Our Children @ Risk



How EdTech may be harming our children's mental and emotional health

PAA has spent extensive time looking into quantities of writing and research that raise red flags about the impact of the EdTech explosion on our children. What we have found out about the EdTech push alarms us, and should alarm any parent.

Our concerns include a set of frightening threats to our children's mental/emotion, intellectual/academic, and physical health. Some of the effects of excessive use of digital devices on children's *mental and emotional health* are listed below.

Mental/Emotional effects of EdTech

- Increase in psychological difficulties. (1, 30)*
- Linked to a rise in ADHD diagnoses. (2)
- Increase in stress responses: "interacting with screen devices causes a child to become overstimulated and 'revved up.'" (3, 9)
- Increased aggression. (20)
- "Technology overuse is implicated as a causal factor in rising rates of child depression, anxiety, attachment disorder, attention deficit, autism, bipolar disorder, psychosis and problematic child behavior." (6, 11)
- Measurable consequences show interference with brain development, risk of addiction, loss of the sense of reality and self-control, and burnout. (13)



- "A report from the United Kingdom revealed that kids who use computer games and their home Internet for more than four hours do not have the same sense of wellbeing as those who used that technology for less than an hour. One expert explained that with less physical contact, children might have difficulty developing social skills and emotional reactions." (7)
- "Children with 2 or more hours of daily screen time are more likely to have increased psychological difficulties, including hyperactivity, emotional and conduct problems, and difficulties with peers." (8, 14, 15)
- "High speed media content can contribute to <u>attention deficit</u>, as well as decreased concentration and memory, due to the brain pruning <u>neuronal tracks</u> to the frontal cortex." (6)

*The numbers following each point refer to entries in our EdTech Documentation paper at http://tinyurl.com/edtechdocu.

Please also see the full set of PAA's reports at http://tinyurl.com/PAAEdTechreports).