

Technology Overuse Definitions & Discussion Questions



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

Technoference: Occurs when technology interferes with the process of building and sustaining parent-child relationships; caused by the use of virtual pacifiers, electronic babysitters, and digitally distracted parents.

Constant State of Insufficiency: The feeling of never being finished or complete in an online world.

Brain Drain: The effect too much screen time has on the brain. Engaging in social media, video games, internet surfing, and educational classes requires active participation by the brain which may drain its energy resources when engaged for more than 3-4 hours consecutively.

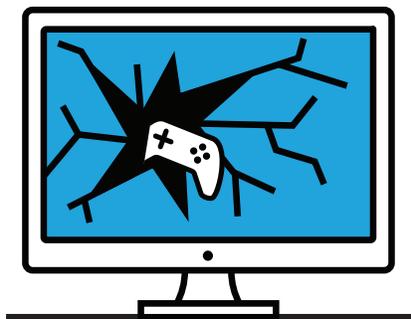
Critical Thinking Section

Students:

- How does it feel when others pay attention to their screens while talking to you in person?
- How has technology helped and/or hindered your connections with parents, friends, and teachers?
- Does your family have a rule about screens at the dinner table? Do you agree with it? Why or why not?
- How does your technology use affect your brain and your physical health?
- Does technology use or overuse affect anxiety? How?
- Do you enjoy your brain being constantly stimulated by technology? Why or why not?
- Do you have techno-tantrums when asked to stop playing a video game or get off screens?

Techno-Tantrum: 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. 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 for asking you to get off your game or screen
- You find yourself becoming angry or enraged when you have to get off your game or screen
- You find it difficult to switch from screens to other activities



Staff & Family:

- What concerns do you have about your child's or student's use or overuse of technology?
- How has your technology use affected your attention span?
- Does your tech use make you feel plugged in all the time? How does that feel?
- How do you protect yourself, your kids, or your students from brain drain?
- Do you have techno-tantrums? What do they look like?
- Do you ever find yourself being 'absent present' with others by checking or paying attention to screens while interacting with others in person?
- Has technoference caused issues with building relationships with your children or students?