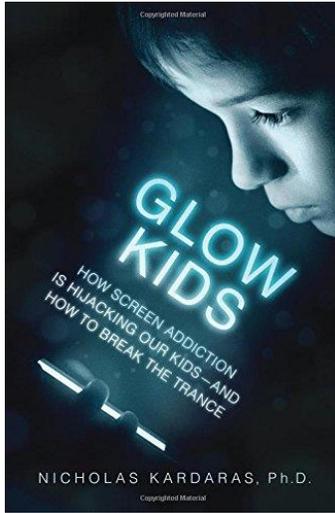


# **“Glow Kids; How Screen Addiction is Hijacking Our Kids – And How to Break the Trance”**



\$17.10 on Amazon

## Book Highlights

Prepared by Chris Croll for

Loudoun County Parents of Gifted Students ~ LoCoPOGS.org

“Video games for the alienated kid and social media for the cheerleader are both just as addicting as heroin is to a junkie.” (14)

“The most primitive part of our brains – the medulla and cerebellum – cradle our ancient dopamine-reward pathways. And when an action has a feel-good result – like finding food or discovering something new on the Internet or in a video game – dopamine is released, which feels pleasurable and creates a more-we-get-more-we-want addictive cycle.” (21)

“Our brains are wired for finding immediate reward. With technology, novelty is the reward. You essentially become addicted to novelty.” (21)

*CC: This is why our gifted kids can't stand to be bored! For them boredom feels like withdrawal.*

“The constant adrenal stress [of dopamine hits and adrenaline rushes] is not a good thing; the immune system gets compromised, inflammation increases and cortisol and blood pressure spike. And there are behavioral consequences as well.” (22)

“Gaming companies will hire the best neurobiologists and neuroscientists to hook up electrodes to the test-gamer. If they don't elicit the blood pressure that they shoot for – typically 180 over 120 or 140 within a few minutes of playing, and if they don't show sweating and an increase in their galvanic skin responses, they go back and tweak the game to get that maximum addicting and arousing response that they're looking for.” (22)

“There is a Minecraft Anonymous 12 step program for those whose lives have been swallowed up by the educational yet habit forming cubes of the game.” (22)

Highlights from the book “Glow Kids”

C. Croll, 12/8/16

CC: From [netaddictionanon.org](http://netaddictionanon.org)

When trying to stop or refrain from computer, internet or gaming the following **withdrawal symptoms** may be experienced:

- *restlessness*
- *irritability*
- *lack of concentration*
- *dyssomnia*
- *anger and aggression*
- *computer/internet/technology seeking*

“Real space is too big, real time is too slow to match the excitement the child experiences watching a video or playing a video game.” (23)

“Distractibility and poor impulse control are also hallmarks of addiction.” (43)

“We also know that certain substances or behaviors tickle dopamine more than others. For example, brain imaging research shows us that eating, especially eating craving foods like chocolate – can raise dopamine levels by 50%; while sex can raise dopamine by 100%; snorting cocaine increases dopamine by 350% and ingesting crystal meth creates a whopping 1200% increase in dopamine. Video games increase dopamine as much as sex does – about 100%. And keep in mind those are positively quaint 1998 video games, not the 72 inch LCD, ultrarealistic, hyperstimulating and highly arousing games of today.” (62)

“While an adult may have the willpower to refrain from engaging with tech as powerful and addicting as sex, from a developmental standpoint, since the brain’s frontal cortex – the brain’s “braking mechanism,” which controls impulsivity – isn’t fully developed until well into a person’s twenties, a child simply doesn’t have the neurobiological apparatus to handle that level of stimulation.” (63)

“Our ability to pay attention and focus, our ability to feel empathy and our ability to discern reality can all be adversely affected by overstimulation during key developmental periods.” (65)

“According to the latest research, tech addiction is affecting young people more than adults. The American Journal of Drug and Alcohol Abuse found that 8.2% of Americans suffer from Internet addiction, but according to Internet Addiction: A Handbook and Guide to Evaluation and Treatment, the disorder affects more than 18% of college-age Internet users.” (72)

“Facebook with its 1.23 billion active users, has not led to happiness; instead, it has led to a phenomenon known as “Facebook depression,” whereby the more “friends” one has on Facebook, the higher the likelihood of depression.” (94)

“If video games are digital cocaine for boys, then social media and texting are the electronic equivalents for girls.” (97)

“Research has shown that exposure to video games and television in childhood and adolescence is a significant risk factor for subsequent attention problems.” (123)

“According to the Kaiser Family Foundation (2010), kids between age 8 and 18 spend a whopping 7.5 hours a day in front of a screen – computer, television or other electronic device.” (125)

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“By using “tech fasts” we see a significant decline in clinical symptoms, including symptoms associated with ADHD, when screens are removed from kids’ lives.” (125)

“Let kids experience boredom; there is nothing healthier for a child than to learn how to use their own interior resources to work through the challenges of being bored. This then acts as the fertile ground for developing their powers of observation, cultivating patience and developing an active imagination – the most developmentally and neuro-synaptically important skill that they can learn. Let them live without the glow while they’re kids.” (127)

*CC: The book included many chapters about research studies linking violent video games to violent behavior in children. I did not include those notes here because they were not relevant to the topic of addiction.*

“Unfortunately, we’ve lost a large number of kids and teens to the digital blue pill (Matrix reference). They prefer the illusion of an entertaining glowing screen, oftentimes complete with archetypal myths and fantasy that let them engage in some noble quest, to the reality of their math homework or chores.” (237)

“But back in their real-life bedrooms, moms and dads are still fighting over the mortgage; that girl or boy they like just posted a humiliating taunt on Facebook. They’re failing in school and don’t like the way they look. Not only is real life boring – but it just sucks!” (237)

“We know that about 10% of people – including kids – are predisposed toward addiction.” (237)

“We know from the field of addiction treatment that an addict – drug, digital or otherwise – needs to detox before any other kind of therapy can have any chance of being effective. That means a full digital detox – no computers, no smartphones, no tablets – mothering. The extreme digital detox even eliminates television. The prescribed amount of time is four to six weeks. That’s the amount of time that is usually required for a hyper aroused nervous system to reset itself.” (238)

“During this tech fast, nature immersion has been shown to be the most effective way to help people get grounded and reconnected to themselves and to reality.” (239)

“According to Louv (researcher), the skyrocketing emotional and psychological problems that we are seeing with kids are all related to the erosion of children’s connection with nature by their immersion in the digital world.” (240).

“Some programs have successfully used wilderness therapy for many years for young and troubled teens with either addiction or behavioral issues. On average those programs have a higher success rate than traditional rehabs for young people.” (240)

“Exposing a child to nature touches the hardwiring of being human - they become ‘activated.’” (241)

“The Alliance for Childhood, a consortium of some of the top educators and mental health experts in the country, makes several recommendations to combat technology’s erosion of a healthy, balanced childhood. In addition to nature exposure and time for unstructured play, they also recommend that children maintain close loving relationships with adults and have opportunities to engage in music, drama, painting and other arts. Further, they suggest that kids get involved with hands-on crafts and pursue activities that involve creative verbal expression, like poetry and storytelling.” (243)