

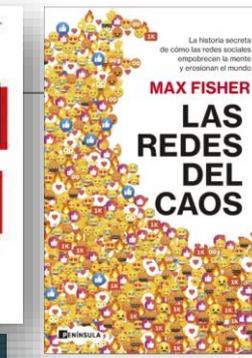
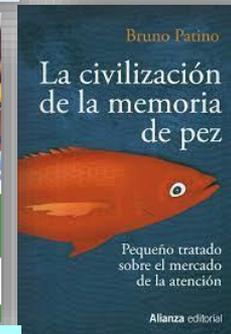
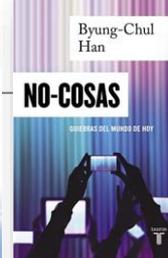
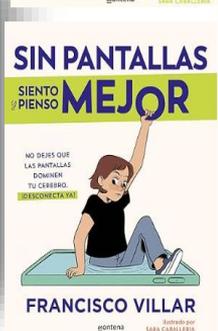
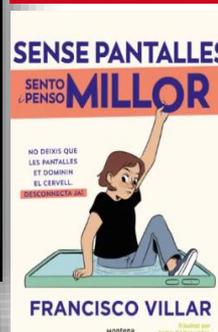
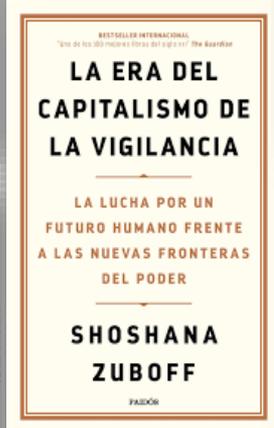
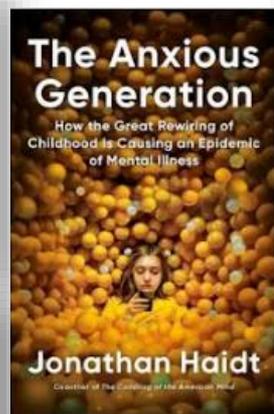
EL MÓN

~~QUE VINDRÀ~~

QUE VOLEM DEIXAR



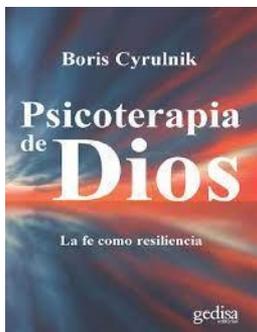
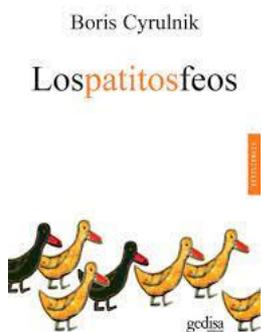
- 
- A small waterfall cascading over mossy rocks in a forest stream. The water is clear and flows over dark, moss-covered rocks. The surrounding environment is lush with green moss and fallen leaves scattered on the ground and in the water. The scene is peaceful and natural.
- 1. Pantalles i vida**
 - 2. Pantalles i desenvolupament**
 - 3. Pantalles i aprenentatge**
 - 4. Pantalles i relacions familiars**
 - 5. Pantalles i relacions socials**
 - 6. Pantalles i benestar**
 - 7. Pantalles i violència**
 - 8. Conclusions**
 - 9. Recomanacions**



1. Pantalles i vida

Ritus d'iniciació que permeten als nens familiaritzar-se amb la idea de la mort, afrontar-la i triomfar sobre ella.

Permeten acollir-los i sentir-se orgullosos d'ells mateixos a condició que **els adults els hi ofereixen un marc de seguretat i seny.**



“Quan les condicions educatives protegeixen els nens de tot perill, els estan privant alhora del plaer de vincular-se a aquells que els protegeixen”

1. Pantalles i vida

Els objectes resilientes no milloren quan cauen, simplement no empitjoren.

El terme antifràgil fa referència a aquelles coses que, de fet, necessiten caure per fer-se més fortes.

Com el sistema immunitari.

Vicis:

Manca de coratge o covardia.

Indiscreció.

Mandra.



"You must live for another if you wish to live for yourself."

- Seneca



"The superior man acts before he speaks, and afterwards speaks according to his action."

- Confucius



NASSIM NICHOLAS TALEB

ANTIFRÁGIL

Las cosas que se benefician del desorden



"Take a heroic route for the benefit of the collective. As narrowly or broadly defined as you want. So long as it's someone else."



Take Actions
Risks



Courage
Honor



To Benefit Others



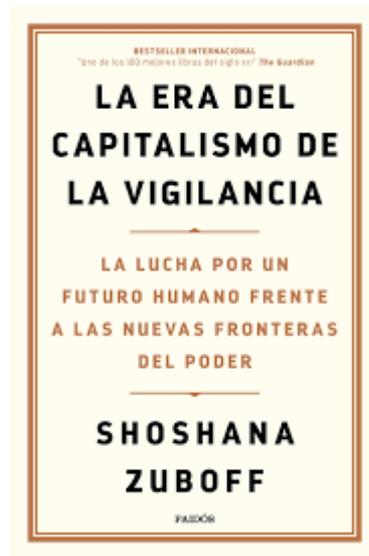
1. Pantalles i vida

"**El Capitalisme de la vigilància**": Nou ordre econòmic que reclama per a si l'experiència humana com a primera matèria gratuïta i aprofitable per a una sèrie de pràctiques comercials ocultes d'extracció, predicció i vendes.

"**Excedent conductual**": Les dades que no s'utilitzen per millorar productes o serveis.

"**Intel·ligència de màquines**": amb la què es fabriquen "**productes predictius**", que fan predicció del que farem ara, en poc temps i més endavant.

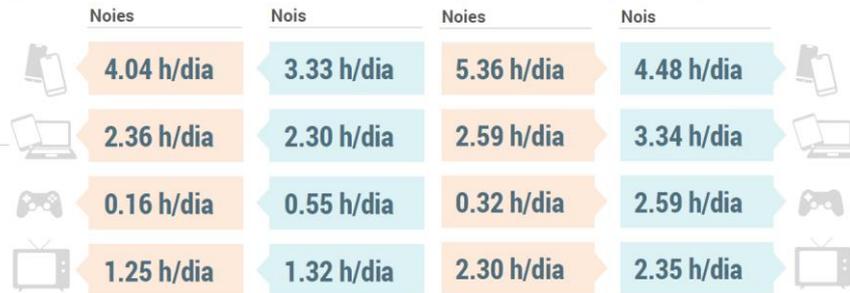
"**Instrumentalisme**": el poder de donar forma al comportament humà per tal d'orientar-lo a la finalitat d'altres. Ara els processos automatitzats duts a terme per màquines, **coneixen la nostra conducta**, però també **modelen el nostre comportament**.



1. Pantalles i vida

Ús de pantalles (en dies de classe)

Mitjana d'hores diàries d'ús de pantalles, fora d'horari lectiu:

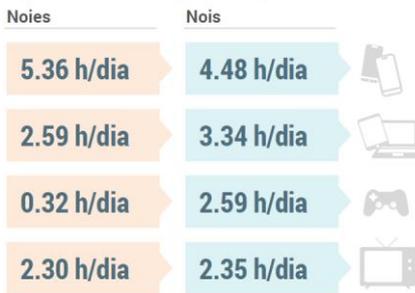


► El mòbil és el dispositiu més utilitzat, en ambdós sexes, i el seu ús és més elevat en les noies. Els nois, en canvi, realitzen un major ús de les videoconsols.

► L'ús de pantalles és més elevat en l'alumnat de centres ubicats en barris desfavorits.

Ús de pantalles (en caps de setmana)

Mitjana d'hores diàries d'ús de pantalles en caps de setmana:



► Els nois fan un major ús de tots els dispositius a excepció del mòbil, on l'ús és més alt en les noies.

► Els caps de setmana, augmenta l'ús del mòbil en ambdós sexes. En els nois augmenta, considerablement, l'ús de les videoconsols.

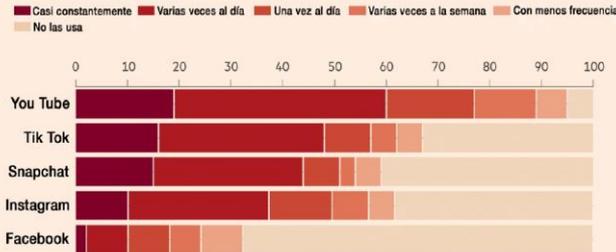
► L'ús de pantalles és major en l'alumnat de centres ubicats en barris desfavorits.



Adicción de los adolescentes a las redes sociales

Teenagers' addiction to social media

Porcentaje de jóvenes de 13 a 17 años en EE.UU. que afirman usar los siguientes páginas Web o sus Apps:

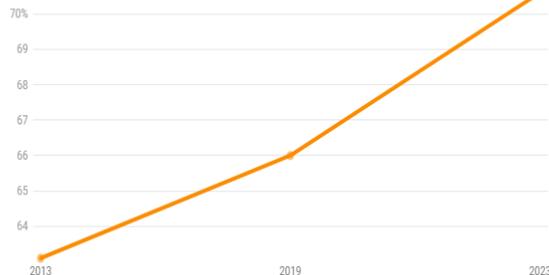


FINANCIAL TIMES

Source: Pew Research • Survey conducted Apr-May 2022

Menors de 15 anys amb mòbil

Dades de l'INE de l'any 2023



Gràfic: 324.cat • Font: INE • Descarregar les dades • Creat amb Datawrapper

Infants i adolescents amb mòbil

Menors d'entre 10 i 15 amb telèfon mòbil (INE 2023)



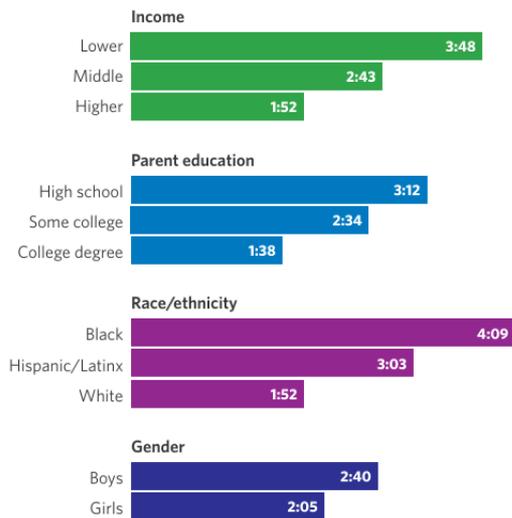
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1. Pantalles i vida

FIGURE 3. Screen Media Time, by Demographic Group, 2020

Among 0- to 8-year-olds, average time spent with screen media per day



Notes: Lower income is less than \$30,000 a year; middle income is \$30,000 to \$75,000 a year; and higher income is more than \$75,000 a year. Within each demographic category, differences between groups are statistically significant ($p < .05$).

FIGURE B. Average Daily Screen Use, by Age, 2020
Among 0- to 8-year-olds, average daily amount of screen media used (hours:minutes)

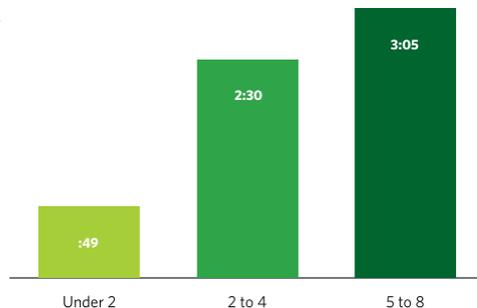
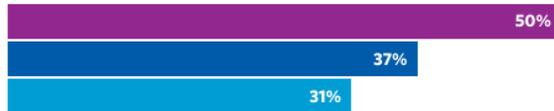


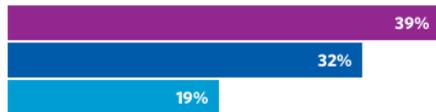
FIGURE G. Parents' Views About Media and Learning, by Race/Ethnicity, 2020

Among parents of 0- to 8-year-olds, percent who say ...

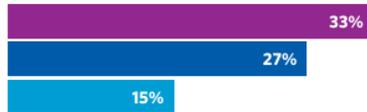
Learning is a very important reason for their child's use of screen media



Media their child uses helps learning a lot



Strongly agree they are satisfied with amount and quality of child's educational media



■ Black
■ Hispanic/Latinx
■ White



2020

THE COMMON SENSE CENSUS: MEDIA USE BY KIDS AGE ZERO TO EIGHT

TABLE 11. Child's Own Media Devices, by Age, 2020

0- to 8-year-olds with their own ...

	All	<2	2 to 4	5 to 8
Tablet	44%	8% ^a	43% ^b	61% ^c
Smartphone	8%	4% ^a	5% ^a	12% ^b
iPod Touch or similar	4%	4% ^a	5% ^a	12% ^b
Any mobile device	48%	9%^a	46%^b	67%^c

1. Pantalles i vida

11.000.000.000\$

RESEARCH ARTICLE

Social media platforms generate billions of dollars in revenue from U.S. youth: Findings from a simulated revenue model

Amanda Raffoul^{1,2*}, Zachary J. Ward³, Monique Santoso¹, Jill R. Kavanaugh¹, S. Bryn Austin^{1,2,4}

1 Division of Adolescent/Young Adult Medicine, Boston Children's Hospital, Boston, Massachusetts, United States of America, **2** Department of Pediatrics, Harvard Medical School, Boston, Massachusetts, United States of America, **3** Center for Health Decision Science, Harvard T.H. Chan School of Public Health, Boston, Massachusetts, United States of America, **4** Department of Social and Behavioral Sciences, Harvard T.H. Chan School of Public Health, Boston, Massachusetts, United States of America

* amanda.raffoul@childrens.harvard.edu

OPEN ACCESS

Citation: Raffoul A, Ward ZJ, Santoso M, Kavanaugh JR, Austin S Bryn (2023) Social media platforms generate billions of dollars in revenue from U.S. youth: Findings from a simulated revenue model. PLOS ONE 18(12): e0295337. <https://doi.org/10.1371/journal.pone.0295337>

Editor: Barbara Guidi, University of Pisa, ITALY

Received: April 25, 2023

Accepted: November 21, 2023

Published: December 27, 2023

Copyright: © 2023 Raffoul et al. This is an open access article distributed under the terms of the [Creative Commons Attribution License](https://creativecommons.org/licenses/by/4.0/), which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Data Availability Statement: All relevant data are within the manuscript and its [Supporting Information files](#).

Funding: This research was supported by the Ellen Feldberg Gordon Fund for Eating Disorders Prevention Research, the Strategic Training Initiative for the Prevention of Eating Disorders, and the Becca Schmill Foundation. Dr. Raffoul was supported by the National Institutes of Health (NIH) through a National Health Career Development Award (NHCDA) (1F32MH114000) awarded to Dr. Austin.

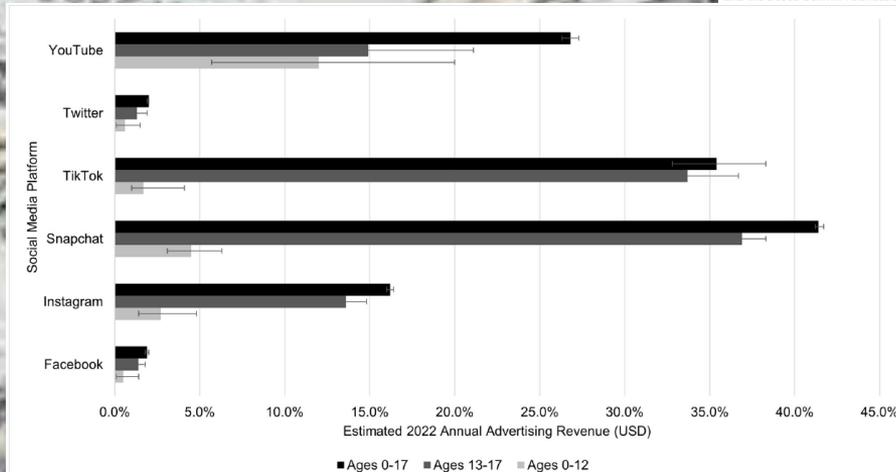
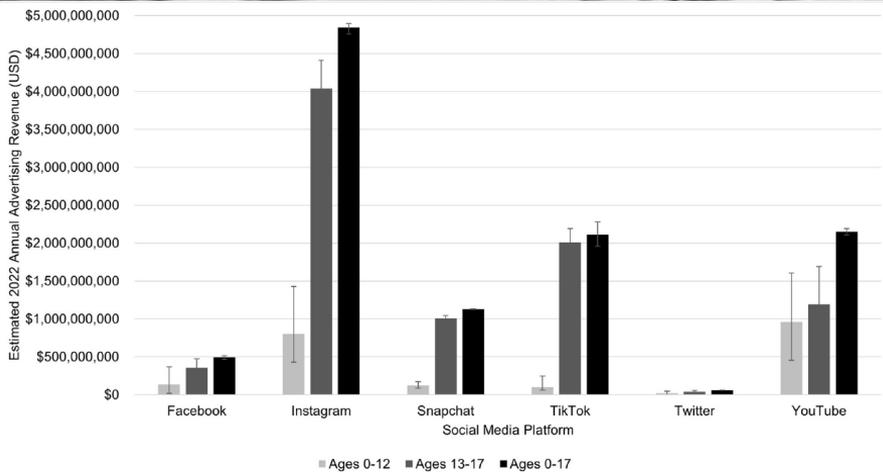


Fig 1. Estimated annual U.S. advertising revenue from users under 18 years of age across social media platforms, 2022.

Fig 2. Estimated annual percent of total U.S. advertising revenue from users under 18 years of age across social media platforms, 2022.

1. Pantalles i vida



TECNOLOGIA

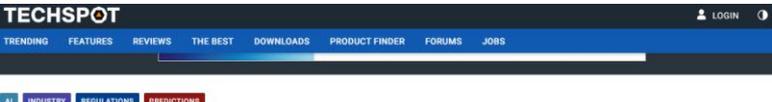
Joan Donovan acusa a Harvard de ceder ante Meta: “Mi despido coincidió con una donación de Zuckerberg, la mayor de la historia”

por **Adrian Cano**
2 horas antes



Joan Donovan logró acceder a miles de documentos internos de Meta, filtrados por Frances Haugen. Su intención era publicarlos en una página web llamada Facebook Archive en Harvard, pero encontró resistencia después de una reunión con el decano de la Kennedy School, Douglas Elmendorf, y un ex ejecutivo de Facebook.

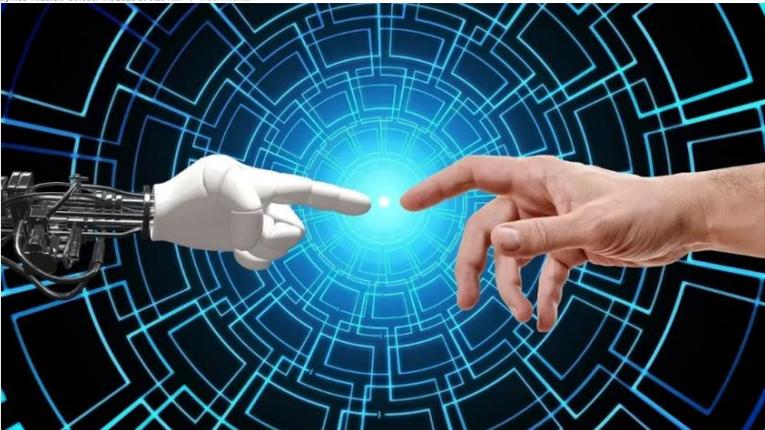
1. Pantalles i vida



"Cold shower" predicted for overhyped generative AI sector

Cost, regulation, and waning public interest could be issues for AI companies

By Rob Thubron October 11, 2023 at 8:20 AM | 9 comments

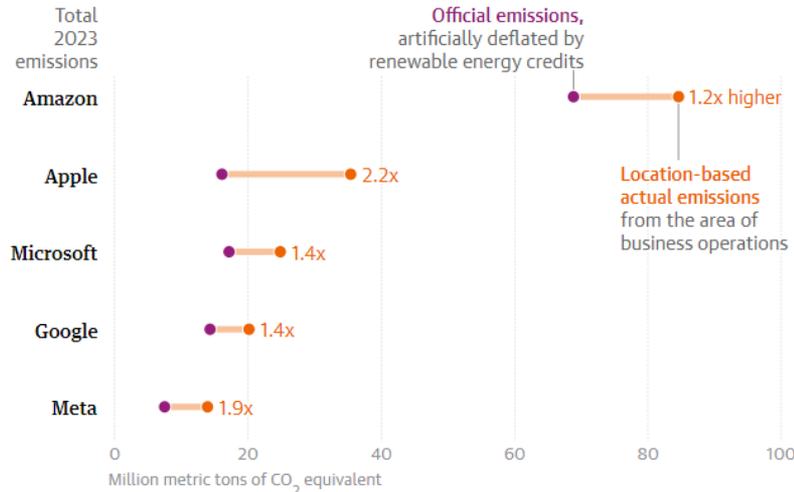


La despesa energètica. Només Open IA, l'empresa creadora de ChatGPT s'estima que gasta 700.000 dòlars diaris en energia.

<https://www.techspot.com/news/100448-cold-shower-predicted-overhyped-generative-ai-sector.html>



The gap between tech companies' official and actual emissions

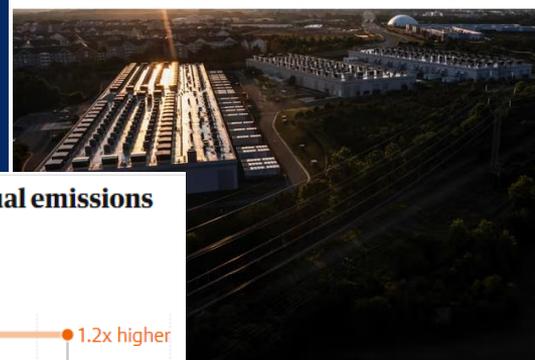


Guardian graphic. Source: Various company reports. Note: Google and Microsoft do not make their location-based scope 3 figures available – their official numbers were used instead. Apple only provides a partial location-based scope 3 number. All three firms' total emissions are likely understated.

<https://www.theguardian.com/technology/2024/sep/15/data-center-gas-emissions-tech>

Data center emissions probably 662% higher than big tech claims. Can it keep up the ruse?

Emissions from in-house data centers of Google, Microsoft, Meta and Apple may be 7.62 times higher than official tally



Data center in Ashburn, Virginia, on 28 July 2024. Photograph: Nathan Aages

1. Pantalles i vida



COBALTO ROJO

EL CONGO SE DESANGRA
PARA QUE TÚ TE CONECTES

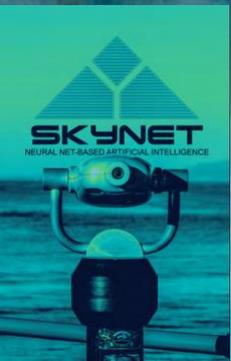
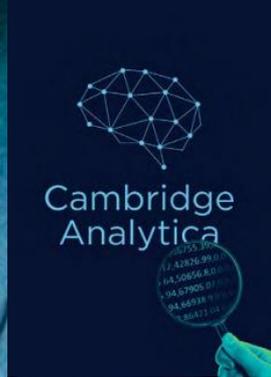
“Los niños del Congo mueren para que nuestros hijos puedan aprender con móviles y ordenadores”

SIDDHARTH KARA



Capitán Suro S

1. Pantalles i vida



 An official website of the United States government [Here's how you know](#) ▼



FEDERAL TRADE COMMISSION
PROTECTING AMERICA'S CONSUMERS

FTC Staff Report Finds Large Social Media and Video Streaming Companies Have Engaged in Vast Surveillance of Users with Lax Privacy Controls and Inadequate Safeguards for **Kids and Teens**

Report recommends limiting data retention and sharing, restricting targeted advertising, and strengthening protections for teens

1. Pantalles i vida



UNESCO

L'anàlisi de 163 productes de **tecnologia educativa** recomanats per a nens durant la pandèmia de la COVID-19 va trobar que el **89% pot haver recollit o ho van fer, informació sobre nens en entorns educatius o fora de l'horari escolar.**

Només el 16% dels països garanteixen la privadesa de les dades a l'educació amb una llei.

Una anàlisi posterior de 10 països va trobar que, malgrat aquesta legislació, **els drets dels nens encara no estaven protegits.**



AMNISTÍA
INTERNACIONAL 

TikTok gana dinero recolectando información sobre ti, como por ejemplo quién eres y lo que te gusta. No hace excepciones cuando se trata de menores de edad.



Esta vigilancia corporativa para obtener beneficios socava el derecho de la persona menor de edad al control sobre su información personal.

Atenta contra el derecho a la privacidad y a la libertad de pensamiento.



DÍSELO A TIKTOK

Exigimos el fin de toda la publicidad segmentada dirigida a menores en todo el mundo.

ACTUAR

1. Pantalles i vida



RESPONSABILIDADES Y OBLIGACIONES EN LA UTILIZACIÓN DE DISPOSITIVOS DIGITALES MÓVILES EN LA ENSEÑANZA INFANTIL, PRIMARIA Y SECUNDARIA

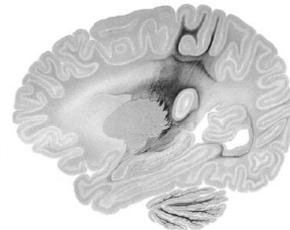
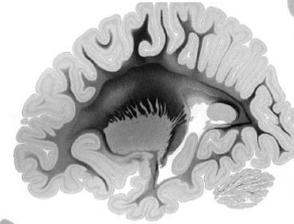
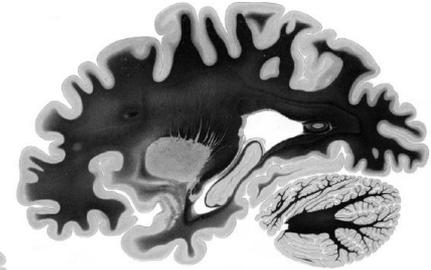
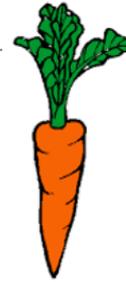
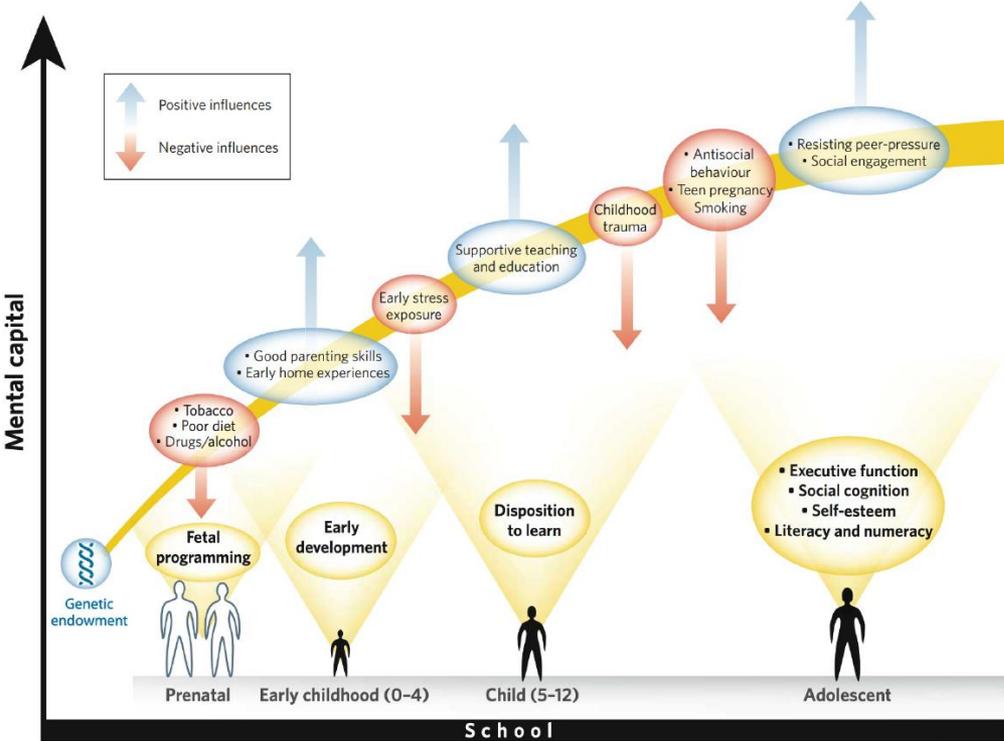
La AEPD elabora unas orientaciones sobre las obligaciones y responsabilidades por el uso de dispositivos móviles en los centros educativos

 17 de Septiembre de 2024

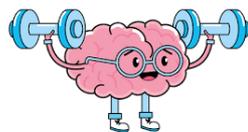
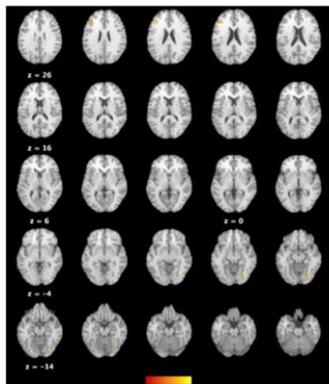
- En el ámbito educativo es frecuente el uso de teléfonos inteligentes o tabletas -a menudo propiedad del alumnado o sus familias-
- Estos dispositivos pueden recopilar mucha información y tratarla con distintos propósitos más allá de la mera función educativa
- Los tratamientos de datos generados pueden afectar gravemente a los derechos y libertades del alumnado y a su desarrollo integral
- El informe recoge que si un centro docente requiere al alumnado su dispositivo personal para una actividad pedagógica podría incurrir en responsabilidad si se producen infracciones de la normativa
- La Agencia desaconseja su uso en los centros educativos si el fin pedagógico pretendido puede conseguirse a través de otro recurso más idóneo
- Estas orientaciones están dirigidas a las administraciones educativas, equipos directivos de centros escolares, docentes y familias

2. Pantalles i desenvolupament

MENTAL CAPITAL OVER THE COURSE OF LIFE



2. Pantalles i desenvolupament



Reducció del volum cerebral



Increment impulsivitat

Reducció del volum cerebral
Increment impulsivitat

Pe45 Sociedad Sanidad

Educación infantil

Dos de cada tres guarderías detectan niños con un retraso en el desarrollo por culpa de las pantallas

- Niños y uso abusivo del móvil: "El auténtico problema está en casa, no en el colegio"
- Más tiempo en casa y menos interacción familiar: así afecta el uso del móvil a la vida doméstica de tu hijo



Screen Time at Age 1 Year and Communication and Problem-Solving Developmental Delay at 2 and 4 Years **2023**

Ippei Takahashi, MMSc; Taku Obara, PhD; Mami Ishikuro, PhD; Keiko Murakami, MPH, PhD; Fumihiko Ueno, PhD; Aoi Noda, PhD; Tomomi Onuma, BS; Genki Shinoda, MMSc; Tomoko Nishimura, PhD; Kenji J. Tsuchiya, MD, PhD; Shinichi Kuriyama, MD, PhD

7097 mother-child pairs

Research

84 030 mother-child dyads were analyzed boys

JAMA Pediatrics | [Original Investigation](#)

Association Between Screen Time Exposure in Children at 1 Year of Age and Autism Spectrum Disorder at 3 Years of Age

The Japan Environment and Children's Study

2022

Megumi Kushima, MA; Reiji Kojima, MD, PhD; Ryoji Shinohara, PhD; Sayaka Horiuchi, MD, DrPH; Sanae Ottawa, MA; Tadao Ooka, MD, PhD; Yuka Akiyama, PhD; Kunio Miyake, PhD; Hiroshi Yokomichi, MD, PhD; Zentarō Yamagata, MD, PhD; and the Japan Environment and Children's Study Group

Article

Structural and Functional Neural Correlates in Individuals with Excessive Smartphone Use: A Systematic Review and Meta-Analysis

Hsiu-Man Lin ^{1,†}, Yu-Tzu Chang ^{2,3,†}, Meng-Hsiang Chen ^{4,5}, Shu-Tsen Liu ¹, Bo-Shen Chen ⁶, Lin Li ⁶, Chiao-Yu Lee ⁶, Yu-Ru Sue ⁶, Tsai-Mei Sung ⁶, Cheuk-Kwan Sun ^{7,8,*} and Pin-Yang Yeh ^{6,9,*}

Research

JAMA Pediatrics | [Original Investigation](#)

Association Between Screen Time and Children's Performance on a Developmental Screening Test

Sheri Madigan, PhD; Dillon Browne, PhD; Nicole Racine, PhD; Camille Mori, BA; Suzanne Tough, PhD

2441 mothers and children

2019

Research

JAMA Pediatrics | [Original Investigation](#)

Screen Time and Parent-Child Talk When Children Are Aged 12 to 36 Months

Mary E. Brushe, PhD; Dandara G. Haag, PhD; Edward C. Melhuish, PhD; Sheena Reilly, PhD; Tess Gregory, PhD

2024

Children could be missing out on 1139 adult words, 843 vocalizations, and 194 conversational turns per day.

2. Pantalles i desenvolupament



New Ideas in Psychology
Volume 64, January 2022, 100919



Discussion

Context matters: How smartphone (mis)use may disrupt early emotion regulation development

Max Z. Roberts  , Amanda M. Flagg, Betty Lin

Psychon Bull Rev (2016) 23:1607–1614
DOI 10.3758/s13423-016-1011-z

BRIEF REPORT

Mobile technology habits: patterns of association among device usage, intertemporal preference, impulse control, and reward sensitivity

Henry H. Wilmer¹ · Jason M. Chein¹

 Frontiers in Child and Adolescent Psychiatry

TYPE Original Research
PUBLISHED 28 June 2024
DOI 10.3389/frcha.2024.1276154

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Katherine Cost,
McMaster University, Canada

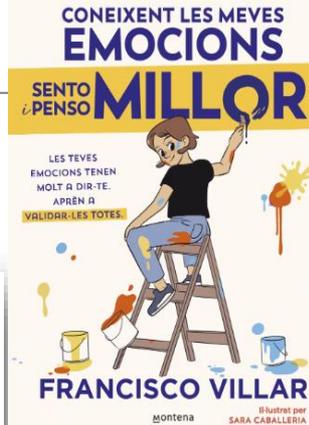
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RECEIVED 11 August 2023
ACCEPTED 13 May 2024
PUBLISHED 28 June 2024

Cure for tantrums? Longitudinal associations between parental digital emotion regulation and children's self-regulatory skills

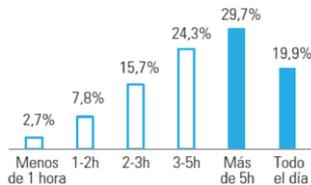
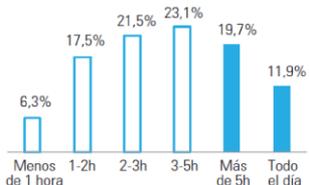
V. Konok^{1*}, M.-A. Binet², Á. Korom³, Á. Pogány¹, Á. Miklósi^{1,4} and C. Fitzpatrick⁵

¹Department of Ethology, Faculty of Science, Eötvös Loránd University, Budapest, Hungary, ²Faculty of Medicine and Health Sciences, Université de Sherbrooke, Sherbrooke, QC, Canada, ³Faculty of Science, Doctoral School of Biology, Eötvös Loránd University, Budapest, Hungary, ⁴ELKH-ELTE Comparative Ethology Research Group, Budapest, Hungary, ⁵Faculty of Education, Université de Sherbrooke, Sherbrooke, QC, Canada



2. Pantalles i desenvolupament

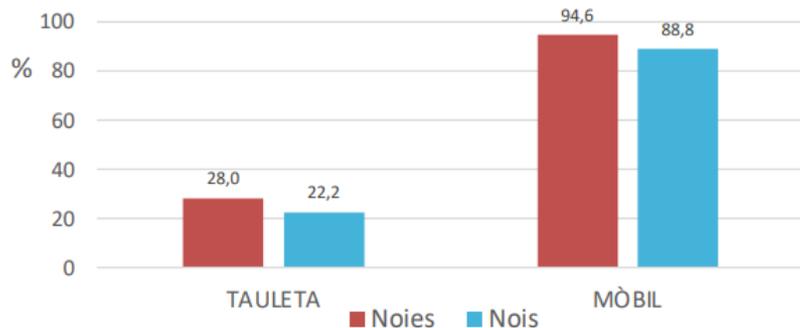
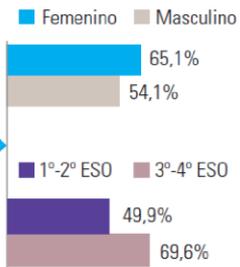
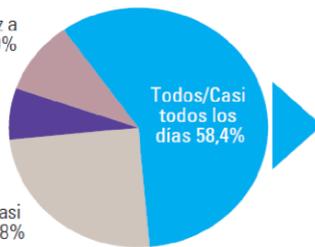
Duermen con el móvil en la habitación



Alguna vez a la semana 9,9%

Alguna vez al mes 6,9%

Nunca/Casi Nunca 24,8%



Percentatge d'alumnat que fa ús de la tauleta o el mòbil abans d'anar a dormir, Barcelona, 2021.



2. Coste de oportunidad

Article

Association between Leisure Screen Time and Junk Food Intake in a Nationwide Representative Sample of Spanish Children (1–14 Years): A Cross-Sectional Study

Àrea Cartanya-Hueso, Adrián González-Marrón, Cristina Lidón-Moyano, Esteve Garcia-Palomo, Juan Carlos Martin-Sánchez and Jose M. Martínez-Sánchez

Cyber Guardians

obesidad infantil y trastornos alimentarios

Mujeres de 14 a 24

Progress in Neuropsychopharmacology & Biological Psychiatry 110 (2021) 110293

Contents lists available at ScienceDirect

Progress in Neuropsychopharmacology & Biological Psychiatry

journal homepage: www.elsevier.com/locate/pnp

The impact of COVID-19 lockdown on social network sites use, body image disturbances and self-esteem among adolescent and young women

Helena Vall-Roqué^{a,*}, Ana Andrés^b, Carmina Saldaña^{a,c}

^a Department of Clinical Psychology and Psychobiology, Faculty of Psychology, University of Barcelona, Passeig Vall d'Hebron, 171, 08035 Barcelona, Spain

^b Faculty of Psychology, Education and Sport Sciences, Blanquerna, Ramon Llull University, C. Clàter, 34, 08022

^c Institute of Neurosciences, University of Barcelona, Passeig Vall d'Hebron, 171, 08035 Barcelona, Spain



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1076-898X/21/\$36.00

Psychology of Popular Media

<https://doi.org/10.1037/ppm0000480>

BRIEF REPORT

Reducing Social Media Use Improves Appearance and Weight Esteem in Youth With Emotional Distress

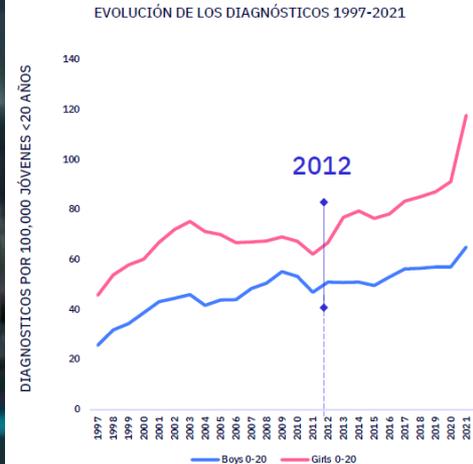
Helen Thai¹, Christopher G. Davis², Wardah Mahboob^{2,3}, Sabrina Perry^{2,3}, Alex Adams^{2,3}, and Gary S. Goldfield^{2,3,4}

¹ Department of Psychology, McGill University

² Department of Psychology, Carleton University

³ Healthy Active Living and Obesity (HALO) Research Group, Children's Hospital of Eastern Ontario

⁴ Department of Pediatrics, University of Ottawa



ISSN (electrónico): 1699-5110 - ISSN (papel): 0212-8513 - CODEN: NHKHQJ (S-VOL 31(1))

Nutrición Hospitalaria



2021

Obesidad en la población infantil en España y factores asociados Childhood obesity in Spain and associated factors

Ana M. López-Sobaler, Aránzazu Aparicio, María Dolores Salas-González, Viviana Loria Kohen, Laura María Bermejo López
Departamentos de Nutrición y Clínica de los Alimentos, Facultad de Farmacia, Universidad Complutense de Madrid, Grupo de Investigación VALORNU-LICM (20200309), Universidad Complutense de Madrid, Madrid

2. Pantalles i desenvolupament



“L'estat de salut visual dels adolescents a Espanya”

-Els adolescents pateixen sis vegades més miopia magna que fa cinc anys

-no permetre que els nens menors de set anys s'acostin a les pantalles

-La miopia s'estableix a la infància i creix amb l'edat



JAMA Ophthalmology | **Original Investigation**

2021

Progression of Myopia in School-Aged Children After COVID-19 Home Confinement

Jiaxing Wang, MD, PhD; Ying Li, MD, PhD; David C. Musch, PhD, MPH; Nan Wei, MD; Xiaoli Qi, MD; Gang Ding, MD; Xue Li, MD; Jing Li, MD; Linlin Song, MD; Ying Zhang, MD; Yuxian Ning, MD; Xiaoyu Zeng, MD; Ning Hua, MD; Shuo Li, MD, PhD; Xuehan Qian, MD, PhD

To cite: Liang J, Pu Y, Chen J, et al. *Br J Ophthalmol* Epub ahead of print: [please include Day Month Year]. doi:10.1136/bjo-2024-325427

Global prevalence, trend and projection of myopia in children and adolescents from 1990 to 2050: a comprehensive systematic review and meta-analysis

Jinghong Liang,¹ Yingqi Pu,¹ Jiaqi Chen,¹ Meiling Liu,¹ Bowen Ouyang,² Zhengge Jin,¹ Wenxin Ge,¹ Zhuowen Wu,¹ Xiuzhi Yang,¹ Chunsong Qin,³ Cong Wang,⁴ Shan Huang,¹ Nan Jiang,¹ Lixin Hu,¹ Yushan Zhang,¹ Zhaohuan Gui,⁵ Xueya Pu,¹ Shaoyi Huang,¹ Yajun Chen¹

Grzybowski et al. *BMC Ophthalmology* (2020) 20:27
<https://doi.org/10.1186/s12886-019-1220-0>

BMC Ophthalmology

REVIEW

Open Access

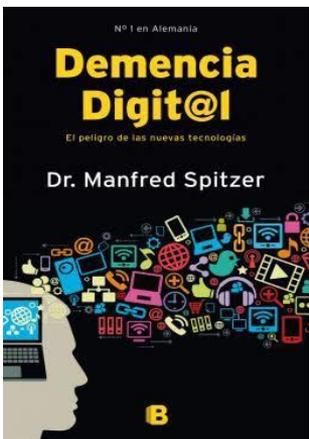
A review on the epidemiology of myopia in school children worldwide

Andrzej Grzybowski^{1,2*}, Piotr Kanclerz³, Kazuo Tsubota^{4,5}, Carla Lancia⁶ and Seang-Mei Saw^{6,7,8}

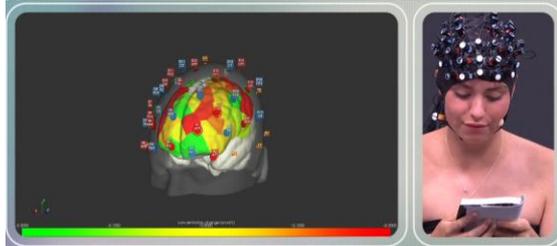
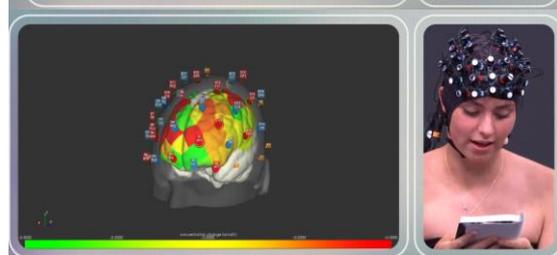
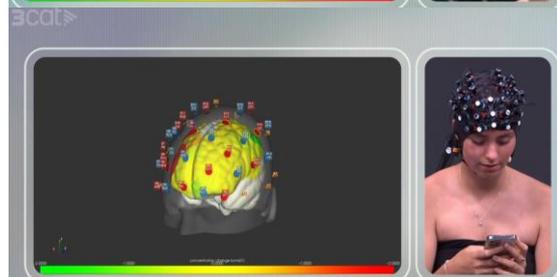
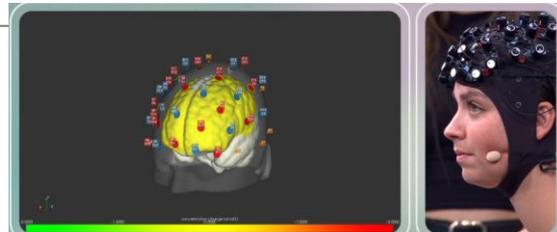
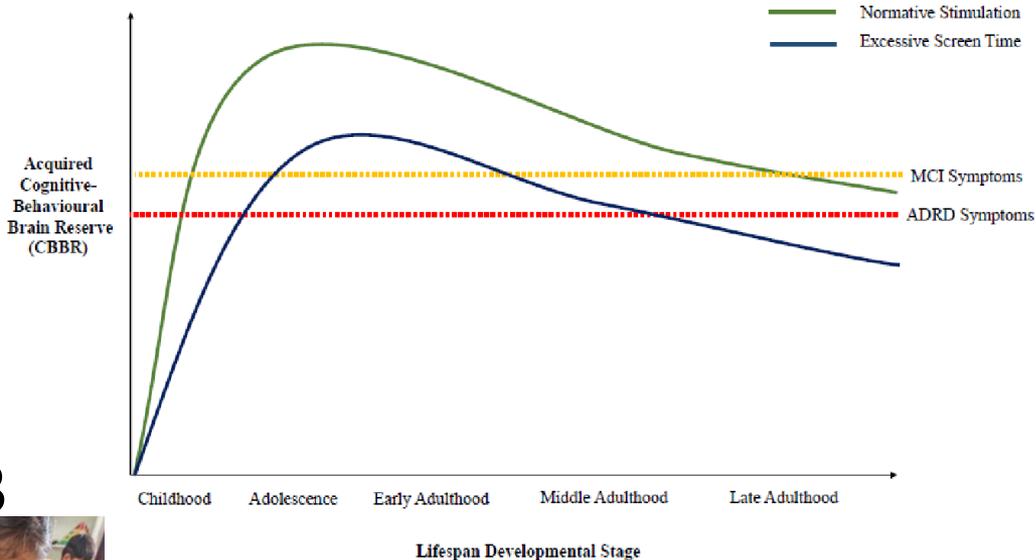
„In recent studies, risk factors for myopia in schoolchildren included low outdoor time and near work, dim light exposure, the use of LED lamps for homework, low sleeping hours, reading distance less than 25 cm“



3. Pantalles i aprenentatge



2013



Review

Digital dementia in the internet generation: excessive screen time during brain development will increase the risk of Alzheimer's disease and related dementias in adulthood

Laurie A. Manwell^{1,*}, Merelle Tadros², Tiana M. Ciccarelli², Roelof Eikelboom¹

¹ Department of Psychology, Faculty of Science, Wilfrid Laurier University, Waterloo, ON N2L 3C5, Canada
² Department of Health Sciences, Faculty of Science, Wilfrid Laurier University, Waterloo, ON N2L 3C5, Canada

*Correspondence: 1manwell@wlu.ca; lauriemanwell@gmail.com (Laurie A. Manwell)
 DOI:10.31083/j.jin2101028

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 Submitted: 23 July 2021 Revised: 17 August 2021 Accepted: 31 August 2021 Published: 28 January 2022

2021

3. Pantalles i aprenentatge



UNESCO

Debat dels telèfons a les escoles:

«Estudis de Bèlgica (Baert et al., 2020), Espanya (Beneito i Vicente-Chirivella, 2020) i Regne Unit (Beland i Murphy, 2016) mostren que **prohibir els telèfons mòbils a les escoles millora el rendiment acadèmic**, especialment dels estudiants de baix rendiment»

GLOBAL EDUCATION MONITORING REPORT SUMMARY **2023**

Technology in education:
A TOOL ON WHOSE TERMS?

Evolución de resultados pruebas PISA

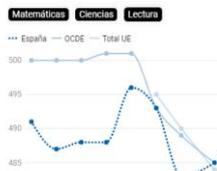
Pulse el botón para conocer los resultados por área



Matemáticas
Gráfico: Sophia Gómez-EM • Fuente: Informes de la OCDE y Ministerio de Educación • Creado con Datawrapper

Evolución de resultados pruebas PISA

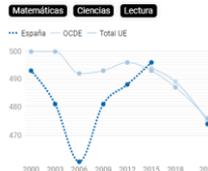
Pulse el botón para conocer los resultados por área



Ciencias
Gráfico: Sophia Gómez-EM • Fuente: Informes de la OCDE y Ministerio de Educación • Creado con Datawrapper

Evolución de resultados pruebas PISA

Pulse el botón para conocer los resultados por área



Lectura En 2019 no se publicaron resultados por áreas que afectaban al 5% los alumnos.
Gráfico: Sophia Gómez-EM • Fuente: Informes de la OCDE y Ministerio de Educación • Creado con Datawrapper



Computers in Human Behavior Reports

journal homepage: www.journals.elsevier.com/computers-in-human-behavior-reports

The effects of smartphone addiction on learning: A meta-analysis

Oluwafemi J. Sunday^{a,b,*}, Olusola O. Adesope^a, Patricia L. Maarhuis^b

^a Department of Educational Psychology, Washington State University, USA
^b Cougar Health Services, Washington State University, USA

frontiers | Frontiers in Psychology

TYPE Original Research
PUBLISHED 26 January 2024
DOI 10.3389/fpsyg.2023.1219945

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RECEIVED 09 May 2023
ACCEPTED 28 November 2023

Handwriting but not typewriting leads to widespread brain connectivity: a high-density EEG study with implications for the classroom

F. R. (Ruud) Van der Weel and Audrey L. H. Van der Meer*

Devels and Te
Economics of Education Review 56 (2017) 118–132



Contents lists available at ScienceDirect

Economics of Education Review

journal homepage: www.elsevier.com/locate/econeducrev

The impact of computer usage on academic performance: Evidence from a randomized trial at the United States Military Academy*

Labour Economics 41 (2016) 61–76

Contents lists available at ScienceDirect

Labour Economics

journal homepage: www.elsevier.com/locate/labeco



III Communication: Technology, distraction & student performance

Louis-Philippe Beland^a, Richard Murphy^b

^a Louisiana State University, USA
^b University of Texas at Austin, USA

HIGHLIGHTS

- We investigate the impact of schools banning mobile phones on student test scores.
- We implement a difference in differences (DID) strategy.
- We combine a survey of school policies and England's National Pupil Database.
- There is an increase in student performance after schools ban mobile phones.
- These effects are driven by the previously lowest-achieving students.

3. Pantalles i aprenentatge



Contents lists available at [ScienceDirect](https://www.sciencedirect.com)

Economics of Education Review

journal homepage: www.elsevier.com/locate/econedurev

The impact of computer usage on academic performance: Evidence from a randomized trial at the United States Military Academy[☆]

Susan Payne Carter, Kyle Greenberg*, Michael S. Walker

United States Military Academy, 607 Cullum Road, West Point, NY 10996, USA

S.P. Carter et al./Economics of Education Review 56 (2017) 118–132

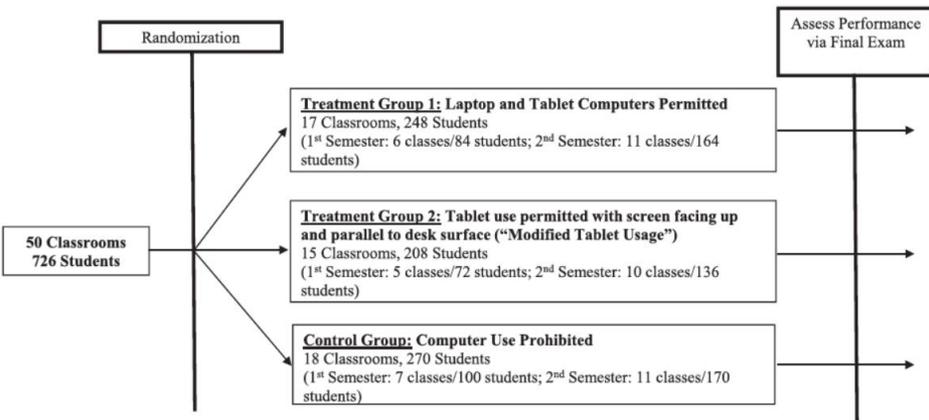


Fig. 1. Experimental design.

The results from our randomized experiment suggest that computer devices can reduce student's knowledge of the material gained during the semester. Our estimates imply that permitting computers or laptops in a classroom lowers exam scores

3. Pantalles i aprenentatge

Reducció:

De l'atenció

De la concentració

De la paciència

De l'extensió de les novel·les

De l'extensió de textos

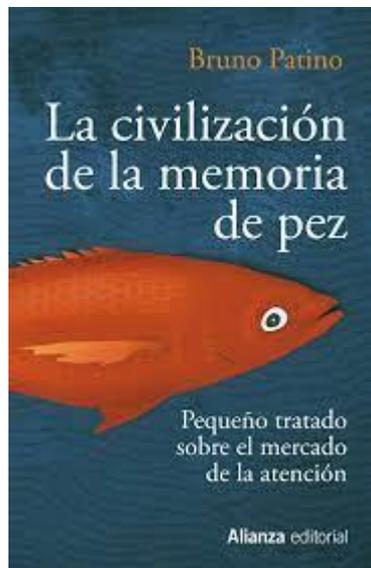
Dorments sentinelles

Los responsables del máster de Management del IESE, la escuela de negocios de la Universidad de Navarra, decidieron hace un año prohibir móviles, tabletas y ordenadores portátiles porque vieron que sus alumnos jugaban al ajedrez, seguían partidos de tenis y se enviaban mensajes durante las clases. Estudiantes que rondan los 23 años tuvieron que comprometerse por contrato a dejar sus dispositivos electrónicos dentro de las mochilas. Si no lo cumplían, al tercer aviso se les abría un expediente.

Al principio algunos protestaron, argumentando que ya eran lo suficientemente adultos para saber lo que hacían. Los profesores les respondieron: «¡Ya llega».

El gran fiasco de las pantallas en la educación

Las mejores escuelas cierran la puerta a los dispositivos electrónicos porque han visto que distraen y empeoran el aprendizaje. Vuelven al libro de texto y a los apuntes a mano



2019



LJUBLJANA
READING
MANIFESTO

Michel Desmurget
Más libros y menos pantallas

Cómo acabar con los cretinos digitales





4. Pantalles i relacions familiars

Original Investigation | Pediatrics

Perceived Parental Distraction by Technology and Mental Health Among Emerging Adolescents

Audrey-Ann Deneault, PhD; André Plamondon, PhD; Ross D. Neville, PhD; Rachel Eirich, MSc; Brae Anne McArthur, PhD; Suzanne Tough, PhD; Sheri Madigan, PhD

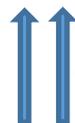


Original Investigation | Pediatrics

Screen Media Use and Mental Health of Children and Adolescents A Secondary Analysis of a Randomized Clinical Trial

Jesper Schmidt-Persson, PhD; Martin Gillies Banke Rasmussen, PhD; Sarah Overgaard Sørensen, MSc; Sofie Rath Mortensen, MSc; Line Grønholm Olesen, PhD; Søren Brage, PhD; Peter Lund Kristensen, PhD; Niels Bilenberg, PhD; Anders Grøntved, PhD

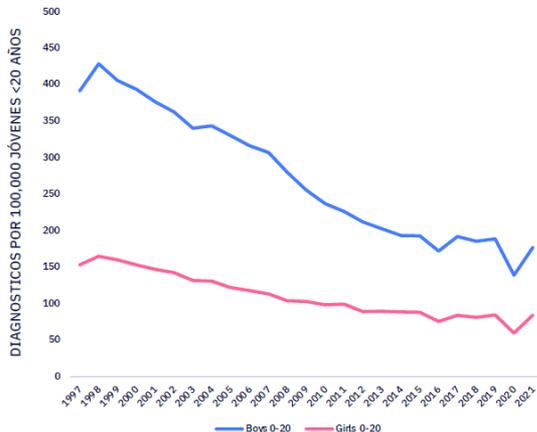
2 Weeks



- Emotional symptoms and peer problems
- Prosocial behavior
- Nonsedentary leisure time by 45 minutes per day

5. Pantalles i relacions socials

EVOLUCIÓN DE LOS DIAGNÓSTICOS 1997-2021



diagnósticos de heridas y traumatismos atribuidos a actividad física



Decline in Independent Activity as a Cause of Decline in Children's Mental Well-being: Summary of the Evidence

Peter Gray, PhD¹, David F. Lancy, PhD², and David F. Bjorklund, PhD³

It is no secret that rates of anxiety and depression among school-aged children and teens in the US are at an all-time high. Recognizing this, the American Academy of Pediatrics, American Academy of Child and Adolescent Psychiatry, and Children's Hospital Association issued, in 2021, a joint statement to the Biden administration that child

Decline in Children's Opportunities for Independent Activity

Those of us old enough to have been children in the 1970s or earlier know from experience that children then had far more freedom to roam, play, and engage in various activities inde-

JAMA Network | **Open.**

2024

Original Investigation | Pediatrics

Screen Media Use and Mental Health of Children and Adolescents A Secondary Analysis of a Randomized Clinical Trial

Jesper Schmidt-Persson, PhD; Martin Gillies Banke Rasmussen, PhD; Sarah Overgaard Sørensen, MSc; Sofie Rath Mortensen, MSc; Line Grønholt Olesen, PhD; Søren Brage, PhD; Peter Lund Kristensen, PhD; Niels Bilenberg, PhD; Anders Grøntved, PhD

Increased nonsedentary leisure time by 45 minutes per day

5. Pantalles i relacions socials



SOCIETAT

La clau de la felicitat, segons un nou estudi de Harvard

Diversos equips de científics assenyalen el factor que permet assolir el benestar gràcies a una investigació de més de 70 anys



Mantenir relacions humanes de qualitat és la clau per ser feliç | Unplash

per *NacióDigital*, Barcelona, Catalunya | 22 de novembre de 2022 a les 22:36 | 

Ni els diners ni els luxes ni l'èxit

6. Pantalles i benestar

- ✓ **Supervisió parental:** Conèixer on es el meu fill i amb qui.
- ✓ **Vinculació a l'escola:** el sentiment dels adolescents de que les persones de l'escola es preocupen per ells, pel seu benestar i pel seu èxit.
- ✓ Una bona comunicació amb els membres de la família i la participació a les activitats familiars.
- ✓ Disposar d'un ambient familiar, d'amistat i escolar de comprensió i suport.



☰ *Naciódigital* ⓘ

SOCIETAT

La clau de la felicitat, segons un nou estudi de Harvard

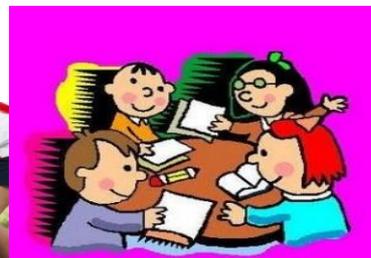
Diversos equips de científics assenyalen el factor que permet assolir el benestar gràcies a una investigació de més de 70 anys



Mantenir relacions humanes de qualitat és la clau per ser feliç | Unplash

per *NacióDigital*, Barcelona, Catalunya | 22 de novembre de 2022 a les 22:36 | ⓘ

Ni els diners ni els luxes ni l'èxit



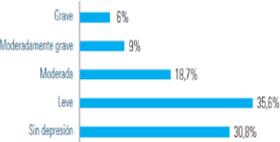
6. Pantalles i benestar

YOUTH RISK BEHAVIOR SURVEY
DATA SUMMARY & TRENDS REPORT
Centers for Disease Control and Prevention
National Center for HIV, Viral Hepatitis, STD, and TB Prevention



IMPACTO DE LA TECNOLOGÍA EN LA ADOLESCENCIA
RELACIONES, RIESGOS Y OPORTUNIDADES
Un estudio comprensivo e inclusivo hacia el uso saludable de las TIC

Screening de depresi3n



• El 15% de los adolescentes presenta sntomas graves o moderadament graves de depresi3n.
La tasa de ideaci3n suicida se situa en el 10,8%.

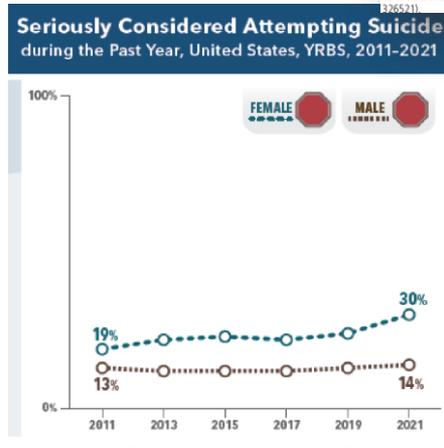
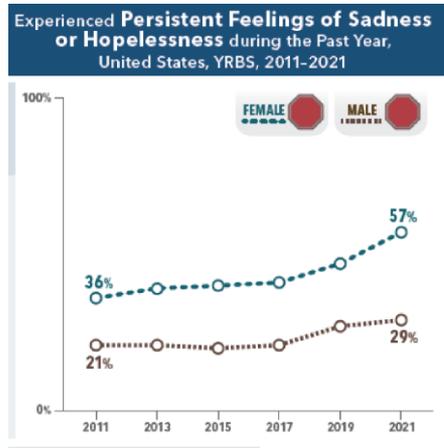
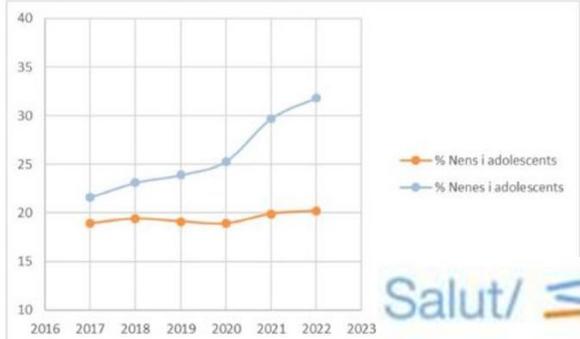


Figura 5. Evoluci3n del percentatge de pacients consumidors de psicof3rmacs en poblaci3n infantojuvenil. Catalunya (2017-2022)



Original research
Smartphone use and well-being of adolescent girls: a population-based study
Sijja Kosola^{1,2}, Sara M3r3, Elina Holopainen³
2024
OPEN ACCESS
Additional supplemental material is published online only. To view, please visit the journal online (https://doi.org/10.1136/archdischild-2023-026521)
ABSTRACT
Background and objectives Recent studies have reported an increasing incidence of anxiety among adolescent girls, and associated this with self-reported social media use. This study aimed to measure
WHAT IS ALREADY KNOWN ON THIS TOPIC
Recent studies have indicated increasing anxiety among adolescent girls and associated this with social media use. We found no

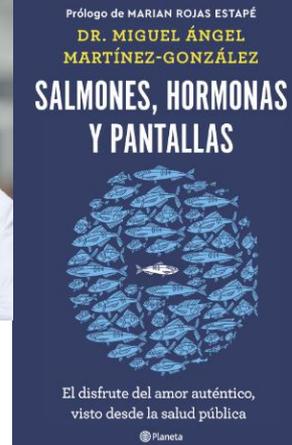
EVOLUCI3N DE TODOS LOS DIAGNOSTICOS DE TRASTORNOS EN LA SALUD MENTAL DE CHICOS (AZUL) Y CHICAS (ROJO) DE 0 A 20 AÑOS DE EDAD POR CADA 100,000 J3VENES < 20 AÑOS



6. Pantalles i benestar



Adolescència:
Reducció del benestar
Empitjorament autoestima
Major insatisfacció corporal
Trastorns alimentaris
Problemes de son
Simptomatologia depressiva
Increment risc suïcidi
agressions sexuals



Screen exposure, mental health and emotional well-being in the adolescent population: is it time for governments to take action?

PDF

 Miguel Angel Alvarez de Mon ^{1, 2}, Almudena Sánchez-Villegas ³, Luis Gutiérrez-Rojas ⁴,  Miguel A Martinez-Gonzalez ³

Correspondence to Dr Miguel A Martinez-Gonzalez, PREVENTIVE MEDICINE AND PUBLIC HEALTH, University of Navarra, Pamplona, NAVARRA, Spain; mamartinez@unav.es

2024

Abstract

During the last decade, a multitude of epidemiological studies with different designs have been published assessing the association between the use of digital media and psychological well-being, including the incidence of mental disorders and suicidal behaviours. Particularly, available research has very often focused on smartphone use in teenagers, with highly addictive potential, coining the term 'problematic smartphone use' and developing specific scales to measure the addictive or problematic use of smartphones. Available studies, despite some methodological limitations and gaps in knowledge, suggest that higher screen time is associated with impaired psychological well-being, lower self-esteem, higher levels of body dissatisfaction, higher incidence of eating disorders, poorer sleeping outcomes and higher odds of depressive symptoms in adolescents. Moreover, a significant association has also been found between screen time and higher suicide risk. Finally, problematic pornography has been shown to be highly prevalent and it is a strong cause of concern to many public health departments and national governments because it might be eventually associated with aggressive sexual behaviours.

<https://doi.org/10.1136/jech-2023-220577>

6. Pantalles i benestar

Cyber Guardians



Costes derivados de las hospitalizaciones de relacionadas primariamente con enfermedades mentales en niños y adolescentes de 0 a 20 años.

6. Pantalles i benestar

Y. Kelly et al. / *EClinicalMedicine* 6 (2018) 59–68

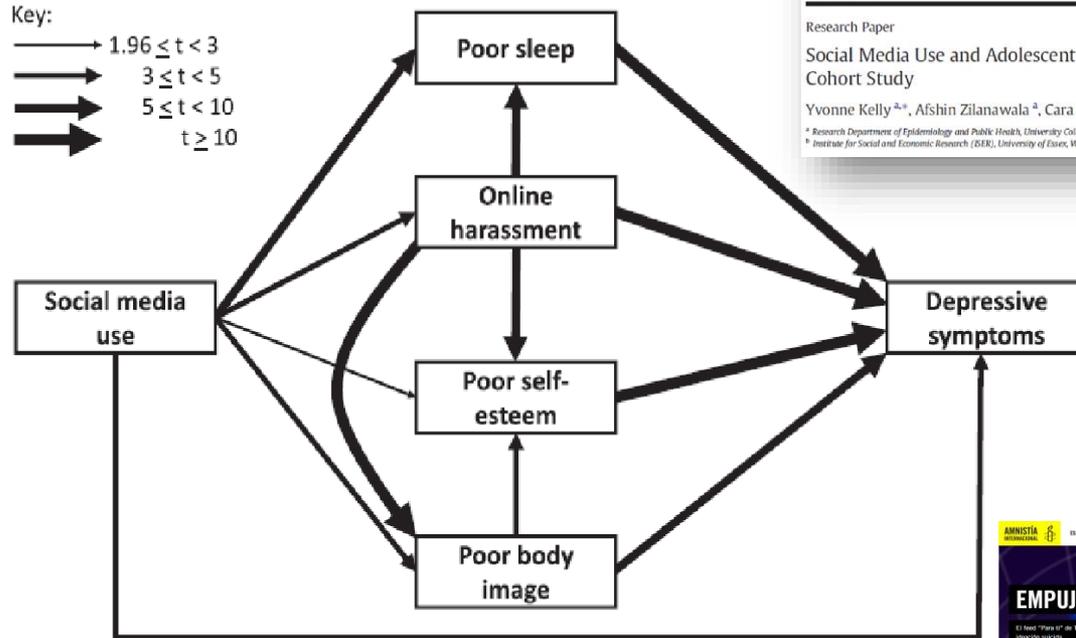


Fig. 2. Social media use and depressive symptoms – summary of path analysis.



AMNISTÍA INTERNACIONAL



TikTok puede llevarle a lugares muy oscuros

El feed "Para ti" de TikTok tiene el peligro de hacer caer a las personas usuarias más jóvenes en espirales de contenido depresivo y dañino.



Hemos visto que en 20 minutos o menos, las cuentas de adolescentes que indicaron interés por contenido de salud mental mostraban sobre todo vídeos relacionados con la depresión y las autolesiones.



DÍSELO A TIKTOK

Tomen medidas urgentes de inmediato para evitar que las personas usuarias en situación de riesgo caigan en espirales de contenido nocivo.

ACTUAR



6. Pantalles i benestar

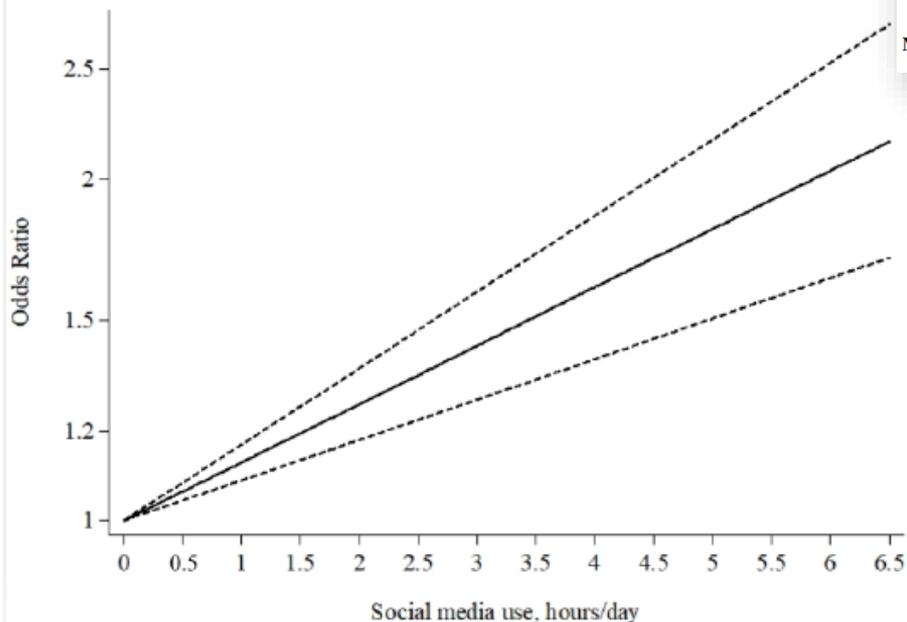


Figure 4. The generalized least squares trend estimated dose–response of time spent on social media and risk of depression in adolescents. Time of social media use was modelled with a restricted cubic spline in a two-stage random-effects dose–response model. The ORs are plotted on the log scale. Dashed lines represent the 95% CIs for the spline model. No social media use served as the referent category.

Systematic Review

Time Spent on Social Media and Risk of Depression in Adolescents: A Dose–Response Meta-Analysis

Mingli Liu ^{1,*}, Kimberly E. Kamper-DeMarco ², Jie Zhang ^{3,4}, Jia Xiao ¹, Daifeng Dong ^{5,6} and Peng Xue ⁷



Citation: Liu, M.; Kamper-DeMarco, K.E.; Zhang, J.; Xiao, J.; Dong, D.; Xue, P. Time Spent on Social Media and Risk of Depression in Adolescents: A Dose–Response Meta-Analysis. *Int. J. Environ. Res. Public Health* **2022**, *19*, 5164. <https://doi.org/10.3390/ijerph19095164>

Academic Editors: Peter Choate, Christina Tortorelli, Carly McMorris and Daniel Kikulwe

Received: 17 March 2022

Accepted: 19 April 2022

Published: 24 April 2022

Publisher’s Note: MDPI stays neutral with regard to jurisdictional claims in published maps and institutional affiliations.



Empirical Article

Increases in Depressive Symptoms, Suicide-Related Outcomes, and Suicide Rates Among U.S. Adolescents After 2010 and Links to Increased New Media Screen Time

Jean M. Twenge¹, Thomas E. Joiner², Megan L. Rogers², and Gabrielle N. Martin¹
¹San Diego State University and ²Florida State University

Clinical Psychological Science
2018, Vol. 6(1) 3–17
© The Author(s) 2017
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sagepub.com/journalsPermissions.nav
DOI: 10.1177/2167726117728876
www.psychologicalscience.org/CPS


6. Pantalles i benestar

Increment de depressió i suïcidi per dues vies:

1. Les conseqüències directes de l'exposició

2. La disminució del temps dedicat a activitats protectores

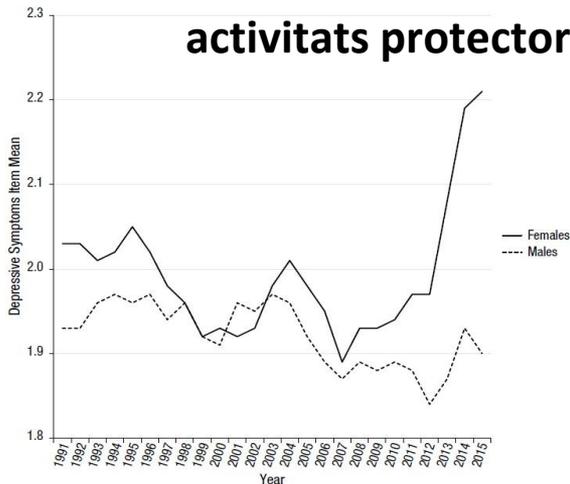
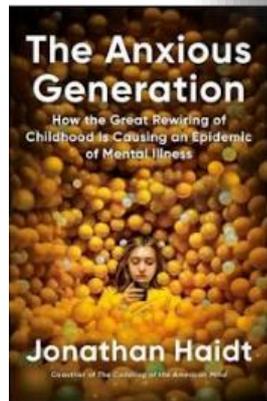


Fig. 1. Depressive symptoms (item mean), 8th, 10th, and 12th graders, by sex, M/F, 1991–2015.

This is the **great irony** of social media: the more you immerse yourself in it, the more lonely and depressed you become.

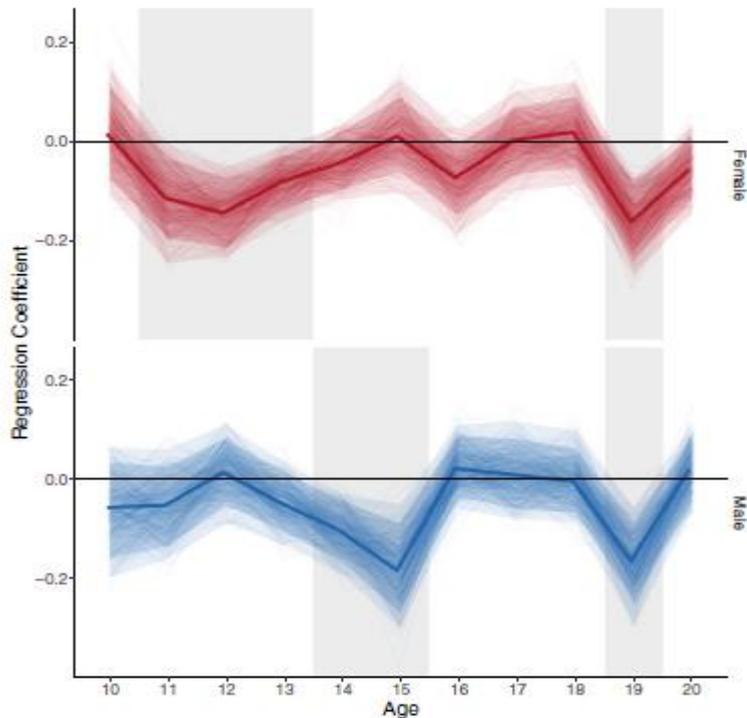
Experience, not information, is the key to emotional development.

The phone is an **experience blocker**. You spend a lot less time in the presence of other people. You're not with your friends. You're sleeping less, you're in nature less, you read fewer books, you don't have time for anything else, you have less of almost everything.





6. Pantalles i benestar



ARTICLE

<https://doi.org/10.1038/s41467-022-29296-3>

OPEN



Windows of developmental sensitivity to social media

Amy Orben¹, Andrew K. Przybylski², Sarah-Jayne Blakemore^{3,4} & Rogier A. Kievit^{5,1}

The relationship between social media use and life satisfaction changes across adolescent development. Our analyses of two UK datasets comprising 84,011 participants (10–80 years old) find that the cross-sectional relationship between self-reported estimates of social media use and life satisfaction ratings is most negative in younger adolescents. Furthermore, sex differences in this relationship are only present during this time. Longitudinal analyses of 17,409 participants (10–21 years old) suggest distinct developmental windows of sensitivity to social media in adolescence, when higher estimated social media use predicts a decrease in life satisfaction ratings one year later (and vice-versa: lower estimated social media use predicts an increase in life satisfaction ratings). These windows occur at different ages for males (14–15 and 19 years old) and females (11–13 and 19 years old). Decreases in life satisfaction ratings also predicted subsequent increases in estimated social media use, however, these were not associated with age or sex.

6. Pantalles i benestar

SAPIEN LABS

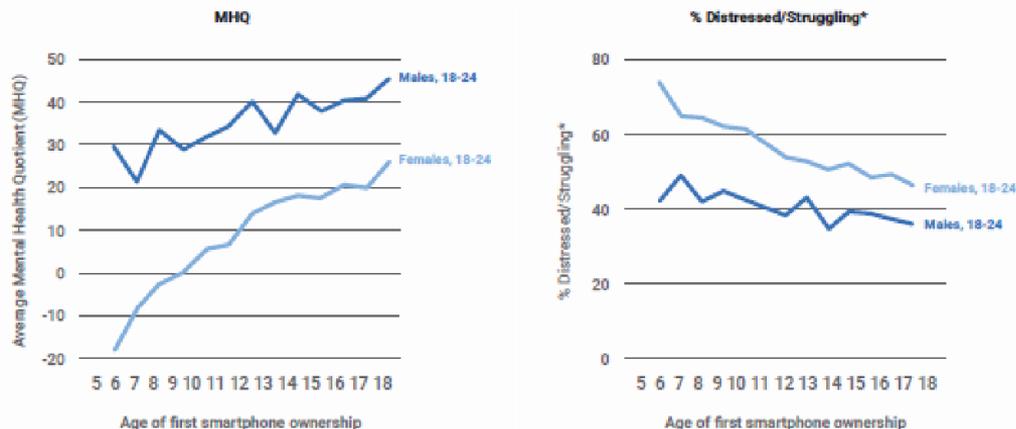


Age of First Smartphone/Tablet and Mental Wellbeing Outcomes

May 15, 2023

Figure 1: Mental wellbeing in young adulthood (ages 18-24) improves with older age of first smartphone

Mental wellbeing measured by the Mental Health Quotient or MHQ increases with older age of first smartphone ownership. Correspondingly the percentage that are distressed or struggling decreases.



Mental wellbeing improved with older age of smartphone ownership. On average, females who acquired their first smartphone below age 10 had MHQ scores in a clinically distressed range.

6. Pantalles i benestar

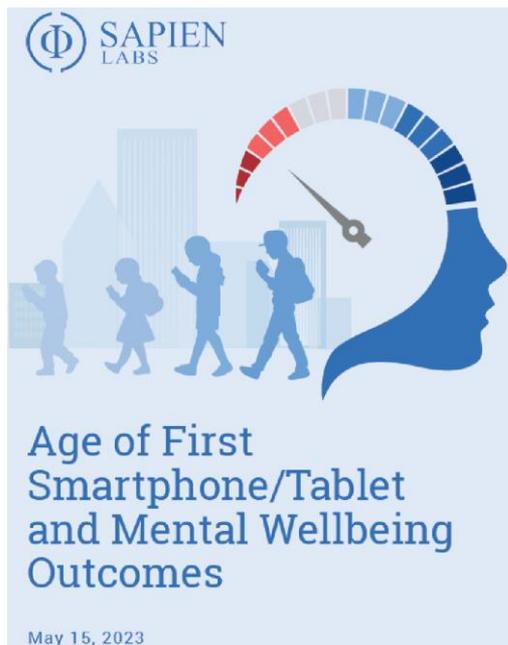
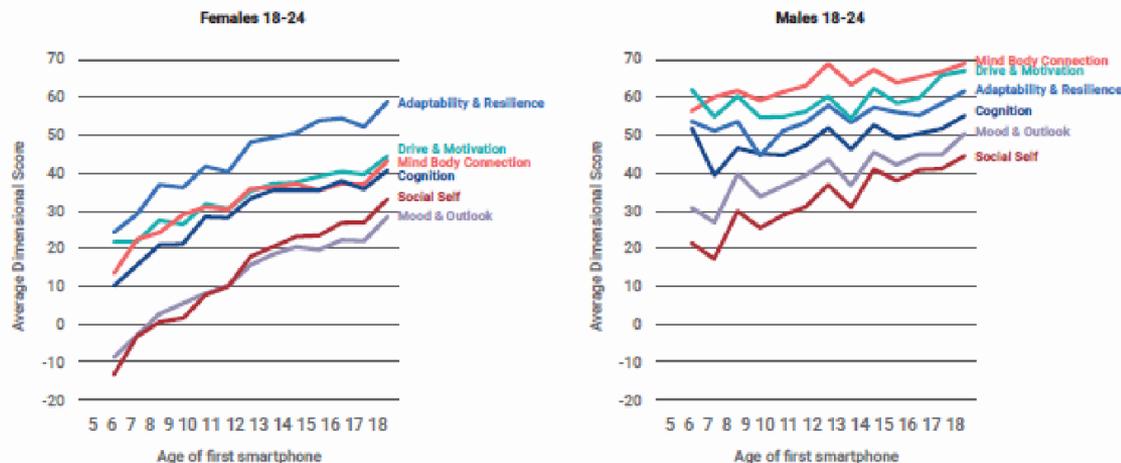


Figure 2: Multiple dimensions of mental wellbeing improve with older age of first smartphone

Scores for multiple dimensions of mental wellbeing significantly increased with older age of first smartphone. For females and males Social Self followed by Mood & Outlook showed the steepest effects. Adaptability & Resilience was also similarly steep for females but much weaker for males.



Of the six dimensions, the Social Self, an aggregate measure of how we see ourselves and relate to others, showed the most significant and steepest improvement with older age of smartphone acquisition.

7. Pantalles i violència

Violència

Violència sexual

Violència contra un mateix

7. Pantalles i violència

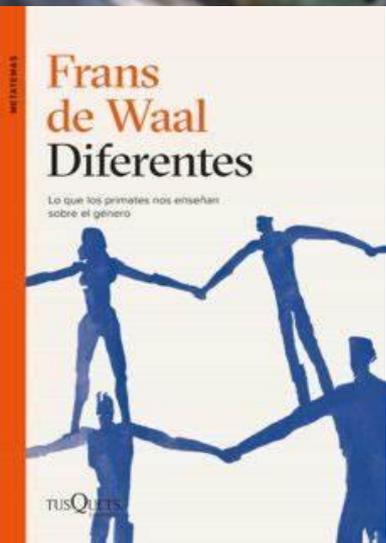
1.Desensibilització: és un efecte emocional de la violència que pot afectar la capacitat d'empatitzar amb els problemes d'altres persones

2.Efecte de cultiu: És una conseqüència cognitiva de l'exposició a continguts violents. Quan els mitjans donen més protagonisme a la violència que a altres continguts poden produir la sensació errònia que el món és un lloc ple de perills, fomentant pors i inseguretats en els més petits i les tendències sobreprotectores en els adults

3.Modelatge: El modelatge és un efecte conductual referit a la capacitat que tenim les persones d'aprendre i replicar conductes per observació de models, siguin reals o de ficció



7. Pantalles i violència



7. Pantalles i violència



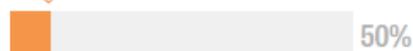
7. Pantalles i violència

Maltractament en l'entorn escolar (*bullying*)

Noies

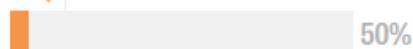
Víctima

5,8%



Agressor/a

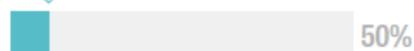
2,6%



Nois

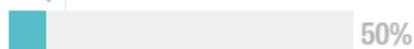
Víctima

5,4%



Agressor/a

5,1%



Maltractament per internet (*ciberbullying*)

Noies

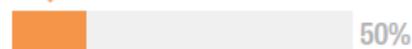
Víctima

25,0%



Agressor/a

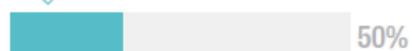
10,6%



Nois

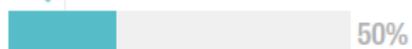
Víctima

16,7%



Agressor/a

15,5%



7. Pantalles i violència



Archives of Sexual Behavior
<https://doi.org/10.1007/s10508-024-03000-6>

ORIGINAL PAPER



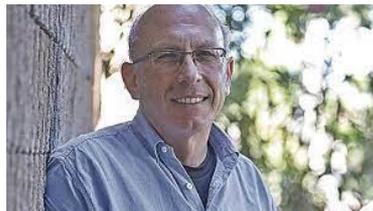
Pornography Use and Associated Factors in Adolescents: A Cross-Jurisdictional Approach (Spain vs. Mexico)

Alejandro Villena-Moya^{1,2} · Carlos Chiclana-Actis^{1,2,3} · Roser Granero^{4,5,6} · Fernando Fernández-Aranda^{4,6,7,8} ·
Marc N. Potenza^{9,10,11,12,13,14} · Susana Jiménez-Murcia^{4,6,7,8} · Gemma Mestre-Bach¹ 

Received: 19 September 2023 / Revised: 6 June 2024 / Accepted: 30 August 2024
© The Author(s), under exclusive licence to Springer Science+Business Media, LLC, part of Springer Nature 2024

Tres principis bàsics:

1. Vincle segur
2. Consens de pràctiques
3. Plaer compartit



ATLÁNTICAS – Revista Internacional de Estudios Feministas, 2021, 6, 1, 67-105
ISSN: 2530-2736 <https://dx.doi.org/10.17979/arief.2021.6.1.7075>

Nueva pornografía y desconexión empática

New pornography and empathic disconnection

Lluís Ballester Brage
Carlos Rosón Varela
Teresa Facal Fondo
Rocío Gómez Juncal

Recibido: 20/10/2020
Aceptado: 15/11/2021



7. Pantalles i violència

“A les agressions sexuals, els menors imiten el que veuen al porno”

Lluís Ballester

doctor en sociologia de la Universitat de les Illes Balears

“Amb vuit anys, entre un 15% i un 20% dels nens ja han vist porno”

Lluís Ballester

doctor en sociologia de la Universitat de les Illes Balears

“La naturalització de pràctiques violentes del porno augmenta les possibilitats dels menors de ser víctimes d'agressions sexuals”

Lluís Ballester

doctor en sociologia de la Universitat de les Illes Balears

<https://www.rac1.cat/el-mon/20230315/106431/agressions-sexuals-menors-relacio-porno-nens-vuit-anys-lluis-ballester-jordi-baste.html>

7. Pantalles i violència

“**Banalització de l’exploració sexual** i el propi cos que fan els joves a partir de l’accés precoç a la pornografia”

“2,6% dels joves entre 14 i 17 anys no posen través a l'hora de intercanviar favors sexuals (tocaments, deixar-se tocar, penetració o subministrar material íntim com vídeos o fotos) per drogues, alcohol, diners, regles i inclús Likes”



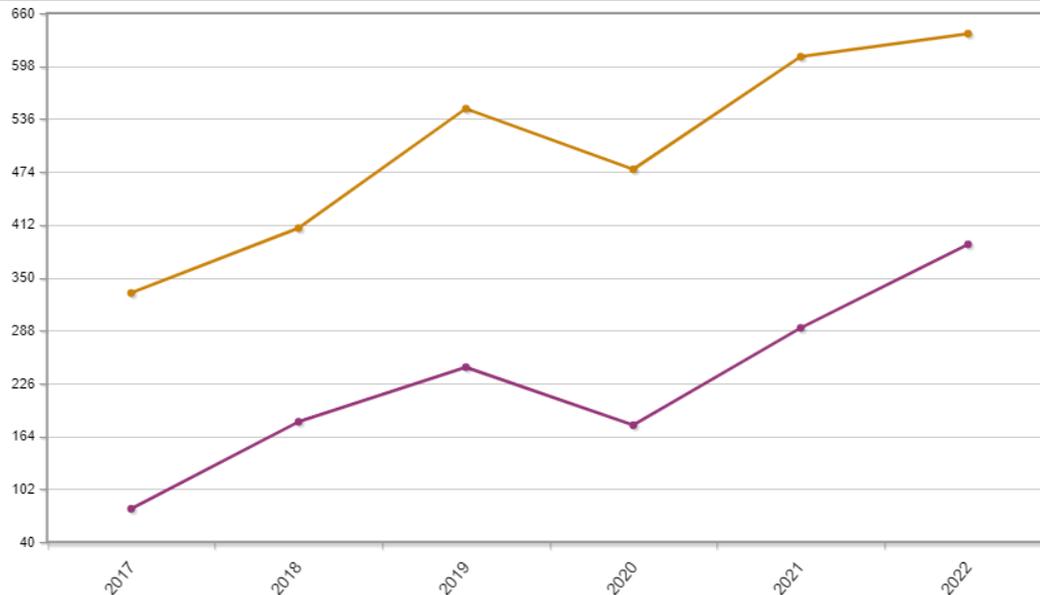
<https://www.abc.es/sociedad/vez-jovenes-ven-natural-dejarse-tocar-cambio-20240321040433-nt.html>

7. Pantalles i violència

INE

Instituto
Nacional de
Estadística

Estadística de Condenados: Menores, Delitos, Total



- 8 Contra la libertad e indemnidad sexuales
- 8.2 BIS Abusos y agresiones sexuales a menores de 16 años

ANNEX CATALUNYA (DES)INFORMACIÓ SEXUAL: PORNOGRAFIA I ADOLESCÈNCIA

juny 2020

savechildren.es

Hem de parlar del porno

Guia per a famílies sobre el consum
de pornografia en l'adolescència



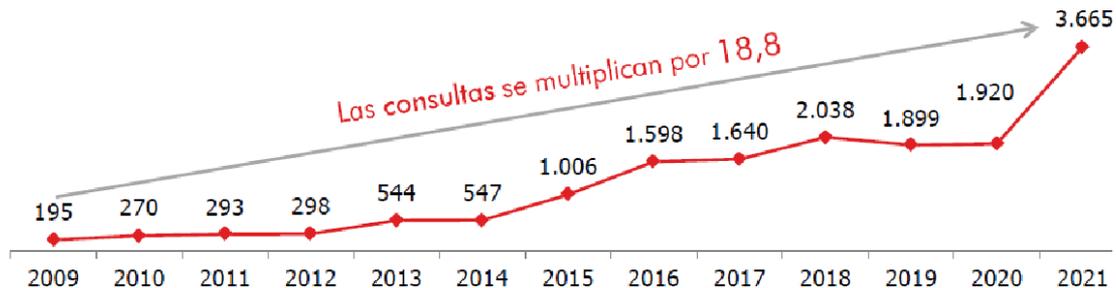
7. Pantalles i violència

IDEACIONES E INTENTOS DE SUICIDIO Y AUTOLESIONES

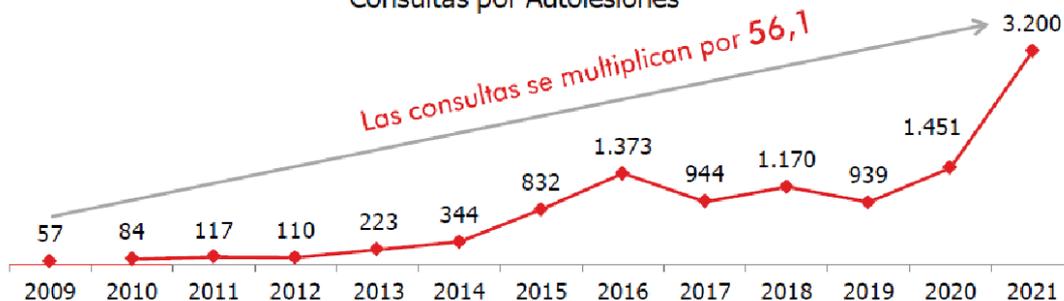
Evolución de las situaciones de Ideación suicida, Intento de suicidio y Autolesiones



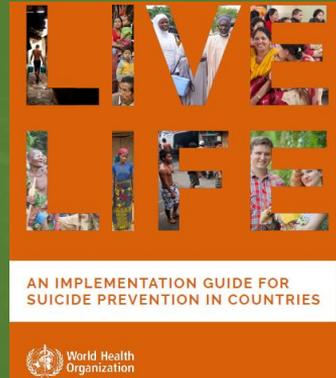
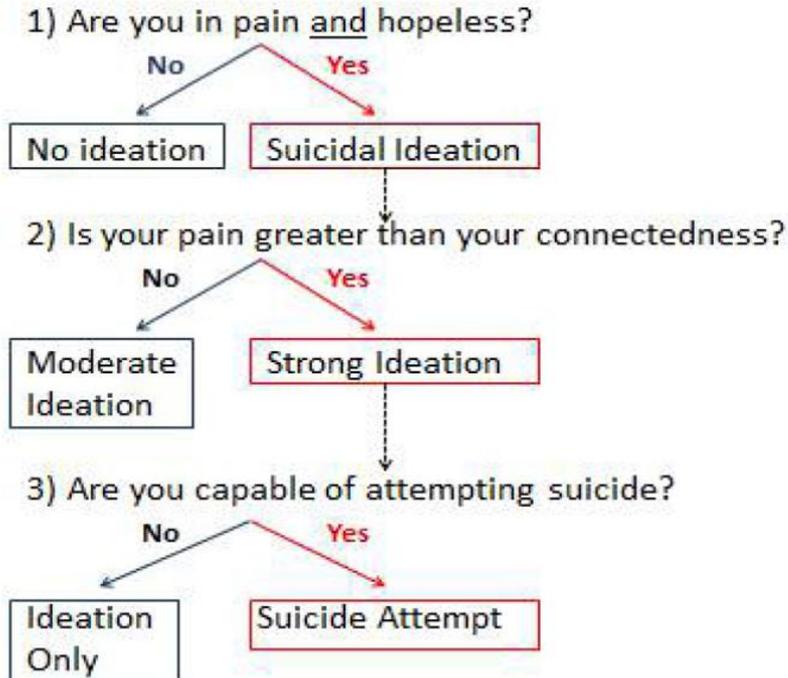
Consultas por Conducta suicida (ideaciones y/o intentos)



Consultas por Autolesiones



The Three-Step Theory (3ST): A New Theory of Suicide Rooted in the
“Ideation-to-Action” Framework
E. David Klonsky and Alexis M. May (2015)



Key effective evidence-based interventions

L I F E

Limit access
to means of
suicide



Interact with
the media on
responsible
reporting



Foster life
skills of young
people



Early identify
and support
everyone
affected



8. Conclusions

1. La digitalització es una eina de treball adulta
2. En la infància i l'adolescència:
 1. Empobreix a la persona: deteriora el seu desenvolupament i aprenentatge
 2. Segresta a la persona: deteriora les relacions interpersonals i amb si mateix
 3. Deteriora el benestar i la salut mental
 4. Promou la violència i la victimització
3. Comercialització amb el temps de les persones:
 1. Comercialització de la vida quotidiana
 2. Comercialitzen amb el nostre temps
 3. Aconsegueixen que els hi deixem comercialitzar amb els nostres fills
4. **A la infància i a l'adolescència la DESCONNEXIÓ ÉS LA ÚNICA VIA D'ESTAR REALMENT CONNECTATS**

META >

Meta, demandada por 41 Estados en EE UU por “atrapar” a los niños en su plataforma con tecnologías “poderosas y sin precedentes”

Los fiscales afirman en los tribunales que el gigante tecnológico ha mentado sobre el impacto de sus productos en los más jóvenes



LUIS PABLO BEAUREGARD

Los Angeles · 24 OCT 2023 · 20:27 CEST



Un niño mira una app de Meta en su teléfono celular. En una imagen de archivo.

WSJ



Emilio Martinez Buonostro misses watching videos on his smartphone but says the ban has had a positive effect on students.

This School Took Away Smartphones. The Kids Don't Mind.

Here's what happened when a Massachusetts school decided smartphones were splintering its community

9. Recomanacions

Dr. David Hill (2016): ‘If we don’t know that it’s good, and there’s any reason to believe it’s bad, why do it?’”.

Si no tenim proves que alguna cosa sigui bona i hi ha algun motiu per creure que és dolent, per què fer-ho?

Principio de precaución



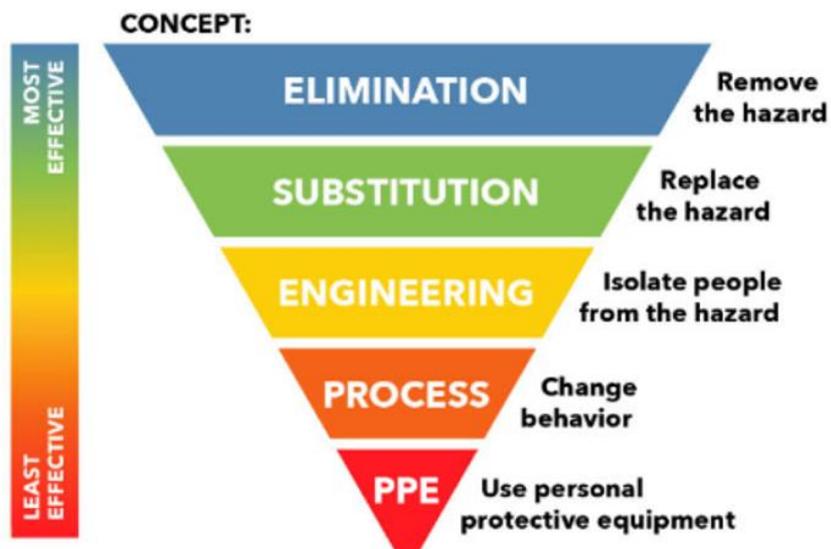
EUR-Lex

El acceso al Derecho de la Unión Europea

El principio de precaución es un enfoque de la gestión del riesgo, según el cual, en caso de que una determinada política o acción pudiera causar daños a las personas o al medio ambiente y no existiera consenso científico al respecto, la política o acción en cuestión debería abandonarse. Sin embargo, dicha política o acción podrá revisarse cuando se disponga de nueva información científica. El principio se establece en el artículo 191 del Tratado de Funcionamiento de la Unión Europea (TFUE).

9. Recomanacions

HIERARCHY OF CONTROLS



INSTRUCCIONS SOBRE L'ÚS DELS MÒBILS ALS CENTRES EDUCATIS

Per al curs 2024-2025
D'acord amb les conclusions del debat
del Consell d'Educació de Catalunya



Educació infantil i primària ●

Restricció total.

No es podran utilitzar ✗ a l'aula
✗ al pati
✗ en altres espais comuns
✗ a les extraescolars

Educació secundària obligatòria (ESO) ●

Restricció general, excepte amb finalitat pedagògica.

No es podran utilitzar ● a l'aula, excepte amb indicació
✗ al pati
✗ en altres espais comuns

Educació postobligatòria (batx., FP...) ●

Restricció parcial.

Es podran utilitzar ● a l'aula, només amb finalitat pedagògica
● fora de l'aula, segons decisió del centre

La normativa preveu excepcions per raons de salut, sortides, activitats singulars i emergències.

www.educacio.gencat.cat/mobils

9. Recomanacions

Labour Economics 41 (2016) 61–76

Contents lists available at ScienceDirect

Labour Economics

journal homepage: www.elsevier.com/locate/labeco



III Communication: Technology, distraction & student performance

Louis-Philippe Beland ^a, Richard Murphy ^b

^a Louisiana State University, USA

^b University of Texas at Austin, USA



HIGHLIGHTS

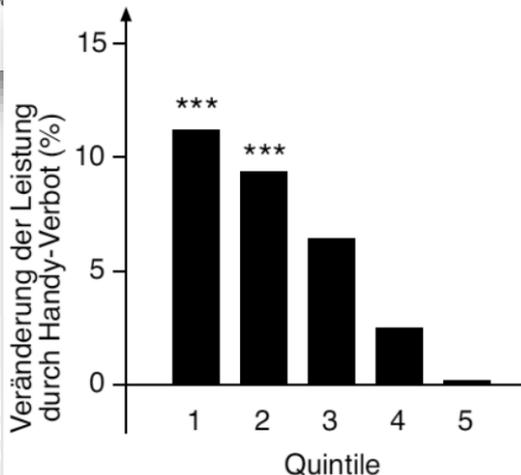
- We investigate the impact of schools banning mobile phones on student test scores.
- We implement a difference in differences (DID) strategy.
- We combine a survey of school policies and England's National Pupil Database.
- There is an increase in student performance after schools bans mobile phones.
- These effects are driven by the previously lowest-achieving students.

La comprensió lectora puntuarà la meitat que fins ara als exàmens de català i castellà de les PAU

Alguns docents alerten que la dificultat de les proves és més alta que amb els models anteriors

Leer en castellano

Diana Silva 11/10/2024



INSTRUCCIONS SOBRE L'ÚS DELS MÒBILS ALS CENTRES EDUCATIS

Per al curs 2024-2025

D'acord amb les conclusions del debat del Consell d'Educació de Catalunya



Educació infantil i primària ●

Restricció total.

- No es podran utilitzar **X** a l'aula
X al pati
X en altres espais comuns
X a les extraescolars

Educació secundària obligatòria (ESO) ●

Restricció general, excepte amb finalitat pedagògica.

- No es podran utilitzar ● a l'aula, excepte amb indicació
X al pati
X en altres espais comuns

Educació postobligatòria (batx., FP...) ●

Restricció parcial.

- Es podran utilitzar ● a l'aula, només amb finalitat pedagògica
● fora de l'aula, segons decisió del centre

La normativa preveu excepcions per raons de salut, sortides, activitats singulars i emergències.

www.educacio.gencat.cat/mobils

9. Recomanacions



<https://www.offm.org/educacion>



POR UNA ESCUELA **OFF**

Reconsideremos la
digitalización de la
educación

PARA FIRMAR ESTA CARTA: [offm.org/educacion](https://www.offm.org/educacion)

Scientists call for moratorium on digitalisation in kindergartens and schools

Summary

Digitalisation is currently regarded as a modern solution to educational questions for all age groups in the education sector. But the effects and secondary effects of digital media on development, learning and educational processes are often scientifically unclear. In fact, there is growing scientific evidence about the enormous disadvantages and damages caused by digital media to the developmental and educational processes of children and young people. In line with the duty of caring for public educational institutions, we therefore demand a moratorium on digitalisation, particularly for the period of early education.

Scientists and physicians warn against screen media

The Scandinavian countries were pioneers in the digitalisation of educational institutions. However, in 2023 the Swedish government reversed its predecessor's decision to make digital devices mandatory in the country's preschools. The reason for the rethink was the statement presented by five professors from the renowned Karolinska Institute (Stockholm), who criticised the digitalisation strategy of the National Agency for Education as an incorrect measure. The supposed positive findings of that official instance were not evidence-based; instead, research had shown that "the digitalisation of schools has major negative effects on pupils' knowledge acquisition". The goals that had been promised (equal education and opportunities, improved teaching, social participation) were not achieved; quite on the contrary: "It is obvious that screens provoke major disadvantages for young children. They hinder learning and language development. Too much screen-time on the other hand can lead to concentration difficulties and blockade physical activity" (Karolinska Institute 2023). Mrs. Lotta Edholm, the liberal Swedish Minister of Education, subsequently stopped the use of tablets in primary schools: "Screens simply have no place in preschools," she said. 1

<https://bildung-wissen.eu/fachbeitraege/scientists-call-for-moratorium-on-digitalisation-in-kindergartens-and-schools.html>

9. Recomanacions

Cap exposició a pantalla abans dels 6

Cap mòbil tipus smartphone abans dels 16.



La protecció digital de menors i adolescents

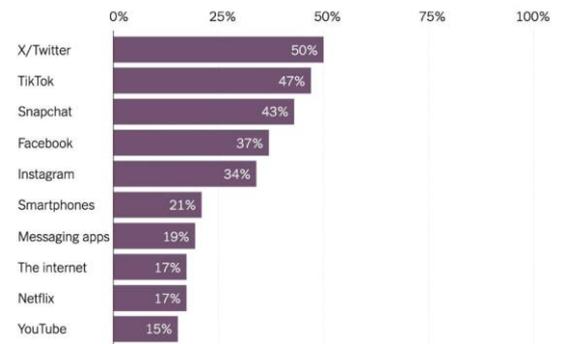
Recomanacions i propostes concretes
dirigides a administracions, operadors,
desenvolupadors i famílies

9. Recomanacions

**PROTECT ME
FROM WHAT
I WANT**

**"Truismos"
Jenny Holzer**

Almost half of Gen Z wishes social media platforms like X and TikTok didn't exist
Percentage of Gen Z respondents who agree with the statement "I wish ___ had never been invented"



Source: Harris Poll/Zach Rausch

9. Recomanacions



Angela Davis

Canviar el que no podem acceptar

MANIFIESTO OFF

Retomemos el control sobre la tecnología digital

Solicitud de adhesión:

manifiesto.off@diegohidalgo.net



Acceptar el que no podem canviar



SCAN ME



AIXECA EL CAP
PLATAFORMA PER UN
ÚS RESPONSABLE I REGULAT
DE LES PANTALLES



UNEIX-TE!

 @ALiureMobil

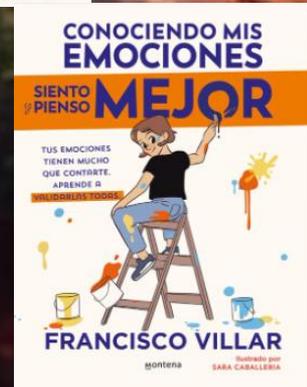
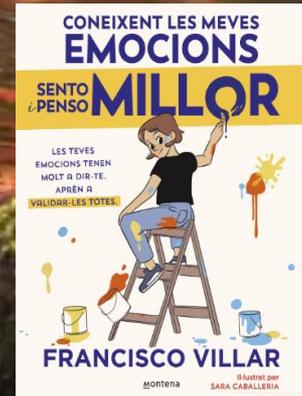
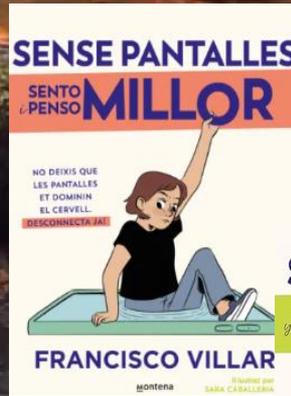
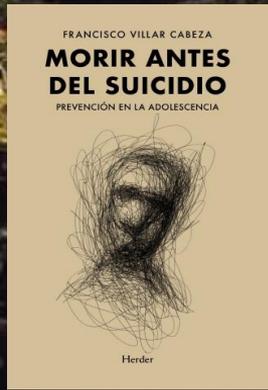
 adolescencialliuremobils@gmail.com



 Grup a
Telegram



 Llista d'enllaços
a les iniciatives
locals
d'Adolescència
Lliure de Mòbil



Gràcies per la vostra atenció!!

“A la infància i a l'adolescència la desconneció digital es la única via d'estar realment connectat”