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How the Digital Age has Hijacked Three Basis Human Drives

- The Need for Social Connection
- Neophilia: Our need to explore and discover new things
- Our Need for Archetypal Experiences (Hero's Journey, Etc.)

2

Machines Advance...Humanity Recedes

- Technology dumbs us down; "outsources" human skills like memory, math abilities, spelling, cognition...
- How many phone numbers can you remember since your smart phone?
- Memory is a muscle; University College London Experiment with London cabbies and "the Knowledge"; the hippocampus of those who passed the test had GROWN (in Alzheimer's it shrinks)
- Britain's Cranfield University 2009 study of pilot's abilities to land a plane in bad weather. The more that pilots used "auto-pilot", the more their actual piloting skills eroded.

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1985 TV: "Electronic Soma"

IN 1985 NEWS OF NEW PLATFORMS WOULD "PARING DOWN TO QUALITY" OF EDUCATION AND COMMUNICATIONS.

COMPARED VISUAL MEDIA USE TO THE ADDING "SOMA" OF MORE NEW WORLD.

SOCIETY WOULD BECOME UNARMED IN LEARNING READER.

VISUAL MEDIA WOULD ALSO APPEAR FROM THE FORMER PROCESS INFORMATION. READER REQUIRED TO GET THE NATIONAL ANALYSIS AND LED TO BARRIERS TO LEARNING TV AND NOT.

WE WERE IMMEDIATELY GRABBED BY THE READING, COMPUTER IN EDUCATION, "TECHNOLOGY" LEARNING WERE CONSTANT TO GROUP IMPROVE AND THE SOURCE EDUCATION.

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THEN: An Optimistic View of Technology and Kids in 1996

Newsweek
Computers & the Family
Can PCs Make your Kid a Better Student?
• The Best Computers
• The Best Software
• How to Use the Web


5

16 Years Later in 2012, A Very Different Newsweek Cover Story

Newsweek
iCRAZY
PAWNS, DEPRESSION, PSYCHOSIS

6

May 25th, 1979: The End of Innocence and the Beginning of the "Indoor Child"



- The Etan Patz Abduction changed the way that parents parented their children and began the age of the "Helicopter Parent".
- Parents became more afraid in the 1970s


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The End of Innocence: 24 Hr. Cable News



- CNN launches in 1980 and the 24/7 News cycle further amplifies Public Fear
- But statistics show that, in terms of crime and abductions, this is the safest time to be a child.

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The Indoor Child

Indoor kids increasingly became TV kids...and then Computer kids.

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Tech Anxiety: Nomophobia:
 "Oh no! I don't have my phone anxiety!"


- **Nomophobia** is the irrational fear of being without your mobile phone or being unable to use your phone for some reason, such as the absence of a signal or running out of minutes or battery power. The word **nomophobia** is a neologism made up of no + mobile + phone + phobia.
- Psychology Department in Rio De Janeiro's Federal University started the "Delete Institute" in 2013.
- Method: Support group and exercises.
- Exercises: Watching a movie without checking phone



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Millennial Madness and the "Failure to Launch" Epidemic

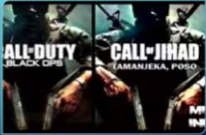
- ▶ "Deaths of Despair" (suicide, overdose, alcoholism) for 18-34 year olds are at epidemic levels. Suicides amongst Millennials have increased by 35% in the past Decade.
- ▶ Since 2013 Millennials have seen a 47% increase in major depression diagnosis.
- ▶ Millennials are the "Loneliest Generation": A recent study found that 22% of Millennials "had no friends"
- ▶ Several studies have shown that Screen time has led to an increase in depression, isolation and despair.
- ▶ 23% of Millennials are Still Living With their Parents (Up from 13.5% in 2005)
- ▶ Study: Millennials on track to be the "Most Obese Generation in History" (attributed to sedentary screen lifestyles and fast food habits)



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DIGITAL EXTREMISM:
 EXTREMIST GROUPS TARGET AND BRAINWASH VULNERABLE TEENS ONLINE WITH HATEFUL IDEOLOGY

- Study: Young gamers increasingly targeted by extremist groups
- Extremist groups like the Ku Klux Klan and ISIS are targeting lonely, alienated teens for recruitment into their organizations via gaming, Facebook or YouTube platforms. The FBI and the Pentagon have both begun monitoring various sites that are being used for such recruitment purposes.



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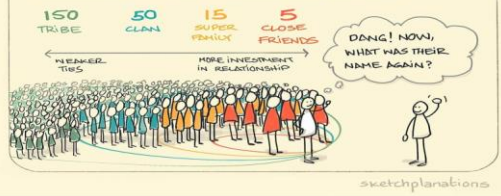
The Dunbar Number

- **Dunbar's number** is a suggested cognitive limit to the **number** of people with whom one can maintain stable social relationships—relationships in which an individual knows who each person is and how each person relates to every other person.
- This number was first proposed in the 1990s by British anthropologist Robin Dunbar, who found a correlation between primate brain size and average social group size.

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DUNBAR'S NUMBER: 150

TYPICAL NUMBER OF PEOPLE WE CAN KEEP TRACK OF AND CONSIDER PART OF OUR ONGOING SOCIAL NETWORK



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Dr. Stephen Ilardi and Depression

- “We were never designed for the sedentary, indoor, sleep-deprived, socially-isolated, fast-food-laden, frenetic pace of modern life.”
—Stephen Ilardi, PhD
- TLC ELEMENTS
 - [Omega-3 Fatty Acid Supplements](#)
 - [Anti-Rumination Strategies](#)
 - [Exercise](#)
 - [Light Exposure](#)
 - [Social Support](#)
 - [Sleep Hygiene](#)

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Facebook's Sean Parker:


"We've created a Monster" NY POST 11/9/17

- "Facebook literally changes your relationship with society with each other. God only knows what it's doing to our children's brains."
- Facebook is designed to exploit "a vulnerability in human psychology" to get its users addicted.
- "The inventor, creators — it's me, it's Mark [Zuckerberg]. It's Kevin Systrom on Instagram, it's all of these people — understood this consciously," he said. "And we did it anyway."



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Screens in the Classroom



EDUCATION

- Screens In Schools Are a \$60 Billion Hoax

Dr. Nicholas Kardaras
Aug 31, 2016

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The "Google-fication" of the Classroom



- Teachers Joe Clement and Matt Miles discuss in their book "Screen Schooled" the "Googlefication" of the classroom:
- Students can recall facts via Google, but as they get older they don't develop critical thinking, inference and the ability to weave those facts into a cohesive tapestry/narrative.

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No iPad for You!
Steve Jobs was a Low-tech Parent

When asked in 2010 at the unveiling of the brand new iPad about his kids' view of the new device, he said "They haven't used it. We limit how much technology our kids use at home."

Jobs' biographer Walter Isaacson: "Every evening Steve made a point of having dinner at the big long table in their kitchen, discussing books and history and a variety of things. No one ever pulled out an iPad or computer".

Executives and engineers in Silicon Valley (Yahoo, Apple and Google) enroll their young children in no-tech Waldorf Schools. NY Times 10/22/11

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Millennials and the Great Escape:

The Underlying psychological, social, cultural and emotional factors in both substance (opioids, alcohol, etc) and behavioral addiction (digital, sex, gambling) facing young people.

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OUR MAIN MOTIVATION FOR LIVING IS OUR WILL TO FIND MEANING IN LIFE.

QUOTED.COM Viktor Frankl Austria

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National Institute for Digital Health and Wellness
www.nidhw.org

Provides education, prevention and treatment resources for schools, families and therapists.

Provides Therapist Training and Certification to be Clinically Certified in Treating Tech Addiction

An affiliate of the National Institute of Science, Law and Public Policy (NISLAPP) in Washington, D.C.

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