

NOVEMBER 17TH, 2020

Teens and Social Media

Building Resiliency for Healthy Kids

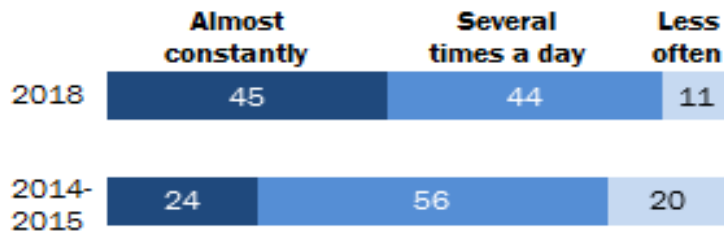


Children's Hospital Colorado
Here, it's different.™

Teen Internet Use Increasing

45% of teens say they're online almost constantly

% of U.S. teens who say they use the internet, either on a computer or a cellphone ...



Note: "Less often" category includes teens who say they use the internet "about once a day," "several times a week" and "less often."

Source: Survey conducted March 7-April 10, 2018. Trend data from previous Pew Research Center survey conducted 2014-2015.

"Teens, Social Media & Technology 2018"

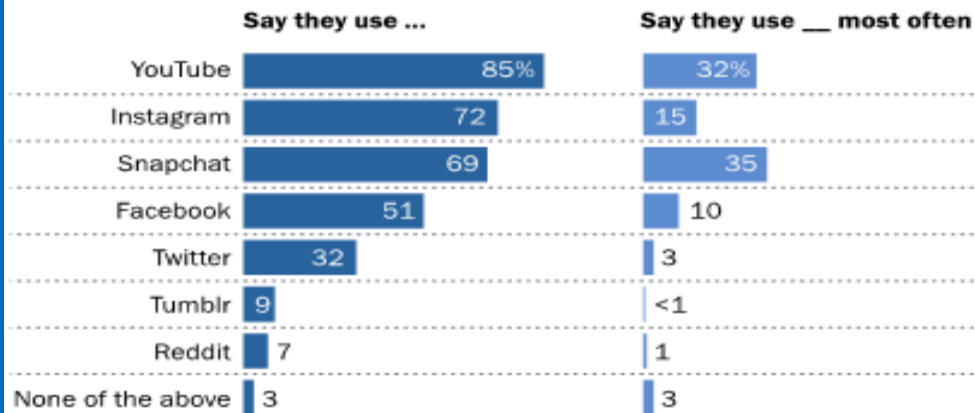
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Most Popular Social Media Apps used by Teens - 2018

YouTube, Instagram and Snapchat are the most popular online platforms among teens

% of U.S. teens who ...



Note: Figures in first column add to more than 100% because multiple responses were allowed. Question about most-used site was asked only of respondents who use multiple sites; results have been recalculated to include those who use only one site. Respondents who did not give an answer are not shown.

Source: Survey conducted March 7-April 10, 2018.

"Teens, Social Media & Technology 2018"

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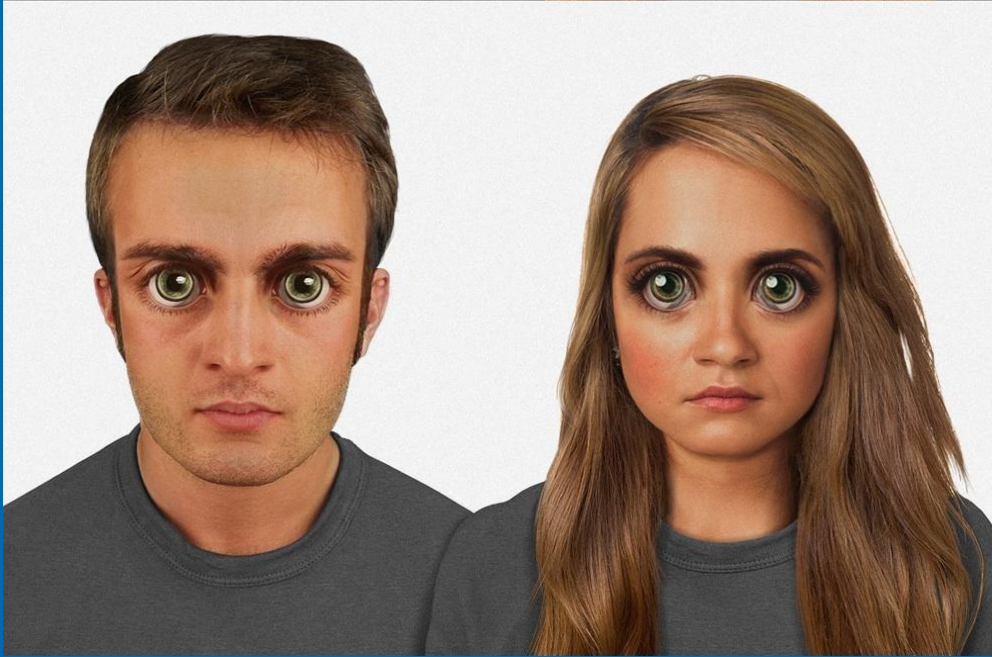
Average time per day online

- Teens reported being online an average of 9 hours per day.
- Children 8-12 spend an average of 6 hours per day.

(Common Sense Media)



Human Evolution in 100,000 years



Ambitions of Social Media

- ❖ Community Building (finding like-minded peers)
- ❖ Self-Identity
- ❖ Maintaining Relationships
- ❖ Empathy, Awareness, and Understanding of others.
- ❖ Emotional Support



Negative Effects of Social Media

- ❖ Increased feelings of depression
- ❖ Overthinking and Rumination
- ❖ Anxiety
- ❖ Poor Body Image
- ❖ Loneliness
- ❖ FoMO (Fear of Missing Out)
- ❖ Poor Sleep Quality
- ❖ Highly Addictive



What's bad about social media?

Most teens:

- post photos of themselves online or use their real names on their profiles
- reveal their birthdates and interests
- post their school name and the town where they live

This can make them easy targets for online predators and others who might mean them harm.

In fact, many teens say they have:

- been contacted online by someone they didn't know in a way that made them feel scared or uncomfortable
- received online advertising that was inappropriate for their age
- lied about their age to get access to websites



https://www.youtube.com/watch?v=HffWFd_6bJ0



The Social Dilemma

- Social media is elaborately tracking everything you're doing online.
- Artificial intelligence software creates algorithms to maximize social media usage with targeted content and advertising.
- Fake news spreads 6 times faster than true news.
- Reduces interpersonal interactions as individuals are more entitled to their own facts.
- Preys on the dopamine reward system.
- “Comparison is the Thief of Joy” - Teddy Roosevelt
- Social media companies, and substance abuse treatment centers, are the only businesses that call their clients “users”.



Affects of Social Media

- Snapchat, Facebook, Twitter, and Instagram all led to increased feelings of depression, anxiety, poor body image, and loneliness.
-Royal Society for Public Health study
- Reduced ability to read and interpret social cues. Reduced empathy, self awareness.
- Reduced ability to take risks; making new friends, driving, wanting to go to college and leave the home.



Is my child ready for social media?

Answer two questions:

- 1) Are you comfortable exposing your child to a particular movie, song, game or website without constantly monitoring or overseeing them?
- 2) Are you comfortable answering your child's questions about sex, violence, abuse, self-destructive behavior or materialism that this media exposure might bring up?

If you've answered "no" to either of these questions your child is likely not ready for social media.

-Amy Sass, MD Childrens Hospital Colorado



Rating Social Media Sources

Based on the responses of 1,400 teens in UK.

1. YouTube (most positive)
2. Twitter
3. Facebook
4. Snapchat
5. Instagram (most negative)

Image focused platforms seem to worse for mental health.



Why are images the most harmful social media content?

- Digitally enhanced/ re-touched images create unrealistic expectations for body image.
- Teens comparing themselves to peers' retouched images rather than celebrities.
- Normalize an unrealistic body ideal.
- Teens posting best version of themselves.
- In a study of 144 teenage girls most were generally unaware that Instagram photos could be manipulated.
- The higher photo manipulation correlated with a higher social comparison.

(methods: Body Image State Scale, Iowa-Netherlands Comparison Orientation Measure).



Cyber bullying is...

Being cruel to others by sending or posting harmful material using technological means;
an individual or group that uses information and communication involving electronic technologies to facilitate deliberate and repeated harassment or threat to an individual or group.

Also known as:

“Electronic Bullying” &
“Online Social Cruelty”



Cyber Bullying Prevalence

- ❖ Cyber bullying typically starts at about 9 years of age and usually ends after 14 years of age; Peaks in middle school.
- ❖ After 14, it becomes cyber or sexual harassment due to nature of acts and age of actors.
- ❖ Affects 65-85% of kids in the core group directly or indirectly through close friends.
- ❖ Students experiencing cyberbullying are nearly 2 times more likely to attempt suicide (Hinduja & Patchin, 2018)



Effects of Cyberbullying

- According to a British University study involving 150,000 people under the age of 25 over a twenty-one year period from 30 different countries, **victims of cyberbullying were twice as likely to attempt suicide or engage in self-harming behaviors.** (Journal of Medical Internet Research, 2018).
- Victims of cyberbullying **as well as perpetrators** are at high risk of experiencing suicidal thoughts and behaviors.
- The study also found a strong link between being a cyber-victim and being a perpetrator. This duality was found to particularly put males at higher risk of depression and suicidal behaviors.



Hospital Psych Admissions Data

- Research presented at the 2017 Pediatric Academic Societies Meeting revealed the number of children admitted to hospitals for attempted suicide or expressing suicidal thoughts doubled between 2008 and 2015. Much of the rise is linked to an increase in cyberbullying.
- At Children's Hospital Colorado, Colorado Springs we have seen a 39% increase in behavioral health patients from August to September. However, we cannot definitely state what portion of that increase, if any, is due to bullying.





Bullying differences

- Girls usually bully others by social exclusion. Social Media focused.
- Boys often use physical means to bully. Much higher gaming preference.
- As children get older and bullying punishments become more severe at schools, teens move towards more anonymous cyberbullying.
- Every single website, app, and video game a child plays gives them the ability to send or receive hurtful, ongoing messages 24 hours a day.



Why is bullying so prevalent today?

- Bullying is a learned behavior from family system, parents, peers, and media.
- Insecurity is a part of social-emotional development on a journey to individuation, i.e. leaving the nest.
- Insecurities manifest in different forms: Self-consciousness, anxiety, anger, adopting a different identity, dangerous behaviors.
- The ability to bully anonymously has never existed before in history.
- Not having to face consequences of bullying a peer.
- Covid has created a captive audience who are constantly online.



Why Don't Parents Monitor Teen Social Media Use?

- ❖ Feeling it's a violation of privacy and trust.
- ❖ Like "Reading their diary".
- ❖ Feels like the removing accountability from teens in navigating social situations.
- ❖ "I don't want to know".
- ❖ Teens often create secret accounts.
- ❖ Parents don't know how to use parental controls.



95% of teens have a Smartphone

Options for Parental Control Apps

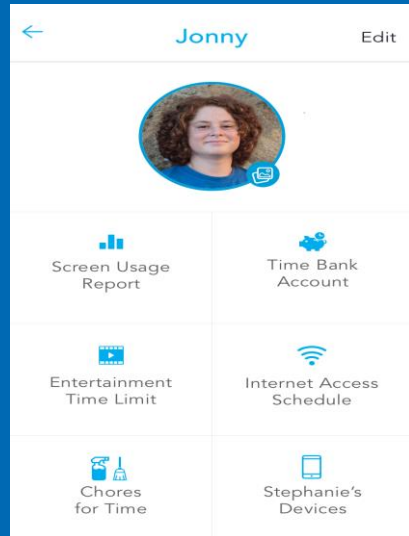
- Family Time
- Qustodio
- OurPact
- ESET Parental Control (Android)
- Web Watcher
- Norton Family Premier
- Net Nanny



Setting limits on Screentime

❖ Unglue App

- ❖ Allows parents to set custom internet schedules.
- ❖ Monitor time and activity without violating privacy.
- ❖ Gives kids control with boundaries.



Safe Driving - Apps to Protect Your Teen in the Car

- Canary
- MamaBear Child Tracker app
- Rapid Protect
- OnStar Family Link
- Travelers Insurance IntelliDrive
- Progressive's Snapshot
- AT&T DriveMode
- Sprint Drive First
- Cell control
- Drive Scribe



Engage Your Family

- Engage your teen in meaningful conversation about internet use
- Talk about being a good digital citizen.
- Validate your teen's reality and their need to be connected
- Engage your child in drafting the rules for the family:
 - guidelines for use
 - consequences for breaking those rules
- Model appropriate use of technology:
 - minimize texting
 - don't use cell phone/laptop at meals
 - don't use cell phone in the car



Screen Time Tips

- Don't make screens the reward, or the consequence.
 - Makes it more desirable, causes child to overvalue.
- Encourage other activities and model doing them. Playing outside, doing crafts, cooking with your kids, challenging them to a game, building a model, lego set, etc..
- Be prepared for difficult conversations when your kids stumble onto inappropriate content. If you don't answer those questions the internet will.
- Encourage face-to-face interaction, even if its virtual. (FaceTime, Zoom).

