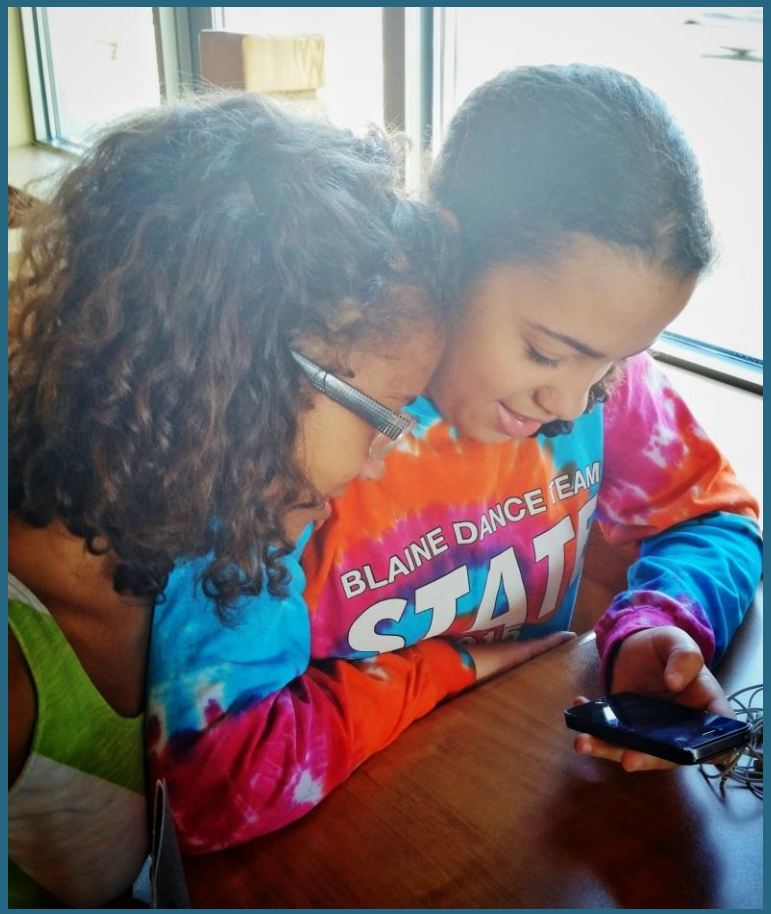
Warp Speed

Parenting and Working with Teens in a Digital Age

Jessica Wong

Hazelden Betty Ford Foundation

Subject Matter Experts



Directions

- Step 1: Open text messaging on your cell phone
- Step 2: Open new text and enter 22333 in the TO line
- Step 3: Enter 239670 in the message, hit space, and then your ONE WORD RESPONSE to the question:

In one word, what concerns you most about technology as it relates to our kids?

...ord, what concerns you most about technol... relates to our kids?

Start the presentation to activate live content

If you see this message in presentation mode, install the add-in or get help at PollEv.com/app

Kik Messenger App Scrutinized Following 13-Year-Old's Death

Chanhassen student, 17, dies after using synthetic drug

Chanhassen boy was found in marsh in throes of a seizure.

By Beatrice Dupuy Star Tribune | SEPTEMBER 30, 2015 — 10:13PM

JEREMY SNYDER, STAR TRIBUNE

Alex Snyder died Tuesday after using a synthetic drug. The Chanhassen High School community is mourning the loss of the senior.

A synthetic drug purchased over the Internet has been identified as the likely killer of a Chanhassen High School senior found lying in a cattail marsh at Lake Minnewashta Regional Park over the weekend.

Alexander J. Snyder, 17, of Victoria, died Tuesday at Hennepin County Medical Center in Minneapolis.

His father called police just after 7 p.m. Sunday after realizing that his son was missing, police said Wednesday. He had used a tracking application on

The Washington Post

Morning Mix

‘She got caught up in the likes’: Teen accused of live-streaming friend’s rape for attention

By Peter Holley April 19

An 18-year-old Ohio woman accused of livestreaming the rape of her 17-year-old friend with a social media app was trying to record the assault as evidence, the woman's attorney said Friday, April 15, in a defense a prosecutor flatly dismissed. (AP)

An Ohio teenager accused of live-streaming the rape of her 17-year-old friend has pleaded not guilty

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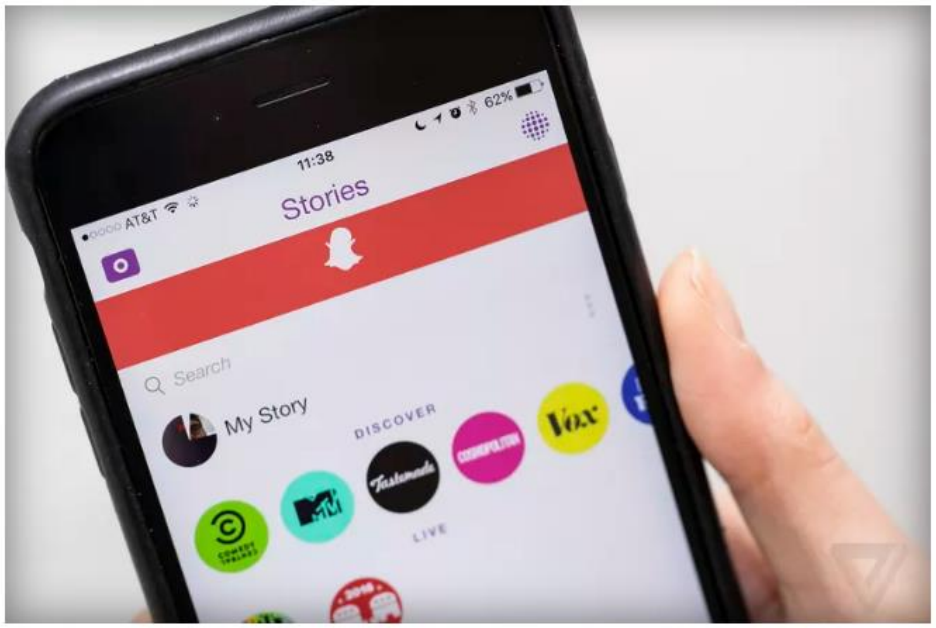
TECH SNAPCHAT

49
COMMENTS

Lawsuit blames Snapchat's speed filter for Georgia car crash

Why you shouldn't snap and drive

By Ananya Bhattacharya on April 28, 2016 01:10 pm



Share on Facebook (636) Tweet Share (11) Pin (2)

A young girl trying to capture the perfect Snapchat is nothing out of the ordinary — but a speeding selfie comes with its costs. A new lawsuit alleges that Snapchat's speed filter, which lets users display the speed at which they're moving while taking a photo, encourages reckless driving and can cause automobile crashes.

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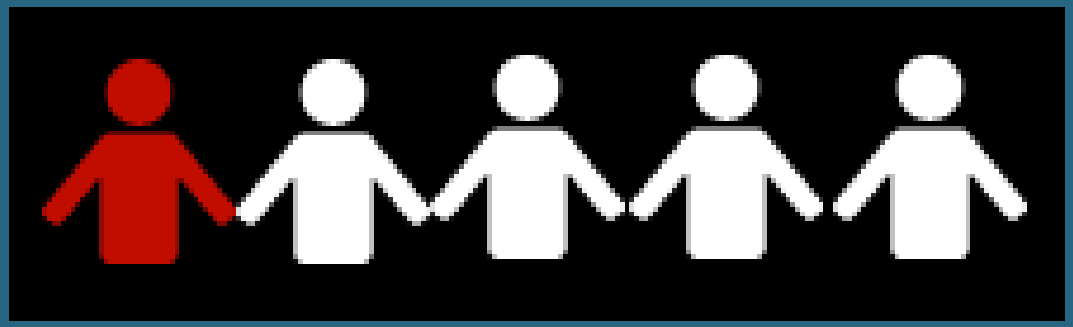
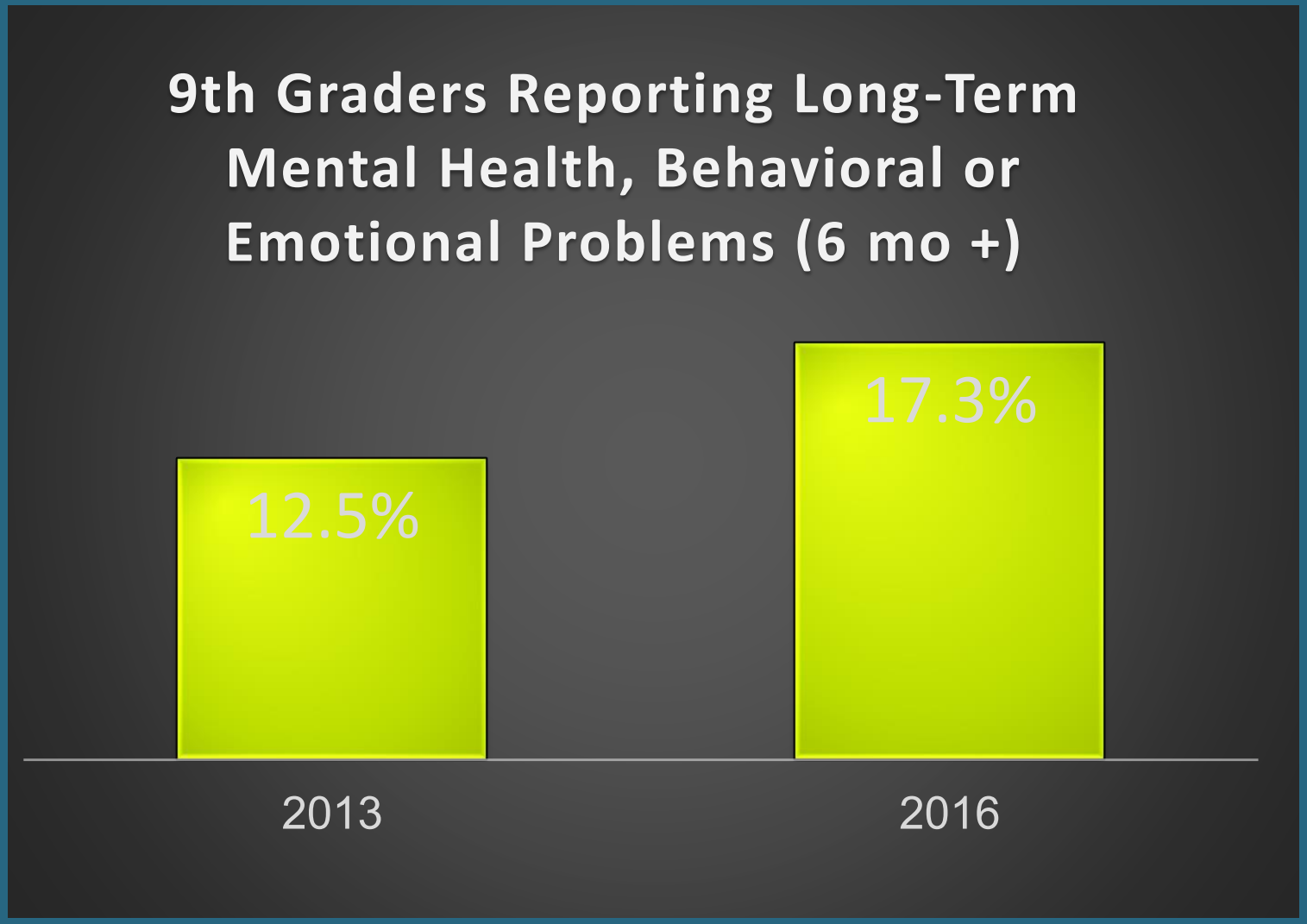
Mental Health on the MSS



About one in five students showed signs of depression in the previous two weeks, according to screening questions added to the survey in 2016

Mental Health on the MSS



Mental Health on the MSS

The percentage of 11th grade students who **received mental or emotional health treatment** in the past year rose from…

8.8% in 2013 13.2% in 2016

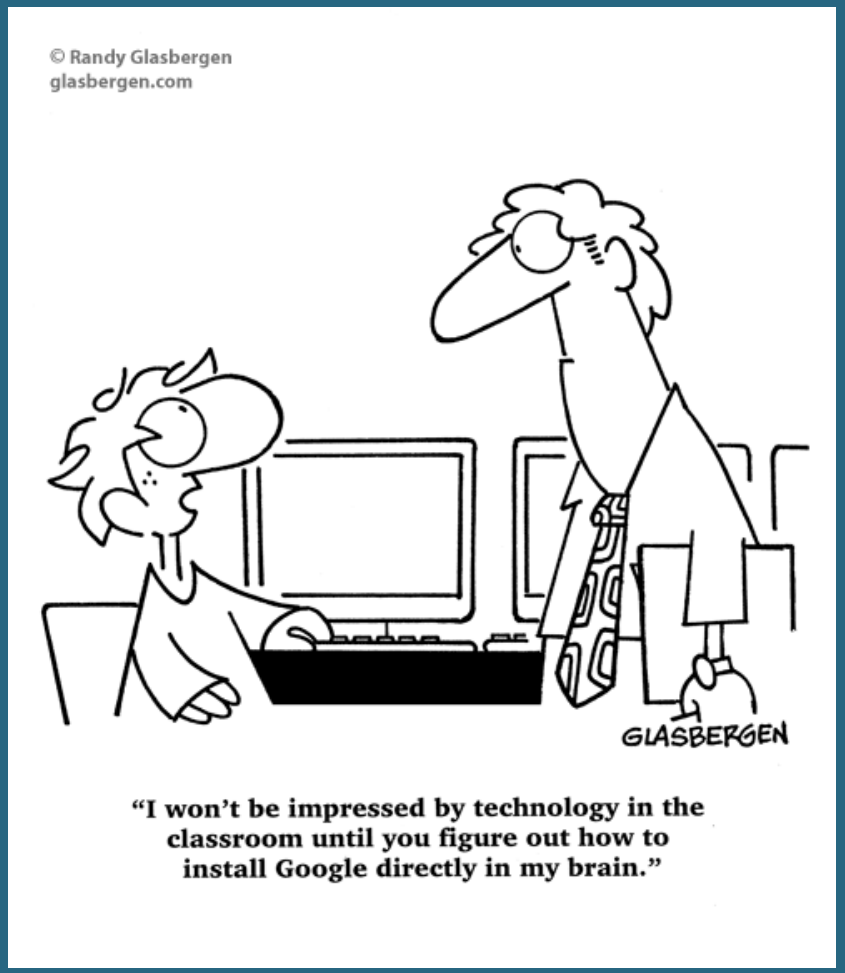
The percentage of 11th grade students who said **they seriously considered committing suicide** in the past year increased from…

9.7% in 2013 12.0% in 2016

Technology is impacting the way our brain works.

It’s impacting our families and the way we parent.

And it's impacting the way we learn and the way we teach.



Escalating Speed of Technology Change

- Radio: 38 years to reach 50 million US homes.
- Television:13 years
- Internet: 4 years
- Social Networking sites: 16 months
- Smart phone apps: 9 months

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All of These Analog Devices/Tools Can Now Be Held in the Palm of Your Hand

- Paper money
- Pens and pencils
- Door keys
- VCRs/DVD players
- Paper maps/atlases
- Film, cameras
- Books
- TV shows/cable
- Records, CDs, tapes
- Calculators
- Watches, alarm clocks
- CB radios and walkie-talkies
- Radio
- Newspapers/ magazines
- Porn
- Bookstores
- ATMs/credit cards/banks
- Flashlights
- Encyclopedias/ dictionaries
- Photos
- Scrapbooks
- Journals
- Mail
- Bills
- Libraries
- Organizers/planners
- How many more can you think of?

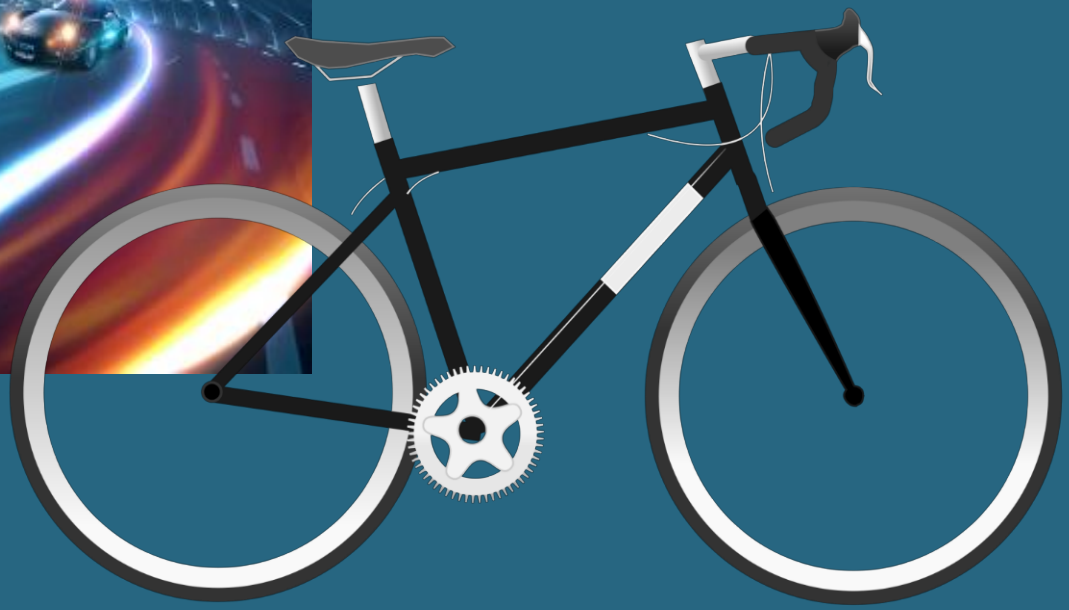
Digital Natives–Millennials

- First generation to grow up completely immersed in, and surrounded by technology. They know no world without cell phones, computers, and social media.
- First generation to deal with cyber bullying, video game addiction, and 24-hour access to anyone and anything at the push of a button.
- This constant access to technology is having a profound, yet not completely understood impact on the developing brain.

How Much Technology Are We Using?

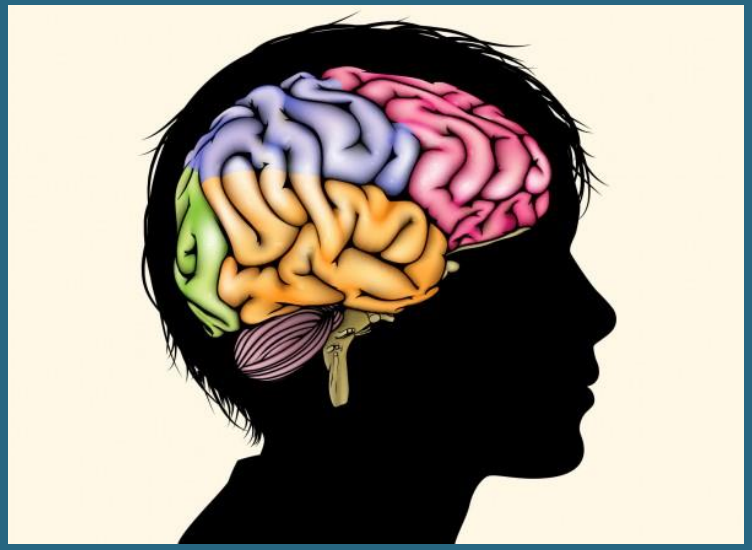
- According to a CNN article, by the age of two, 90% of children have an online history.
- Teenagers send an average of 3,500 text messages a month.
- Kids are spending an average of 7.5 hours per day using entertainment technology.
- 50% of teens report feeling addicted to their mobile devices.
- 58% of people sleep with their phone next to their bed so they don't miss calls, messages, or other updates.

Teen Brain



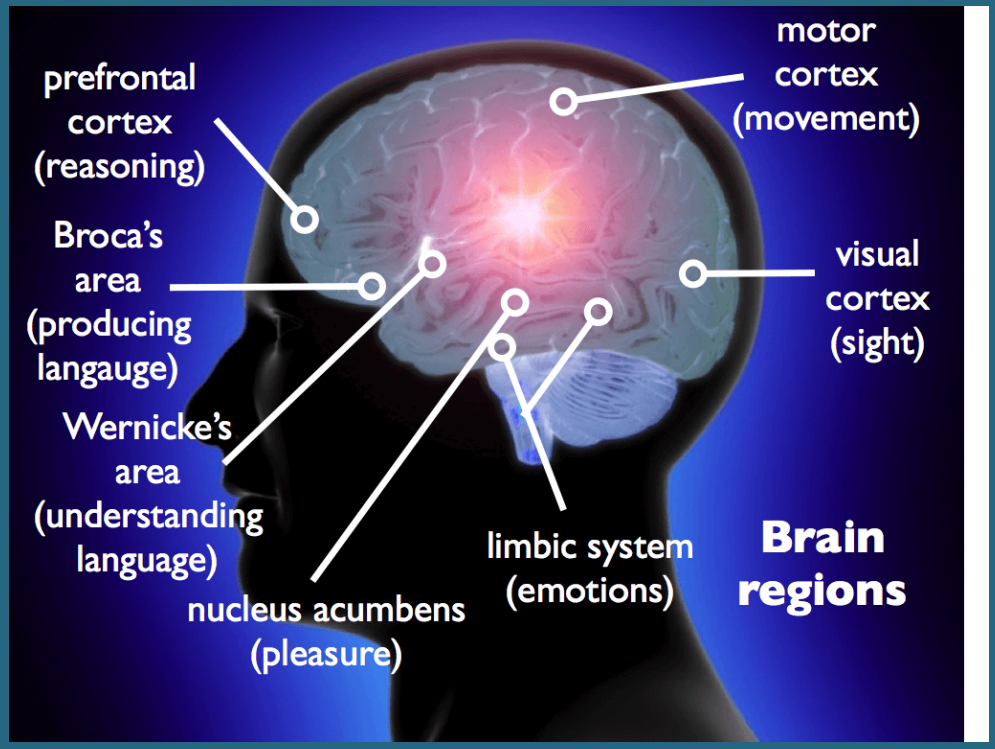
Impact of Technology on the Developing Brain

- Because this is the first generation of people who were exposed to technology from birth, we don't yet fully know the long-term impact.
- Steady diet of technology we consume is delaying the development of the prefrontal cortex of the brain. This coupled with the fairly well developed reward system which manages pleasure and reward can why their behaviors often seem totally irrational.
  - Short and long-term planning
  - Memory
  - Attention
  - Symbolic thought
  - Executive functioning
  - Impulse control



Teen Brain

Most of the activity in the adult brain takes place in the front lobe – thinking, reasoning, planning, long-term risk assessment, cause and effect.



Most of the activity in the adolescent brain takes place in center of the brain - in the pleasure and reward center.

As parents and caregivers we have two jobs:

1. To love our kids.

2. To be their pre-frontal cortex until they have their own.

What Does This Mean for Kids?

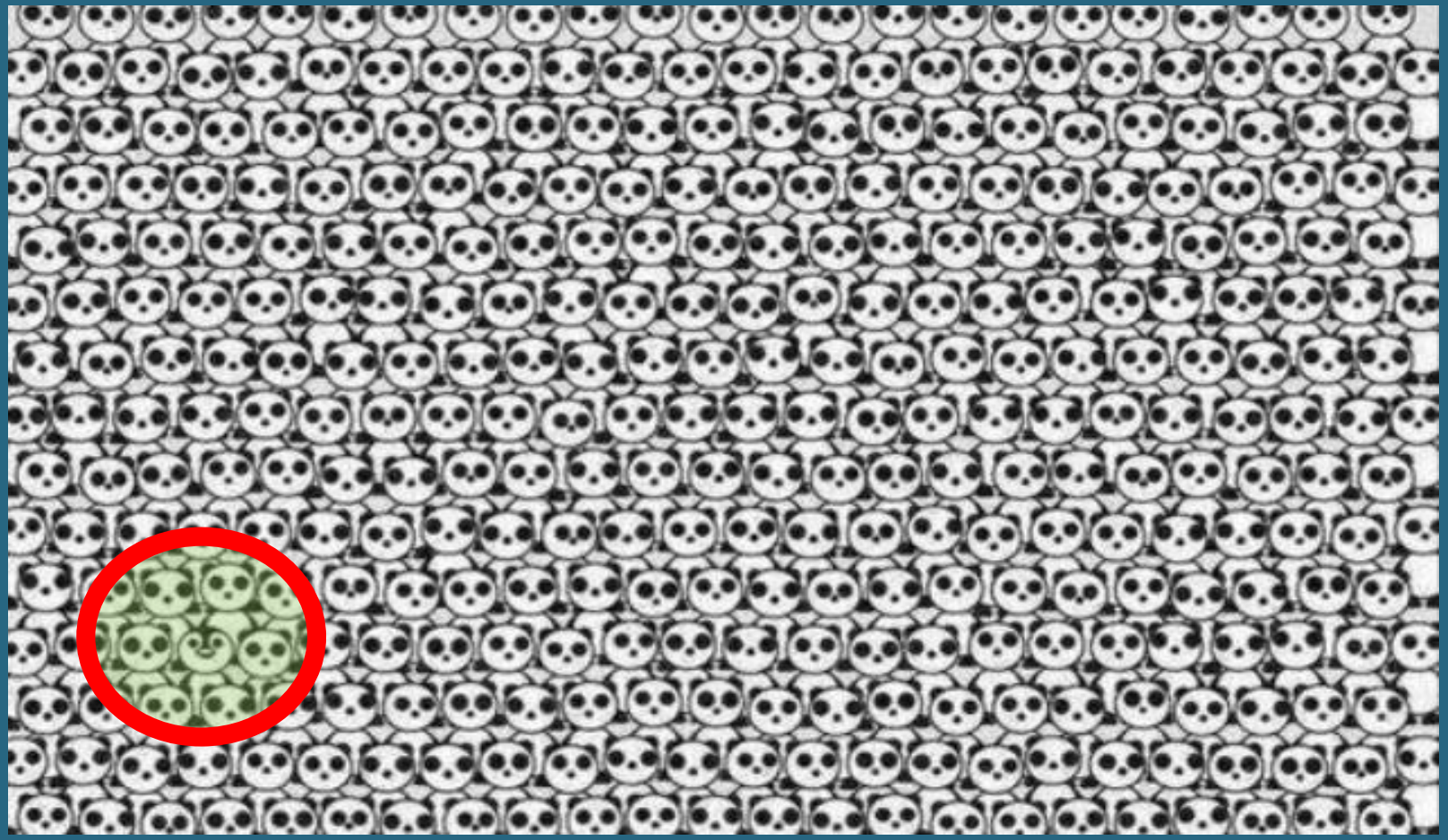
- Kids rely on technology for the majority of their play, which limits challenges to creativity, imagination, and development of optimal sensory and motor functioning.
- This sedentary lifestyle coupled with the bombardment of chaotic sensory stimulation is resulting in delays of developmental milestones.
- So what? Kids are entering school struggling with the self regulation needed for learning.

Sound familiar?

Google-fication of the Brain

- A 2011 study at Columbia University showed that Google is a detriment to our memory recall.
- Instagram is causing the same phenomenon for image recall. Based on study by psychologist Linda Henkel, images that are photographed are much less remembered than those that are not.

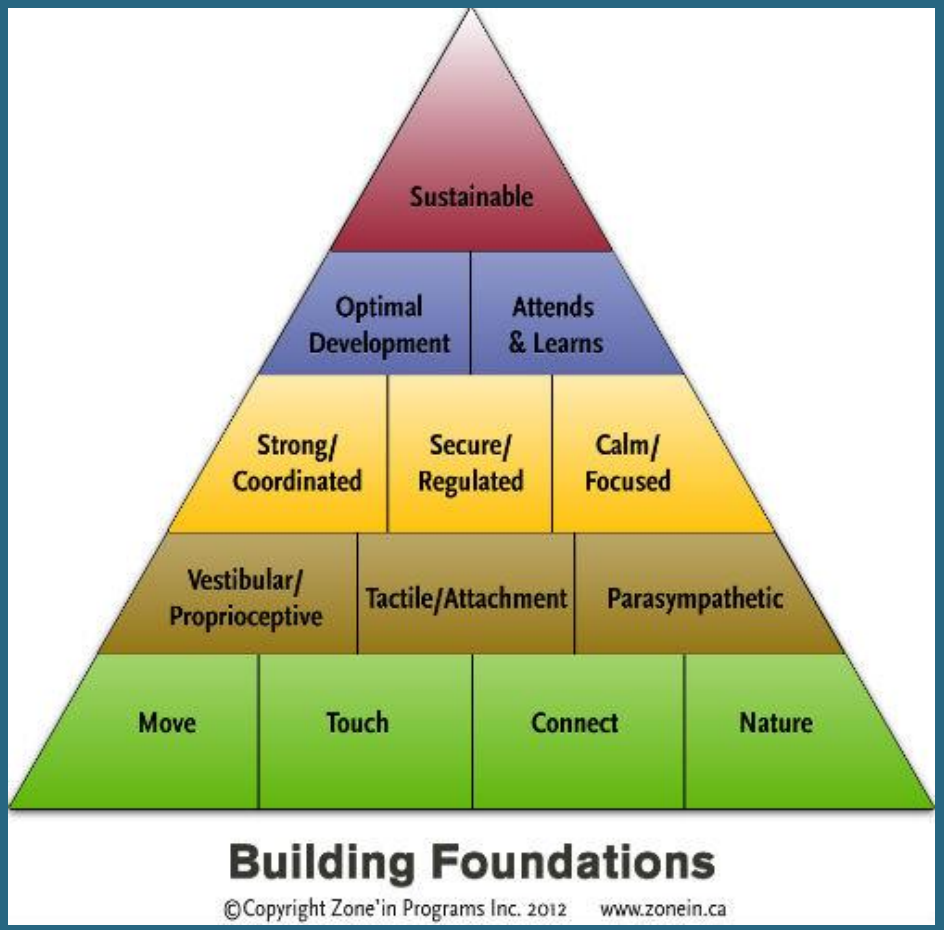
Audience Participation



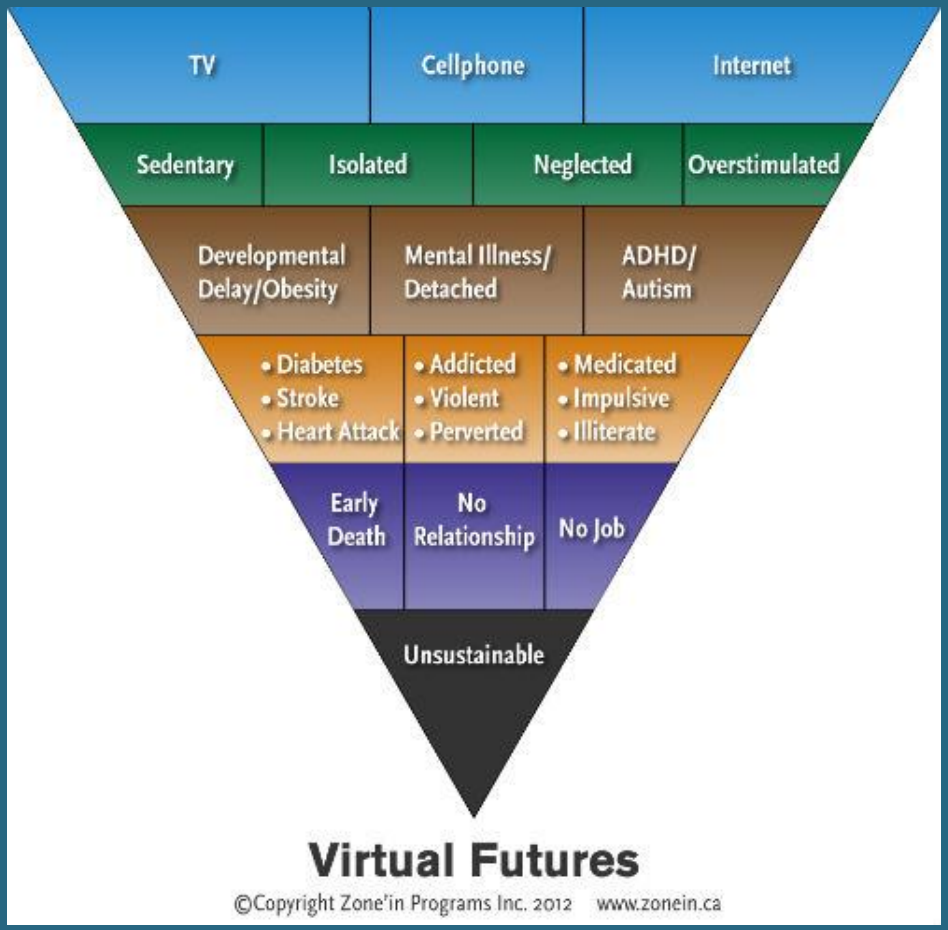
Four Factors for Healthy Development

- **Movement:** Kids require two to three hours of active play to achieve sensory stimulation.
- **Touch:** Critical for development of planned movement patterns.
- **Human Connection:** Activates parasympathetic system lowering cortisol, adrenaline, and anxiety.
- **Exposure to Nature:** Has calming influence on children, restores attention, and promotes learning.

Building Foundations



On The Flip Side



Technology impact on the Brain

- According to neurotherapist and Doctor of Psychology, Mari Swingle technology use at an early age is also affecting development of attachment.

"All human systems [brain wiring] is through touch, visualization, and voice prosody (non-phonetic elements of speech, such as intonation, tone, stress, and rhythm). And what we're noticing is that when we put the devices in the cradle and when parents and young caregivers are on their devices, there is a notable reduction … that's affecting attachment."

- Consequences of this: attaching to objects instead of peers and parents - therefor less responsive to parent directives, etc. and less engaged in physical environment and conversations around them.

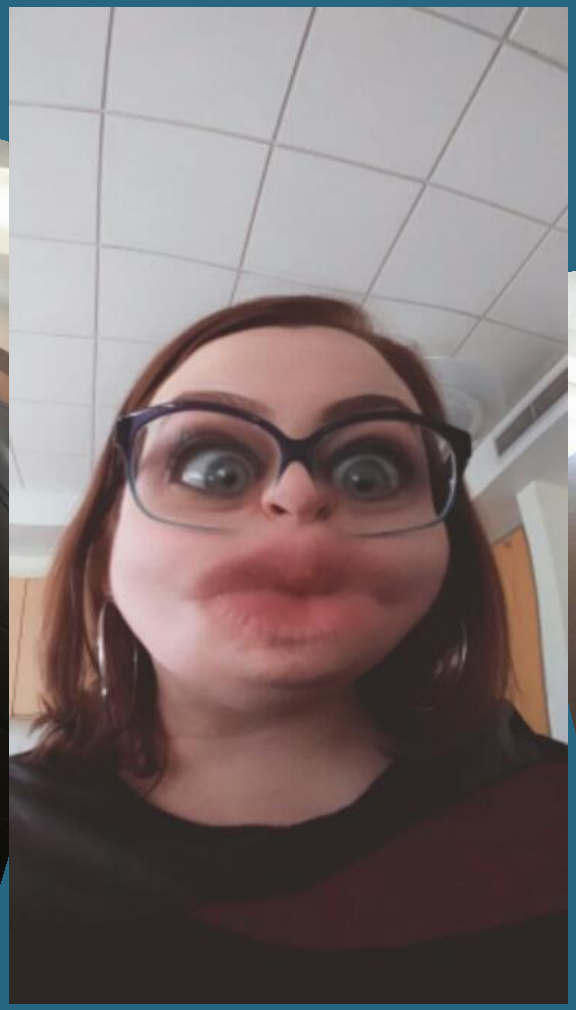
So What Are They Doing on Their Phones Anyway?

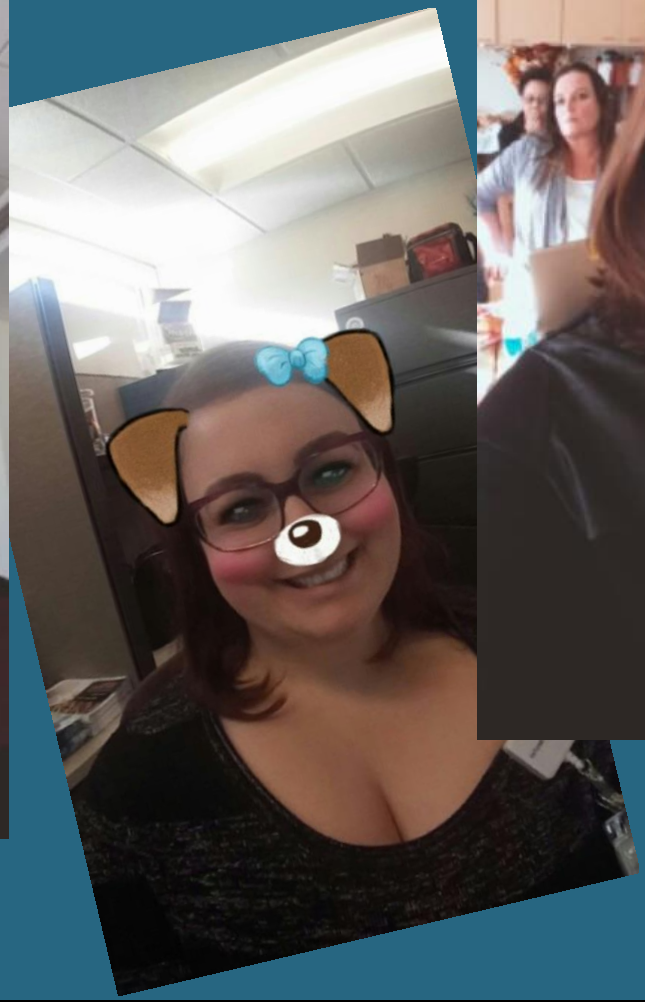
- Because let's be honest. Even laptops are becoming archaic. And for teens that have smart phones, anything and everything they need is right there, at the tip of their fingers, 24-hours-a-day.
- According to Pew Research, 25% of teens report being online through mobile devices almost constantly, and 92% report going online daily.
- Nearly 75% of teens have access to a smart phone.

Social Media

- 90% of 13 to 17 year olds have used social media, placing it ahead of texting, email, and instant messaging.
- Over 20% of teens say they have sent nude photos of themselves via apps or text messaging. A third of college-age students have participated.
- 70% of teen sexting was meant to be private, but is circulated amongst friends and classmates.

Snap Chat

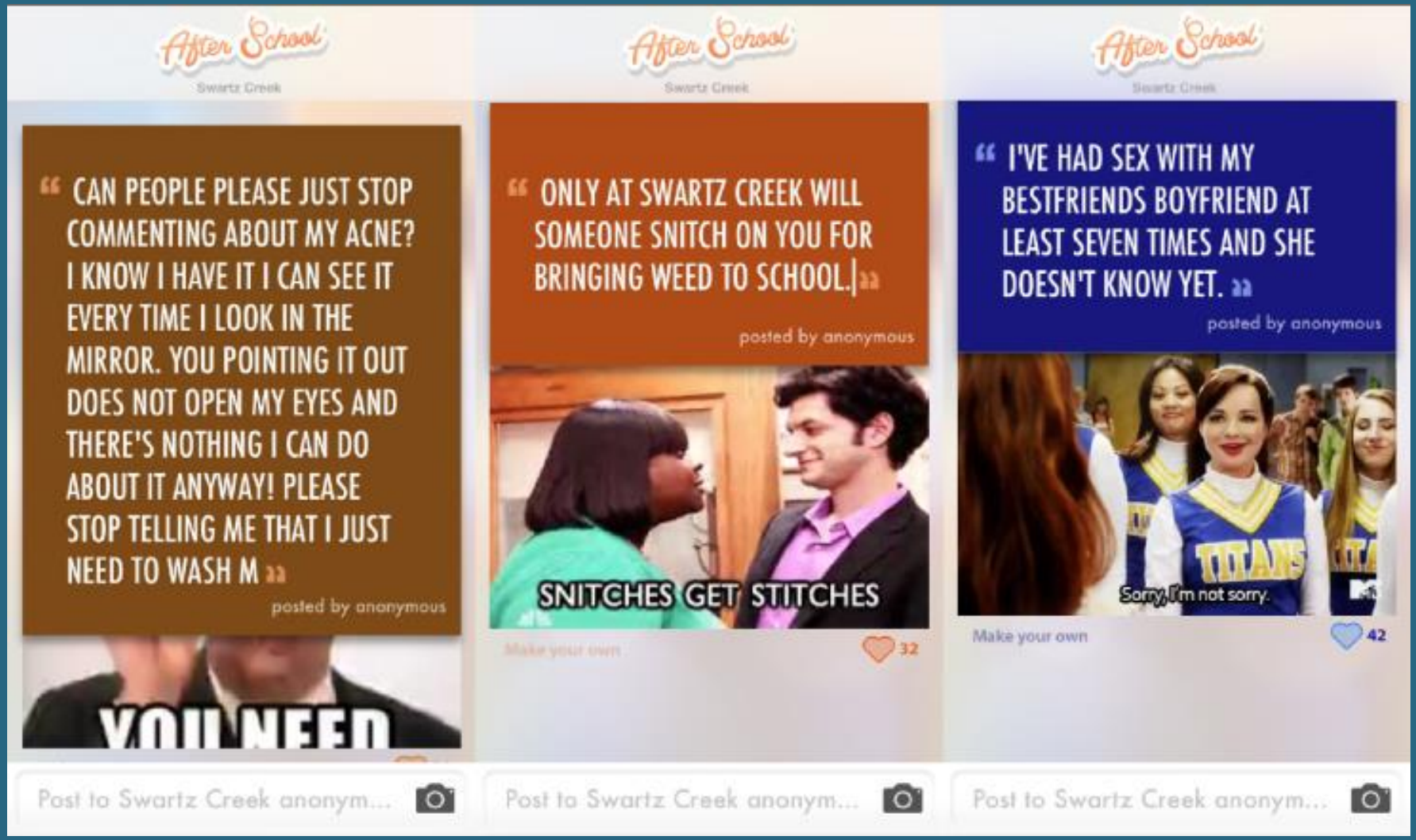




After School

Anonymous and private message board for schools.

After School

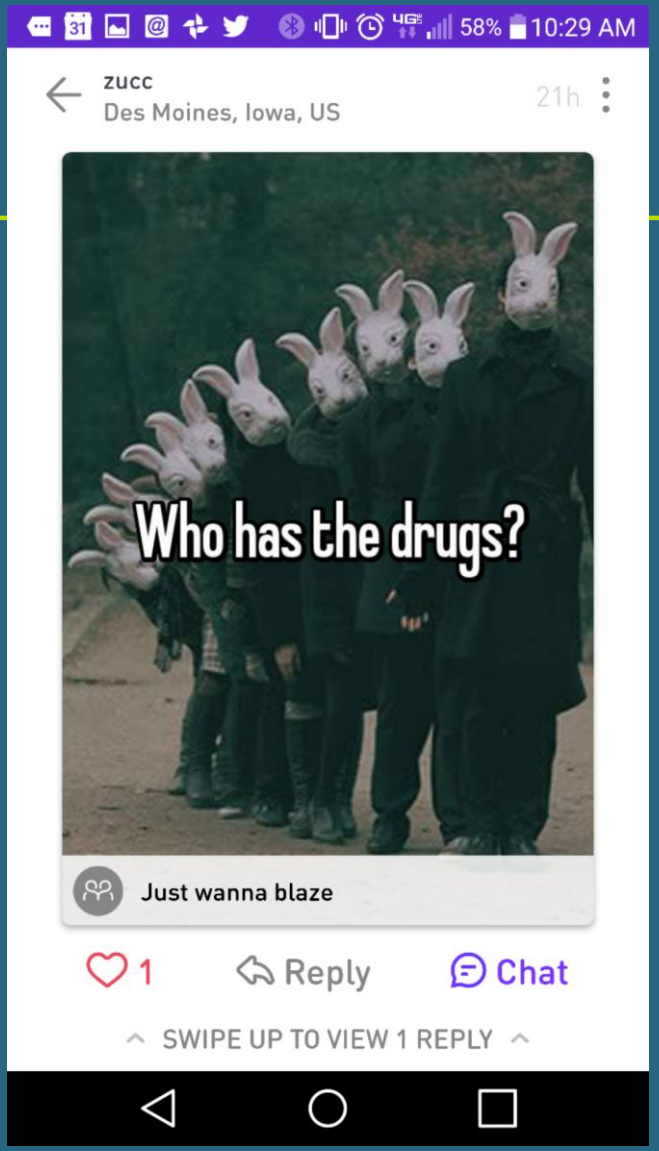


High There!

2:51 PM
HighThere!
Lindsay
You're looking good, now tell us a bit about yourself.
My energy level when using cannabis is...
More info
Low
Medium
High
2:51
High There!
Lindsay
1 miles away
Similar to you
CHAT
VAPORIZING
HIGH
CULTURE
OUTDOORS
Next
Connect
Lindsay
1 miles away
You and Lindsay want to chat, and both like outdoors and culture.
hey there!
hey!
Don't be shy. Say something.
not
hey

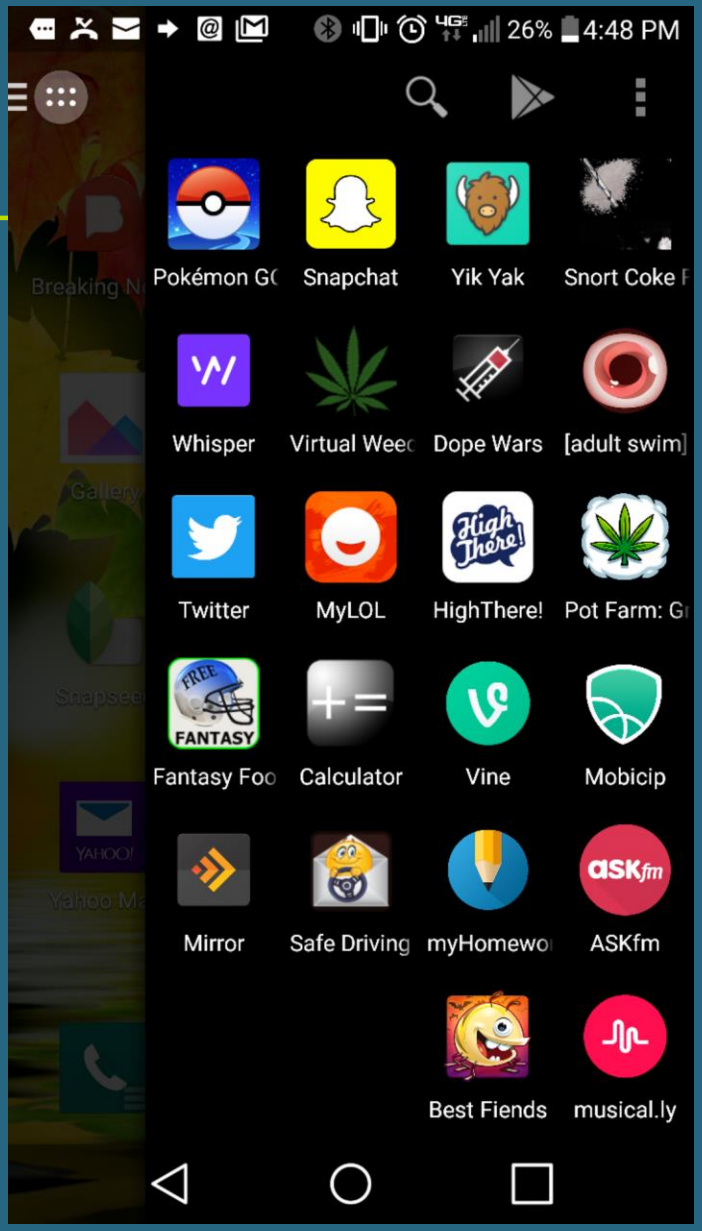
Other Apps

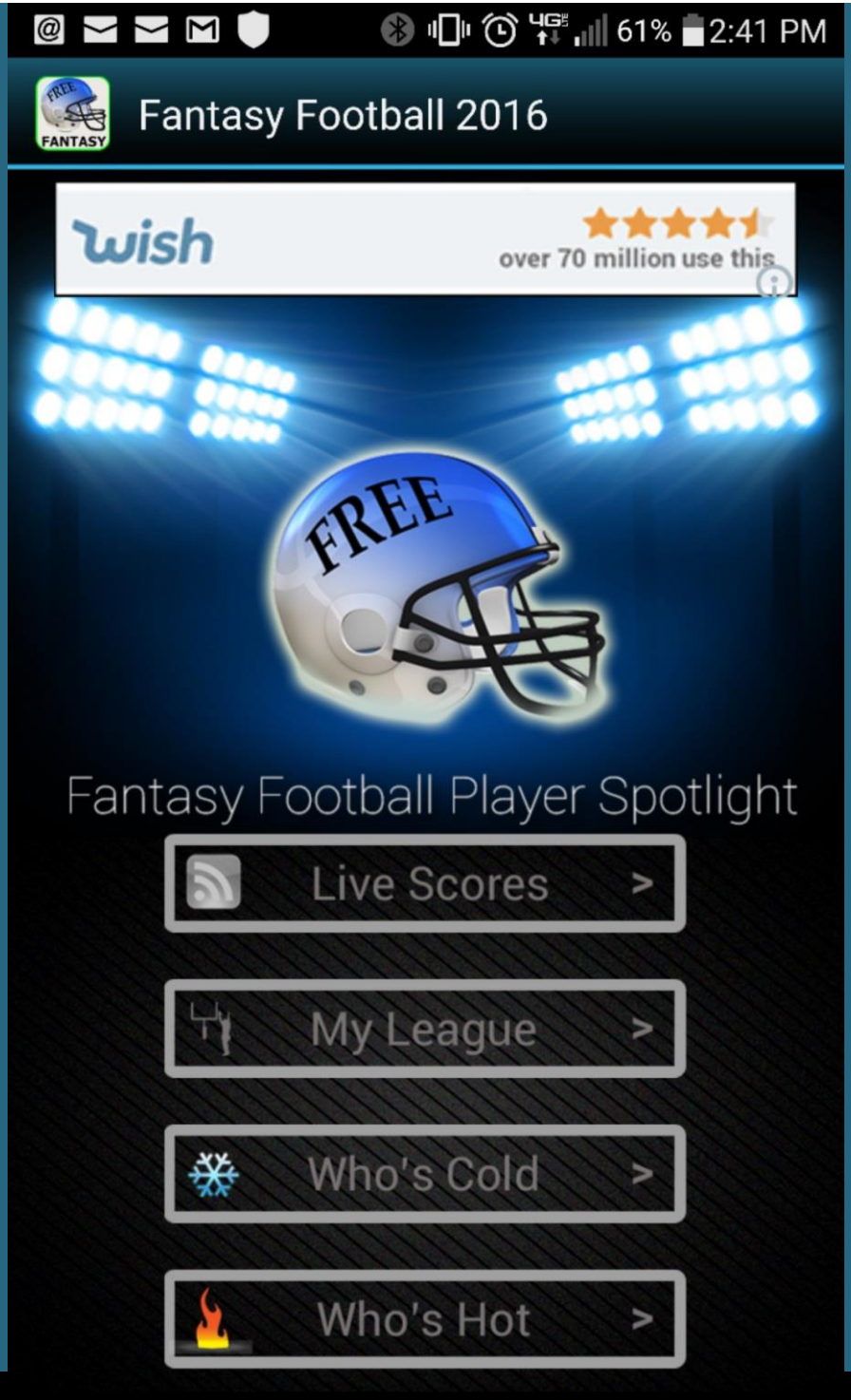
- Whisper
- Kik
- What's App
- You Now/Periscope
- Triller, Music.ly
- Virtual Reality
- Augmented Reality – Pokémon Go
- Ask.FM



Other apps

- Instagram
- Twitter
- Tumblr – microblogging
- Tinder
- MyLOL – social networking for teens





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Digital Façade

- Young people don’t realize their digital world is only a façade–a skewed picture and modified storyline of what’s actually happening in the lives of their friends and peers.
- The main goal is to get as many “likes” as possible. If a certain number of “likes” aren’t achieved, posts are removed and reality is distorted.
- Kids get instant feedback on things they might not ever have heard, such as whether someone likes their outfit.

Digital Façade

- There are 80 million photos posted on Instagram each day.
- Facebook has 1.49 billion active users per month.
- Twitter has 316 million active accounts.
- Increasingly, more people are living two lives: one online, one off. And studies show that this makes us more vulnerable to depression, loneliness, and low self-worth. This is based on something psychologists are calling social comparison theory–and teenagers are most susceptible. FINSTAGRAM.

Digital Façade

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What's On Your Mind?

- https://www.youtube.com/watch?v=QxVZYiJKI1Y

Bullying and Technology

- Technology has increased exposure to ridicule and bullying exponentially. One classmate's mean-spirited remark on Facebook can quickly morph into an all-out cyber campaign of spite.
- As a teen, your entire life is about your peer relationships and what people think of you.
- Social media intensifies bullying in two powerful ways.
  - Bullying now has a more public venue with friends, classmates, and noninvolved parties able to view and respond to postings.
  - Bullying carries lasting harm–what once was a comment made in the school hallway is now a permanent message that can be recorded and stored.

Cyber bullying

- Over half of adolescents and teens have been bullied online, and about the same number have engaged in cyber bullying.
- Only 1 in 10 teens tells a parent if they have been a victim
- 11% of teens had embarrassing or damaging pictures taken of themselves without their permission.

What Can Caregivers Do About Cyber Bullying?

- Talk to youth about the positives and the potential dangers of technology.
- Use “what if” examples to help make a plan before there is a problem.
- Stay updated on child’s online activities.
- Teach kids these steps to deal with a bully:
  - STOP – if you receive an offensive message, DO NOT respond.
  - BLOCK – block the cyber bully and limit communication about the incident.
  - TELL – inform a trusted adult about what is happening. Do not erase anything.

The Use of Technology

- Not only are kids using technology in unsafe ways, but they are also using technology to more efficiently access, purchase, and use drugs and alcohol.
- Technology also plays a role in creating cultural values and ideas of acceptance related to drugs, alcohol, violence, and bullying.

What We Know

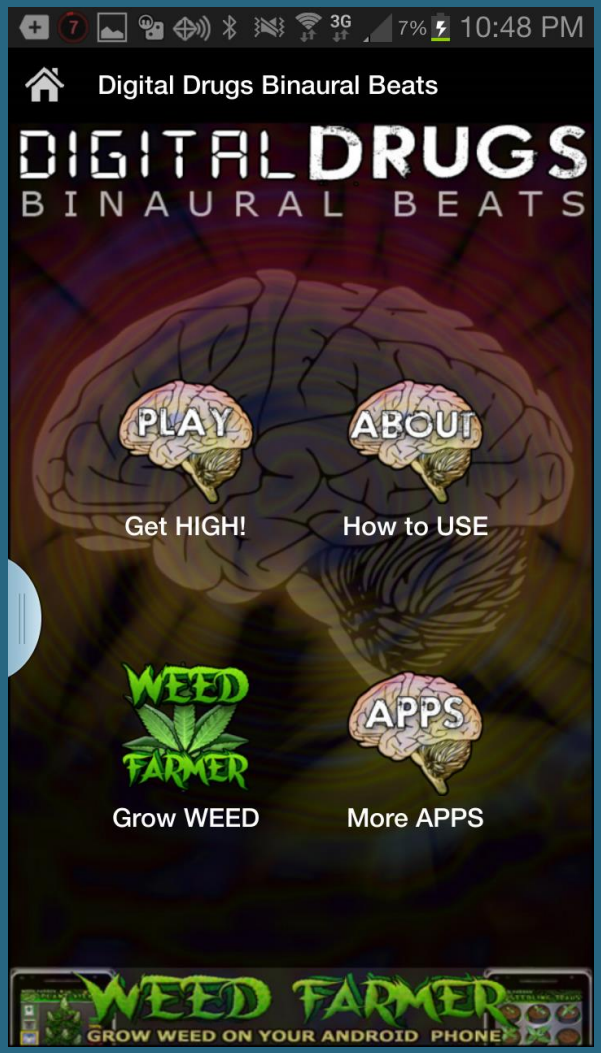
- 1.5 million youth ages 12 to 17 meet the criteria for admission to alcoholism treatment, but only seven percent receive treatment.
- An estimated 1.4 million youth ages 12 to 17 meet the criteria for admission to treatment for illicit drug use, but only nine percent receive treatment.

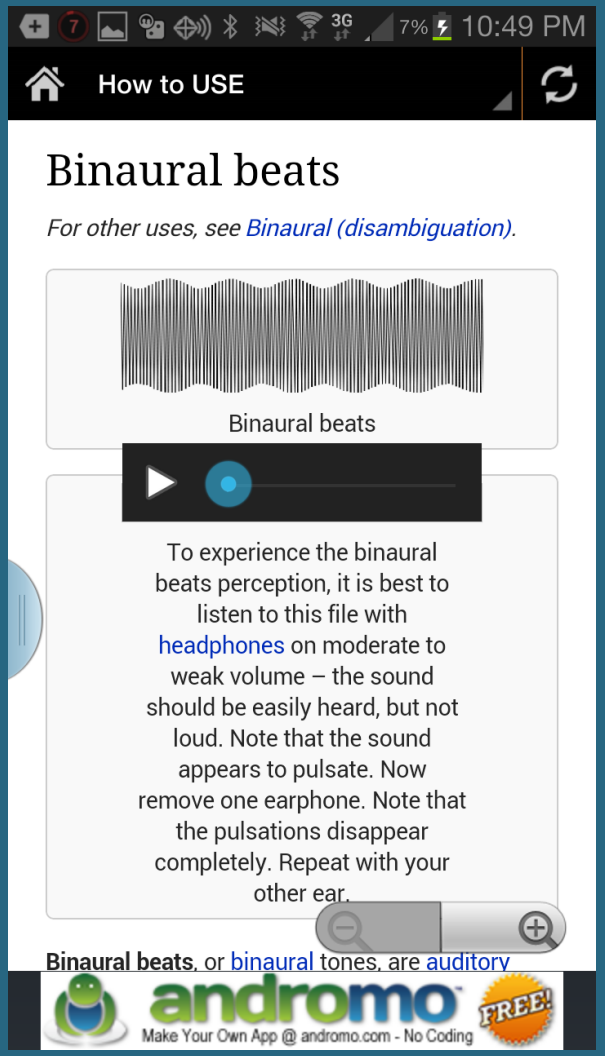
SAMHSA's Office of Applied Studies' report, "Youth and Alcohol and Illicit Drug Treatment"

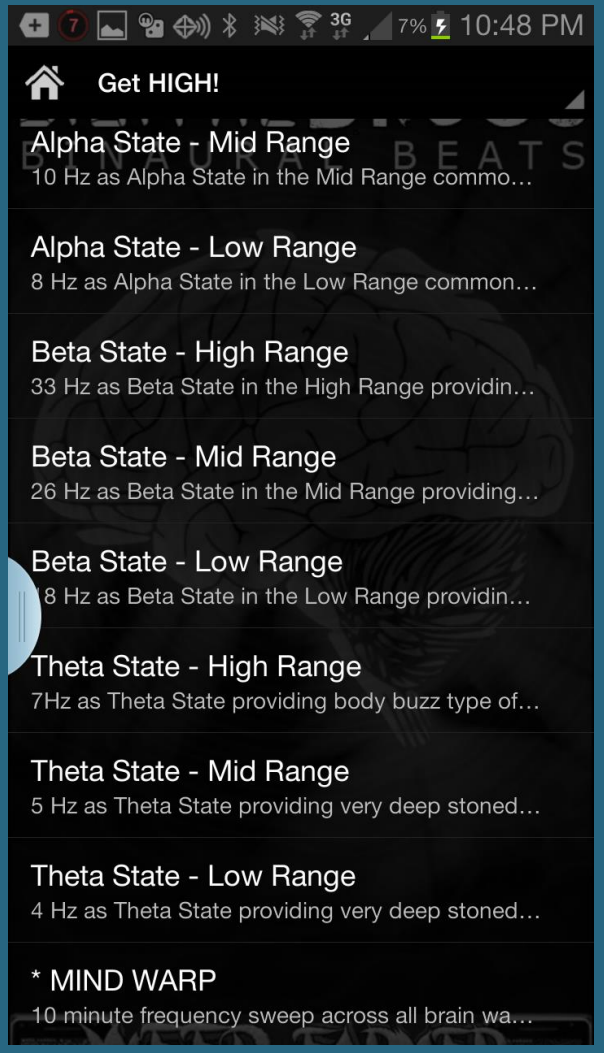
The Dark Web

- The **dark web** is the World Wide **Web** content that exists on darknets, overlay networks which use the public **Internet** but which require specific software, configurations, or authorization to access. These sites are not indexed by search engines.
- Used for the following
  - Purchase illegal items such as drugs and weapons
  - Terrorism
  - Illegal gambling
  - Trafficking
  - Child pornography

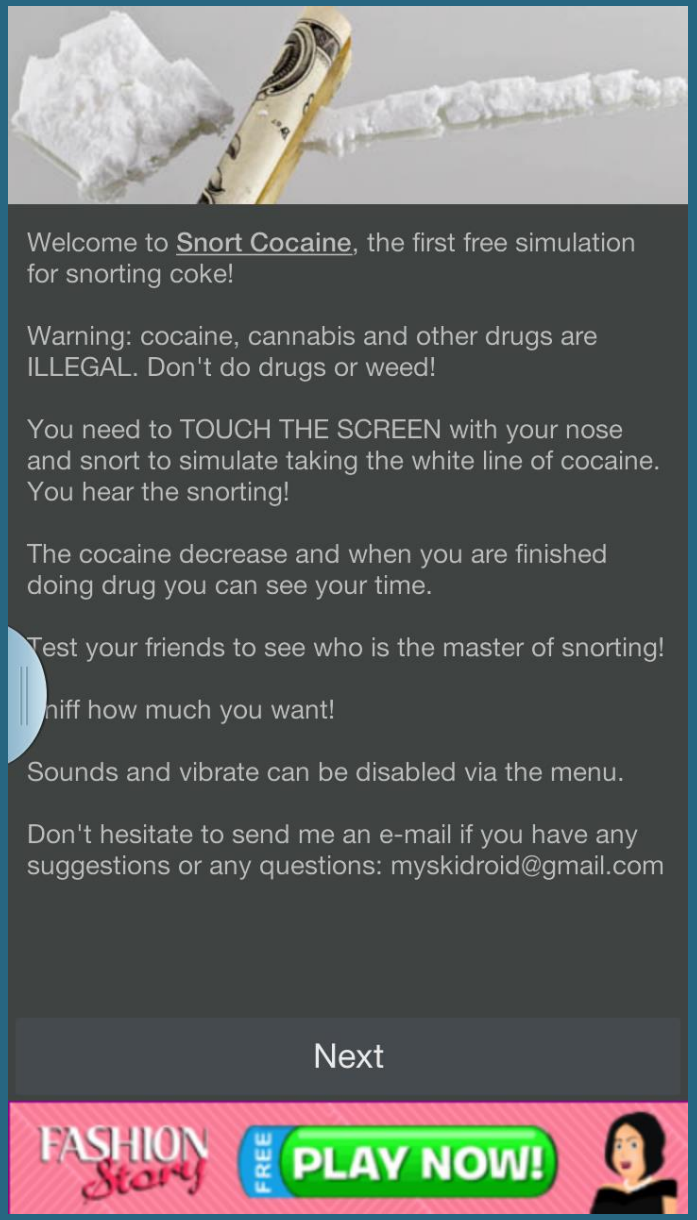
Digital Drugs



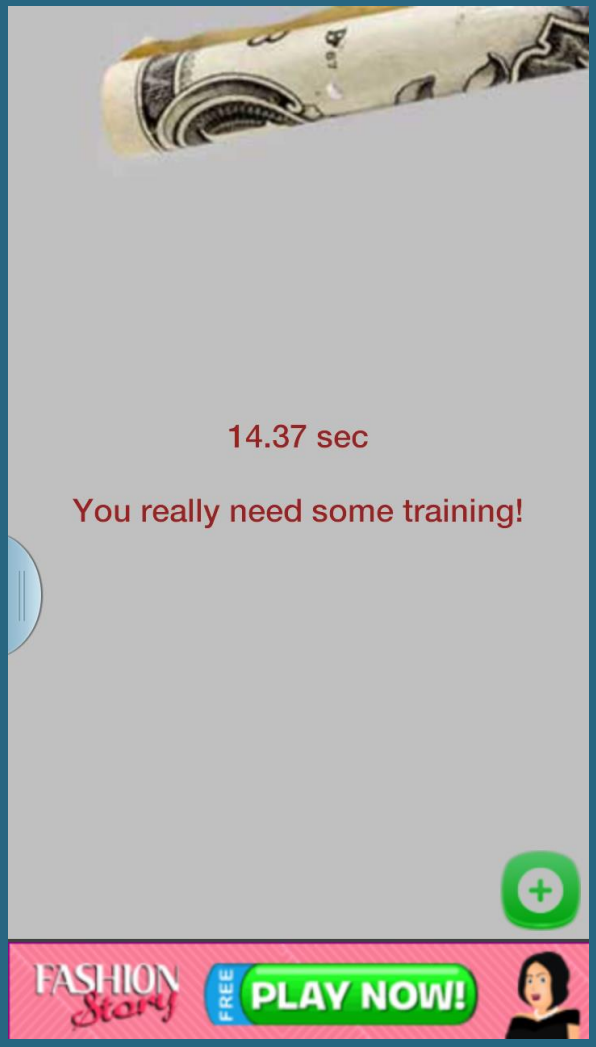


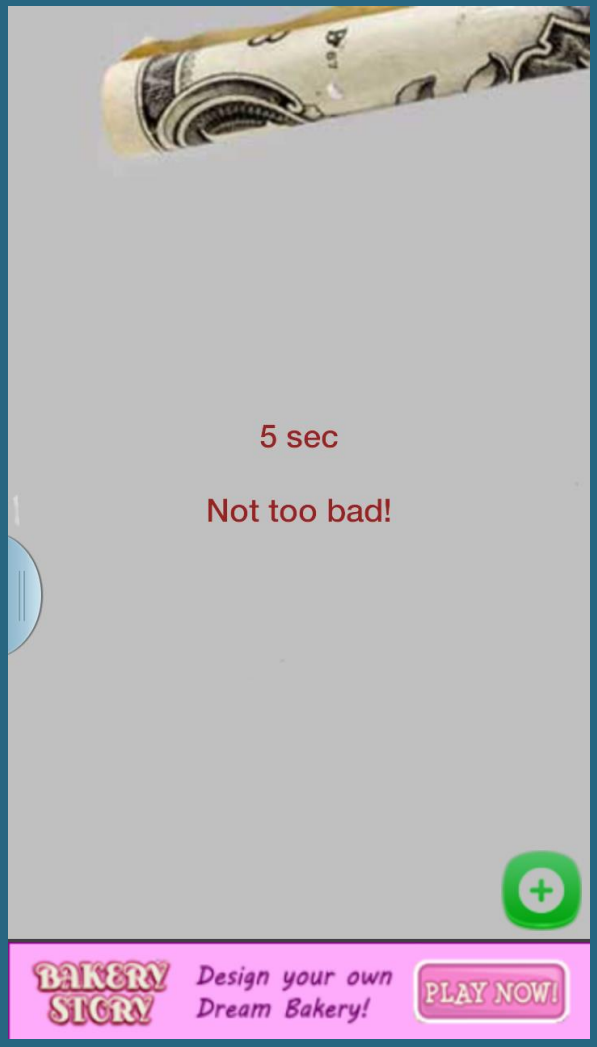


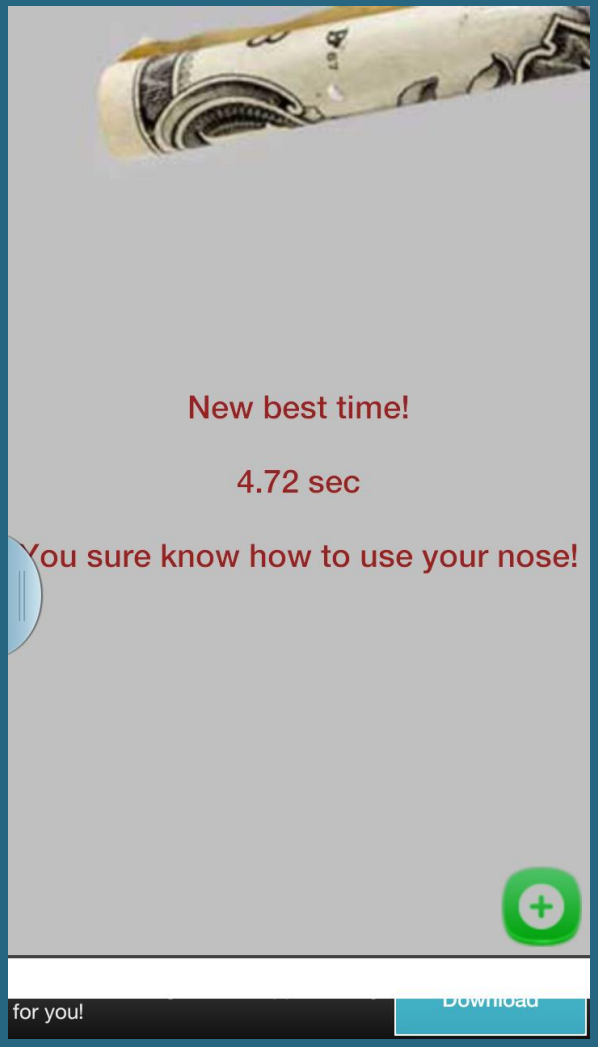
Digital Drugs



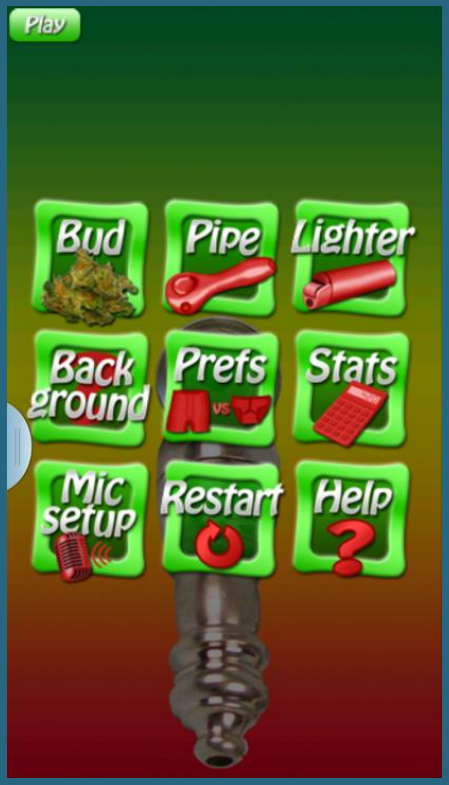
Snorting Cocaine

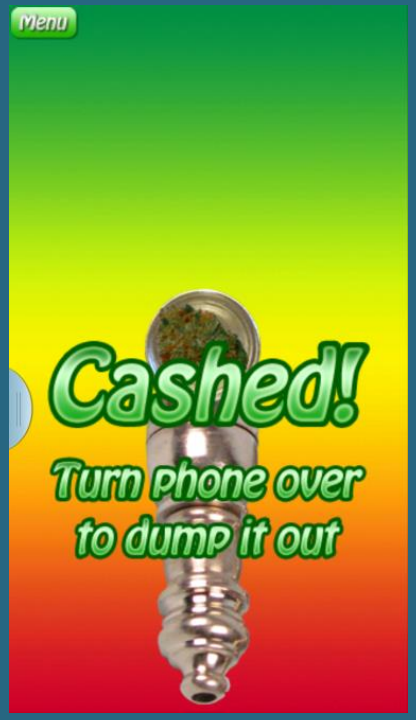




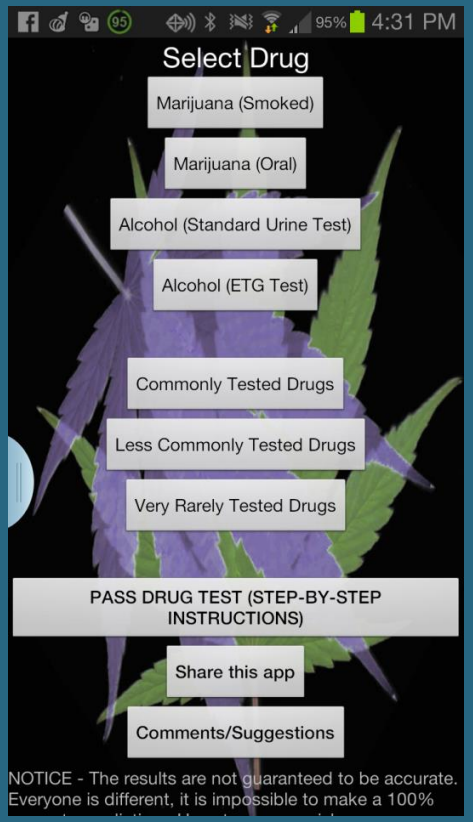


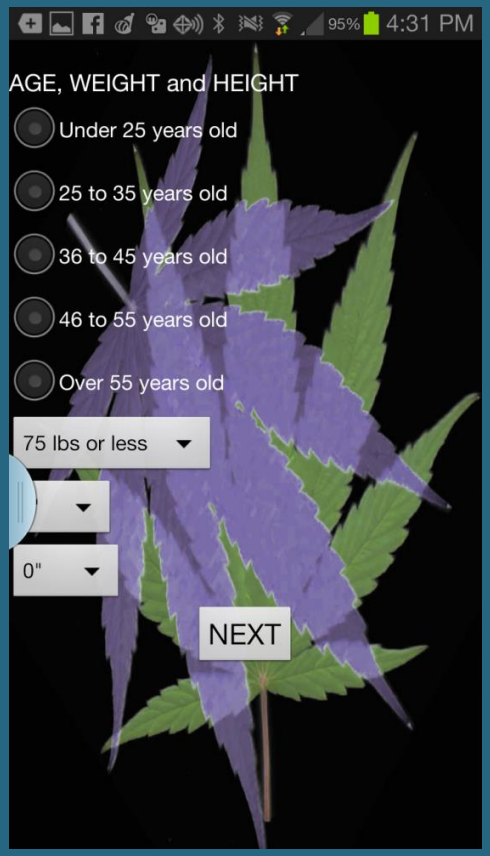
Smoking a Bowl

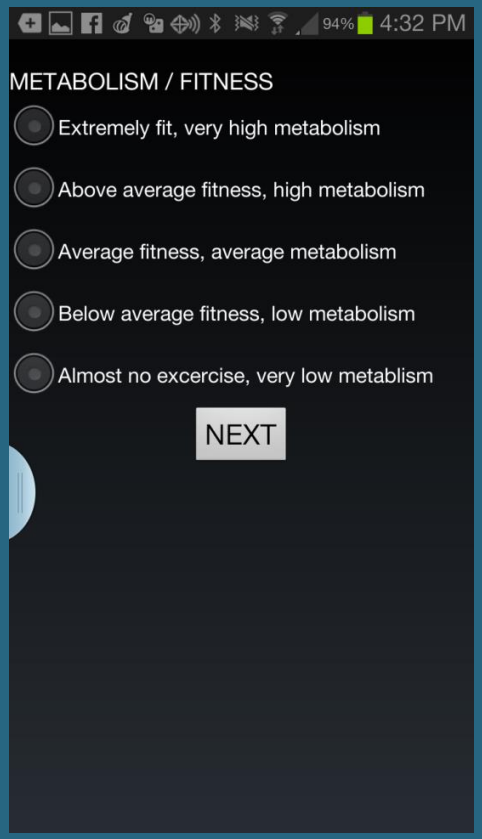


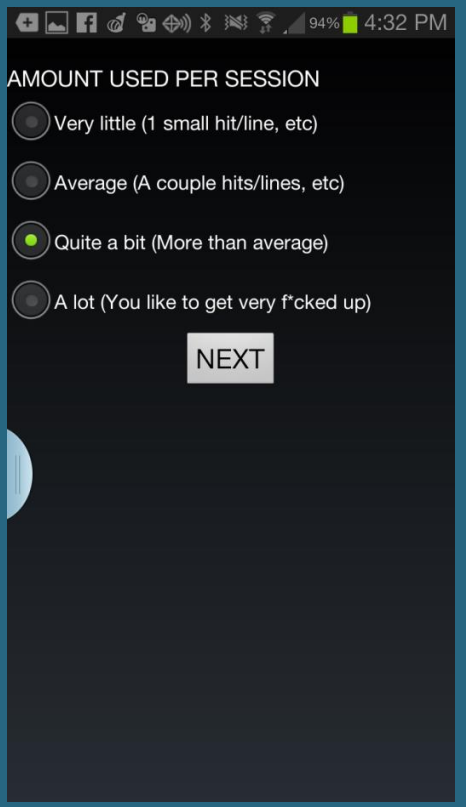


How Long Is It In My System?









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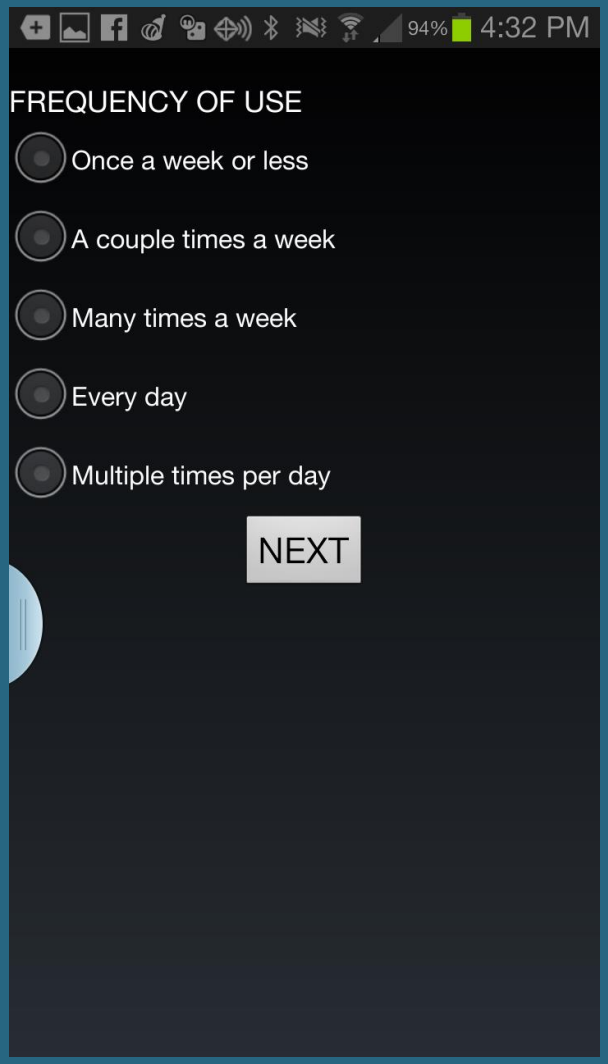
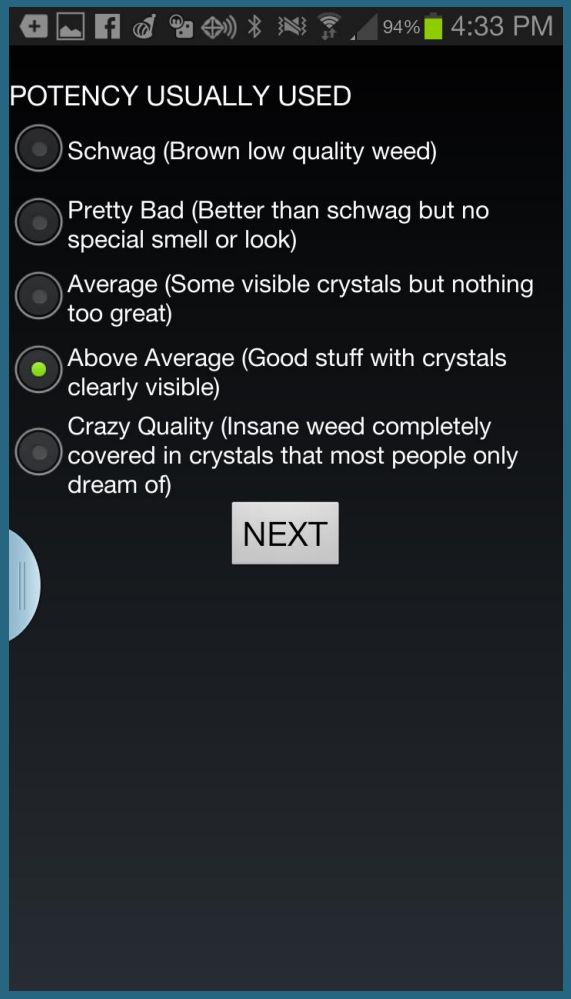
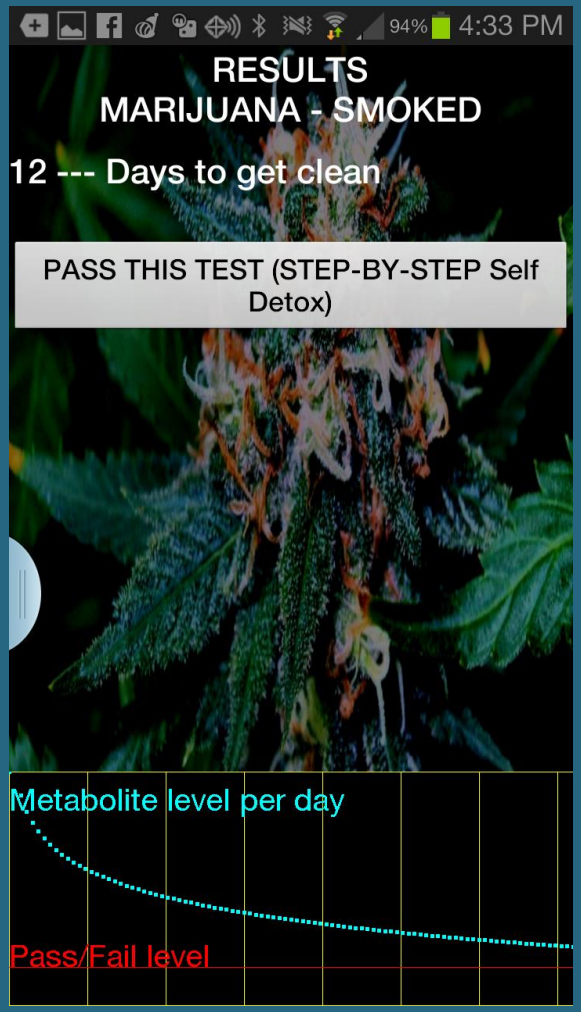






AAP Recommendations for Clinicians – Infants and Toddlers

- Start the conversation early. Ask parents of infants and young children about family media use, their children's use habits, and media use locations.
- •Help families develop a family media use plan with specific guidelines for each child and parent.
- •Educate parents about brain development in early years and the importance of hands-on, unstructured, and social play to build language, cognitive, social and emotional skills.
- •Discourage use of screen media other than video chatting with relatives for children younger than 18 months.

AAP Recommendations for Clinicians – Infants and Toddlers

- For parents of children 18 to 24 months of age, advise they choose high-quality programming and aps and use them together with their children. Letting children use media by themselves should be avoided.
- Guide parents to resources for finding quality products such as Common Sense Media, PBS Kids, and Sesame Workshop.
- For children older than 2 years, limit media to 1 hour or less per da of high quality programming. Recommend shared use between parent and child to promote enhanced learning, greater interaction, and limit setting.
- Recommend no screens during meal time and 1 hour before bedtime.

AAP Recommendations for Clinicians – Infants and Toddlers

- Work with families and schools to promote understanding of the benefits and risks of social media.
- Promote adherence to guidelines for adequate physical activity and sleep. Include this in your family media use plan.
- Advocate for and promote information and training in media literacy.
- Be aware of tools to screen for sexting, cyber bullying, problematic internet use, and internet gaming disorder.

Auntie Jessica's Rules for Families

- Help young people find balance between technology and non-technology use. Work with them to explore safe and appropriate ways to use technology while they also engage in face-to-face and real life activities.
- Invest in the ongoing communication with your child about safety issues and concerns.
- Ask your kids to show you how their phone or certain apps work.
- Keep devices while your son or daughter are studying or engaging in other important activities.
- Keep all devices in your bedroom overnight while kids are sleeping.
- Talk to kids about dangers online such as cyber bullying. Use what-if examples.

Auntie Jessica's Rules for Families

- Set up new phones and devices for safety. Activate parental controls.
- Educate yourself on school rules.
- Hold family meeting to discuss important terms of agreement for use of cell phone or technology.
- Drill down on safe downloads. Ask kids to run apps by you before they download.
- Review important topics with your child such as oversharing, cyber bullying, not sharing personal information online, and not meeting a stranger in person.

Auntie Jessica's Rules for Families

- Parents get passwords to all devices.
- Set clear parameters to checking in on your child's technology use and stick to it.
- Lead up to responsibility from a young age. Technology is a privilege earned when good judgment is consistently shown.
- Give kids a phone that is one generation older than yours.
- Don't give child a phone or computer as a gift.
- Make sure kids are clear about your expectations and rules. Revisit and discuss them often.

Ways to Encourage Balance

- Establish technology free zones in your home. This includes you, mom and dad.
- Encourage children to engage in other activities such as reading, drawing, or sports.
- Reset the home Wi-Fi password daily.
- Play the dinner/dishes game.
- Set texting/talking/social media/video gaming allowances.

Auntie Jessica's Rules for Families

- Ask kids questions about what they are doing online. – who are they talking to? What games do they like to play?
- Model healthy technology use to your children.
- Remember, the safety of our kids trumps their privacy.

“Years after the tragedy, I picked up a parenting magazine in a waiting room featuring an ‘ethical parenting’ quiz. I got all ten questions ‘right’ except for ‘Would you read your child’s private journal?’ The correct answer, according to the parenting magazine was ‘no.’ I know it would have been my answer too, when Dylan was alive, but it would not be my answer now.”

“When we search our children’s rooms or read their journals, we risk that they will feel betrayed. However, they may be hiding problems they cannot manage themselves.”

Sue Klebold, A Mother’s Reckoning

Helpful Parenting Apps:

- **MyHomework:** Helps kids organize tests, due dates, study groups, etc.
- **Life 360:** Find families on a private map, receive alerts when family members reach specified locations, and more.
- **Secure Teen:** Allows parents to monitor online activity, filter mature content, and limit online activity.
- **Mobicip Safe Browser** – Gives parents ability to set parental controls, track usage, set time limits, and establish different controls for different users on the same device.

Resources for Students, Staff, and Parents

- www.commonsensemedia.org – Leading nonprofit dedicated to helping kids thrive in a world of media and technology.
- www.netsmartzkids.org – Created by The National Center for Missing and Exploited Children, NetSmartz is an interactive and educational site designed to teach kids how to stay safe online and off.
- www.getnetwise.com – Created by the Internet Education Foundation to help educate the public about the challenges and problems presented by the internet.
- www.safekids.com – One of the oldest sites designed to help educate on internet safety and digital citizenship.

Resources, Continued

- www.nsteens.org – Teen version of NetSmartzKids. Great interactive tools, quizzes, videos, and games that can be used in the classroom.
- www.safeteens.com – Internet safety for teens
- www.teens.webmd.com/features/teen-internet-safety-tips - Teen internet safety tips
- www.netsmartz.org/parents - Videos, presentations, and helpful tips about technology issues
- www.digitalcitizenship.net – Helps teachers, technology leaders and parents understand what students should know to use technology appropriately.

It's all about **Balance**

and **Communication.**

- https://www.youtube.com/watch?v=9s0ukQGLXQ4

Directions

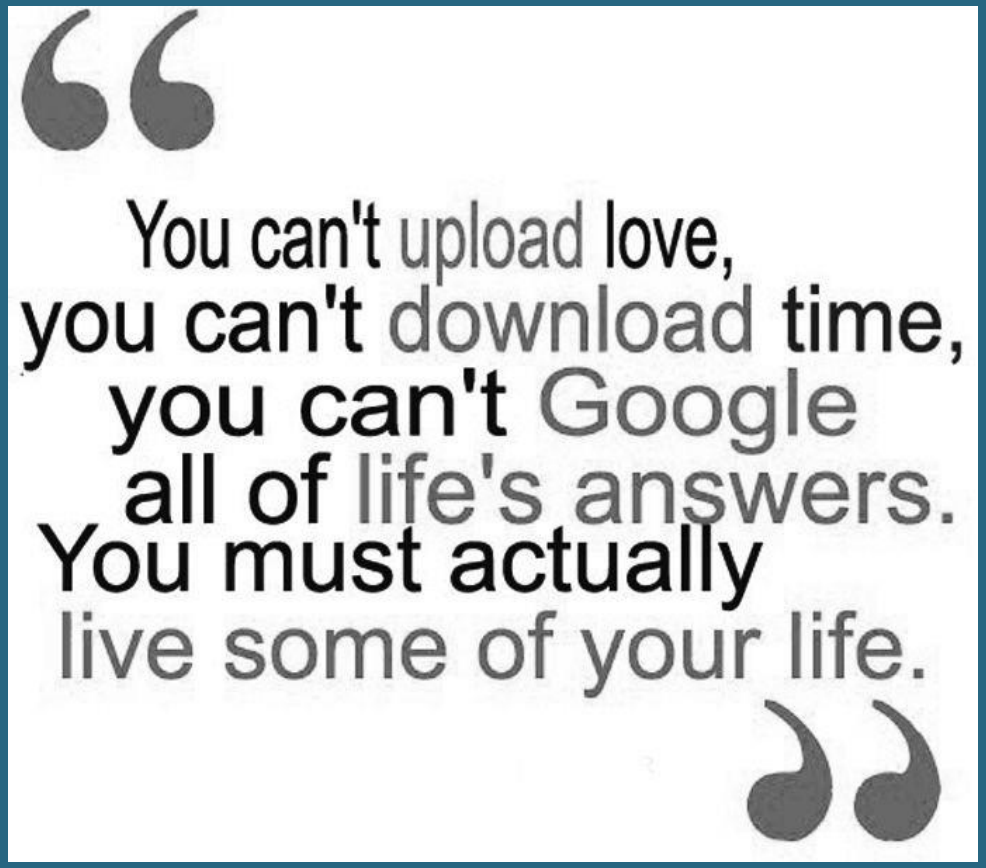
- Step 1: Open text messaging on your cell phone
- Step 2: Open new text and enter 22333 in the TO line
- Step 3: Enter 239687 in the message, hit space, and then your ONE WORD RESPONSE to the question:

What is one easy thing we can do to help manage balance and communication around technology use with our students?

What is one easy thing we can do to help manage balance and communication around technology use with our students?

Start the presentation to see live content. Still no live content? Install the app or get help at **PollEv.com/app**

Remember…


You can't upload love,
you can't download time,
you can't Google
all of life's answers.
You must actually
live some of your life.

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