

Problem Behavior & Electronics

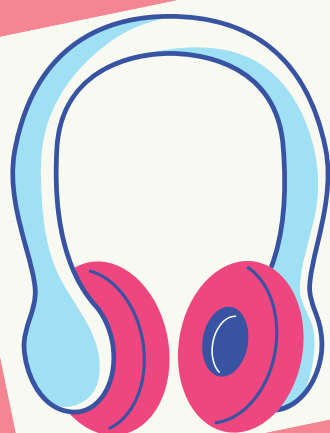
Many individuals struggle with over-use of use electronic devices. This can lead to problems with physical and mental health. "Screen Breaks" can be difficult but are very important for overall well-being. Below are some evidence-based tips and strategies to help!

Preventions



- Use visual supports like visual schedules and timers to depict when electronics can be used
- Prime **before** use of behavioral expectations
- Follow electronic use with another preferred activity
- Use parental controls to automatically shut off device or wi-fi
- Give time warnings before time is up
- Have designated "screen breaks" as a house rule

Teach & Reward



- Asking for the device or more time
- **Waiting** calmly
- **Tolerance Response** (saying "okay" when told no)
- **Coping skills** (alternate choice making, transitioning between activities, waiting)
- Expand interests through exploring other activities

Responding to Problem Behavior



1. Give Reminders- "You can ask for more time OR shut it off and get 5 points"
2. Give Choices- "You can turn it off yourself and have more time after lunch or I will turn it off and you will not be able to have it again until tomorrow"
3. Remain CALM and do not get into a physical "fight" over the device



Other Considerations

1. Identify other items and activities the individual enjoys
2. Limit free access to electronic devices and only give access contingent on specific behavior(s)
3. Consider using activity intervals instead of time intervals. For example, instead of giving 30 min., allow person to complete 1 level, or play until 3 lives lost



Did You Know?

Excessive screen use is associated with sleep problems, obesity, high blood pressure, poor stress regulation, depressive symptoms and "craving" behavior similar to that found in substance abuse disorders.

(Lissak, Gadi. Environmental Research, 2018)