

## **Adolescent Technology Use: Addiction, Culture, or Both?**

### **Program Description**

How many times have you heard, “my child is always on their phone,” or get asked the question, “How can I make my child get off their phone?” when talking with parents about their teenagers. Or how frequently does your teenage client check their phone before, during, and after the session? Chances are, if you work with parents, adolescents, and/or children, you are inundated with thoughts and feelings towards technology use. This presentation will take a deep dive into what typical technology used among today’s teenagers is and the culture behind that use. We will identify when technology use crosses the line into addiction. And we will identify strategies to implement for teens with problematic technology and/or identify strategies to aid parents who have a teen on technology.

### **Learning Objectives**

Upon completion of this workshop, participants should be able to:

1. List and explain the eight types of technology preferred by adolescents today.
2. Describe current trends in adolescent technology use.
3. Outline cultural differences between generations and/or in the parent/child relationship.
4. Distinguish what type of technology use is “normal” vs. a problem (an addiction).
5. Implement strategies to help adolescents and family members manage technology appropriately.

### **Target Audience**

Social workers, psychologists, licensed professional counselors, substance use professionals, educators, school personnel, mental health professionals, clinicians, health and human service practitioners, parents of adolescents, teachers, and other health care professionals.

### **Contact Hours**

3.0 contact hours

### **Sample Program Agenda**

9 AM to 10:30 AM	Current technology trends and generational difference
10:30 AM to 10:45 AM	Break
10:45 AM to 12:15 PM	Distinguish problematic technology and practice strategies.
12:15 PM	Adjourn

### **Faculty:**

**Katie Salmons, LCSW, LCAS, CCS**, is the owner of her private practice KS Empowers, PLLC, where she primarily works with teenagers and young adults navigating various things including neurodivergence, LGBTQIA+ needs, trauma, anxiety, depression, substance use, technology use, self-harm, and other needs. She is trained in EMDR. Prior to Katie being in private practice, Katie worked in the residential treatment

world, where she helped children and teenagers gain safety and skills to return home. Thus, Katie is also a contracted employee with Elevate Family Services as a coach that helps students and families return home from residential settings or prevents children and families from needing them. Katie has a passion for helping all kinds of people, including teaching, and presenting. Katie has presented at various conferences across the United States and enjoys being with you all today!