

# How much technology can help our kids and how much it can damage their lives?

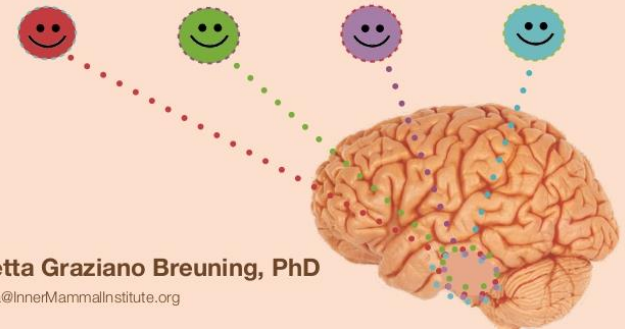


TED Talk Prof. Dr. Ana X. Halabi  
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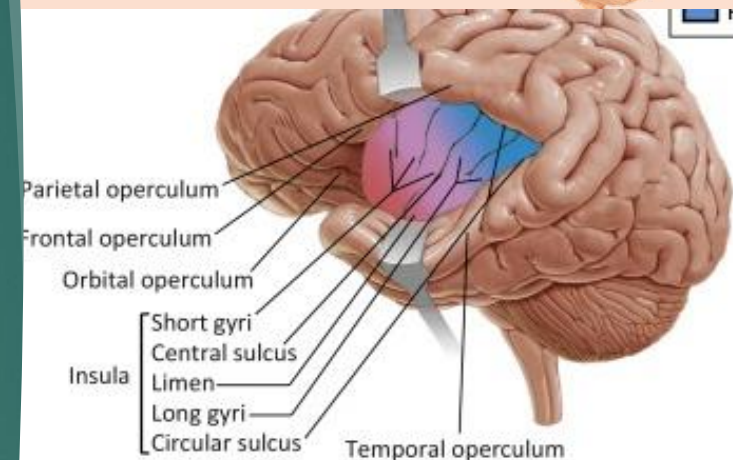


# Meet Your Happy Chemicals

Dopamine Serotonin Oxytocin Endorphin



Loretta Graziano Breuning, PhD  
Loretta@InnerMammalInstitute.org



► Did you know that over exposure to screens kill around 80% of our kid's neurons, more specifically in an area of the brain called insula, which has to do with compassion and empathy?

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▶ Did you know that 1 videogame played by our kids is equivalent to a shot the heroine? the brain cannot bear so much pleasure.

World Psychiatric Association (WPA)



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# Risks our kids face many times far from our control

*Cyberbullying*



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# Risks our kids face many times far from our control

*Child Grooming*



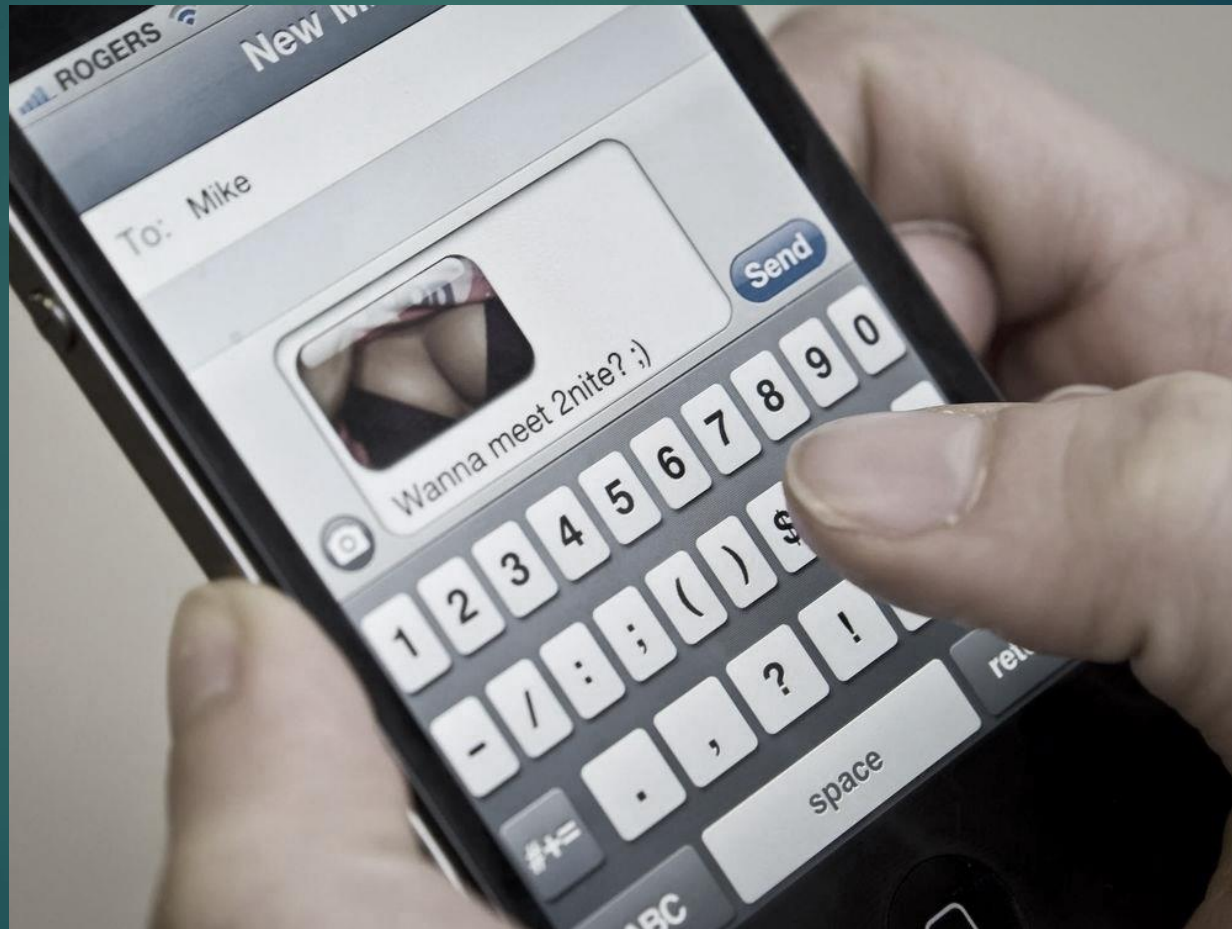
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# Risks our kids face many times far from our control

*Sexting*



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When a kid plays **fortnite**, his/her blood pressure goes up to 200 to 210

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*Kids are wearing diapers, so as not to stand and go to the bathroom but keep playing. Some of them last 8 hours. You have to understand that this is addiction.*



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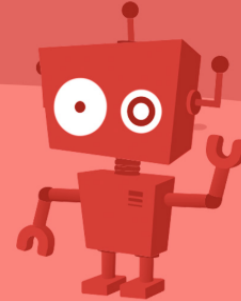


Estudio sobre El impacto de las pantallas en la vida familiar

Ver más

Kiddle, un buscador pensado para menores

IR AL ARTÍCULO



Safer Internet Day



Sign In

HOME ABOUT SID IN YOUR COUNTRY SID SUPPORTERS RESOURCES

Register your support for SID

Go to list

### Updated for SID 2019: Spanish Safer Internet Centre - Internet Segura for Kids (IS4K)

URL: <https://www.is4k.es>

Organisational email address: [contacto@is4k.es](mailto:contacto@is4k.es)

#### About our SID activities

The Spanish Safer Internet Centre (SIC), Internet Segura for Kids (IS4K), celebrated Safer Internet Day 2019 with the following activities:

Safer Internet Day event



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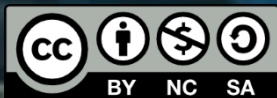
...because they  
constantly watch us  
... and see us use  
them.



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