

How the iPhone rewrote the teenage brain

Sometimes, through our article, we choose to draw your attention to current research in the form of book, article or media release relating to current parenting issues.

This week we would like to recommend the following podcast '[How the iPhone rewrote the teenage brain](#)'. Here Richard Feidler interviews researcher David Gillespie, author of the book 'The Teen Brain: why screens are making your teenager anxious, depressed and lead to lifelong addictive illnesses and how to stop it.'

The book, of course, is very compelling, but the podcast is also very easy to listen to – it takes 45 minutes and contains some very potent food for thought. There is much material that many of you will already know, identify with and even witness in your own homes. In this respect it is good to know that you are not alone.

It is in the light of such research that our new [mobile phone policy](#) was introduced at the College this year. This has required some considerable adjustment from some students who still struggle to keep their phones in their lockers during the day. We ask you, as parents and carers, to continue to support your daughters in this initiative by encouraging them to comply when at school and where ever possible raise the bar at home if you suspect your daughter is at risk.

Devices are used in our school, as they are in most. As a writing tablet, research engine and portable textbook and notepad it is very useful. It does, however, put an addictive device into the hands of our children and carefully monitoring the other uses of the device, both at school and at home, is paramount.

David Gillespie does offer some good advice – listen through to the end.

Gai Bath and Andrea Maver

SMC Counsellors

gbath@smc.tas.edu.au

amaver@smc.tas.edu.au