



**Acquired
Brain Injury
Network**

November 3-4, 2008
Hilton Toronto • Toronto

Conference Presentation Abstract ~ Podium Presentation

Date/Time/Room: Tuesday, November 4, 2008 10:00 am – 10:45 am Tom Thomson

Abstract ID: 5c

Title:

Totally Wired and Wireless: Helping Kids & Teens with ABI be Media Safe and Savvy

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Summary:

Children and teens spend more time consuming entertainment media than any other activity. These media include music, music videos, television, movies, video games, and internet activities such as MySpace, Facebook and MSN Messenger. Youth with ABI may be more likely to develop problems with media overuse because of social skill challenges and social isolation, as well as problems with self-regulation and judgment. As a result, they may then be more vulnerable to negative peer influence, bullying, and social exploitation. As well, youth with ABI and other disabilities may be more influenced by media messages about sexuality, drug use, and violence.

This presentation will focus on:

- an overview of media use by Canadian children and teens
- a brief review of research on how media affect children & teens
- case examples of youth with ABI who have problems with media overuse, and
- strategies for assisting these children & teens have more balance in their lives.

Outcomes/Objectives:

Practical strategies for helping children and teens decrease their media use and increase other activities will be discussed.

Key strategies include helping parents set up agreed-up standards for media use and involving appropriate services and supports.