



DIGITAL MEDIA

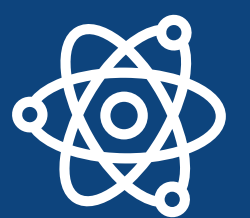
AND

DEVELOPING MINDS

INTERNATIONAL SCIENTIFIC



CONGRESS

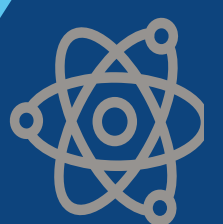


SEPTEMBER 20-23, 2023

PROGRAM OF EVENTS



#MEDIAANDMINDS23



About

Children and Screens



Children and Screens: Institute of Digital Media and Child Development helps children lead healthy lives in a digital world. The Institute is an international non-profit organization founded in 2013 to understand and address compelling questions regarding digital media's impact on child development.

The Institute's mission is to advance and support interdisciplinary research, inform and educate the public, advocate for sound public policy for child health and wellness, and enhance human capital in the field. The Institute accomplishes this mission by funding novel, objective scientific research by interdisciplinary teams of experts, convening conferences and research retreats, publishing in leading journals, and developing human capital in the field. It also educates and informs the public through traditional and social media, workshops, and panels, and serves as a trusted resource for the media and policymakers to learn and understand the evidence-based research bearing on these important issues.



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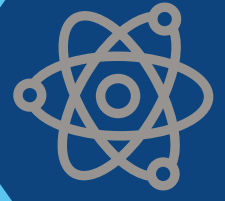
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Full abstracts are available in the [Abstract Book](#).

Full speaker bios and disclosures available [online](#).



#MEDIAANDMINDS23



WELCOME

from

Executive Director

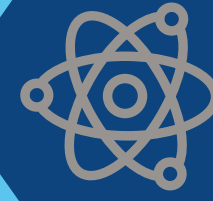
KRIS PERRY



Welcome to the 2023 Digital Media and Developing Minds International Scientific Congress. As the nation's leading experts we hope you will draw inspiration to share, discuss and decide on the most pressing issues facing children in this digital age.

Washington, DC, provides a unique backdrop for this event: The White House, the Capitol, the Washington Monument, the United States Supreme Court, the Smithsonian, the Health and Human Services Agency, the African American Museum and Dr Martin Luther King Jr. Memorial, all memorialize the importance of leadership in science, policy, governance and justice. But perhaps most importantly, Washington, DC also provides a setting attesting to the power of social movements and change. We gather less than a month after the 60th anniversary of the March on Washington and less than a mile from where it took place.

DC is a center for culture, including the U Street corridor and its history as a landmark for black culture, music and the arts. And, of course, DC is home to Black Lives Matter Plaza. DC is a hub for higher education, home to many universities and institutions



WELCOME, continued

of higher learning, including the George Washington University, Georgetown, Gallaudet, American, Howard, Catholic, the University of the District of Columbia and more.

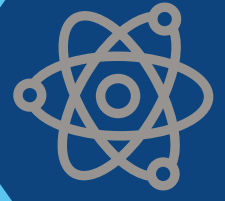
A fundamental goal of the Congress is to bring the field together to advance research and knowledge into the effects of technology and digital media use and on how the use of digital media impacts children's physical, psychological, social, behavioral, and cognitive development. As such, over the course of four days, more than 200 researchers, clinicians, educators, government agency representatives, and others with expertise in psychology, psychiatry, neuroscience, pediatrics, communications, social work, public health, education and more will exchange research and insight with this same purpose.

Explore the Tools and Methodologies exhibitors to learn more about advanced technologies available to objectively measure media use. Network with each other to connect and stimulate new ideas and opportunities to cultivate both scientific and clinical progress.

While those of us gathered at the Congress may span a wide range of fields and expertise, our participation here shows we are passionate about the same issue. We hope you will take advantage of the scheduled events to engage with other attendees, both in your field and beyond. It will take all of us working collaboratively to promote a digital landscape that supports the health and wellbeing of children.



#MEDIAANDMINDS23



WELCOME

from

Vice President of the United States

KAMALA D. HARRIS



THE VICE PRESIDENT

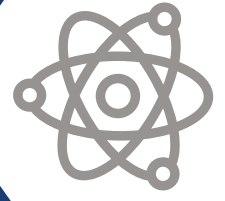
September 20, 2023

I am honored to extend my warmest greetings to the guests, partners, and leaders of Children and Screens: Institute of Digital Media and Child Development as you convene for the International Scientific Congress.

Since its founding, Children and Screens has worked to investigate the impact of digital media on child development and increase our understanding of how we can better support children across the world. I am grateful for your unwavering commitment to protecting our youth and your continuous dedication to ensuring our children's abilities to learn, grow, and thrive are unlimited.

Our Administration joins you in this cause. This spring, we formed the interagency Task Force on Kids Online Health and Safety to advance the health, safety, and privacy of minors. The task force, in partnership with industry leaders and a range of stakeholders, will work to develop guidance, policy recommendations, and other tools to help address harms and promote benefits associated with online platforms. And in the meantime, we will continue to call on Congress to pass legislation that strengthens protections and supports children's privacy, health, and safety online.

Thank you for all that you do. I send my best wishes for a productive convening and bright future ahead.



CONGRESS ORGANIZING COMMITTEE

***Dimitri Christakis, MD, MPH**

Seattle Children's Hospital, JAMA Pediatrics,
Children and Screens: Institute of Digital Media and Child Development

Lauren Hale, PhD

Stony Brook University

***Pam Hurst-Della Pietra, DO**

Children and Screens: Institute of Digital Media and Child Development, Stony Brook University

Colleen Kraft, MD, MBA, FAAP

Children's Hospital Los Angeles, Keck School of Medicine of USC

Marc Potenza, MD, PhD

Yale School of Medicine

Stephanie Reich, PhD

University of California, Irvine

Ellen Wartella, PhD

Northwestern University

Paul Weigle, MD

Hartford Hospital, American Academy of Child and Adolescent Psychiatry

* committee chair

TOOLS AND METHODOLOGIES COMMITTEE

Nick Allen, PhD

University of Oregon, Ksana Health

Hansa Bhargava, MD

MedScape

Dimitri Christakis, MD, MPH

Seattle Children's Hospital, JAMA Pediatrics,
Children and Screens: Institute of Digital Media and Child Development

Brenda Dentinger

Biopac Systems

Sarah Domoff, PhD

University of Michigan

Laura Jana, MD

Penn State University

***Colleen Kraft, MD, MBA, FAAP**

Children's Hospital Los Angeles, Keck School of Medicine of USC

Darren McLennan

movisens GmbH

Martin Paulus, MD

Laureate Brian Institute

Marc Potenza, MD, PhD

Yale School of Medicine

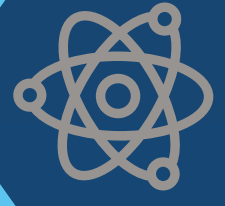
Jennifer Shannon, LMFT

Private Practice

* committee chair



#MEDIAANDMINDS23



SCHEDULE AT-A-GLANCE

	Wednesday 9.20.2023	Thursday 9.21.2023	Friday 9.22.2023	Saturday 9.23.2023
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Registration Hours

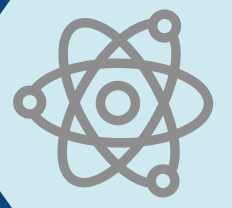
Wednesday 3:00 - 8:00 pm | Thursday 7:30 am - 5:30 pm | Friday 7:30 am-5:30 pm | Saturday 7:30 am-2:00 pm

Tools and Methodologies Exhibits open throughout the Meeting

Time	Wednesday 9.20.2023	Thursday 9.21.2023	Friday 9.22.2023	Saturday 9.23.2023		
8:00 am	8:00 am Continental Breakfast	8:00 am Continental Breakfast	8:00 am Continental Breakfast	8:00 am Continental Breakfast		
9:00 am		9:10 am Welcome Keynote Rethinking Children's Privacy	9:10 am Welcome Keynote GPT's Siren Call: Should We be Worried?	9:00 am Breakout Sessions: Research Agenda Building		
10:00 am		9:45 am The Impact of Technology and Digital Media (TDM) Usage on Youth Mental Health and Wellbeing	9:45 am Digital Marketing to Children and Adolescents: Concerns Opportunities to Address Harmful Practices	9:45 am National Studies: A Review of Existing Datasets	Break Coffee and Snacks Available	
11:00 am		Coffee Break				
12:00 pm		11:10 am Cyber Mirrors: Reflecting on Online Behaviors and Offline Realities	11:10 am Abstract Symposium: Young Children and Screens	11:10 am Using EdTech Effectively: Balancing Student Learning, Wellness, and Data Privacy	11:10 am Abstract Symposium: Mental Health and Body Image	11:15 am Breakout Sessions: Clinical and Scientific Challenges
1:00 pm		12:20 pm Luncheon		12:20 pm Luncheon		
2:00 pm		1:30 pm Translational Efforts to Prevent and Treat Problematic Use of the Internet in Children and Adolescents		1:30 pm Social Media and Social Relationships Among Diverse Adolescents		1:00 pm Luncheon, Breakout Group Closing Remarks
3:00 pm		2:30 pm Sexts, Lies, & Videostream: Adolescent Sexuality Online		2:30 pm Digital Media and Physical Health	2:30 pm Abstract Symposium: Parent Knowledge and Behavior	
4:00 pm		4:00 pm Coffee Hour for Mentorship Program Participants	4:00 pm Media and Parenting Across Childhood: The Importance of Relational Context, Family Media Ecology, and Structural Factors	4:00 pm Early Digital Media Use	4:00 pm Abstract Symposium: Prevention and Intervention	
5:00 pm		5:00 pm Welcome and Keynote Putting Children at the Centre of the Digital World	5:00 pm Poster Session and Cocktail Party	Free time		
6:00 pm	6:00 pm Flash Talks 6:40 pm Meet the Editor	6:00 pm Dinner at the International Spy Museum				
7:00 pm	7:00 pm Welcome Reception and Cocktail Party	Dinner on Your Own				



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TOOLS AND METHODOLOGIES SPOTLIGHT

HOURS:

Wednesday	4:00 pm - 8:00 pm
Thursday	8:00 am - 5:00 pm
Friday	8:00 am - 5:00 pm
Saturday	8:00 am - 1:00 pm

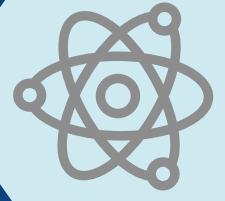
LOCATION:

Solarium - *directly across from all main sessions!*

Visit the Tools and Methodologies Exhibitors to learn more about new and near-term technologies that permit objective measurement of children's media use. We hope that the technologies presented will be of interest and practical use to you and your colleagues in your future research or practice, and that the experience will stimulate new ideas and collaborations.



#MEDIAANDMINDS23



TOOLS AND METHODOLOGIES SPOTLIGHT

MEET OUR EXHIBITOR: METHODIC



METHODIC

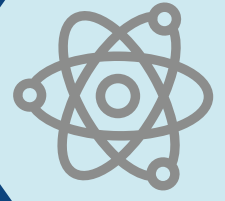
The end-to-end platform for passive sensor collection from mobile devices.

Spend less time on administration and more time on research. Enroll participants, track protocol compliance, automatically collect sensor data, perform experience sampling, and run usage surveys.

Methodic's Chronicle passive sensing application is trusted by researchers across the country, and is the tool of choice for the The Comprehensive Assessment of Family Media Exposure (CAFE) Consortium. Designed to accommodate your security and compliance needs, Methodic platform complies with FERPA, HIPAA, and General Data Protection Regulation (GDPR) rules.



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TOOLS AND METHODOLOGIES SPOTLIGHT

MEET OUR EXHIBITOR: REALTYMINE



RealityMine enables clients and partners to reveal the most complete picture of the mobile and digital lives of people today. RealityMeter technology provides an unrivaled view of individual behaviour to help reveal answers to key questions relating to:

- Personal and family device usage
- Social media and usage
- Media and video content exposure
- Advertising exposure
- eCommerce activity and online purchases

RealityMine best-in-class technology is supported across iOS, Android, Windows & Mac, and has been leveraged by academics and policy makers as part of the World Health Organisation's Monitoring of Marketing of Unhealthy Products to Children and Adolescents across countries including UK, Switzerland, Portugal, Norway, Estonia, Finland and Thailand.



#MEDIAANDMINDS23



TOOLS AND METHODOLOGIES SPOTLIGHT

MEET OUR EXHIBITOR: FLASH-TV



FLASH-TV

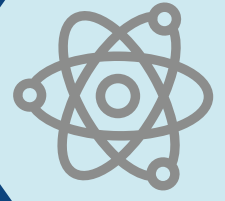
Camera based, privacy preserving TV behavior measurement tool



FLASH-TV is a privacy-preserving program that logs a person's watching of a specific TV screen. It uses the video feed from a camera mounted on the TV and converts the video frames to time-stamped logs. It ensures user privacy by processing the video feed in real-time in situ and deleting the videos right after processing. Only the time-stamped logs are stored and shared with the research staff for further analysis. FLASH-TV combines various state-of-the-art computer vision techniques to determine whether a particular child in the family is looking at the TV or not, and whether the TV is 'on'. Our in-lab and at-participant-home evaluations demonstrate that FLASH-TV achieves relatively high accuracies of 85%.



#MEDIAANDMINDS23



GENERAL INFORMATION

WIFI ACCESS

Free Wi-Fi access will be available to Congress guests. When you arrive, connect to the Hilton Honors WiFi network (recommend Chrome or Edge) and enter the promo code: MediaandMinds2023. Network connection and password information will be posted throughout the meeting space. If you have any issues logging in, please go to the Registration table for assistance.

REGISTRATION DESK HOURS

Wednesday	3:00 pm - 8:00 pm
Thursday	7:30 am - 5:30 pm
Friday	7:30 am - 5:30 pm
Saturday	7:30 am - 2:00 pm

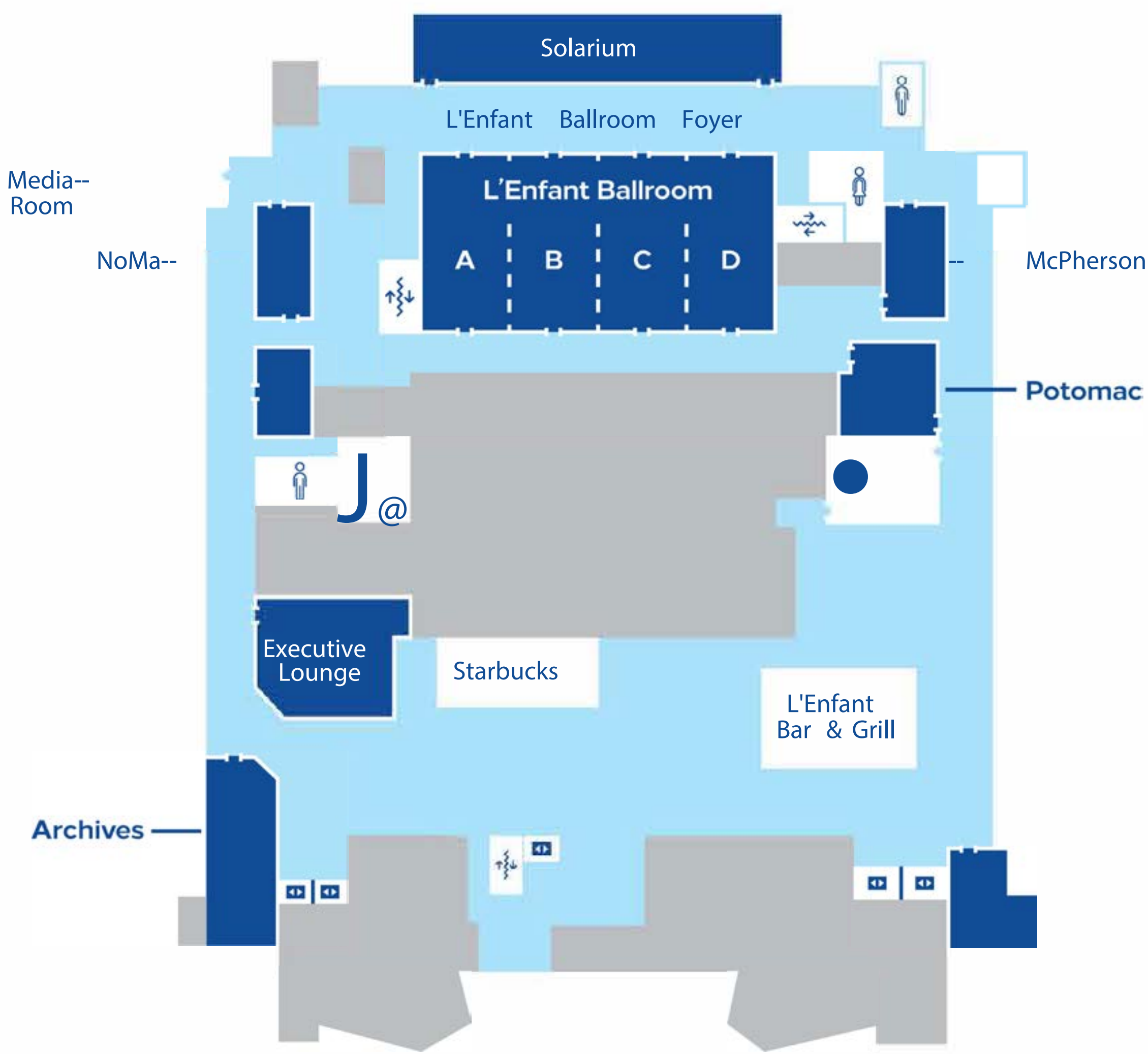
MEALS

Continental breakfast and lunch are included Thursday - Saturday, as well as the Friday night dinner at the International Spy Museum. Wednesday and Thursday receptions will include hors d'oeuvres. Complimentary coffee and tea will be available at breaks, with snacks available in the afternoon. A coffee shop is available in the hotel lobby for additional refreshment needs. Water fountains are available near the session rooms, as well, and can be used to refill water bottles.

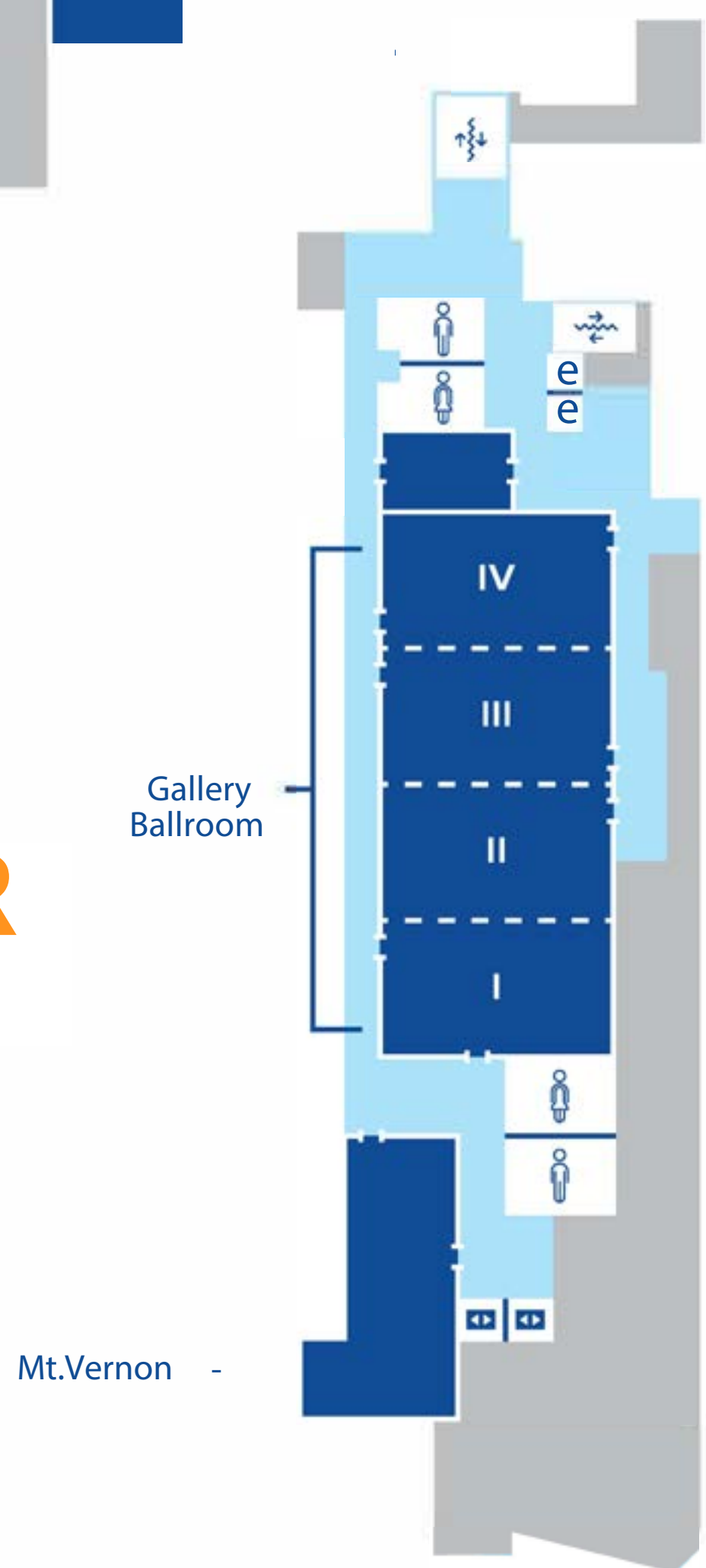


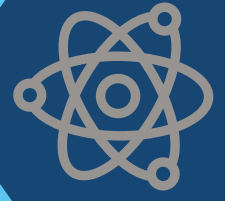
GENERAL INFORMATION

LOWER LOBBY



SECOND FLOOR





WEDNESDAY, SEPTEMBER 20TH

Full speaker bios and disclosures available [online](#).

4:00 pm

MENTORSHIP PROGRAM COFFEE “MEET AND GREET”
Archives Room

5:00 pm

WELCOME AND INTRODUCTION
L’Enfant Ballrooms A-C



Kris Perry, MSW

EXECUTIVE DIRECTOR

*Children and Screens:
Institute of Digital Media and Child Development*

5:15 pm

KEYNOTE

PUTTING CHILDREN AT THE CENTRE OF THE DIGITAL WORLD
L’Enfant Ballrooms A-C



Baroness Beeban Kidron

FOUNDER AND CHAIR

5Rights Foundation

CROSSBENCH PEER

UK House of Lords

The utopian vision of the internet was that it would be a democratising force in which all users were treated equally - but if you treat all users equally it means that children are treated as adults. After a decade of campaigning for child-centred design, Baroness Kidron will make the case for the application of children’s rights in the digital world and regulation that requires online products and services to be safe by design. Her keynote will take us from the beginnings of the digital world that did not anticipate it as a place where children would grow up, to contemporary questions of AI and the Metaverse.

6:00 pm

FLASH TALKS

L’Enfant Ballrooms A-C

Using Screens to Calm an Upset Child: An Examination of Bi-Directional Associations with Self-Regulatory Skills in Preschoolers

Marie-Andrée Binet

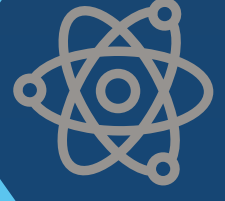
Faculty of Medicine and Health Sciences, Université de Sherbrooke

Problematic Media Use Across Early Childhood

Sarah Coyne, PhD

Professor of Human Development, School of Family Life, Brigham Young University

Full abstracts are available in the [Abstract Book](#).



WEDNESDAY, SEPTEMBER 20TH

6:00 pm

Full abstracts are available in the Abstract Book.

FLASH TALKS

Screen Time Reports Through the Eyes of Adolescents

Emily Weinstein, PhD

Co-Director, Center for Digital Thriving, Harvard Graduate School of Education

Digital Media (DM) Use Among Israeli Adolescents After Covid-19

Bar Shutzman

Graduate Student, Department of Education, The Hebrew University of Jerusalem

Interactive Screen-Based Activities Predict Worse Adolescent Sleep Health

David Reichenberger, MS

Graduate Student, Department of Biobehavioral Health, Pennsylvania State University

Reciprocal Association Between Sleep Pattern and Technology Use in Adolescents With ADHD

Qinxin Shi, PhD

T32 Postdoctoral Fellow, Children's National Hospital, George Washington University School of Medicine

Underlying Mechanisms of Associations Between Screen Time and Attention-Deficit/Hyperactivity Disorder Symptoms in Adolescents: A Multilevel Longitudinal Mediation Study

Patricia Conrod, PhD

Canada Research Chair in Preventive Mental Health and Addiction, CHU Sainte-Justine Research Center; Professor, Department of Psychiatry, University of Montreal

Associations Between Adolescents' Online-Only Friendships, Depressive Symptoms and Social Media Experiences

Zilal Kilic

Graduate Student, Department of Psychology, University of Pittsburgh

Girls Internet Use Predicts Higher Levels of Generalized and Social Anxiety Symptoms During Adolescence

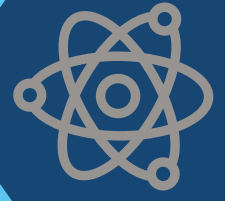
Gabriel Tiraboschi, PhD

Postdoctoral Fellow, Université de Sherbrooke

Social Media as a 'Gateway' Drug?: Exploring Relationships Between Digital Media Use and Youth Drug and Alcohol Use

Meredith Gansner, MD

Attending Psychiatrist, Department of Psychiatry and Behavioral Sciences, Boston Children's Hospital; Instructor of Psychiatry, Harvard Medical School



WEDNESDAY, SEPTEMBER 20TH

6:40 pm

MEET THE EDITORS

L'Enfant Ballrooms A-C



Dimitri Christakis, MD, MPH

EDITOR-IN-CHIEF

JAMA Pediatrics

DIRECTOR OF THE CENTER FOR CHILD HEALTH, BEHAVIOR AND DEVELOPMENT

Seattle Children's Research Institute

CHIEF SCIENCE OFFICER

Children and Screens:

Institute of Digital Media and Child Development



Lauren Hale, PhD

FOUNDING EDITOR-IN-CHIEF

Sleep Health

PROFESSOR OF FAMILY, POPULATION, AND PREVENTATIVE MEDICINE

Stony Brook University School of Medicine



Marc Potenza, MD, PhD

EDITOR-IN-CHIEF

Current Addiction Reports

ALBERT E. KENT PROFESSOR OF PSYCHIATRY, CHILD STUDY CENTER AND OF NEUROSCIENCE

Yale University

7:00 pm

WELCOME RECEPTION

L'Enfant Ballroom Foyer and Solarium

THURSDAY, SEPTEMBER 21ST

8:00 am

CONTINENTAL BREAKFAST

L'Enfant Ballroom Foyer and Solarium

9:10 am

WELCOME AND INTRODUCTION

L'Enfant Ballrooms A-C

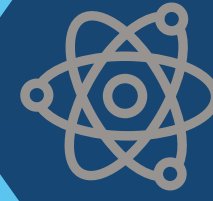


Kris Perry, MSW

EXECUTIVE DIRECTOR

Children and Screens:

Institute of Digital Media and Child Development



THURSDAY, SEPTEMBER 21ST

9:15 am

KEYNOTE

RETHINKING CHILDREN'S PRIVACY

L'Enfant Ballrooms A-C



Ari Waldman, JD

PROFESSOR OF LAW

University of California Irvine School of Law

Policymakers pay lip service to children's privacy, and the laws that supposedly protect children's privacy reflect that. We live in a world where consent and parental supervision are at the center of children's privacy, but consent is easy to manufacture and parents do not always have the interests of their children in mind. This is especially the case with vulnerable populations such as queer children, undocumented youth, and children experiencing abuse. In this talk, Professor Ari Ezra Waldman will ask us to rethink, from the ground up, interconnected notions of children, privacy, and human flourishing.

9:45 am

THE IMPACT OF TECHNOLOGY AND DIGITAL MEDIA (TDM) USAGE ON YOUTH MENTAL HEALTH AND WELLBEING

L'Enfant Ballrooms A-C

Although exposure to and usage of Technology and Digital Media (TDM) are now ubiquitous from infancy through adolescence, fundamental questions remain regarding how TDM exposure/usage are related to typical and atypical development and associated mental health outcomes during these formative years. This panel will explore how TDM exposure/usage, in combination with other risk factors and protective factors, is associated with a broad range of mental health issues (e.g., depression, anxiety) as well as general wellbeing, across diverse age, economic, and racial/ethnic groups. In addition, the panel will discuss what is known regarding the short- and long-term efficacy of intervention strategies designed to address these issues, including the generalizability of intervention results to diverse subpopulations. Finally, priority questions to be addressed by future research studies will be highlighted.

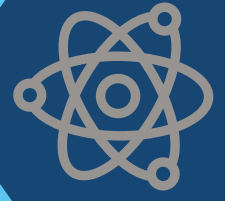


MODERATOR

James Griffin, PhD

**CHIEF OF THE CHILD DEVELOPMENT AND BEHAVIOR BRANCH;
DIRECTOR OF THE EARLY LEARNING AND SCHOOL READINESS
RESEARCH PROGRAM**

*National Institute of Child Health and Human Development
National Institutes of Health*



THURSDAY, SEPTEMBER 21ST

9:45 am

THE IMPACT OF TECHNOLOGY AND DIGITAL MEDIA (TDM) USAGE ON YOUTH MENTAL HEALTH AND WELLBEING



César Escobar-Viera, MD, PhD

ASSISTANT PROFESSOR OF PSYCHIATRY, BEHAVIORAL AND COMMUNITY HEALTH SCIENCES

DIRECTOR OF THE PROGRAM FOR INTERNET DELIVERED INTERVENTIONS ON LGBTQA+ MENTAL HEALTH (PRIDE iM)
University of Pittsburgh School of Medicine



Cindy Liu, PhD

DIRECTOR OF THE DEVELOPMENTAL RISK AND CULTURAL RESILIENCE PROGRAM

Brigham and Women's Hospital

ASSISTANT PROFESSOR

*Department of Pediatric Newborn Medicine and Psychiatry
Harvard Medical School*



Lucía Magis-Weinberg, MD, PhD

ASSISTANT PROFESSOR

Department of Psychology, University of Washington

10:45 am

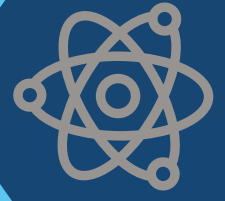
BREAK (Coffee Available)

11:10 am

CYBER MIRRORS: REFLECTING ON ONLINE BEHAVIORS AND OFFLINE REALITIES

L'Enfant Ballrooms A-C

This engaging and thought-provoking panel discussion will delve into the intricate connections between our online personas and offline identities, with a focus on the intersectionality of race, gender, and the LGTBQIA+ community. Our panelists will unravel the complex tapestry of our digital age, dissecting how the virtual world reflects, magnifies, and often distorts our physical reality. By examining contemporary digital phenomena, we will uncover the profound impact social media has on mental health, societal norms, and personal identity. The panel aims to shed light on the dualistic role social media plays – as both a source of distress and a platform for advocacy. Discussions will revolve around the potential of social media as a tool for change and inclusivity, by amplifying marginalized voices and fostering online spaces that can translate into offline progress.



THURSDAY, SEPTEMBER 21ST

11:10 am

CYBER MIRRORS: REFLECTING ON ONLINE BEHAVIORS AND OFFLINE REALITIES



MODERATOR

Elizabeth Englander, PhD

FOUNDER AND EXECUTIVE DIRECTOR

Massachusetts Aggression Reduction Center

PROFESSOR OF PSYCHOLOGY

Bridgewater State University



Linda Charmaraman, PhD

DIRECTOR OF THE YOUTH, MEDIA & WELLBEING RESEARCH LAB

SENIOR RESEARCH SCIENTIST

Wellesley College



Paul Weigle, MD

CHILD AND ADOLESCENT PSYCHIATRIST

ASSOCIATE MEDICAL DIRECTOR OF AMBULATORY SERVICES

Natchaug Hospital

CHAIR OF THE MEDIA COMMITTEE

American Academy of Child and Adolescent Psychiatry



Rob Weil

DIRECTOR OF RESEARCH, POLICY, AND FIELD PROGRAMS

Educational Issues Department, American Federation of Teachers



Henry Willis, PhD

ASSISTANT PROFESSOR OF CLINICAL PSYCHOLOGY

University of Maryland, College Park

11:10 am

ABSTRACT SYMPOSIUM: YOUNG CHILDREN AND SCREENS

L'Enfant Ballrooms D

Understanding the Quality of Young Children's Screen Time: E- Childs Framework

Mary Brushe

Research Study Manager, Telethon Kids Institute

PhD Candidate, School of Public Health, University of Adelaide

Using Time Diary Reports to Understand Associations Between Media Use and Early Childhood Development

Robin Sayers, PhD

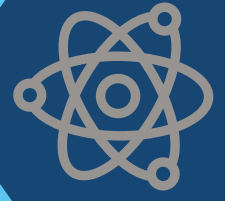
Postdoctoral Associate, University of Maryland

"I'm 10 & Single": A Content Analysis of Young Children's Instagram Accounts

Yoori Kim

Graduate Student, Tufts University

Full abstracts are available in the [Abstract Book](#).



THURSDAY, SEPTEMBER 21ST

12:20 pm

LUNCH

Gallery Ballroom

1:30 pm

TRANSLATIONAL EFFORTS TO PREVENT AND TREAT PROBLEMATIC USE OF THE INTERNET IN CHILDREN AND ADOLESCENTS

L'Enfant Ballrooms A-C

Problematic use of the internet (PUI) has been conceptualized within addictions frameworks. Dr. Bagot will present on study measures from the 10-year longitudinal Adolescent Brain Cognitive Development (ABCD®) study and the promotion of understanding of relationships between screen media use and mental and physical health in children and adolescents during development. Dr. Potenza will present information on brain co-development patterns that mediate relationships between high-frequency screen media activity and internalizing problems 2 years later, among other ABCD findings. He will describe international work to define forms of PUI and develop screening and diagnostic instruments that are psychometrically validated across jurisdictions and other resources available to help prevent and treat PUI. Dr. Sussman will describe treatment options for PUI, including motivational interviewing, cognitive behavioral therapy, and family interventions. By combining empirical data with his clinical experience, he will describe treatment phases, modalities, and strategies for helping families with children with PUI.



MODERATOR

Marc Potenza, MD, PhD

ALBERT E. KENT PROFESSOR OF PSYCHIATRY, CHILD STUDY CENTER AND OF NEUROSCIENCE

Yale University School of Medicine



Kara Bagot, MD

ASSOCIATE PROFESSOR

Department of Psychiatry, UCLA

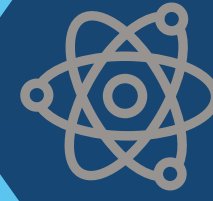


Clifford Sussman, MD

**CHILD, ADOLESCENT, AND ADULT PSYCHIATRIST
INTERNET AND GAMING ADDICTION SPECIALIST**

VOLUNTEER CLINICAL FACULTY

George Washington University



THURSDAY, SEPTEMBER 21ST

2:30 pm

SEXTS, LIES, & VIDEOSTREAM: ADOLESCENT SEXUALITY ONLINE

L'Enfant Ballrooms A-C

Contemporary youth are increasingly exploring sexuality, pursuing sexual gratification and contact, and expressing their sexual identity online. Social media is a common vehicle for youth to experiment with and share intimacy as well as sexual and gender identity, carrying related opportunities and risks. Pornography teaches youth about sex, but risks teaching some inaccurate or unhealthy lessons. Sexting is a common but not universal behavior, with a variety of positive and negative outcomes. This panel will summarize the current state of literature and clinical experience regarding adolescents and online sexuality.



MODERATOR

Paul Weigle, MD

**CHILD AND ADOLESCENT PSYCHIATRIST
ASSOCIATE MEDICAL DIRECTOR OF AMBULATORY SERVICES
*Natchaug Hospital***

CHAIR OF THE MEDIA COMMITTEE

American Academy of Child and Adolescent Psychiatry



Sophia Choukas-Bradley, PhD

**ASSISTANT PROFESSOR OF PSYCHOLOGY
DIRECTOR OF THE TEEN AND YOUNG ADULT LAB (TAYA LAB)
*University of Pittsburgh***



Elizabeth Englander, PhD

**FOUNDER AND EXECUTIVE DIRECTOR
*Massachusetts Aggression Reduction Center***

**PROFESSOR OF PSYCHOLOGY
*Bridgewater State University***

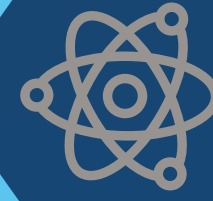


Megan Maas, PhD

**ASSISTANT PROFESSOR OF HUMAN DEVELOPMENT AND
FAMILY STUDIES
*Michigan State University***

3:30 pm

BREAK (Coffee and Snacks Available)



THURSDAY, SEPTEMBER 21ST

4:00 pm

MEDIA AND PARENTING ACROSS CHILDHOOD: THE IMPORTANCE OF RELATIONAL CONTEXT, FAMILY MEDIA ECOLOGY, AND STRUCTURAL FACTORS

L'Enfant Ballrooms A-C

In this panel, members of the CAFE Consortium will present research findings across early childhood, middle childhood, and adolescence that capture the complexity of media use, parent-child relationships, and the structural forces that shape child wellbeing and the digital environment. We will present the Dynamic Relational Ecological Approach to Media Effects Research (DREAMER) framework, a novel collection of models and measurements that examines media use within day-to-day routines, developmental cascades, and from a human-computer interaction lens. The DREAMER framework will be illustrated through presentations on: (1) early childhood media use for emotion regulation, parent burnout and stress; (2) media use and parenting during the COVID-19 pandemic; and (3) problematic media use in adolescence – the role of parents. Clinical implications will be discussed.



MODERATOR

Jenny Radesky, MD

DAVID G. DICKINSON COLLEGIATE PROFESSOR OF PEDIATRICS
DIVISION DIRECTOR OF DEVELOPMENTAL BEHAVIORAL PEDIATRICS
University of Michigan Medical School



Rachel Barr, PhD

PROFESSOR OF PSYCHOLOGY
Georgetown University



Sarah Coyne, PhD

PROFESSOR OF HUMAN DEVELOPMENT
Brigham Young University School of Family Life



Heather Kirkorian, PhD

LAURA M. SECORD CHAIR IN EARLY CHILDHOOD DEVELOPMENT
PROFESSOR OF HUMAN DEVELOPMENT AND FAMILY STUDIES
University of Wisconsin-Madison

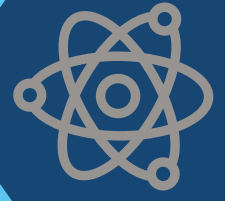
5:00 pm

Full abstracts are available in the [Abstract Book](#).

POSTER SESSION AND COCKTAIL PARTY

Gallery Ballroom

Poster awards will be announced at the Friday dinner at the International Spy Museum.



FRIDAY, SEPTEMBER 22ND

8:00 am

CONTINENTAL BREAKFAST

L'Enfant Ballroom Foyer and Solarium

9:10 am

WELCOME AND INTRODUCTION

L'Enfant Ballrooms A-C



Kris Perry, MSW

EXECUTIVE DIRECTOR

*Children and Screens:
Institute of Digital Media and Child Development*

9:15 am

KEYNOTE

GPT'S SIREN CALL: SHOULD WE BE WORRIED?

L'Enfant Ballrooms A-C



Naomi Baron, PhD

PROFESSOR EMERITA OF LINGUISTICS

American University



Victor Lee, PhD

ASSOCIATE PROFESSOR

Stanford Graduate School of Education

FACULTY LEAD FOR AI AND EDUCATION

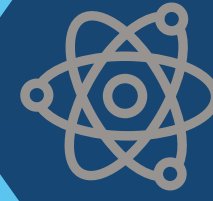
Stanford Accelerator for Learning

ChatGPT burst on the scene in late 2022, empowering millions of enthusiasts to generate new written text or use AI to edit their own drafts. While the technology wasn't brand-new the fact it was free led to massive experimentation, as well as fears. Would students be driven to cheat, claiming ChatGPT's words as their own? How might users balance the convenience of a personal writing genie with preserving their own writing skills and personal voice? This session invites us to gauge the threats and opportunities of technologies like ChatGPT for students and the rest of us.

9:45 am

DIGITAL MARKETING TO CHILDREN AND ADOLESCENTS: CONCERNS AND OPPORTUNITIES TO ADDRESS HARMFUL PRACTICES

L'Enfant Ballrooms A-C



FRIDAY, SEPTEMBER 22ND

9:45 am

DIGITAL MARKETING TO CHILDREN AND ADOLESCENTS: CONCERNS AND OPPORTUNITIES TO ADDRESS HARMFUL PRACTICES

As digital screen usage has exploded in recent years, marketers have pioneered innovative and powerful tools to embed their brands into children’s online worlds. This marketing often promotes harmful products, comes disguised as entertainment or messages from friends, takes advantage of unique developmental vulnerabilities, and disproportionately targets youth of color. Moreover, marketers utilize young people’s online behaviors to target messages that maximize impact. Yet parents, educators and healthcare providers often have limited understanding of the marketing that children experience online, and few options currently exist to protect children from harmful and exploitative digital marketing practices. During this panel, we will describe common marketing tactics used to target youth online, examine why this marketing raises considerable concerns and discuss potential solutions to protect children’s health and wellbeing.



MODERATOR

Jennifer Harris, PhD, MBA

SENIOR RESEARCH ADVISOR OF THE RUDD CENTER FOR FOOD POLICY AND HEALTH

University of Connecticut



Jon-Patrick Allem, PhD, MA

DIRECTOR OF THE SOCIAL MEDIA ANALYTICS (SOMA) LAB ASSISTANT PROFESSOR OF RESEARCH

Department of Population and Public Health Sciences Keck School of Medicine of USC



Marie Bragg, PhD

ASSISTANT PROFESSOR OF POPULATION HEALTH DIRECTOR OF DIVERSITY INITIATIVES

NYU Grossman School of Medicine

ASSISTANT PROFESSOR (AFFILIATED) OF MARKETING

NYU Stern School of Business



Josh Golin

EXECUTIVE DIRECTOR

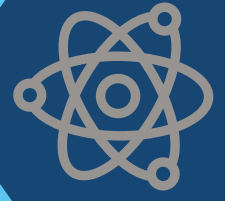
Fairplay



Jenny Radesky, MD

DAVID G. DICKINSON COLLEGIATE PROFESSOR OF PEDIATRICS DIVISION DIRECTOR OF DEVELOPMENTAL BEHAVIORAL PEDIATRICS

University of Michigan Medical School



FRIDAY, SEPTEMBER 22ND

9:45 am

NATIONAL STUDIES: A REVIEW OF EXISTING DATASETS

L'Enfant Ballrooms D

In this panel, representatives from four large, national studies of children and families will share a glimpse of media-related data available within their data sets, with sample populations ranging from prenatal to 21 years. Studies represented include: Adolescence Brain Cognitive Development (ABCD) study; Healthy Brain and Child Development (HBCD) study; Environmental Influences on Child Health Outcomes (ECHO) Program; and Lifespan Human Connectome Project Development (HCP-D) Study.



MODERATOR

Dimitri Christakis, MD, MPH

EDITOR-IN-CHIEF

JAMA Pediatrics

DIRECTOR OF THE CENTER FOR CHILD HEALTH, BEHAVIOR AND DEVELOPMENT

Seattle Children's Research Institute

CHIEF SCIENCE OFFICER

Children and Screens:

Institute of Digital Media and Child Development



Jennifer Elam, PhD

DIRECTOR OF OUTREACH AND EDUCATION, HUMAN CONNECTOME PROJECT

Washington University School of Medicine in St. Louis



Elizabeth Hoffman, PhD

SENIOR SCIENTIFIC PROGRAM MANAGER

National Institute on Drug Abuse, National Institutes of Health



Clay Mash, PhD

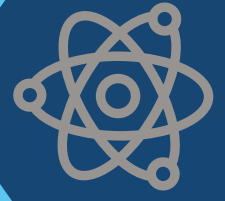
PROGRAM OFFICER

ENVIRONMENTAL INFLUENCES ON CHILD HEALTH OUTCOMES (ECHO)

National Institutes of Health

10:45 am

BREAK (Coffee Available)



FRIDAY, SEPTEMBER 22ND

11:10 am

USING EDTECH EFFECTIVELY: BALANCING STUDENT LEARNING, WELLNESS, AND DATA PRIVACY

L'Enfant Ballrooms A-C

Join us for a rich discussion about the challenges faced by school districts, families, and communities working to ensure digital tools support positive student outcomes.



MODERATOR
Reg Leichty, JD
FOUNDING PARTNER
Foresight Law + Policy



Peter Fagen, JD
PARTNER
F3 Law



Elizabeth Laird, MPA, MEd
DIRECTOR OF EQUITY IN CIVIC TECHNOLOGY
Center for Democracy & Technology



Tamara Sobel, JD, CSE
HEALTH AND MEDIA LITERACY EDUCATION POLICY
CONTENT SPECIALIST
NATIONAL ADVISOR FOR HEALTH AND MEDIA LITERACY
Media Literacy Now

11:10 am

Full abstracts are available in the [Abstract Book](#).

ABSTRACT SYMPOSIUM: YOUNG CHILDREN AND SCREENS

L'Enfant Ballrooms D

Effects of Persuasive Online Content on Adolescents' Body Image Concerns

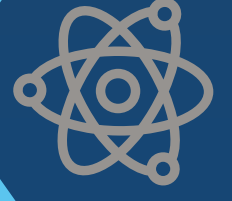
Beatriz Feijoo, PhD
Vice Dean of Research, Faculty of Business and Communication, Universidad Internacional de la Rioja

Longitudinal Change in Adolescents' Appearance-Related Social Media Consciousness and Depressive Symptoms: A Within-Person Analysis

Savannah Roberts, MA
Graduate Student, Department of Psychology, University of Pittsburgh

Social Media Use, Eurocentric Appearance Norms, and Mental Health Consequences for Black Girls

Elizabeth Daniels, PhD
Professor and Director, Centre for Appearance Research, University of the West of England, Frenchay Campus



FRIDAY, SEPTEMBER 22ND

12:20 pm

LUNCH

Gallery Ballroom

1:30 pm

SOCIAL MEDIA AND SOCIAL RELATIONSHIPS AMONG DIVERSE ADOLESCENTS

L'Enfant Ballrooms A-C

This panel will discuss the connections between social media, the developing social brain, and the importance of both benefits (e.g., social connection, support within diverse networks) and potential harms (exposure to discrimination and cyberhate) of social media among diverse youth. Ideally, this panel will offer an important reminder that the dialogue around social media should consider the needs and experiences of all youth when developing policy and guidelines.



MODERATOR

Mitch Prinstein, PhD, ABPP

CHIEF SCIENCE OFFICER

American Psychological Association



Sophia Choukas-Bradley, PhD

ASSISTANT PROFESSOR OF PSYCHOLOGY

DIRECTOR OF THE TEEN AND YOUNG ADULT LAB (TAYA LAB)

University of Pittsburgh



Lucia Magis-Weinberg, MD, PhD

ASSISTANT PROFESSOR

Department of Psychology, University of Washington



Eva Telzer, PhD

PROFESSOR OF PSYCHOLOGY AND NEUROSCIENCE

UNC Chapel Hill

ASSOCIATE EDITOR

Child Development and Social Cognitive Affective Neuroscience

CO-DIRECTOR

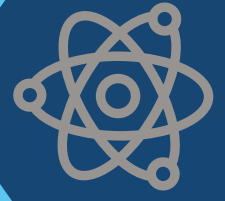
Winston National Center on Technology Use, Brain and Psychological Development



Henry Willis, PhD

ASSISTANT PROFESSOR OF CLINICAL PSYCHOLOGY

University of Maryland, College Park



FRIDAY, SEPTEMBER 22ND

2:30 pm

DIGITAL MEDIA AND PHYSICAL HEALTH

L'Enfant Ballrooms A-C

During this panel, we will summarize current evidence on the effects of digital screen media on physical well-being (including obesity, physical activity, sleep, vision, etc.). We then will comment on whether some populations or age groups are more vulnerable than others. We will conclude with ideas and evidence around mitigating interventions and policies.



MODERATOR

Lauren Hale, PhD

PROFESSOR OF FAMILY, POPULATION, AND PREVENTATIVE MEDICINE

Stony Brook University School of Medicine

FOUNDING EDITOR-IN-CHIEF

Sleep Health



Fiona Baker, PhD

DIRECTOR OF THE CENTER FOR HEALTH SCIENCES

SRI International



Jason Nagata, MD, MSc

ASSOCIATE PROFESSOR OF PEDIATRICS

University of California, San Francisco



Tom Robinson, MD, MPH

IRVING SCHULMAN, MD ENDOWED PROFESSOR IN CHILD HEALTH

PROFESSOR OF PEDIATRICS, OF MEDICINE, AND, BY COURTESY, OF EPIDEMIOLOGY AND POPULATION HEALTH

DIRECTOR OF THE STANFORD SOLUTIONS SCIENCE LAB AND THE CENTER FOR HEALTHY WEIGHT

CO-DIRECTOR OF THE STANFORD SCREENOMICS LAB AND HUMAN SCREENOME PROJECT

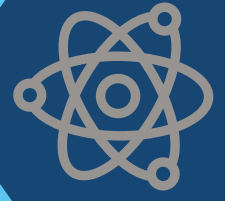
Stanford University



Mark Rosenfield, PhD, FAAO

PROFESSOR

SUNY College of Optometry



FRIDAY, SEPTEMBER 22ND

2:30 pm

Full abstracts are available in the [Abstract Book](#).

ABSTRACT SYMPOSIUM: PARENT KNOWLEDGE AND BEHAVIOR

L'Enfant Ballrooms D

Exploring Parents' Knowledge of Dark Design and Its Impact on Children's Digital Well-Being

Laurel Cook, PhD

Associate Professor, Department of Marketing, West Virginia University

The Role of Marketing in Parents' Sharenting of Children's Information: Implications for Online Privacy

Alexa Fox, PhD

Associate Professor, Department of Marketing, The University of Akron, Ohio

Promoting Healthy Screen Media Use in Children With Externalizing Behavior: Results of an Open Trial

Shayl Griffith, PhD

Assistant Professor, Department of Counseling, Recreation, and School Psychology and the Center for Children and Families, Florida International University

3:30 pm

BREAK (Coffee and Snacks Available)

4:00 pm

EARLY DIGITAL MEDIA USE

L'Enfant Ballrooms A-C

This session will bring together a transdisciplinary group of scientists to discuss the latest research on the impact of early screen use on children's social cognitive and emotional development. There will be ample time for questions and comments from the audience.



MODERATOR

Dimitri Christakis, MD, MPH

EDITOR-IN-CHIEF

JAMA Pediatrics

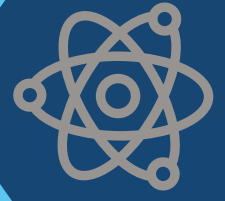
DIRECTOR OF THE CENTER FOR CHILD HEALTH, BEHAVIOR AND DEVELOPMENT

Seattle Children's Research Institute

CHIEF SCIENCE OFFICER

Children and Screens:

Institute of Digital Media and Child Development



FRIDAY, SEPTEMBER 22ND

4:00 pm

EARLY DIGITAL MEDIA USE



Rachel Barr, PhD
PROFESSOR OF PSYCHOLOGY
Georgetown University



Karen Heffler, MD
ASSOCIATE PROFESSOR OF PSYCHIATRY
Drexel University College of Medicine



John Hutton, MD, MS
ASSOCIATE PROFESSOR OF PEDIATRICS
RESEARCH DIRECTOR OF THE READING AND LITERACY
DISCOVERY CENTER
Cincinnati Children's Hospital



Heather Kirkorian, PhD
LAURA M. SECORD CHAIR IN EARLY CHILDHOOD DEVELOPMENT
PROFESSOR OF HUMAN DEVELOPMENT AND FAMILY STUDIES
University of Wisconsin-Madison

4:00 pm

Full abstracts are available in the [Abstract Book](#).

ABSTRACT SYMPOSIUM: PREVENTION AND INTERVENTION *L'Enfant Ballrooms D*

Improving Digital Well-Being: Findings From Two Intervention Studies Targeting Smartphone Behavior

Cynthia Dekker
PhD Candidate, Amsterdam School of Communication Research (ASCoR) University of Amsterdam

Promising Classroom Approaches to Support Mindful and Prosocial Technology Use Among Adolescents

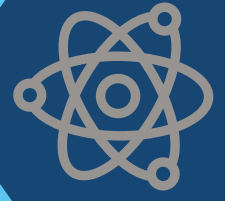
Carrie James, PhD
Co-Director, Center for Digital Thriving, Harvard Graduate School of Education

Empowering Adolescents to Self-Regulate Their Use of Digital Devices: A Pilot Study in Danish High Schools

Ulrik Lyngs, PhD
Research Associate, Department of Computer Science, University of Oxford

Five Treatment Needs of Male Adolescents and Young Adults With Gaming Disorder

An-Pyng Sun, PhD, LCSW, LCADC
Professor, School of Social Work, University of Nevada Las Vegas



FRIDAY, SEPTEMBER 22ND

5:00 pm

FREE TIME

6:00 pm

SPECIAL DINNER AT THE INTERNATIONAL SPY MUSEUM

Directly across from Hilton Washington, DC at 700 L'Enfant Plaza, SW

Join Children and Screens for a reception and dinner at the International Spy Museum, featuring special guest Rollie Flynn. A 30-year veteran of the CIA, Ms. Flynn held a number of senior executive positions at the Agency including: Associate Director of the National Counterterrorism Center; Chief of Station in major posts in Southeast Asia and Latin America; and Director of CIA's Leadership Academy. Ms. Flynn is currently Managing Principal at Singa Consulting, President at the Foreign Policy Research Institute, a member of the Council of Foreign Relations, and an adjunct Professor at Georgetown University's McCourt School of Public Policy and School of Foreign Service/Security Studies Program. The evening will conclude with the announcement of the Poster Awards.



WELCOME AND INTRODUCTION

Pam Hurst-Della Pietra, DO

FOUNDER AND CHAIR OF THE BOARD

Children and Screens:

Institute of Digital Media and Child Development



Rollie Flynn

PRESIDENT

Foreign Policy Research Institute

SATURDAY, SEPTEMBER 23RD

8:00 am

CONTINENTAL BREAKFAST

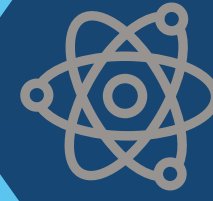
L'Enfant Ballroom Foyer and Solarium

9:00 am

BREAKOUT SESSIONS: RESEARCH AGENDA BUILDING

Multiple locations to be assigned

These small group breakout sessions are an occasion for interdisciplinary participants to gather in smaller groups around a key area of interest. Groups will brainstorm and discuss a critical research agenda for the topic area, identifying the most important, salient and current research gaps. Pre-designated session leaders will act as facilitators for each group, to guide the group's discussion throughout the session. During this block, participants will have the opportunity to join groups across six major topic areas, selected by Congress registrants.



SATURDAY, SEPTEMBER 23RD

9:00 am

BREAKOUT SESSIONS: RESEARCH AGENDA BUILDING

Anxiety, Depression, and Suicidality

Led by **Lucia Magis-Weinberg, MD, PhD**

Assistant Professor, Department of Psychology, University of Washington

Artificial Intelligence and Emerging Technologies

Led by **Judith Danovitch, PhD**

Professor and Director of Undergraduate Studies, Department of Psychological and Brain Sciences, University of Louisville

Body Image

Led by **Jason Nagata, MD**

Associate Professor of Pediatrics, University of California, San Francisco

Brain and Cognition

Led by **Heather Kirkorian, PhD**

Laura M. Secord Chair in Early Childhood Development, Professor of Human Development and Family Studies, University of Wisconsin-Madison

Parenting and Family Systems

Led by **Brandon McDaniel, PhD**

Senior Research Scientist, Health Services & Informatics Research, Mirro Center for Research & Innovation, Parkview Research Center

Problematic Uses of Digital Media

Led by **Ulrik Lyngs, PhD**

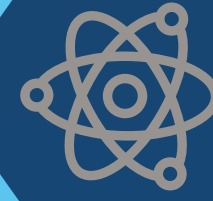
Research Associate, Department of Computer Science, University of Oxford

and **Marc Potenza, MD, PhD**

Albert E. Kent Professor of Psychiatry, Child Study Center and of Neuroscience, Yale University School of Medicine

10:45 am

BREAK (Coffee and Snacks Available)



SATURDAY, SEPTEMBER 23RD

11:15 am

BREAKOUT SESSIONS: CLINICAL AND SCIENTIFIC CHALLENGES

Multiple locations to be assigned

During this second block of breakout sessions, participants will convene in small groups to address and explore relevant challenges that have been identified at the intersection of science, medicine, academia and public health. Together, participants will discuss the relevant issue with the goal of identifying actionable steps or brainstorming novel ideas for how the field might progress. Participants will have an opportunity to join one of five groups, each facilitated by a pre-designated session leader.

Communicating Science to the Public

Led by **Jennifer Zosh, PhD**

Professor, Human Development & Family Studies, Penn State University, Brandywine Campus

Media Impact Screening Toolkit and Guidelines for Clinicians

Led by **Jennifer Emond, PhD, MS**

Associate Professor, Biomedical Data Science & Pediatrics, Geisel School of Medicine at Dartmouth College

[Learn more about the background of this project.](#)

Passive Sensing Tools

Led by **Michelle Garrison, PhD**

Professor and Department Head, Department of Public Health, Purdue University

Policy and Legislation

Led by **DeAnna Nara, PhD, MSc, CNS, LDN, NU**

Senior Policy Associate, Center for Science in the Public Interest

Youth Self-Diagnosis

Led by **Paul Weigle, MD**

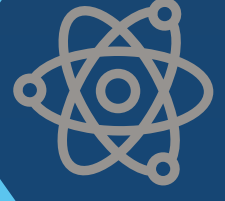
Child and Adolescent Psychiatrist, Associate Medical Director of Ambulatory Services, Natchaug Hospital; Chair of the Media Committee, American Academy of Child and Adolescent Psychiatry

1:00 pm

LUNCH + BREAKOUT REPORT-OUT

L'Enfant Ballrooms A-C





THANK YOU

Thank you to all of the speakers, researchers, and participants who have supported **#MediaAndMinds23** and the Institute's mission over the last decade.

Consider making a donation today to help further our vision of advancing research, educating the public, and informing policy to advocate for a healthy childhood for all.

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[Children and Screens](https://www.linkedin.com/company/Children and Screens)



[Children and Screens](https://www.youtube.com/Children and Screens)