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Second Draft Review

The Danger of technology and media on children

According to the editors of Encyclopaedia Britannica (2019), technology is the application of scientific knowledge for practical purposes, especially in industry. Technology such as bones, wood, and antlers were first used 10 million years ago (2019). The discovery of fire dates back 1 million years ago. Technology is the study and transformation of techniques, tools, and machines created by humans. Technology allows humans to study and evolve the physical elements that are present in their lives. There are different devices when it comes to technology like televisions, tablets, phones, Blu-ray players, games consoles, reclining chairs, or toys. Technology is the sum of techniques, skills, methods, and processes used in the production of goods or services or in the accomplishment of objectives, such as scientific investigation. An example of technology is the Internet which has made up-to-date information available to anyone with access in a matter of moments and provides real time information about events around the world. Technology has been evolving and every year it becomes more advanced and scientists find more ways to advance our society. However since technology is becoming so advanced it has been shown that children are getting attached to their devices and can not function without

their devices. The overuse has also affected parents and families because children do not know how to socialise and families do not spend enough time together due to overusing their devices. This in particular affects children in many ways. It can cause suicides in children, psychological issues, obesity, affect their eyesight, mental issues, and many more. That is why this issue needs to be advocated for in order to prevent any more damage that has been done to this new generation. The goal is to make teachers, program directors, principals, the chancellor, and the administrators because when the parents are at work they spend the most time with the children. There has to change because it is affecting our children and if it is acknowledged now then early childhood education can improve tremendously.

The early childhood advocacy issue affects children and families .The issue is the overuse of children using technology and media and how it has a negative impact. This early childhood advocacy issue affects children and families because if it is affecting the child then parents also see the effects it does to their child. Children who report more time using media are more likely to also report mental health issues. Depression is a key issue that is correlated with more media use. There has been a study that shows that suicide rates have increased tremendously due to technology and this hasnt been such a big issue before there was technology and all the resources that we have today. This has led to more youth needing mental health interventions like medicine and counseling.

The problem is for the teachers and early childhood practitioners, principals, the chancellor, lawmakers, program directors, city council members, and the administrators because they are the people who can actually make a change in the children's lives. The concern is that young children are too attached to technology/media instruments or devices. Whenever children have free time their time is most likely focused on technology such as computers, TVs, tablets,

and phones, which are not healthy for them at such a young age from age one to two in particularly . Too much of this can affect their thinking. This in particular has a huge impact on the children because the children are no longer playing outdoors, with hands-on materials, and their health, physically and mentally is affected. (Patel 2018). Children are draining and changing their brains, they can become distant, self-conscious about themselves, suicidal, and cause self-harm. When children have the opportunity to use technology any chance that they have it can make them lose focus and become unmotivated (Ortiz 2018). There are also other physical effects that can take a toll on children, such as eye fatigue, and blurry vision. Parents need to put restrictions on the use of children's technology and give children a break and let their minds process information . Also due to the fact that children can be glued to their phone this is why it is important to give their children's eyes a break from screen time. Recent research confirms that the first five years are particularly important for the development of the child's brain, and the first three years are the most critical in shaping the child's brain architecture. Technology in particular affects the first two to three years of a child's life because children are like sponges and when there is technology placed in front of them it affects their ability to think for themselves. This then causes the children to then rely on technology. They have a direct impact on how children develop learning skills as well as social and emotional abilities.

Children and parents are the ones affected the most. It doesn't matter the person's background or where they come from, anyone can be affected by this. Technology and media can affect children as young as one years old to two years old.(Guiding Principles for Use of Technology with Early Learners n.d.), but young aged children the ages between two and six and also teenagers the ages thirteen through eighteen. are affected the most. They are the ones who

know most about technology making it more likely that the older the child is the more affected they are by it because they have more understanding. The technology commonly used within those ages are phones and tablets because at such a young age they are exposed to devices but nothing that advanced yet (Caroline Miller). This needs to be addressed now so we can help resolve the overuse that children have with technology/media, such as tablets, computers, phones. If this is addressed now then maybe there can be a change made before there is too much damage done.

Children are draining and changing their brains, they can become distant, self-conscious about themselves, suicidal, and cause self-harm. It makes them have a different perspective with their academics and can make them less motivated (Ortiz 2018). If children are feeling all these emotions that they can't cope with yet it can affect their academic performance and life in general. Depression is a key issue that is correlated with more media use. This has increased suicide rates and has lead to more youth needing mental health interventions like medicine and counseling. (wikipedia Oct 3, 2019). Teenagers and children who report more time using media are more likely to also report mental health issues. Another example how technology and the media impact children negatively is because there are also other physical effects that can take a toll on children, such as eye fatigue, and blurry vision (Give Your Eyes a Screen-Time Break: Here is Why 2017). It can sometimes make families get anxious and feel as if they are the ones to let this continue (World Leaders in Research-Based User Experience n.d.) .Technology plays a major role in hindering family relationships. It has a major effect on families because it decreases family time, face-to-face interaction, and reduces socialization. Technological advancements are transforming the ways families interact. (Patel May 18, 2020). The community is being affected

as well because they might have children of their own. Technology would affect the community all together and the impact could be negative because if the children are behind for their age this can affect their futures. It can influence other children to follow the same path that others are doing just because they want to be included with what was happening. The issue is that many children are too attached. Families are being affected because they see the change in their child, struggling in school, getting complaints. Children still do not know the difference between what is correct and incorrect. It affects the community because if a child sees other children using technology or playing games on their devices and it is something that is constantly recurring majority of the time then the other children are going to want to do the same.

Intervention is needed for children when families start to see a change of behavior. In order to try to prevent anything from happening they should pay attention. My plan to address this issue is by creating a group for the children to talk and the parent will have a group where they can express themselves as well . I want people to learn alternatives to playing and learning than just constantly looking at a screen. The older person is the more complex an intervention should get because the older you are the more knowledge and understanding a person has. If it's with someone younger you can still talk to them but in a different manner. An intervention needed is where we talk to children and parents about how to limit themselves with their technology/media. Families might not even be aware of the damage done by the media and technology so an intervention will be eye opening.

Technology is being harmful anywhere it doesn't matter the person's background or where they come from, anyone can be affected by this. This however can affect children as young as one years old to two years old.(Guiding Principles for Use of Technology with Early Learners

n.d.), but young aged children the ages between two and six and also teenagers the ages thirteen through eighteen are affected the most. They are the ones who know most about technology. The technology commonly used within those ages are phones and tablets (Caroline Miller). This needs to be addressed now so we can help resolve the overuse that children have with technology/media, such as tablets, computers, phones.

We can't wait any longer to address this because by then we could have sustained damages to vision and social skills. According to Guiding Principles for Use of Technology with Early Learners, they believe that children shouldn't use technology at least until they're 6-8, but only for learning purposes. If we start now we can help prevent children from getting horns (Hughes 2019), damaging their posture (Hughes 2019), or even losing their hearing from too much usage of earphones (Calderone n.d.). There has been research done that children start to develop learning disabilities from a young age that have affected them due to just constantly being on the internet. The age where children should start intervention is about 3 (Smith n.d.), because you're becoming older and most likely involved with social media, so it can result in having a big impact on them. An intervention is also needed to be done because children are draining and changing their brains, they can become distant, self-conscious about themselves, suicidal, and can cause self-harm. It is important to prevent children from getting to this point and that way they can have a healthy childhood.

I'm advocating for parents to make a change in how children spend their time. Parents can make time with their children by playing puzzles, coloring, cleaning, helping cook, wash dishes or even just going outside (Technology Alternatives for Kids 2015). Parents need to find alternatives for technology rather than spending their time on devices. Parents can regulate healthy

habits for their children and focus on what is important, spending quality time with their kids rather than distractions. People are too focused on their surroundings and what is going on but as parents they need to dedicate more time to their children. Your definition of healthy and unhealthy technology usage will need regular updates. Are the privacy settings for older children's social media and other online accounts set to restrict .The best protection is prevention: Lock down your devices so kids can't. Teach your children to use technology in a healthy, responsible way.

My target audience are teachers, and early childhood practitioners, because they are the ones who are mainly involved in children's lives, besides their family. School principals, program directors and administrators can assist with funding, equipment and classroom materials. Schools, the media, and community members can help bring change to spread the word around children to let them become aware of what's going on with others their age. Children spend a good portion of the day school so teachers and practitioners have a huge impact on children's technology usage. They should also expose these children to museums, the park, and physical activities. They are in position to help because they're adults and are more aware of the damages that can be done, such as children becoming obese or violent (Almond, n.d.). When children are not with their parents they are often at school with teachers.

In the first article, "Preschool Children's Exposure to Media, Technology, and Screen Time: Perspectives of Caregivers from Three Early Childcare" by Kimberly Sharkins (2016), she reveals how caregivers believe that there are benefits and challenges that are given to children due to (Media, Technology, and screen time). The benefits that she lists is that children get a better sense of comprehending ideas through "the use of symbols, pictures, and videos" and mixing technology with their teaching can strengthen their literacy skills. The challenge that children face is too much exposure to MeTS can "increase obesity, aggressive and violent behavior, bullying, desensitization to violence, lack of empathy to victims, fear, depression, nightmares and sleep disturbances." It brings a physical toll on children's health which can also result in them having difficulty in learning. Something as small as sleeping with the radio or music on can affect someone's hearing. Sharkins also gives out data about children and their usage of technology by stating "Studies reveal that 41 % of parents give their children a tablet or handheld device to use while in a restaurant, and 78 % of parents approve of their children's use of technological devices and further report that their use has not created any problems." Her purpose of this was to inform others how important the significance of children's health is and how others such as the AAP feel about this situation. I chose this source because I felt like it had good arguments about what is good and bad for children. What can be learned from this is how going digital can be an advantage to children academically.

The second article, "U.K. Doctors Call for Caution in Children's Use of Screens and Social Media" by Palko Karasz (2017) has brought up how the United States isn't the only one with children that are facing issues with the overuse of technology, there are also attached guidelines for how much time children spend on the screen. The purpose for Karasz to write this

article is to inform people on how serious not limiting your children with the screen can be. There are professionals speaking about this topic which shows the seriousness of this. I selected this to demonstrate that other countries face the same problems just like we do and The New York Times speaks on serious issues going on in the world. What people can learn from this is to listen to what doctors recommend to you for your child's health. There was a doctor from the U.K who has also revealed that we need to be cautious with children and their use of technology. He/she believes that children can develop serious negative effects such as "sleep patterns, self-esteem and body image, and expose young people to online harassment." These are only just a few issues that can happen to a child. The British health minister had warned parents of the evidence that can affect them. They should come to a realization that it's time to stop and limit their time.

The third article is, "The Effects of Screen Media Content on Young Children's Executive Functioning" by Brittany Huber (2018) speaks on children's executive functioning and how it becomes affected from too much screen media. EF(executive functioning) has to do with how children are able to have cognitive processes which are responsible for "mediating goal-directed behavior, including self-regulation, working memory, inhibition, and attention". Watching TV can interfere with the EF of children but it also depends on what it is that they're watching. Content that was meant for children was less damaging to their EF than shows that are for adults. We now know that this mainly focuses on children from 2-6 years old. The purpose of this was to inform readers what can affect a child's cognitive skills. Huber believes that children using too many screens is what causes them to perform poorly. This source relates to my topic because it has to do with children's learning being affected by technology. From reading this you can learn

more about how this study was conducted into an experiment as well. It explains what affects a child's mind the most with what they're watching, hearing, and the pace.

Children are being harmed by the damages of the media and technology because not only is it affecting their physical health but mental health as well. This is why an intervention has to be done and teachers, chancellors, council members.etc must help advocate and address the issue of technology and come up with a solution.

In the article, "Preschool Children's Exposure to Media, Technology, and Screen Time: Perspectives of Caregivers from Three Early Childcare" by Kimberly Sharkins (2016)`. The main idea of this article is that too much exposure to technology can have a negative impact on children. Children can become obese due to the lack of exercise because instead of going outside and doing physical activities they are on their devices. The media can also lead to bullying because children at a young age do not know any better. The exposure that the media and technology does to these children at such a young age affects them when they become older and may be challenging to break their habits.

The author's purpose with this article is to inform parents and teachers, etc about the harms that technology causes to their children. For example "Studies reveal that 41 % of parents give their children a tablet or handheld device to use while in a restaurant, and 78 % of parents approve of their children's use of technological devices and further report that their use has not created any problems." The author is trying to show the parents that they are contributing to enabling their children. There are other alternatives rather than handing your child a phone or tablet just because you don't want to deal with the child's behavior. It may seem easier now but

the effects later are way worse that's why you should interact with the child. The author is trying to persuade the audience to advocate for these children not to use technology or the media as much. I chose the article, "Preschool Children's Exposure to Media, Technology, and Screen Time: Perspectives of Caregivers from Three Early Childcare" by Kimberly Sharkins (2016) because it gives factual evidence of the harm technology and the media cause to children. What can be learned from this source is the cause and how to make a change and advocate for a positive change against technology.

Small Advocacy

 Attention needs to be brought to teachers, and early childhood practitioners, because they are the ones who are mainly involved in the children's lives, besides their family. There are also more target audiences like the principals, the chancellor, lawmakers, program directors, city council members, and the administrators because they are the people who can actually make a change. In order for me to help these children being affected by technology and the media , I will focus on bringing attention to this by finding out where events can be held to help educate families about the harm and good of what technology can bring to young children. There will be a presentation displayed to present the good outcomes that technology can benefit children such as for homework, videos, news, awareness, and even for educational games. It can also help children improve their problem solving and technological skills (Stueber n.d.). Another way that I will bring attention to the issue of technology is to demonstrate how it can affect children's emotions/behavior and learning abilities. In particular some behaviors that they might experience is that they can be violent, suicidal, trouble with socializing, health issues, bad sleeping habits, and depending on the age they may struggle with how to achieve a milestone . A Lot of these

effects can be held onto from their childhood to adult life and affect the children negatively. The way that I can help is that towards the end I can list different programs that families can look into so that can distract their children into doing other activities.

Large advocacy

The target audience is for me to address the issue with everyone. I will work on various platforms together with others by spreading awareness to every social media platform. That way the word about what i'm advocating for is by posting and doing events so that way it can get around easier to families and friends. If any company feels the need to advocate with me, I can be easily contacted from my social media platform. I will also advocate to administrators and chancellors that way there can be some change in the amount of technology children use. As the meeting begins I will talk about what needs to be done and how to set a limit to what children should do and how they need to follow it. I will address the issue which is the overuse of technology and media and how it is impacting children. Other people who aren't parents themselves can learn from this as well, they will be able to see the bad that can also come from being in the media. It's not only for children but for everyone, children are just the most vulnerable to becoming addicted to technology because the fact that children have not been developed fully so they absorb everything like sponges.I will explain that within the first few years of a child they will lack or struggle with milestones that they need to have developed already. As they get older they will struggle internally/mentally because of what they've seen on the internet and try to live by those standards. Although technology has its downsides, it also has

its perks. The internet is the place everyone goes when they need to find out something they are not familiar with.

Commentary

This subject is important because I see how my younger cousins are glued to their screens and I just want to make a difference by speaking up for the new generation. I want my younger cousins to have a better childhood and actually experience it instead of being glued to their phones. This is a major issue because it also affects the growth and ability of children. This is important to me because the same way my mom would influence and advocate for me, I would want to advocate for the children that don't know much better and influence them in a positive way. This will impact me as an early childhood professional because I will know what to teach the children and what I would condone in a classroom and what I would not have in a classroom. The topic is important because when I become a teacher I would know how to influence children in a positive way.

Epic

Do you feel like devices are impacting children's everyday life? Technology and media can especially be very harmful at such a young age too as little as one and two years old.

For young children, the issue is that many are too attached to technology/media instruments or devices. Their time is consistently focused on technology such as computers, TVs, tablets, and phones, which is not healthy for them at such a young age, in particular age one and two . This has increased suicide rates and has lead to more youth needing mental health interventions like medicine and counseling. It profoundly affects the family by decreasing family time, reducing socialization, and face-to-face interaction.

The change that is being advocated for is that children find other alternatives to occupy their minds rather than technology and media. The technology and media has had more of a negative impact than a positive one on children and teachers and parents need to be aware of this harm.   There has to be an immediate change for this future generation and this intervention and advocating for these children can make a difference. How can there be a future if the children of today are being harmed tremendously.

Intervention is needed for children when families start to see a change of behavior. In order to try to prevent anything from happening they should pay attention. An intervention needed is where we talk to children and parents about how to limit themselves with their tech/media. My target audience are teachers, and early childhood practitioners, because they are the ones who are mainly involved in children's lives, besides their family. School principals,

program directors and administrators can assist with funding, equipment and classroom

materials.

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