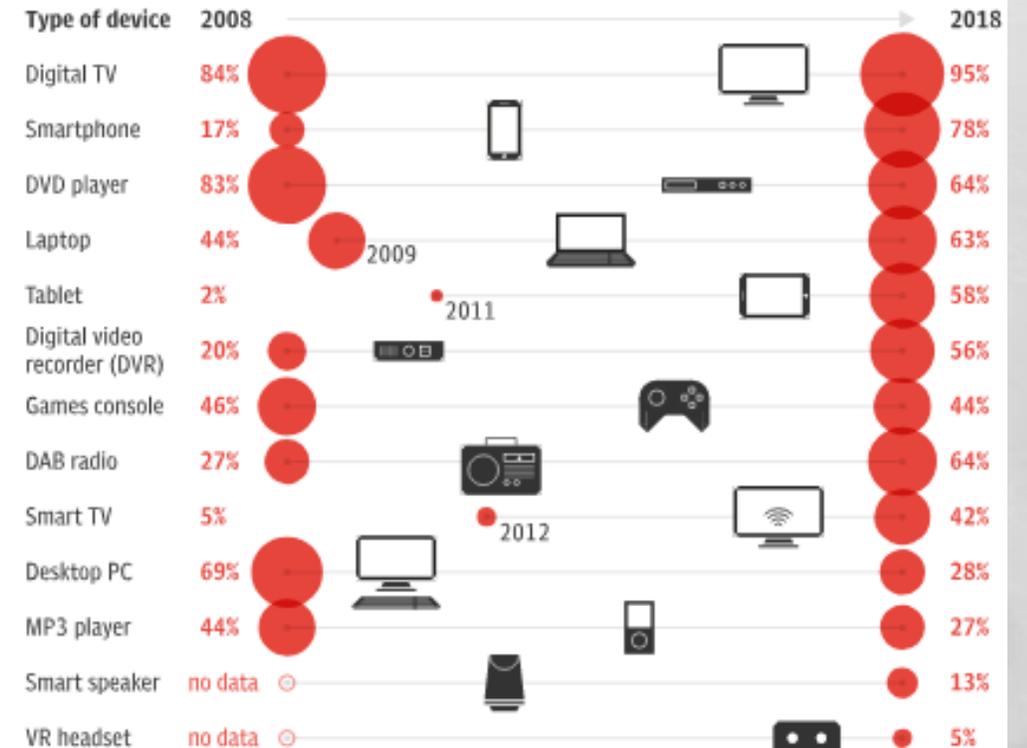
A new favourite

Which device do we most miss

◆ TV ◆ Mobile phone ◆ Other devices



Increased take-up of new technologies





3-4s

1% have their own smartphone, **21%** have their own tablet.

96% watch TV on a TV set, for around **15h a week**

41% watch TV on other devices, mostly on a tablet

40% play games, for nearly **6h a week**.

53% go online, for nearly **8h a week**.

71% of these mostly use a tablet to go online.

48% use YouTube, of which 52% of these say cartoons are their favourite thing to watch, 15% say unboxing videos.

0% have a social media profile.



5-7s

5% have their own smartphone, **35%** have their own tablet.

95% watch TV on a TV set, for around **13½h a week**

49% watch TV on other devices, mostly on a tablet

66% play games, for nearly **7½h a week**.

79% go online, for around **9h a week**.

63% of these mostly use a tablet to go online.

71% use YouTube, of which 30% say cartoons are their favourite thing to watch, 18% say funny videos or pranks.

3% have a social media profile.

The **TV set** is the device they say they would miss the most.



8-11s

39% have their own smartphone, **52%** have their own tablet.

95% watch TV on a TV set, for nearly **14h a week**.

55% watch TV on other devices, mostly on a tablet

81% play games, for around **10h a week**.

94% go online, for nearly **13½h a week**.

46% of these mostly use a tablet to go online, **22%** a mobile.

81% use YouTube, of which 23% say funny videos or pranks are their favourite thing to watch, 18% say music videos.

23% have a social media profile.

The **TV set** or **tablet** are the devices they would miss the most.



12-15s

83% have their own smartphone, **55%** have their own tablet.

91% watch TV on a TV set, for nearly **14½h a week**.

68% watch TV on other devices, mostly a tablet or mobile.

77% play games, for around **12h a week**.

99% go online, for nearly **21h a week**.

49% of these mostly use a tablet to go online, **26%** mostly use a mobile.

90% use YouTube, of which 26% say music videos are their favourite thing to watch, 23% say funny videos or pranks.

74% have a social media profile.

Their **mobile phone** is the device they would miss the most.

BRAIN REMODELLING DURING ADOLESCENCE

- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=DISMDB5ZFIQ](https://www.youtube.com/watch?v=DISMDB5ZFIQ)

BRAIN REMODELLING DURING ADOLESCENCE

- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=MHS7VLCWRXY](https://www.youtube.com/watch?v=MHS7VLCWRXY)

BRAIN REMODELLING DURING ADOLESCENCE

- **BRAIN MATTER INCREASES DURING CHILDHOOD UNTIL ABOUT 12 YEARS OLD**
- **NEURAL CONNECTIONS STRENGTHEN WHILE UNUSED BRAIN MATTER IS 'PRUNED' BETWEEN THE AGES OF ABOUT 12 TO 18**
- **THE WHOLE PROCESS OF BRAIN REMODELLING IS COMPLETE BY AROUND 25**
- **THE HABITS LAID DOWN DURING ADOLESCENCE THEREFORE AFFECT BRAIN STRUCTURE FOREVER**

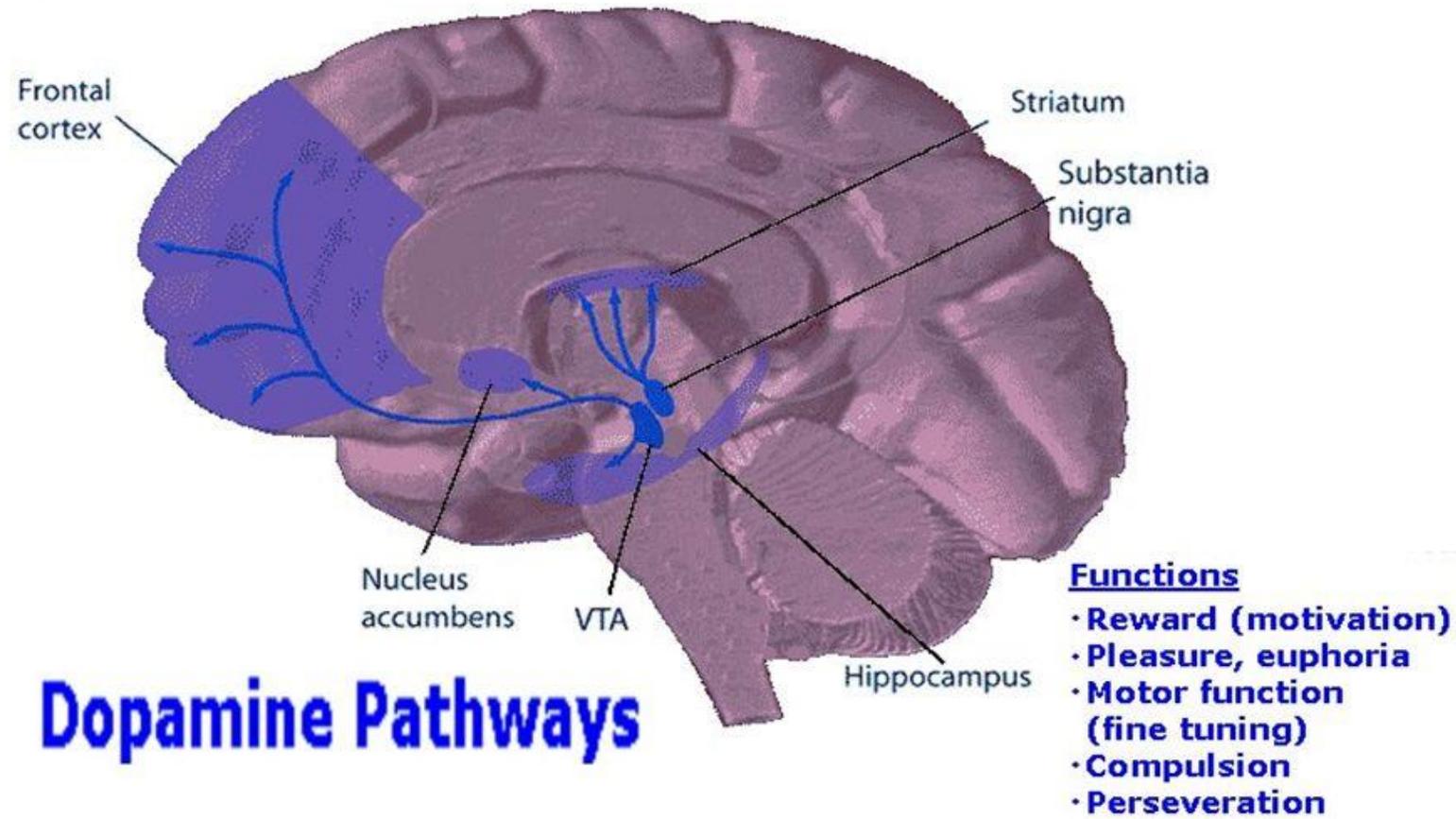
BRAIN REMODELLING DURING ADOLESCENCE

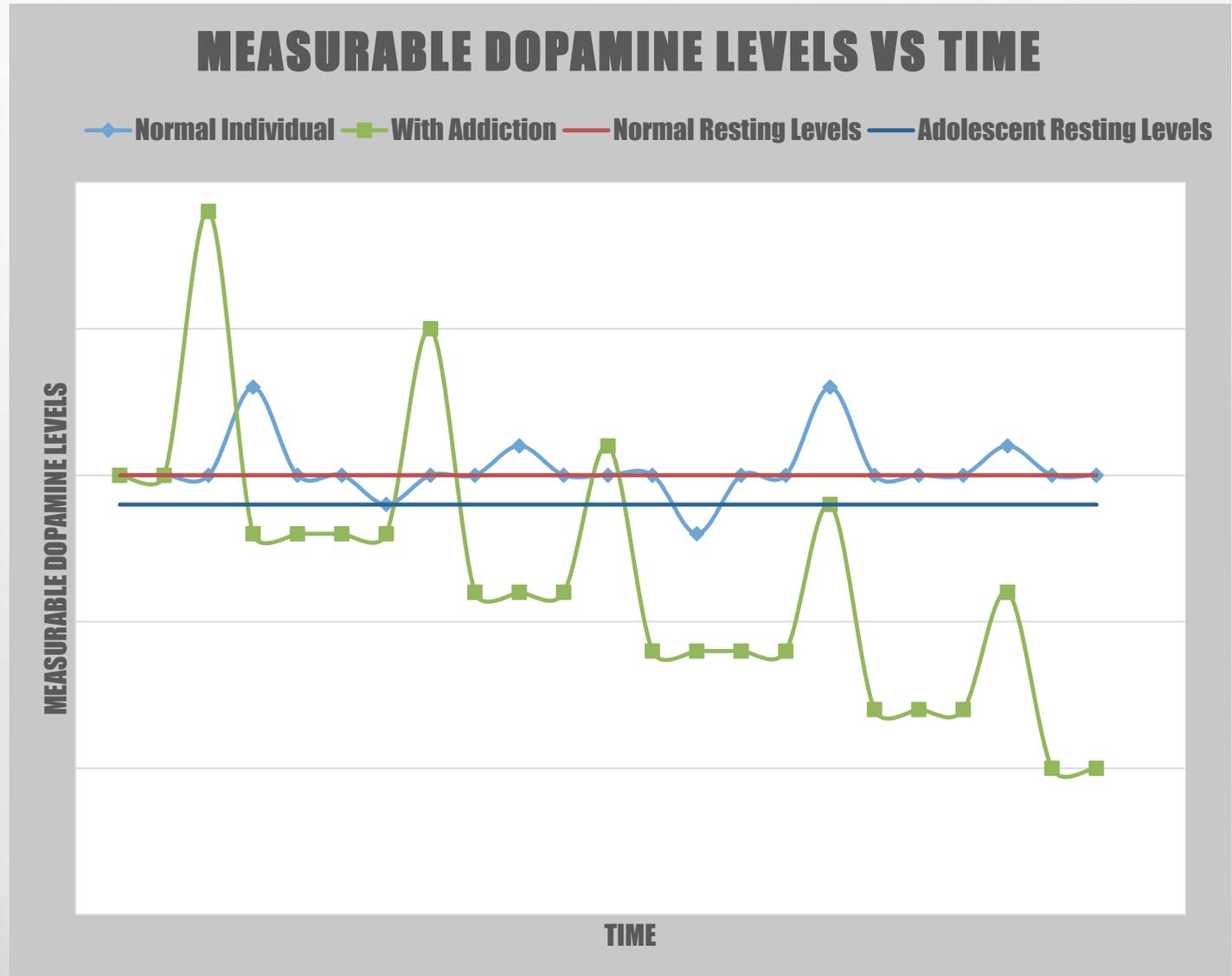
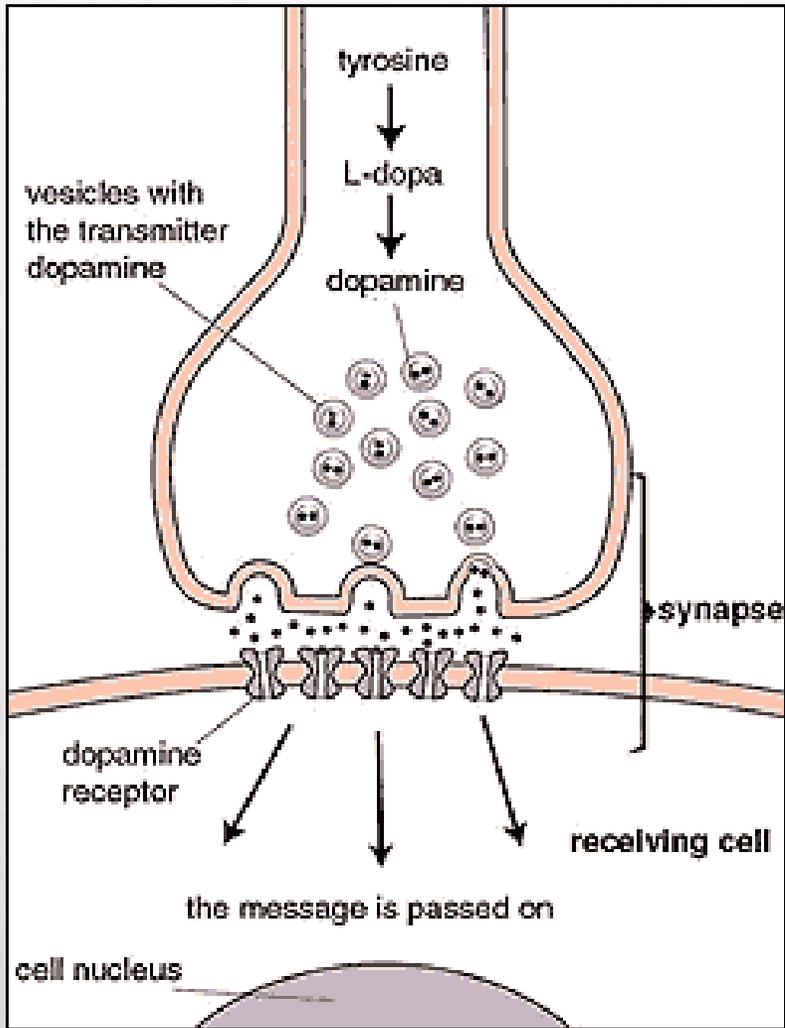
- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=Y8S04TQFUES](https://www.youtube.com/watch?v=Y8S04TQFUES)

BRAIN REMODELLING DURING ADOLESCENCE

- **TECHNOLOGY USE IS PERMANENTLY REMODELLING ADOLESCENT BRAINS**

The brain's reward pathway





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The design tricks that get you hooked on your phone

Feel like you have to always use your phone?

You're not the only one - technology companies use psychological tricks to get you hooked to your phone.

James Reeve explains.

🕒 14 Apr 2018

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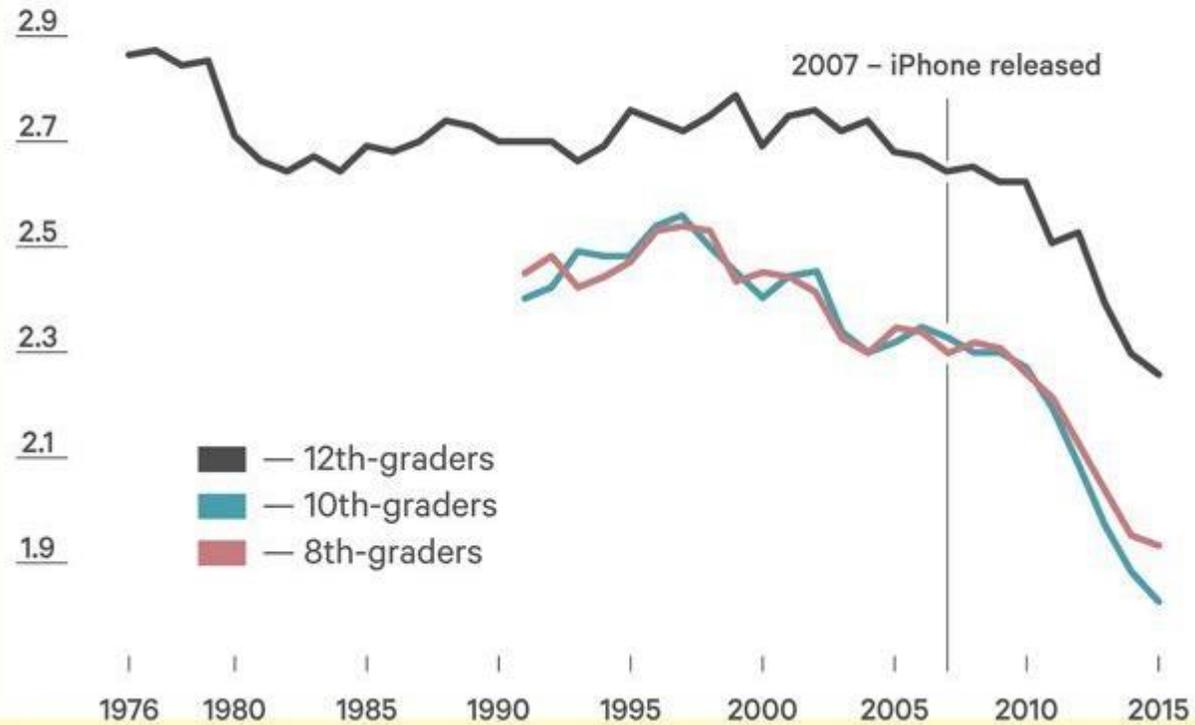
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RLD-US-CANADA-41114887/HOW-ARE-
SMARTPHONES-AFFECTING-TEENAGERS

- **12TH GRADE – YEAR 13**
- **10TH GRADE – YEAR 11**
- **8TH GRADE – YEAR 9**

1

Not Hanging Out With Friends

Times per week teenagers go out without their parents

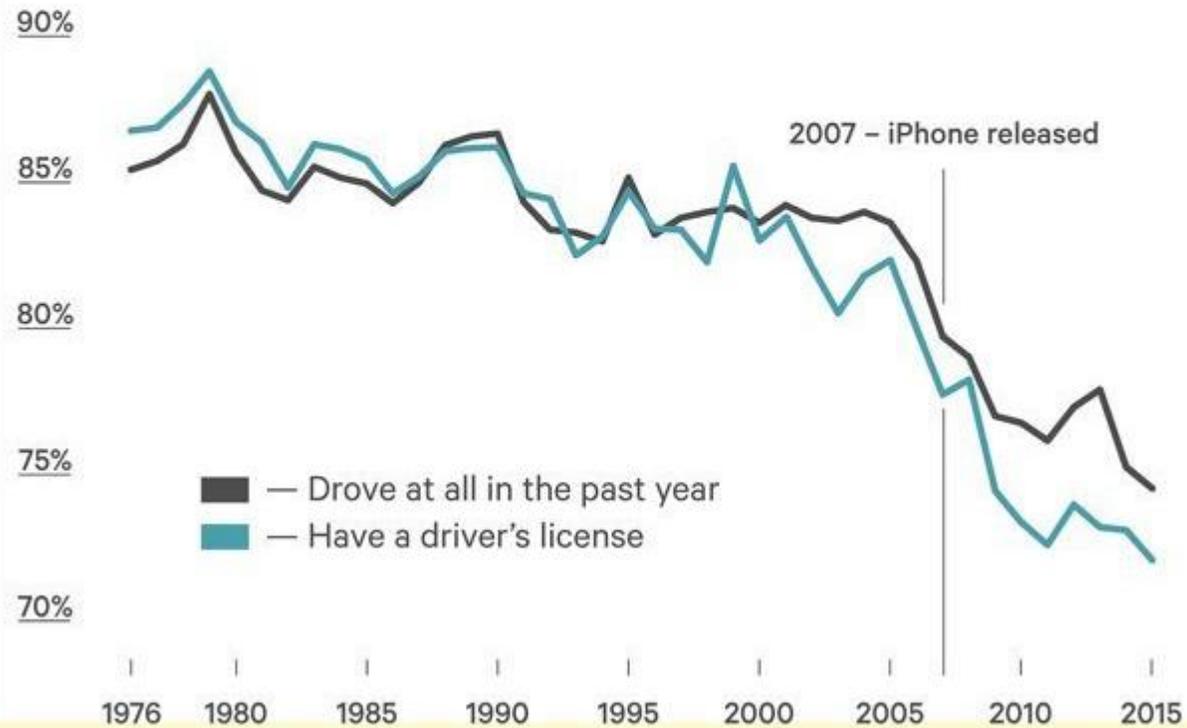


- **12TH GRADE – YEAR 13**
- **10TH GRADE – YEAR 11**
- **8TH GRADE – YEAR 9**

2

In No Rush to Drive

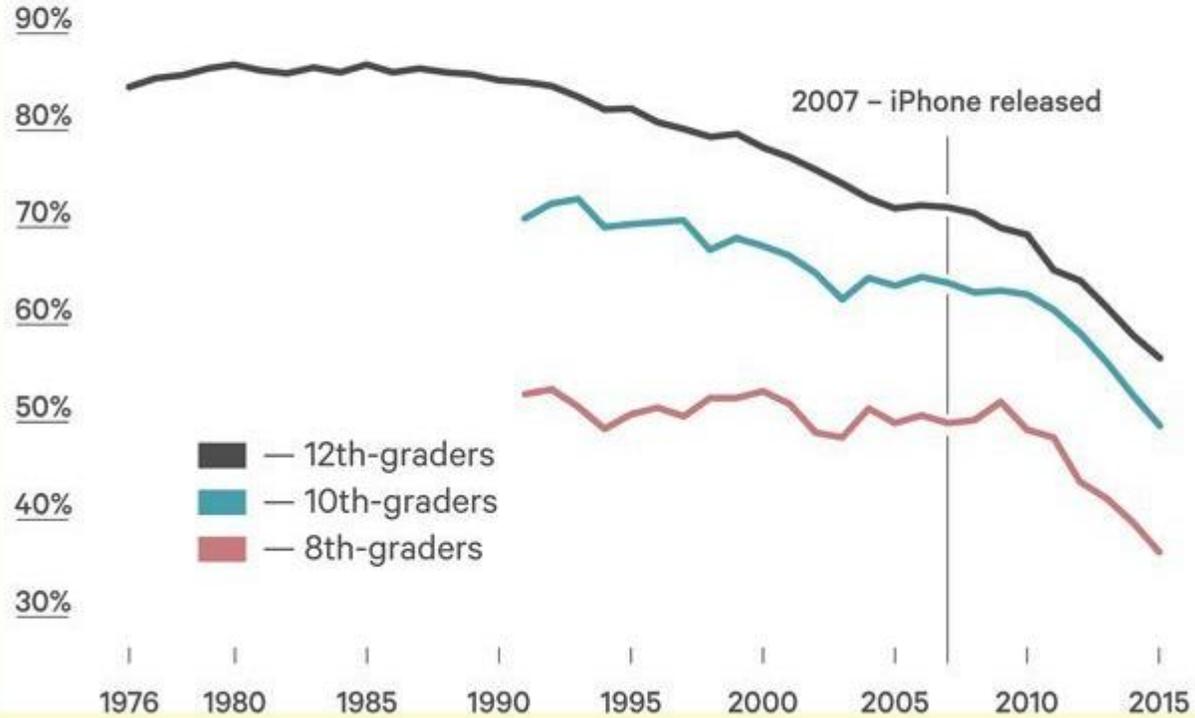
Percentage of 12th-graders who drive



3

Less Dating ...

Percentage of teenagers who ever go out on dates

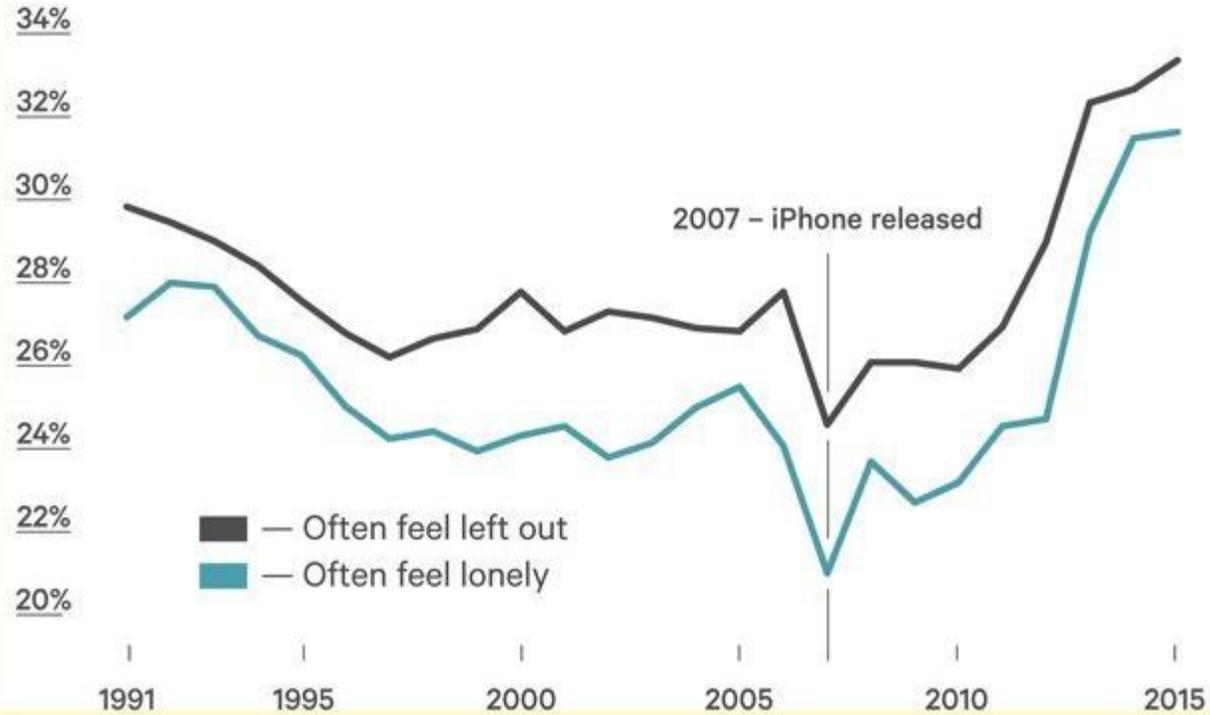


- **12TH GRADE – YEAR 13**
- **10TH GRADE – YEAR 11**
- **8TH GRADE – YEAR 9**

5

More Likely to Feel Lonely

Percentage of 8th-, 10th-, and 12th-graders who agree or mostly agree with the statement "I often feel left out of things" or "A lot of times I feel lonely"



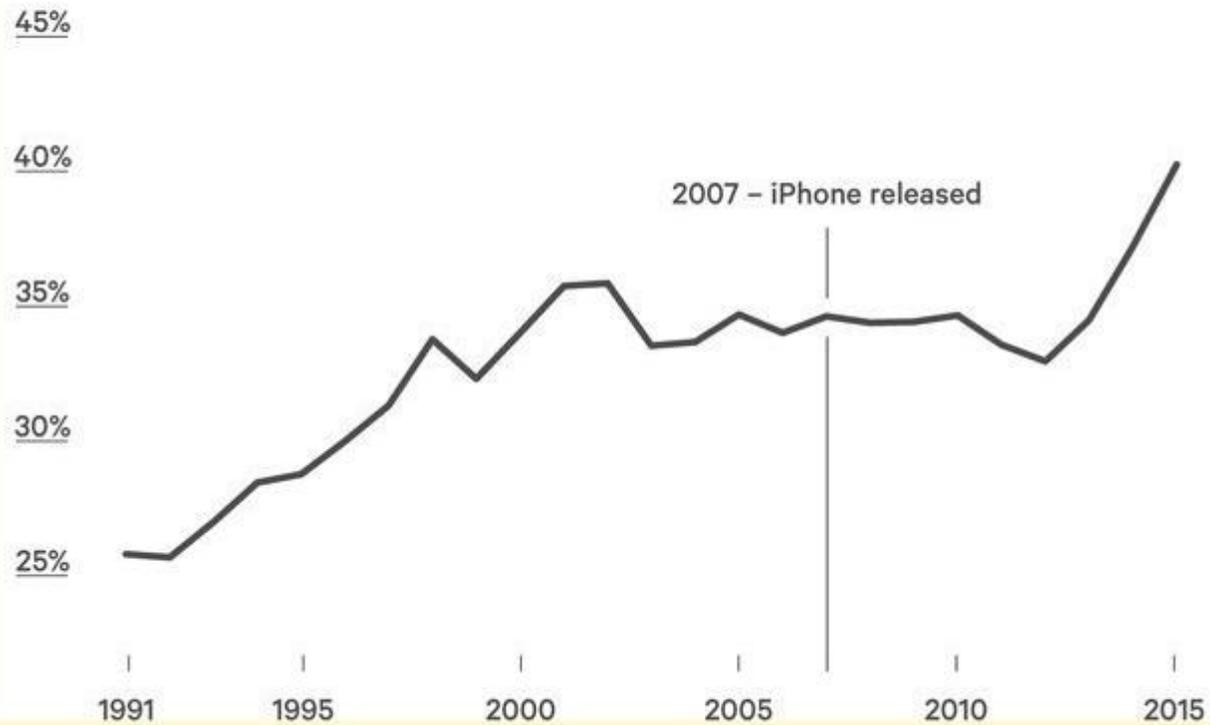
- **12TH GRADE – YEAR 13**
- **10TH GRADE – YEAR 11**
- **8TH GRADE – YEAR 9**

- **12TH GRADE – YEAR 13**
- **10TH GRADE – YEAR 11**
- **8TH GRADE – YEAR 9**

6

Less Likely to Get Enough Sleep

Percentage of 8th-, 10th-, and 12th-graders who get less than seven hours of sleep most nights



1-3, 5-6: MONITORING THE FUTURE. 4: YOUTH RISK BEHAVIOR SURVEILLANCE SYSTEM.

VICTORIA PROODAY RESEARCH

SINCE ADVENT OF THE 'SMART-PHONE'

- **1 IN 5 CHILDREN HAS MENTAL HEALTH PROBLEMS**
- **43% INCREASE IN ADHD**
- **37% INCREASE IN TEEN DEPRESSION**
- **200% INCREASE IN SUICIDE RATE IN CHILDREN 10-14 YEARS OLD“**

ADDICTION TO TECHNOLOGY

- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=WCT5JCCXMPW](https://www.youtube.com/watch?v=WCT5JCCXMPW)
- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=HSNNCDDWW3I](https://www.youtube.com/watch?v=HSNNCDDWW3I)

Excessive internet use linked to depression, research shows

Leeds University study finds people classified as internet addicts are more likely to be depressed than non-addicted users



Excessive internet use is linked to depression, a study has shown. Photograph: Guardian

British psychologists have found evidence of a link between excessive internet use and depression, research published today has shown.

Leeds University researchers, writing in the Psychopathology journal (abstract

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Page last updated at 00:12 GMT, Wednesday, 3 February 2010

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'Internet addiction' linked to depression, says study

There is a strong link between heavy internet use and depression, UK psychologists have said.



Any direct causal link between internet use and depression remains unclear

The study, reported in the journal Psychopathology, found 1.2% of people surveyed were "internet addicts", and many of these were depressed.

The Leeds University team stressed they could not say one necessarily caused the other, and that most internet users did not suffer mental health problems.

The conclusions were based on 1,319 responses to an on-line questionnaire.

Recruitment was via links on social networking sites. People were asked how much they used the internet and for what purposes.

They were also asked a series of questions to assess whether they suffered from depression.

The respondents were aged 16 to 51, with an average age of 21.

The authors found that a small number of users had developed a compulsive internet habit, replacing real life social interaction with online chat rooms and social networking sites.

They classed 18 respondents - 1.2% of the total - as "internet addicts".

“ If a web addict is substituting meaningful friendships and socialising with virtual contact on the internet, this might have an adverse affect on their mental wellbeing ”
Sophie Corlett of the charity Mind

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INDY/PULSE

THE INTERNET CAN BE BAD FOR CHILDREN'S MENTAL HEALTH

ADDICTION TO TECHNOLOGY

- **DOPAMINE RESPONSE IS THE SAME FOR TECHNOLOGY**
- **INSTANT RESPONSE CHANGES THE BRAIN'S RESPONSE SO IT BECOMES DESENSITISED TO LESS INSTANTANEOUS RESPONSES**
- **INSTANT RESPONSE MEANS THAT THE BRAIN DOESN'T LEARN TO FOCUS AND RETAIN INFORMATION**
- **INSTANT RESPONSE MAKES IT HARDER TO GAIN SATISFACTION FROM NON-INSTANTANEOUS STIMULI**

MENTAL HEALTH

A SURVEY FOUND THAT PEOPLE WHO USE THE INTERNET MORE CAN ALSO HAVE MORE MENTAL HEALTH PROBLEMS. THE FINDINGS WERE PRESENTED AT THE 29TH EUROPEAN COLLEGE OF NEUROPSYCHOPHARMACOLOGY (ECNP) CONFERENCE IN VIENNA.

“INDIVIDUALS WITH INTERNET ADDICTION ... HAD SIGNIFICANTLY HIGHER AMOUNTS OF DEPRESSION AND ANXIETY SYMPTOMS, PROBLEMS WITH PLANNING AND TIME MANAGEMENT, GREATER LEVELS OF ATTENTIONAL IMPULSIVITY AS WELL AS ADHD SYMPTOMS,”

MENTAL HEALTH

INTERNET ADDICTION LACKS MANY OF THE PHYSICAL SYMPTOMS LINKED TO DRUG OR ALCOHOL ADDICTION, ADOLESCENTS CAN STILL DEVELOP A PSYCHOLOGICAL DEPENDENCE ON ONLINE ACTIVITIES.

WHEN THEIR ACCESS TO THE INTERNET IS CUT OFF FOR ANY REASON, THEY CAN EXPERIENCE A FORM OF WITHDRAWAL AS WELL AS BEING UNABLE TO FUNCTION NORMALLY WITHOUT REGULAR ONLINE CONTACT.

RESEARCHERS HAVE ALSO LINKED COMPULSIVE INTERNET USE TO A RANGE OF MENTAL HEALTH CONCERNS INCLUDING LOW SELF-ESTEEM, LONELINESS, DEPRESSION, SOCIAL PHOBIA, AND EVEN SUICIDAL THOUGHTS.

ONLINE GAMING

TOP 10 ONLINE GAME OPERATORS IN ASIA EARNED OVER \$2BN LAST YEAR

WEB GAMES:

- **WORLD OF WAR CRAFT**
- **MINECRAFT**
- **CALL OF DUTY (COD)**

GAMES CONSOLES (XBOX 360, PLAYSTATION 3, WII)



NEWS

Technology

Gaming addiction classified as disorder by WHO

By Jane Wakefield
Technology reporter

2 January 2018

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GETTY IMAGES

According to an Oxford University study, boys are more likely to spend time gaming than girls

Gaming addiction is to be listed as a mental health condition for the first time by the World Health Organisation.

Its 11th International Classification of Diseases (ICD) will include the condition

The draft document describes it as a pattern of persistent or recurrent gaming behaviour so severe that it takes "precedence over other life interests".

Some countries had already identified it as a major public health issue.

Many, including the UK, have private addiction clinics to "treat" the condition.

The last version of the ICD was completed in 1992, with the new guide due to be published in 2018.

The guide contains codes for diseases, signs and symptoms and is used by doctors and researchers to track and diagnose disease.

It will suggest that abnormal gaming behaviour should be in evidence over a period of at least 12 months "for a diagnosis to be assigned" but added that period might be shortened "if symptoms are severe".

Symptoms include:

- impaired control over gaming (frequency, intensity, duration)
- increased priority given to gaming
- continuation or escalation of gaming despite negative consequences

Dr Richard Graham, lead technology addiction specialist at the Nightingale Hospital in London, welcomed the decision to recognise the condition.

"It is significant because it creates the opportunity for more specialised services. It puts it on the map as something to take seriously."

But he added that he would have sympathy for those who do not think the condition should be medicalised.

"It could lead to confused parents whose children are just enthusiastic gamers."

He said he sees about 50 new cases of digital addiction each year and his criteria

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NOW PLAYING



▶ 1:39

Should you limit kids' time on Fortnite?

🕒 12 Mar

UP NEXT



▶ 2:38

'I did drugs to play games all night'

🕒 02 Feb



Should you limit your children's time on Fortnite

Some parents have contacted BBC 5 live to say they are concerned about the amount of time their children are spending playing the video game Fortnite.

Speaking to **Anna Foster**, gaming journalist Keith Stuart discussed whether they should intervene.

🕒 12 Mar 2018



5 things we've learnt about Fortnite

BBC Radio 5 live's Anna Foster has been exploring the latest video game craze 'Fortnite'.

Launched as a video game last summer, it's in the couple of months its popularity has sky-rocketed: it's now being played by hundreds of millions of people all over the world, and seems to be dominating classroom conversations in the UK.

Guardian journalist Keith Stuart describes it as 'Call of Duty with the plot of The Hunger Games' - a cartoon shooting game where the aim is to be the last character standing.



[HTTP://WWW.BBC.CO.UK/PROGRAMMES/ARTICLES/1YLZND2SVN6V8BSG6L3W/5-THINGS-WEVE-LEARN-ABOUT-FORTNITE](http://www.bbc.co.uk/programmes/articles/1YLZND2SVN6V8BSG6L3W/5-things-weve-learnt-about-fortnite)

News

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News

How the design of video games like Fortnite makes them more addictive



Fortnite has become a huge hit with young children and teenagers since it was released last year
CREDIT: FORTNITE

Follow

By Mike Wright and Luke Mintz

13 JUNE 2018 • 6:31PM

During the FA Cup semi final between Manchester United and Spurs in April Dele Alli scored the first goal in the game his side would eventually lose 2-1.

As the England international jubilantly jogged over to the Tottenham fans he broke into a somewhat goofy dance swinging his hips left and right while thrusting his arms in front and behind his torso.

For many adults watching the moment seemed to be nothing more than a highlight worthy of celebration in the world of Premier League

[HTTPS://WWW.TELEG
RAPH.CO.UK/NEWS/2
018/06/13/DESIGN-
VIDEO-GAMES-LIKE-
FORTNITE-MAKE-
ADDICTIVE/](https://www.telegraph.co.uk/news/2018/06/13/design-video-games-like-fortnite-make-addictive/)

HTTPS://WWW.BBC.CO.UK/NEWS/A V/UK-44523083/HOW-DOES- GAMING-AFFECT-YOUR-BRAIN

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NOW PLAYING **UP NEXT**

▶ 1:38 **How does gaming affect your brain?**
🕒 18 Jun

▶ 2:05 **Gaming addiction 'a mental health condition'**
🕒 17 Jun

▶ 1:05 **Coder, 10, plans to take on Apple**
🕒 11 May

▶ 2:47 **More teens 'addicted' to computer games**
🕒 12 Sep 15

▶ 1:05 **Space Invaders hit Tokyo**
🕒 18 Jan

▶ 2:09 **Computer and gaming museum opens**
🕒 30 Jul 13

▶ 3:10 **Turning computer games into money**
🕒 28 May 12



How does gaming affect your brain?

Hamish loves playing the video game Fortnite, but does his brain show signs of addiction?

He and his brother Noah had their brains scanned while playing.

Gaming addiction has been listed as a mental health condition for the first time by the World Health Organisation. Here are some tips for staying healthy and enjoying gaming.

Watch the BBC's **Victoria Derbyshire** programme on weekdays between 09:00 and 11:00 on BBC Two and the BBC News Channel in the UK.

🕒 18 Jun 2018

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MORE ON: World Health Organization (WHO)

HTTPS://WWW.BBC.CO.UK/NEWS/A V/UK-44504683/WHO-GAMING- ADDICTION-A-MENTAL-HEALTH- CONDITION

The screenshot shows the BBC News website interface. At the top, there is a navigation bar with the BBC logo, a 'Sign in' button, and various service links: News, Sport, Weather, iPlayer, TV, Radio, CBBC, CBeebies, Food, iWonder, and a 'More' dropdown menu. A search bar is located on the right side of the navigation bar. Below the navigation bar is a red header with the word 'NEWS' in white. Underneath the header is a secondary navigation bar with links for 'Home', 'UK', 'World', 'Business', 'Politics', 'Tech', 'Science', 'Health', 'Family & Education', 'Entertainment & Arts', 'Stories', 'Video & Audio', 'In Pictures', 'Newsbeat', and another 'More' dropdown menu. The 'UK' link is currently selected. Below the navigation bars is a row of video thumbnails. The first thumbnail is titled 'How does gaming affect your brain?' with a duration of 1:38 and a date of 18 Jun. The second thumbnail is titled 'Gaming addiction 'a mental health condition'' with a duration of 2:05 and a date of 17 Jun. The third thumbnail is titled 'Coder, 10, plans to take on Apple' with a duration of 1:05 and a date of 11 May. The fourth thumbnail is titled 'More teens 'addicted' to computer games' with a duration of 2:47 and a date of 12 Sep 15. The fifth thumbnail is titled 'Space Invaders hit Tokyo' with a duration of 1:05 and a date of 18 Jan. The sixth thumbnail is titled 'Computer and gaming museum opens' with a duration of 2:09 and a date of 30 Jul 13. The seventh thumbnail is titled 'Turning computer ga' with a duration of 3:10 and a date of 28 May 12. Below the video thumbnails is a large video player. The video player shows a young boy with the name 'Scott' in the top left corner. The video title is 'Gaming addiction 'a mental health condition'' and the subtitle is 'For millions, it is a harmless hobby but for some it can become more than that.' The video was published on 17 June 2018. Below the video player are social media sharing icons for Facebook, Messenger, Twitter, Email, and a 'Share' button.

HTTPS://WWW.BBC.CO.UK/NEWS/A V/UK-34231719/MORE-TEENAGERS- ADDICTED-TO-COMPUTER-GAMES

The screenshot shows the BBC News website interface. At the top, there is a navigation bar with the BBC logo, a 'Sign in' button, and various menu items: News, Sport, Weather, iPlayer, TV, Radio, CBBC, CBeebies, Food, iWonder, and More. A search bar is located on the right. Below the navigation bar is a red banner with the word 'NEWS' in white. Underneath the banner is a secondary navigation bar with links for Home, UK, World, Business, Politics, Tech, Science, Health, Family & Education, Entertainment & Arts, Stories, Video & Audio, In Pictures, Newsbeat, and More. The 'UK' link is currently selected. Below the navigation bar is a row of video thumbnails. The first thumbnail is titled 'How does gaming affect your brain?' with a duration of 1:38 and a date of 18 Jun. The second is 'Gaming addiction 'a mental health condition'' with a duration of 2:05 and a date of 17 Jun. The third is 'Coder, 10, plans to take on Apple' with a duration of 1:05 and a date of 11 May. The fourth is 'More teens 'addicted' to computer games', which is currently playing, with a duration of 2:47 and a date of 12 Sep 15. The fifth is 'Space Invaders hit Tokyo' with a duration of 1:05 and a date of 18 Jan. The sixth is 'Computer and gaming museum opens' with a duration of 2:09 and a date of 30 Jul 13. The seventh is 'Turning computer into money' with a duration of 3:10 and a date of 28 May 12. Below the video player is a large video player showing a young man, identified as 'ANS MEHMOOD Young gamer', sitting on a black leather couch. To the right of the video player is a text block with the headline 'More teens 'addicted' to computer games'. The text below the headline reads: 'A British rehabilitation centre says it has seen a dramatic rise in the number of parents seeking help for teenagers with so-called gaming addiction.' Below the text is a date '12 September 2015' and a row of social media sharing icons for Facebook, WhatsApp, Twitter, Email, and a general 'Share' button.

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▶ 1:38 How does gaming affect your brain? 18 Jun

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▶ 3:10 Turning computer into money 28 May 12

BBC

ANS MEHMOOD
Young gamer

More teens 'addicted' to computer games

A British rehabilitation centre says it has seen a dramatic rise in the number of parents seeking help for teenagers with so-called gaming addiction.

12 September 2015

f WhatsApp Twitter Email Share

ONLINE GAMING

HIGHLY ADDICTIVE – MANY REAL PEOPLE FROM ALL OVER THE WORLD PLAY THE SAME GAME, WORKING IN SYNDICATES ON MISSIONS WHICH USUALLY LAST 3-4 HOURS AT A TIME.

AN AVERAGE MMORPG (MASSIVELY MULTIPLAYER ONLINE ROLE-PLAYING GAME) PLAYER SPENDS 21 HOURS A WEEK PLAYING THE GAME.

IT HAS BEEN LINKED TO TRUANCY, EXHAUSTION AND EVEN SUICIDE. PLAYERS OFTEN PLAY INTO THE EARLY HOURS OF THE MORNING.

ADDICTIVE GAMING

- **DOPAMINE RESPONSE TO:**
 - **GAMING OUTCOMES**
 - **SOCIAL INTERACTION ONLINE**
- **DOPAMINE RESPONSE IS HEIGHTENED AND LEADS TO THE SAME EFFECT AS DRUGS**
- **INSTANT RESPONSE ISSUES HERE TOO**
- **PEER PRESSURE**
- **STRUCTURE OF GAMES ETC.**

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Felix Alexander death: Worcester mum's open letter against cyberbullying

6 October 2016



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Felix Alexander death: Worcester mum reads open letter

The mother of a teenager who took his life because of online bullying has urged others not to ignore the issue.

Lucy Alexander, from Worcester, wrote an open letter appealing for "children to be kind ALWAYS and never stand by and leave bullying unreported".

The Telegraph

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Excessive social media use harms children's mental health

Children who go on social networking sites like Facebook, Twitter and Instagram for more than three hours a day are more likely to have mental health problems, a study has shown



Girls are more likely than boys to spend a lot of time on social media Photo: Alamy



By Sophie Jamieson

5:45PM BST 20 Oct 2015

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1,519 followers

Children who spend more than three hours each school day on social media sites like **Facebook** and **Twitter** are more than twice as likely to suffer poor mental health, official figures have shown.

Ask children about social media use, psychiatrists urged

🕒 30 March 2019



GETTY IMAGES

Psychiatrists are being urged to ask children with mental health issues how long they spend online and what they use social media for.

Questions about technology should be a routine part of assessments, the Royal College of Psychiatrists says.

<https://www.bbc.co.uk/news/health-47749964>



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Family & Education

[School Report](#)[Global Education](#)

▶ 1:40

The shock of social media at secondary school🕒 04 Jan | [Family & Ed...](#)

▶ 1:47

Staying safe online at 'big school'🕒 18 Sep 17 | [Education &...](#)

▶ 2:39

Teaching fact from fiction🕒 06 Dec 17 | [Entertainme...](#)

▶ 2:36

Logan and Jake Paul's social media 'empires'🕒 03 Jan | [US & Canada](#)

▶ 2:12

Teenagers talk about sexting 'dangers'🕒 11 Jul 17 | [UK](#)

▶ 0:57

Teenagers turn to mental health charity🕒 19 Nov 17 | [England](#)

▶ 0:21

'Difficult to recruit teachers'🕒 18 Dec 17 | [Wale](#)

Secondary school starters 'unprepared' for social media

England's children's commissioner says children need help to navigate social media once they move up to secondary school. Do young people agree?

🕒 04 Jan 2018 | [Family & Education](#)[f](#) [t](#) [m](#) [e](#) [Share](#)

<http://www.bbc.co.uk/news/av/education-42561825/secondary-school-starters-unprepared-for-social-media>

[Technology](#)

Is social media causing childhood depression?

By Jane Wakefield
Technology reporter

🕒 10 February 2018



Rangan Chatterjee is a GP and says he has seen plenty of evidence of the link between mental ill-health in youngsters and their use of social media.

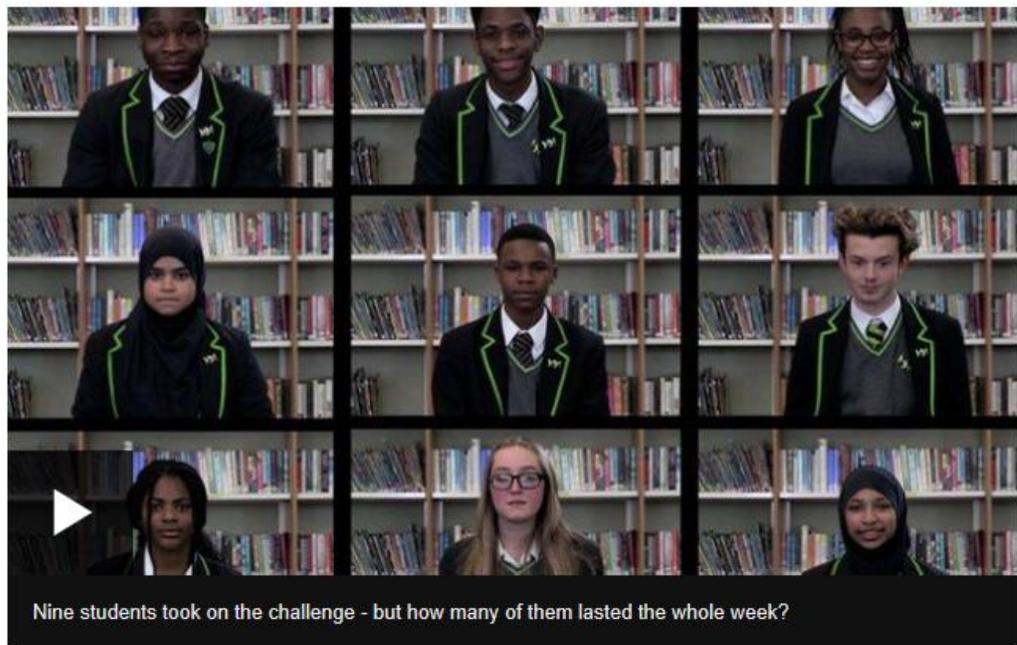
- [HTTP://WWW.BBC.CO.UK/NEWS/TECHNOLOGY-42705881](http://www.bbc.co.uk/news/technology-42705881)

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FOMO: How the Fear of Missing Out drives social media 'addiction'

© 1 March 2017



Social media can help bring people closer together and share information.

But the endless stream of updates, invites and opportunities to gain the explicit approval and feedback of friends and family, can create a pressure of its own.

- [HTTP://WWW.BBC.CO.UK/NEWS/TECHNOLOGY-39129228](http://www.bbc.co.uk/news/technology-39129228)

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NOW PLAYING



▶ 0:26

Social media 'exacerbates' problems

🕒 25 Sep 17

UP NEXT



▶ 0:55

'Pressure coming from all angles'

🕒 25 Sep 17



Social media 'exacerbates' young mental health problems

Social media is distorting children's grasp of reality and impacting on their mental health, a support teacher has said.

It is one of the issues schools face as they try to spot early signs of problems among pupils.

A £1.4m trial has been launched where NHS staff will offer specialist help in schools to those showing early signs of anxiety, depression or self harm.

The two-year Welsh Government trial will take place across north east, south east Wales and Ceredigion.

Carol Phillips, student support officer at Crickhowell High School in Powys highlighted the role social media has played.

🕒 25 Sep 2017

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- [HTTPS://WWW.BBC.CO.UK/NEWS/HEALTH-45651725](https://www.bbc.co.uk/news/health-45651725)

NEWS

NOW PLAYING

UP NEXT

▶ 1:15 **How can social media affect mental health?**
🕒 30 Dec 18

▶ 0:59 **The 'hurricane' inside comedian's head**
🕒 10 Oct 18

▶ 0:43 **'Pressure to portray yourself as perfect'**
🕒 13 Jul 18

▶ 1:49 **Taking photos of strangers to beat anxiety**
🕒 01 Jun 18



'It's a presentation of people's lives - not reality'

Instead of quitting facebook, he made a film showing that people aren't what they seem to be online.

🕒 30 Dec 2018

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[HTTPS://WWW.BBC.CO.UK/NEWS/AV/UK-WALES-46710839/IT-S-A-PRESENTATION-OF-PEOPLE-S-LIVES-NOT-REALITY](https://www.bbc.co.uk/news/av/uk-wales-46710839/it-s-a-presentation-of-people-s-lives-not-reality)

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▶ 14:19

Will quitting Instagram make me happy?

🕒 17 Feb



▶ 13:12

Are dating apps messing with our heads?

🕒 14 Jan



▶ 7:44

'I'll be there for you': Helping a friend who's struggling

🕒 03 Nov 17



▶ 7:18

Why can mornings be so difficult?

🕒 05 Oct 17



▶ 7:12

Why insomnia affects your mental health

🕒 21 Jun 18



▶ 10:00

Why is using alcohol to cope so common?

🕒 07 Jun 18



▶ 8:27

Dating? Don't let get in the way

🕒 30 Nov 17



Instagram: Will quitting make me happy?

Nicole and Tali are Instagram besties. But the pressure to get more likes and followers is taking its toll.

Both friends are thinking of quitting the Insta-game but is leaving it the quick fix everyone says it is?

UK users can watch more films from the BBC Like Minds series on iPlayer.

Produced by Alvaro Alvarez, Naomi Pallas and Camila Ruz

🕒 17 Feb 2019

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[HTTPS://WWW.BBC.CO.UK/NEWS/AV/STORIES-47205467/INSTAGRAM-WILL-QUITTING-MAKE-ME-HAPPY](https://www.bbc.co.uk/news/av/stories-47205467/instagram-will-quitting-make-me-happy)

SOCIAL MEDIA

- **DOPAMINE RESPONSE TO:**
 - **'LIKES'**
 - **COMMENTS**
 - **SOCIAL INTERACTION ONLINE**
- **DOPAMINE RESPONSE IS HEIGHTENED AND LEADS TO THE SAME EFFECT AS DRUGS**
- **IMAGES PRESENT A PARTICULAR PICTURE WHICH IMPLIES THAT WHAT IS SHOWN VIA SOCIAL MEDIA REFLECTS THE TRUTH**
 - **IMAGES ARE CAREFULLY CHOSEN TO LOOK GOOD**
 - **IMAGES DON'T SHOW THE MUNDANE**
 - **INDIVIDUALS' SELF WORTH BECOMES ASSOCIATED WITH ACTIVE RESPONSES – NO ABILITY TO SEE SMILES ETC.**

Screen time 'harms teenagers' sleep'

🕒 3 February 2015 | Health

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SEB OLIVER/CULTURA/SCIENCE PHOTO LIBRARY

The longer a teenager spends using electronic devices such as tablets and smartphones, the worse their sleep will be, a study of nearly 10,000 16- to 19-year-olds suggests.

Half of teenagers sleep deprived, say experts

By Eleanor Bradford
BBC Scotland Health Correspondent

🕒 26 August 2013 | [Scotland](#)

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The increasing use of screen-based technology is in part blamed for disrupting sleep

NEWS

Cyan colour hidden ingredient in sleep

By Sean Coughlan
BBC News education and family correspondent

22 June 2018 f ✉ 🐦 ✉ 🔗 Share



The researchers say cyan could be added or taken away to prevent or encourage sleep

The colour cyan - between green and blue - is a hidden factor in encouraging or preventing sleep, according to biologists.

University of Manchester researchers say higher levels of cyan keep people awake, while reducing cyan is associated with helping sleep.

The impact was felt even if colour changes were not visible to the eye.

HTTPS://WWW.BBC.CO.UK/NEWS/EDUCATION-44565320

TECHNOLOGY USE AND SLEEP

- **THE BODY HAS A NATURAL 'DAY-NIGHT' CYCLE CALLED A 'CIRCADIAN RHYTHM'.**
- **CIRCADIAN RHYTHMS HAPPEN BECAUSE OF A NATURAL CYCLE AND FLOW OF GENE EXPRESSION (READING DNA AND CREATION OF APPROPRIATE PROTEINS ETC.)**
- **IT IS REGULATED BY:**
 - **TIMING TO GO THROUGH THE WHOLE CYCLE (APPROXIMATELY 24 HOURS)**
 - **PHYSICAL OR MENTAL TIREDNESS**
 - **LIGHT PATTERNS WHICH CAN ACT AS A 'RESET' POINT.**
- **CIRCADIAN RHYTHM REGULATES:**
 - **SLEEP WAKE CYCLES**
 - **HUNGER AND METABOLISM**
 - **HORMONE PRODUCTION (AND THEREFORE MOOD ETC.)**
- **WHEN THE THREE ELEMENTS WHICH REGULATE THIS ARE OUT OF SYNC IT CAN LEAD TO:**
 - **DEPRESSION**
 - **TIREDNESS**
 - **OBESITY**
 - **POOR COGNITIVE FUNCTION**

TECHNOLOGY USE AND SLEEP

- **BLOOD LEVELS OF THE HORMONE MELATONIN ARE HIGH AT NIGHT AND LOW DURING THE DAY.**
- **ITS SECRETION IS REGULATED BY A RHYTHM-GENERATING SYSTEM LOCATED IN THE HYPOTHALAMUS.**
- **THIS SYSTEM IS REGULATED BY LIGHT.**
- **LIGHT AT THE RED END OF THE SPECTRUM (FOUND AT NIGHT WITH SUNSET) STIMULATES MELATONIN SECRETION AND ENCOURAGES SLEEP.**
- **LIGHT AT THE BLUE END OF THE SPECTRUM (FOUND MORE IN THE MORNINGS WITH DAWN) SUPPRESSES MELATONIN SECRETION AND DISCOURAGES SLEEP.**
- **LCD SCREENS PRODUCE LIGHT AT THE BLUE END OF THE SPECTRUM, MIMICKING DAY TIME LIGHT AND DISRUPTING SLEEP PATTERNS.**

TECHNOLOGY USE AND SLEEP

- **ACCORDING TO THE NHS LACK OF SLEEP IS ASSOCIATED WITH:**

- **FATIGUE**
- **SHORT TEMPER**
- **LACK OF FOCUS**
- **DIFFICULT TO CONCENTRATE AND MAKE DECISIONS**
- **DEPRESSION AND ANXIETY**
- **OBESITY - SLEEP-DEPRIVED PEOPLE HAVE REDUCED LEVELS OF LEPTIN (THE CHEMICAL THAT MAKES YOU FEEL FULL) AND INCREASED LEVELS OF GHRELIN (THE HUNGER-STIMULATING HORMONE).**
- **HEART DISEASE**
- **HIGH BLOOD PRESSURE**
- **TYPE 2 DIABETES - CHANGES THE WAY THE BODY PROCESSES GLUCOSE – THE HIGH-ENERGY CARBOHYDRATE THAT CELLS USE FOR FUEL.**
- **DAMAGES IMMUNITY**
- **DECREASES LIBIDO**
- **DECREASED FERTILITY – REDUCES THE SECRETION OF REPRODUCTIVE HORMONES.**

NEWS

Health

Limiting children's screen time linked to better cognition

By Alex Therrien
Health reporter, BBC News

27 September 2018



Limiting children's recreational screen use has been linked with improved cognition.

Children aged eight to 11 who used screens for fun for less than two hours a day performed better in tests of mental ability, a study found.

Combining this with nine to 11 hours of sleep a night was found to be best for

HTTPS://WWW.BBC.CO.UK/NEWS/HEALTH-45651725

Limiting children's recreational screen use has been linked with improved cognition.

Children aged eight to 11 who used screens for fun for less than two hours a day performed better in tests of mental ability, a study found.

Combining this with nine to 11 hours of sleep a night was found to be best for performance.

Researchers said more work was now needed to better understand the effects of different types of screen use.

However, they acknowledge that their observational study shows only an association between screen time and cognition and cannot prove a causal link.

And it did not look at how children were using their screen time, be it to watch television, play videogames or use social media.

The study, of 4,500 US children, [published in the lancet child & adolescent health journal](#), used questionnaires to estimate the child's:

- Physical activity
- Sleep
- Recreational screen time

Children also completed a test, which assessed cognitive skills, including:

- Language
- Memory
- Attention

The study controlled for:

- Household income
- Parental and child education
- Ethnicity
- Pubertal development
- [Body mass index](#) (BMI)
- Traumatic brain injury

It found that children who each day had less than two hours of recreational screen time, got nine to 11 hours of sleep, and did at least one hour of physical activity performed better than who did none of these.

Less than two hours of screen time a day was the one factor most linked to better performance in the test.

Dr Jeremy Walsh, from the CHEO research institute, in Ottawa, Canada, said: "based on our findings, paediatricians, parents, educators, and policymakers should promote limiting recreational screen time and prioritising healthy sleep routines throughout childhood and adolescence."

Dr Walsh added that more research was now needed into the links between screen time and cognition, including studying the effects of different types of screen time.

He said there was some evidence, for example, that video games and educational TV programmes might have cognitive benefits.

In contrast, emerging evidence suggested the use of mobile devices and social media may be harmful for attention, memory and impulse control, he said.

However, the authors acknowledged there were limitations to their study, including that the data was self-reported.

The questionnaires were also only used only at the beginning of the study and so did not track how behaviours may change over time.

Dr Kirsten Corder, senior investigator scientist at the University of Cambridge, who was not involved in the study, said it added to existing evidence showing potential negative links with screen time and cognitive development in children.

But she pointed out that the children may have struggled to answer the questions accurately.

Dr Corder also said further work was needed to develop more accurate ways to assess the effects of screen time in detail.

"These results will hopefully stimulate further research using techniques that allow researchers to explore how multiple behaviours may interplay to benefit cognition and health," she said.

ATTENTION AND LEARNING

- **LEARNING IS HARDER WHEN INFORMATION IS EASILY ACCESSIBLE. THE ASSOCIATION AND THE CONSEQUENT SYNAPSE FORMATION IS WEAK AND OFTEN TRANSITORY. THEREFORE, OVERRELIANCE ON INSTANTANEOUS RESPONSES MEANS THAT KNOWLEDGE DOESN'T GET IT STORED IN LONG TERM MEMORY.**
- **[HTTPS://WWW.YOUTUBE.COM/WATCH?V=CKAWJ72X1RI](https://www.youtube.com/watch?v=CKAWJ72X1RI)**

🏠 > Lifestyle > Family > Life

Bought your child a new device? Here's how to protect their mental health



Games consoles, iPads and smartphones can end up encroaching on so many other elements of children's lives – schoolwork, family time and sleep included CREDIT: JOSIE PORTILLO

[HTTPS://WWW.TELEGRAPH.CO.UK/FAMILY/LIFE/BOUGHT-CHILD-NEW-DEVICE-PROTECT-MENTAL-HEALTH/](https://www.telegraph.co.uk/family/life/bought-child-new-device-protect-mental-health/)

[Naomi Greenaway](#), deputy editor, Stella Magazine

Stick to this one rule

"It should be switched off in the evening and charged downstairs, not in bedrooms" Turn off 30-60 minutes before lights out.

Have these conversations

From sexting to FOMO, it's good to talk. [Be] honest about our own feelings... [be] non-judgemental and supportive... Be proactive rather than reactive: bust the myths of Instagram perfection before they sign up, talk about sexting before they have a serious boyfriend or girlfriend and discuss FOMO before they hit the peak socialising years. 'Research has found that teens who have a more satisfactory relationship with their parents are less susceptible to FOMO.'

Focus on their offline lives

'Encourage balance in their lives,' ...any activities that boost self-esteem offline, will be mirrored online. 'Higher self-esteem makes them less likely to be adversely affected by any negatives in their online lives.'

Don't go 007 on social media

Should you follow your kids on social media and check their phones? 'Lots of kids feel comforted by that...' But going undercover, is a big no. 'The whole principle of the parent-child relationship is trust, so snooping can do much more damage than good. They could end up creating secret accounts, change passwords or get a second phone.' If you have serious concerns, ask for access.

Find the screen-time sweet spot

We know too much can increase irritability, hyperactivity, aggression and even depression, but how much is too much? 'A certain amount of screen time may be positive for well-being – enabling communication, creativity and engagement, But too much becomes negative. It's called the goldilocks effect.' According to Prof Jean Twenge, author of a landmark study on this topic, the sweet spot is one hour per day for children aged two to five and similar limits – perhaps up to two hours – for school-aged children and adolescents.

Lower their dependency

'Part of the way to handle screen time with less dependency is for children to earn it'. That can be through chores, homework or music practice, but should also be linked to behaviour. 'You get a lot of dopamine from electronics, which is why it's so easy to become dependent on them. But when you get a dopamine hit without having to earn it, your brain processes the activity in the reptilian part of the brain, and it's more addictive.'

Sign on the dotted line

Decide boundaries together, then write a contract, sign it and hang it on the fridge so it doesn't get forgotten ... 'Managing your and your child's expectations will reduce conflict and help them to form healthy habits. Consider time limits and switch-off times at night, designated screen-free times in the week and zones in the house, guidelines around who they accept as "friends" on social media, what pictures they post and websites that may be out of bounds. Deciding these guidelines together will help them have a more positive digital experience.' She adds, 'it's important for parents to commit to good habits, too. If you decide that dinner times should be phone-free, set the right example.'