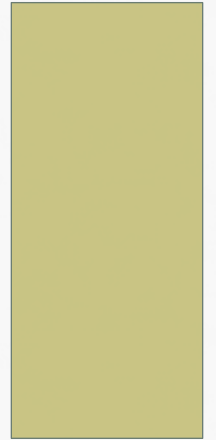


DIGITAL NATIVES: NVR , INTERNET USE AND OVERUSE

IRIS SHACHAR-LAVIE



LECTURE HIGHLIGHTS:

1. Challenges to parental authority in the digital age and the New Authority theory: *Digital Natives and Immigrants*
2. An NVR intervention program for computer overuse ('internet addiction')

DIGITAL NATIVES – THE CONCEPT:

- A new, “born digital” generation*:
 - Communication patterns & Relationships
 - Cognitive skills
 - Private VS. Public
- Who are the digital immigrants?

* Palfrey, John; Gasser, Urs (2008). *Born Digital: Understanding the First Generation of Digital Natives*. Basic Books

THE DIGITAL REVOLUTION:

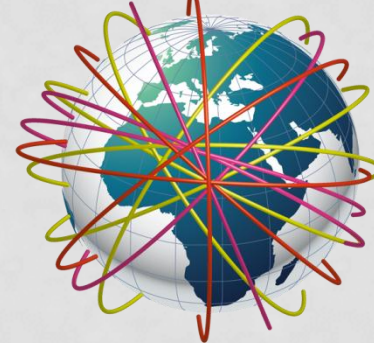
2000
350 Million (internet users)



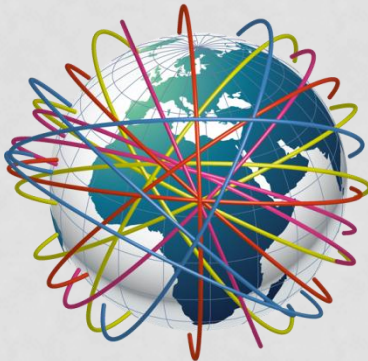
2002
550 Million



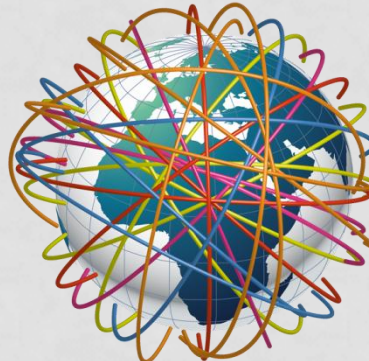
2004
800 Million



2006
1,000 Million



2008
1,500 Million



2010
2,000 Million



DIGITAL IMMIGRANTS – THE CONCEPT:

- The new family paradigm –
 - a. Children are the parents' link to the digital culture
 - b. Physical proximity vs. cultural distance
 - c. Emerging technological means to supervise and control, raise important questions regarding parental monitoring practices

CHALLENGES TO PARENTAL AUTHORITY:

Knowledge

Privacy

The “Media Tsunami”

Where to draw the parental line?

DIGITAL IMMIGRANTS: KNOWLEDGE

- Can I supervise without the technological knowledge? Will I be embarrassed by my lack of knowledge?
- New Authority's reply: Knowledge is no longer the basis for Authority.... This is emphasized by the internet more than ever!

Helping parents accompany their children in cyberspace without the technological know how.

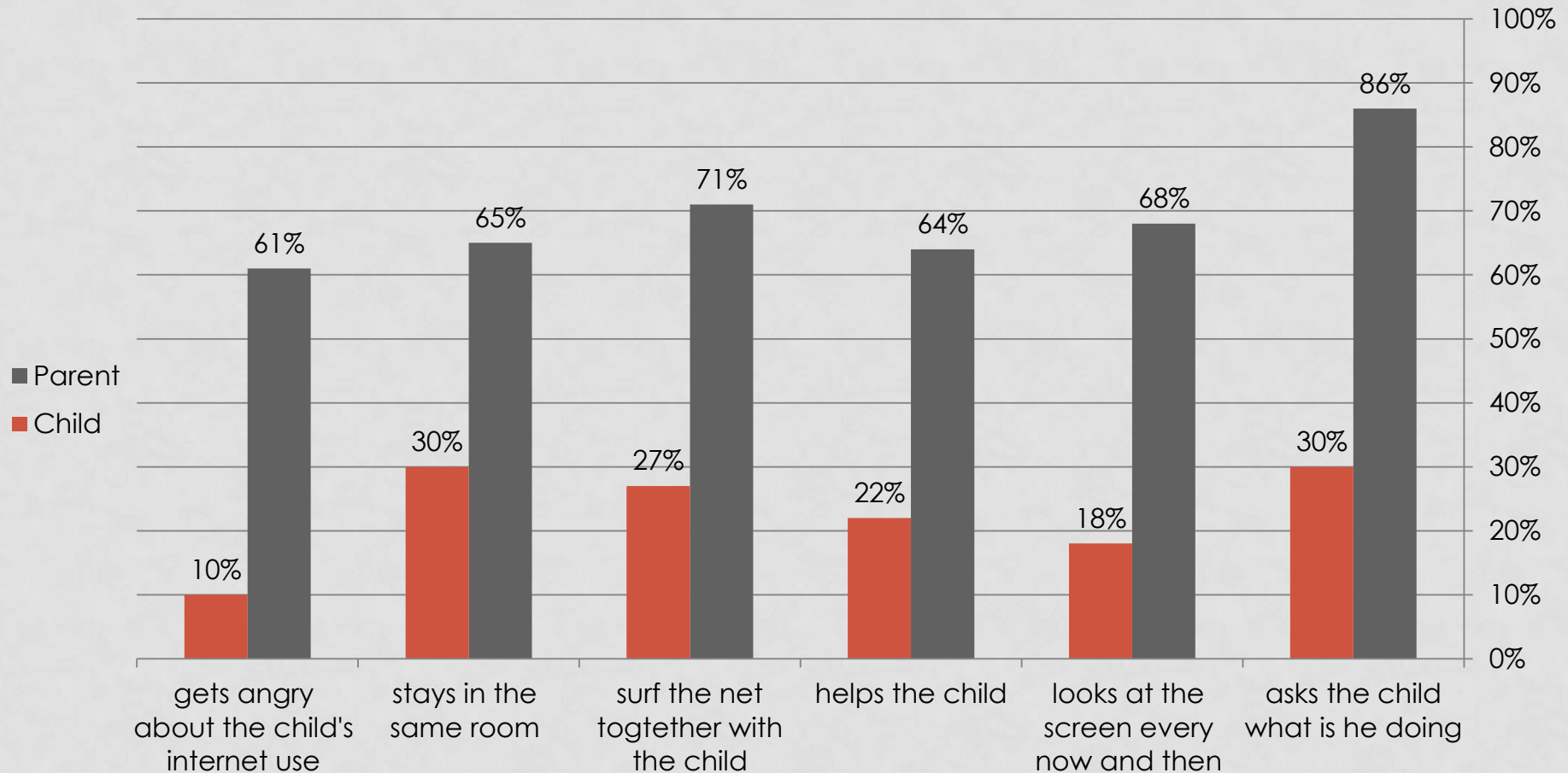
DIGITAL IMMIGRANTS: PRIVACY

- Should I spy? Use spy software? Are the child's correspondences private at all time?
- New Authority's reply: Vigilant care is visible to the child. It announces its presence. The internet makes it impossible to rely on spying anyway...

Helping parents make the transition from supervising through technology to a parental involvement about technology use.

:DIGITAL IMMIGRANTS

What does the parent do when the child uses the internet*?



DIGITAL IMMIGRANTS: “MEDIA TSUNAMI”

- How can I control and block unwanted content and negative effects of the media?
- New Authority's reply: To protect from such powerful forces, the ‘anchoring function’ becomes even more salient.

Helping parents feel the legitimacy and necessity to anchor themselves in a parental stance regarding internet use.

DIGITAL IMMIGRANTS: WHAT IS 'NORMAL' INTERNET USE?

- How many hours of internet use are 'too much'? Is the internet damaging? Do computer games encourage violence?

Will I EVER know???

- New Authority's reply: A parental action or a dialog is more important than the answers to the questions above. Trying to answer them may lead to a paralyzing uncertainty

INTERNET ADDICTION

- **Diagnosis controversy:** Is this a disorder in its own right?
- **Beyond the controversy- Parental distress...** For our purposes we designed an intervention without referring to internet addiction – but rather to the parental distress arising from the child's internet use.

INTERNET ADDICTION

NVR INTERVENTION

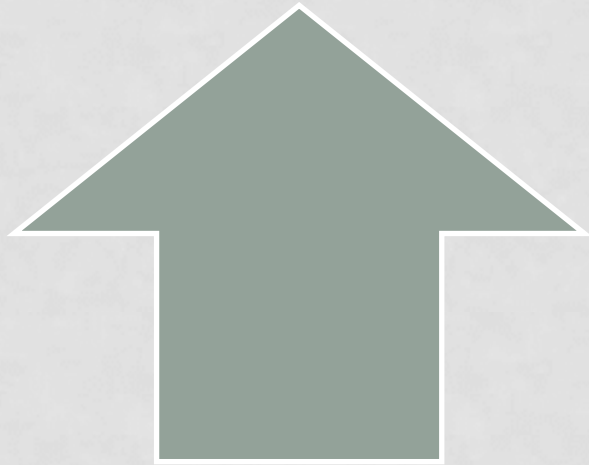
Functional impairment:

- Sleep
- School
- Family conflict
- Family activities
- Social

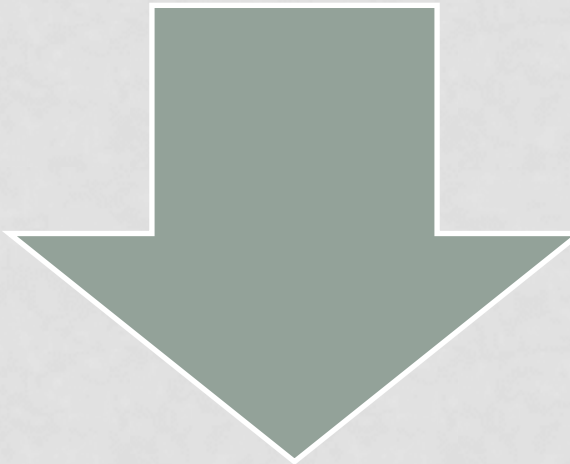
COMPUTER OVERUSE: THE INTERVENTION STRUCTURE

- Initial screening via the phone
- A single meeting at the parents home (1.5 hour), only the parents were present.
- Leaving a comprehensive booklet on 'vigilant care' principles and practical tools.
- 2-6 successive phone calls: support and maintenance of the tools. Each conversation was followed by a summarizing e-mail.

COMPUTER OVERUSE: INTERVENTIONS' PRINCIPLES



Raising legitimacy: for
parental involvement and
action



Reducing demonization of
the internet

COMPUTER OVERUSE: INTERVENTIONS' PRINCIPLES

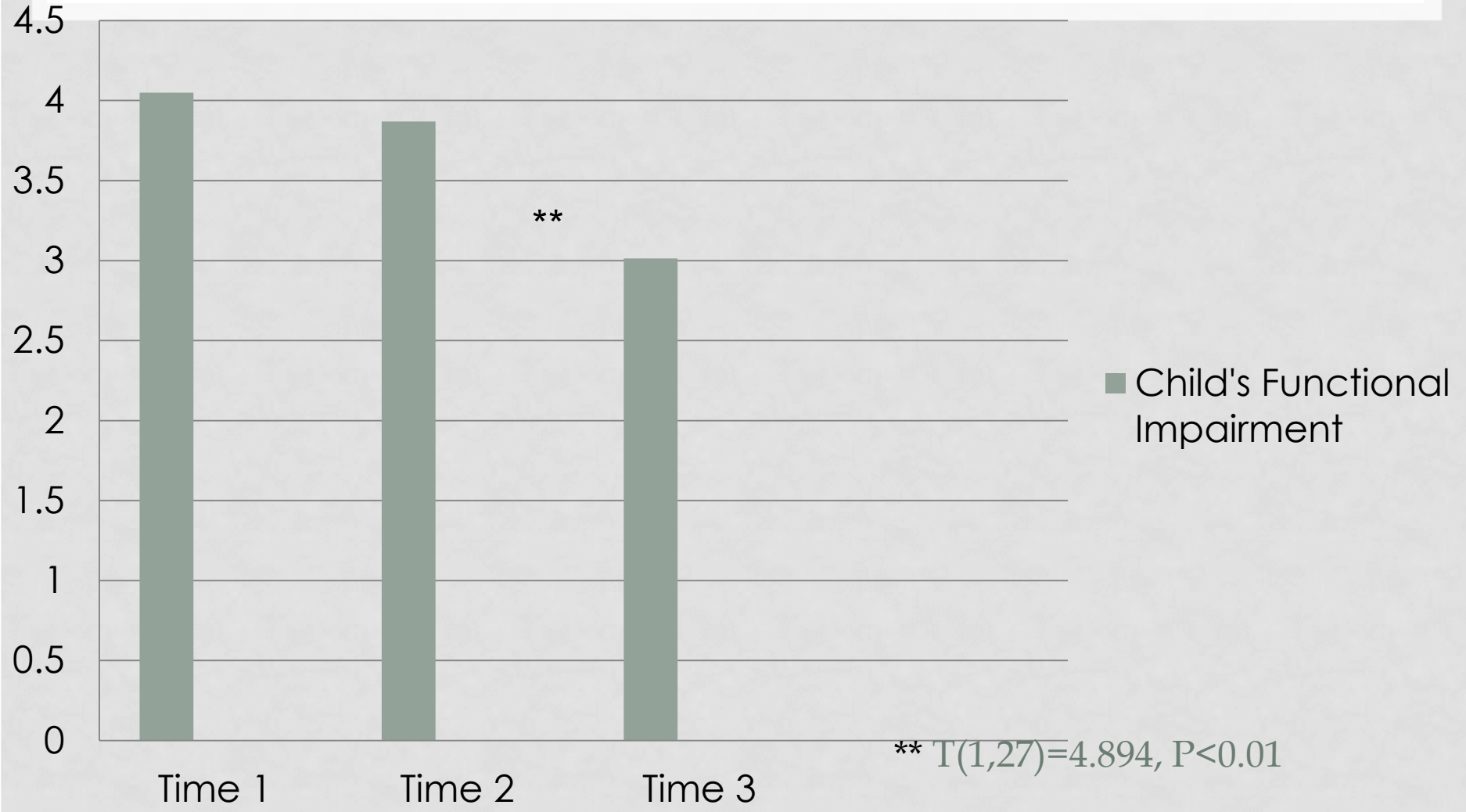
- **Vigilant Care** – adapting the open dialog and focused questioning to internet use.
- **Non violent** reduction of “computer time” – as opposed to complete elimination (Or – how to non violently turn off the computer).
- Using **NVR** tools to reinstate “lost activities” (school attendance).

COMPUTER OVERUSE: STUDY METHODOLOGY

- 30 families [children's mean age=12.42 (2.1)]
- Parents answered self report questionnaires during 3 stages:
 1. Screening
 2. After a 3-week waiting period
 3. 3-weeks after the intervention.

We expected NO difference between time 1 and 2, and a difference between time 2 and 3.

COMPUTER OVERUSE - STUDY'S RESULTS: CHILD'S DYSFUNCTION



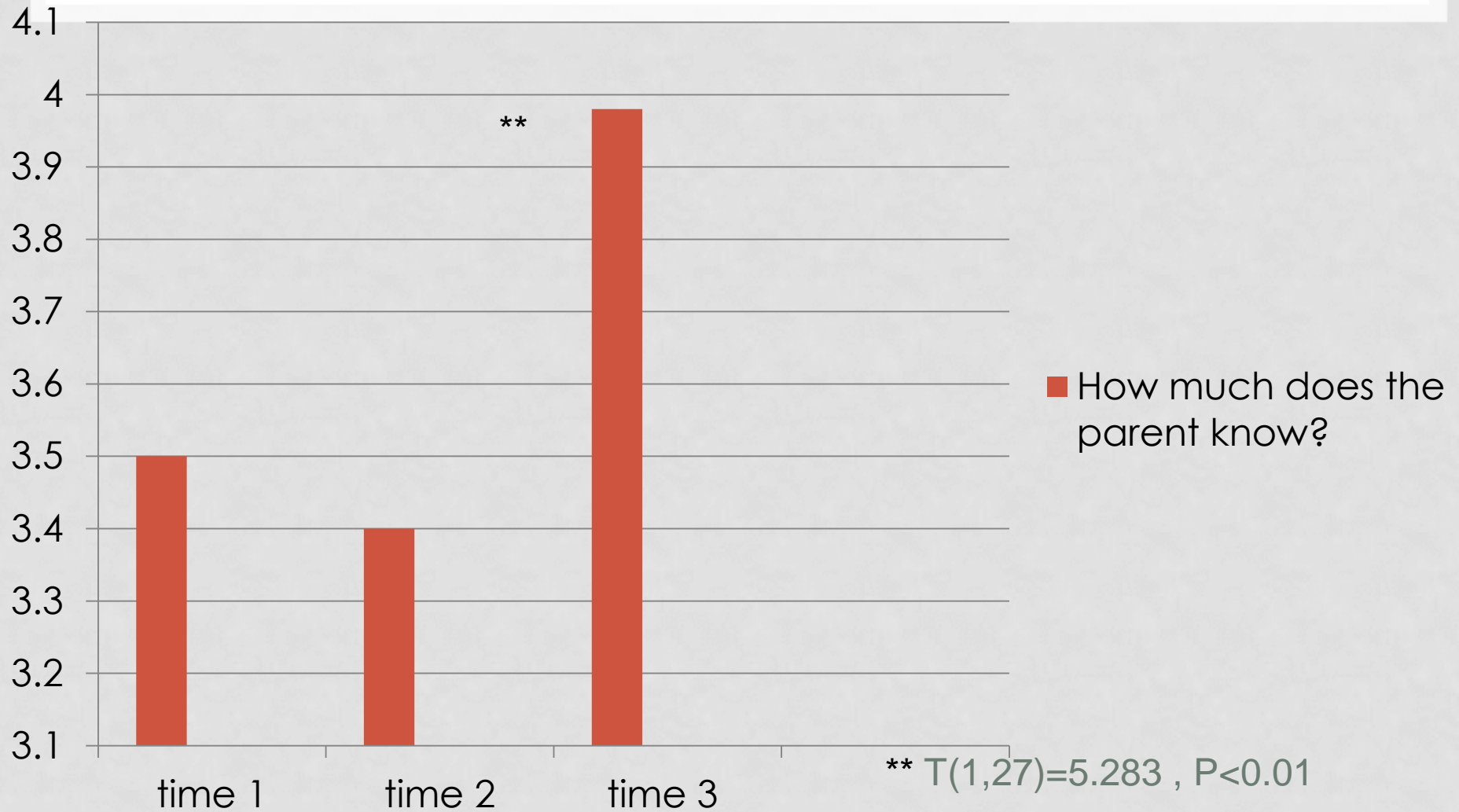
Time 1
March 2012

Time 2
Digital Natives & Digital Immigrants

Time 3
Iris Shachar - Lavie

** T(1,27)=4.894, P<0.01

COMPUTER OVERUSE - STUDY'S RESULTS: VIGILANT CARE_A

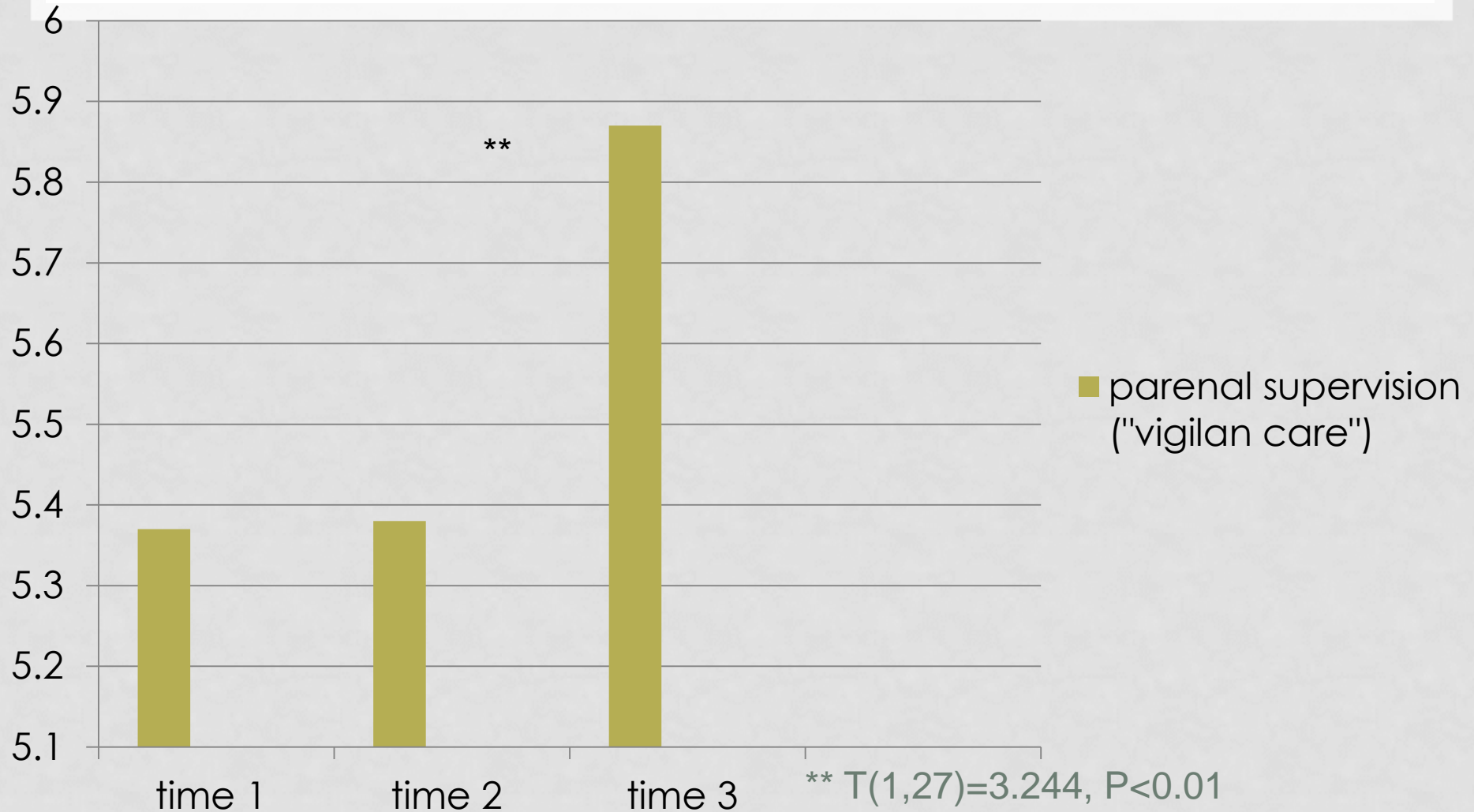


March 2012

Digital Natives & Digital Immigrants

Iris Shachar - Lavie

COMPUTER OVERUSE - STUDY'S RESULTS: VIGILANT CARE_B



March 2012

Digital Natives & Digital Immigrants

Iris Shachar - Lavie

DIGITAL NATIVES & IMMIGRANTS – SUMMATION:

- The ‘internet age’ introduces changes in the family
- Parental presence, involvement and supervision in the child’s media life is crucial –
a challenge that can be met!

THANK YOU :)

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