

Counselor's Corner

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Technology Safety 102

Last Wednesday in FLEX I talked to our middle schoolers about the role they play in protecting themselves from the "dangers" of technology. I explained to students how overuse of technology can increase stress and anxiety while also negatively impacting their mood, behavior, and focus. This is all due to the overstimulation of the brain when it spends too much time in front of electronic screens; this constant overstimulation leads to the dysregulation of dopamine, the neurotransmitter that influences mood, behavior, and reward response. I also talked about the impact that electronics overuse has on depression and anxiety. Nighttime phone checking, envy and comparison, rejection dysphoria, and many other issues have been linked to recent increases in rates of both depression and anxiety in preteens and teens. I encourage you to learn more about how you can support your child in breaking his or her screen addiction by visiting screenstrong.com.