

Technology & The Brain Activity Guide Grade 6-12



Know Your Neuro

Quiz Questions

1) How is technology affecting our attention span?

Answer: Paying attention to multiple stimuli instead of one thing at a time splits our attention and reduced our ability to focus attention for longer periods of time.

2) What is absent presence?

Answer: A phenomenon that occurs when we divert our attention to our screens in the presence of another human being which interrupts our relational connectedness. It may be seen as a form of neglect.

3) What is technoference?

Answer: Occurs when technology interferes with the process of paying attention.

4) What is a constant state of insufficiency?

Answer: The feeling of never being finished or complete in an online world. Being in this state can contribute to increases in anxiety.

5) What is brain drain?

Answer: The effect too much screen time has on the brain in which the brain runs out of energy resources.

Do You Have Techno-Tantrums?

A techno-tantrum is a temper tantrum that occurs when a person loses access to technology. Techno-tantrums may be a sign that the person's frontal lobe is not mature enough to handle that much technology use. Ask students how many of the symptoms below they have and be honest!

You might have a techno-tantrum if:

- You need to be told multiple times to get off your game or screen
- You feel resentful toward your parents or teacher for asking you to get off your game or screen
- You find yourself becoming angry or even enraged when you have to get off your game or screen
- You find it difficult to switch from screens to other activities

Activities

Discussion Questions

- 1) How does it feel when others pay attention to their screens while talking to you in person?
- 2) How do you feel about your family's screen time rules?
- 3) Do you think your use of screens increases your anxiety or interferes with your sleep?
- 4) How do you protect yourself from technology overuse?
- 5) How does your tech or social media use affect your values, self-worth, or body image?

Adverse Health Effects

Exposure to screens too young and over-exposure to screens has been linked to the negative or adverse health effects listed on the right. Ask students:

- 1) Do you experience any of these negative health effects due to your technology use?
- 2) Does anyone you know experience any of these negative health effects due to their tech use? How does that affect your relationship with them?
- 3) Do you follow the Brain Balance Rule? Why or why not?

List of Adverse Effects

- Relationship issues
- Sleep problems
- Thinking problems
- Social problems
- Executive function deficits
- Academic issues
- Learning issues
- Attention issues
- Increases in loneliness, depression, anxiety, and feeling left out
- Selfie-dysmorphia
- Weight problems
- Safety issues
- Overstimulation
- Decreased time with parents, friends, or non-screen related activities
- Decreases in helping others
- Video game or technology overuse/addiction

For more information and resources on this topic go to www.knowyourneuro.org