

Outsmarting Smartphones with Kids' Mental Health

Mental health issues among teens has been steadily increasingly and now a connection is being made with their increased smartphone use. A survey by the Centers for Disease Control found teens who spend five or more hours a day on electronic devices are 66% more likely to have at least one suicide risk factor than teens who spend one hour a day. Teens are spending more time on their phones, dating less, interacting less with friends, and waiting longer to get their driver's licenses.

Ginny Ryan from 13Wham News sat down with **Gwen Olton, Senior Consultant** from CCSI's **Training and Practice Transformation** team, to talk with her about the impact that social media and technology has on teens around depression and suicide. Gwen talked about the importance of the relationships that teens are now missing out on, and shared that there are apps to help limit screen time and track how we're spending time on our phones. Gwen's seminar [Me, My Tech, and I](#) is also a great resource for parents, teachers, teens, and anyone who wants to learn more about how technology impacts our thinking and behaviors, and what we can do out outsmart our smartphones. [Click here to watch the 13Wham News story to learn more.](#)

Gwen followed-up to Ginny Ryan's report on Fox Rochester, explaining how a lot of the apps are often designed to purposely have the user spend as much time as possible interacting with the device, making it challenging to limit screen time. She encouraged increasing face-to-face interpersonal interactions to combat the negative effects of screen time. [Click here to watch Gwen's full interview on Fox Rochester.](#) Contact Gwen at GOlton@ccsi.org for more information.