

Building a Safe Digital Environment For Our Children



CREATIVITY

SELF EXPRESSION

EMPOWERMENT

ENLIGHTENMENT

KNOWLEDGE AND
AWARENESS

BUT.... It can also be a 'danger zone' of..

SURVEILLANCE

CONTROL

HARASSMENT

COERSION

HUMILIATION



Skyrocketing Levels of Anxiety and Depression Among our Teens

Many are emotionally in mental health crisis.

Science News from research organizations

More than 1 in 20 US children and teens have anxiety or depression

Date: April 24, 2018
Source: Wolters Kluwer Health

Summary: About 2.6 million American children and adolescents had diagnosed anxiety and/or depression in 2011-12, reports an analysis of nationwide data.

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- > Chronic Illness

Mind & Brain

About 2.6 million American children and adolescents had diagnosed anxiety and/or depression in 2011-12, reports an analysis of nationwide data in the *Journal of Developmental & Behavioral Pediatrics*, the official journal of the Society for Developmental and Behavioral Pediatrics. The journal is published by Wolters Kluwer.

Depression, anxiety, suicide increase in teens and young adults, study finds

BY ASHLEY WELCH
MARCH 14, 2019 / 9:26 AM / CBS NEWS



More American teens and young adults appear to be struggling with mental health issues, and experts believe a number of cultural trends may help explain why. A new study found the percentage of teens and young adults with depression, anxiety and other mental health issues has increased sharply over the past decade. The same pattern was not seen in older adults.

The New York Times Magazine

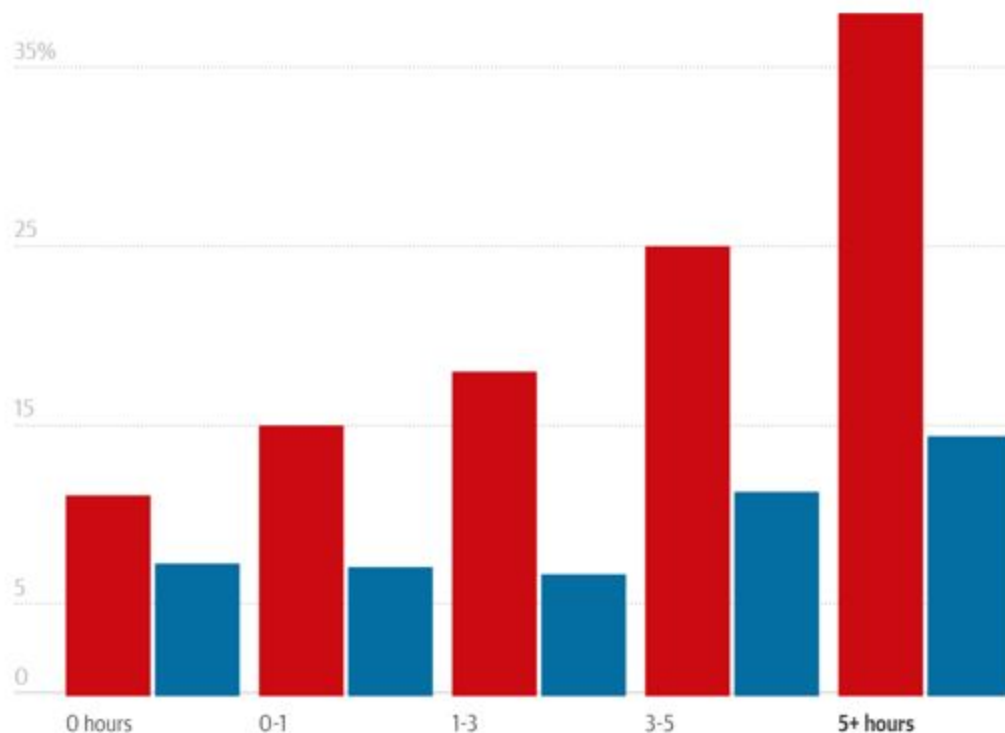
FEATURE

Why Are More American Teenagers Than Ever Suffering From Severe Anxiety?

Parents, therapists and schools are struggling to figure out whether helping anxious teenagers means protecting them or pushing them to face their fears.

Almost 40% of girls who spend more than five hours a day on social media show symptoms of depression

Girls with depression Boys with depression



Guardian graphic | Source: Y Kelly, A Zilanawala, C Booker, et al, Social Media Use and Adolescent Mental Health: Findings From the UK Millennium Cohort Study

Low self esteem and social media use

Teens who say they have low self-esteem by how much they use social media.

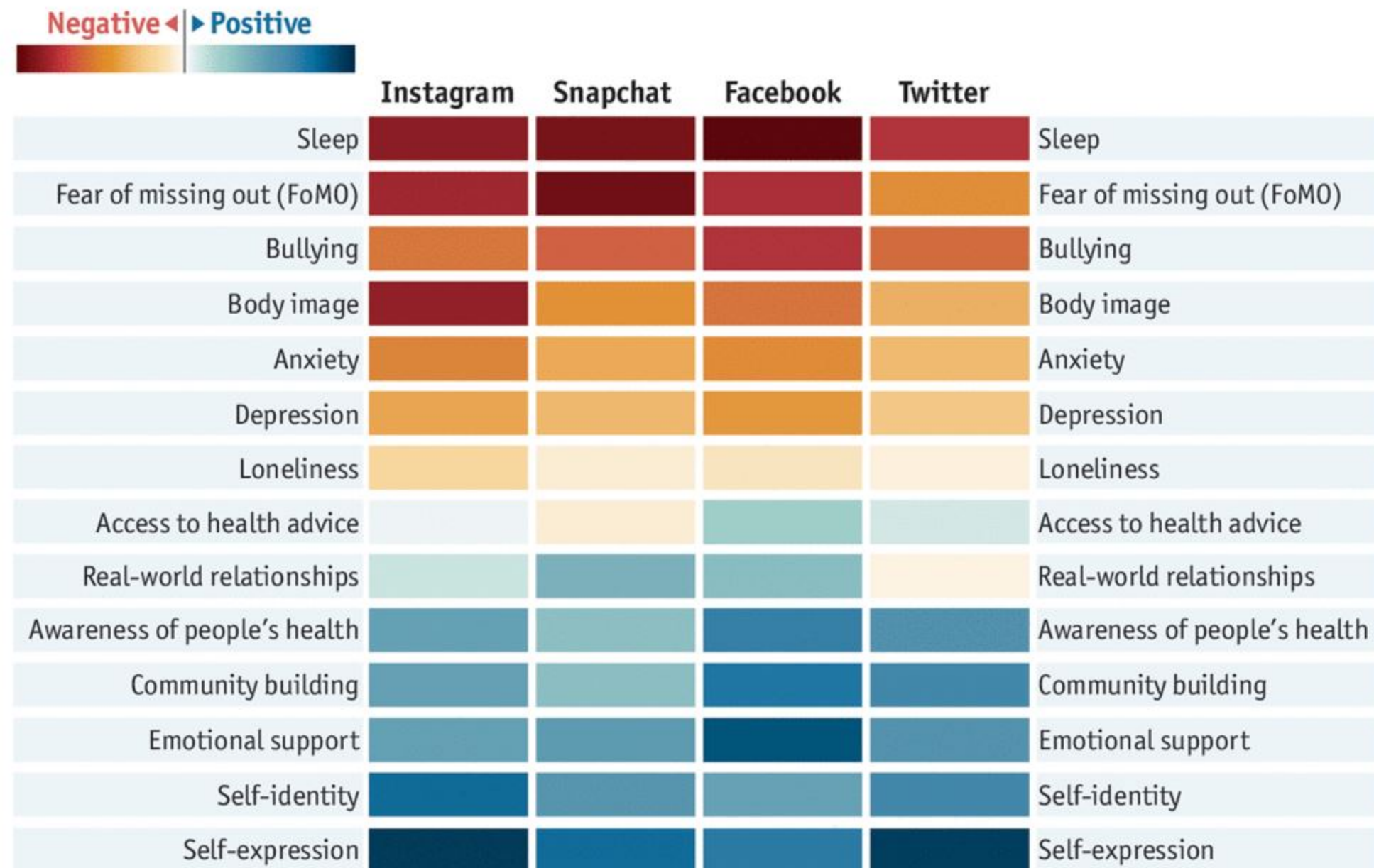


SOURCE: Trinity City College Limited and University of Essex

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Like, obsessed

Britain, social media users, 14- to 24-years-old, reported impact on well-being, 2017



Source: Royal Society for Public Health



"What is happening?"



- ⌘ Less time connecting in person and more time 'connecting' through social media
- ⌘ "Electronic relationships" - less emotionally satisfying - feel socially isolated.
- ⌘ More 'superficial'



FOMO - The Constant Stress



Why wasn't
I invited?



I've gotta catch
up on these
posts

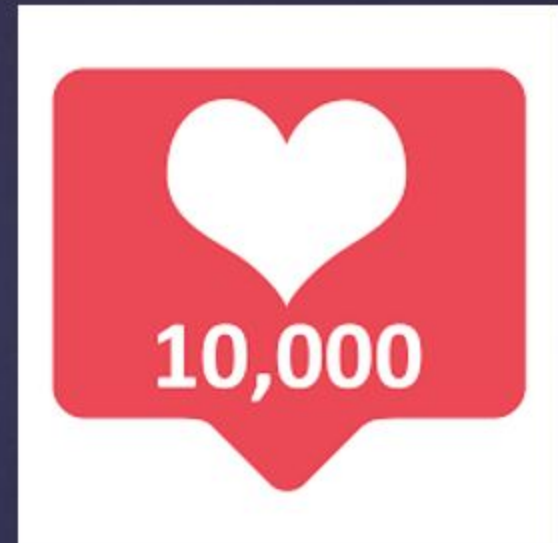
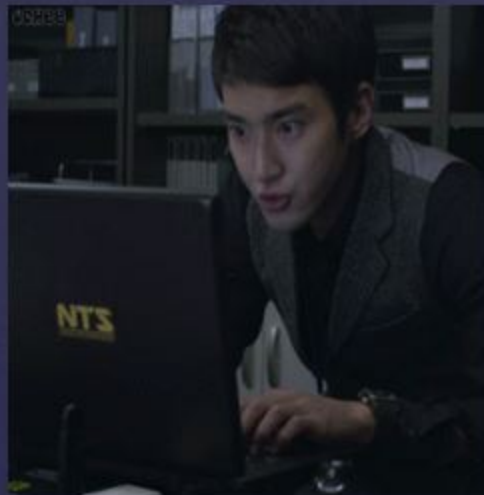
Lack Of Authenticity = Loss Of Self Esteem (especially girls)

- Constantly comparing selves and constantly being judged
- Up the “ante” – dress, sexuality
- Expressing a false version of self for approval



Gotta Get Those Likes Or...

- ❖ The obsessive pursuit of 'likes'
- ❖ Get a dopamine burst
- ❖ Addicting without being satisfying
- ❖ Judge self based on 'likes'
- ❖ Always "ON"



Culture of “ME-ness” = Culture of “Meanness”



Warped Perception – What's wrong with me??

- ✓ Inordinate amount of time on social media trying to post what they think the world will think is a perfect life.
- ✓ Constantly under a 'microscope.'



Less Active Lifestyle = Less Happy/Healthy Child

Direct correlation between exercise and lack of depressive symptoms.



BUILT FOR ADDICTION?



Brain scans of young people with internet addiction disorder (IAD) are similar to those of people with substance addictions to alcohol, cocaine, and cannabis.⁴

Damage to brain systems connecting emotional processing, attention, and decision-making are affected in both substance addicts and technology addicts.

Being hooked on a tech behavior can... be as physically damaging as an addiction to alcohol and other drug use.



NHS. "Extreme levels of texting 'unhealthy'." NHS Choices. 10 November 2010.


Can't Concentrate

- ⌘ Homework takes substantially longer – disruption and constant interruption
- ⌘ Sleep deprivation – common contributor to depression in teenagers



Misuse/Overuse of screen time can *negatively* impact your child socially, emotionally and academically

Directly affects their ability to learn – impairs attention, memory, information processing, decision-making skills

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More than sad: Depression affects your ability to think

POSTED MAY 06, 2016, 9:30 AM

 **James Cartreine, PhD**
Contributing Editor

When you think of clinical depression, you probably think of feeling sad and down for long periods of time; losing your energy and your interest in things you used to enjoy; sleeping too much or too little, or eating too much or too little. But besides these, depression can actually change your ability to think. It can impair your attention and memory, as well as your information processing and decision-making skills. It can also lower your cognitive flexibility (the ability to adapt your goals and strategies to changing situations) and



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How anxiety scrambles your brain and makes it hard to learn

Levels of stress and anxiety are on the rise among students. Juliet Rix has tips to control the panic and thrive academically



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most viewed in US
First human-monkey

The rise in depressive symptoms correlates with smartphone adoption during that period, even when matched year by year.

- ⌘ ... **adolescents'** depressive symptoms, suicide-related outcomes, and **suicide rates increased between 2010 and 2015**
- ⌘ ... **adolescents** who spent **more time on new media** (including social media and electronic devices such as smartphones) were **more likely to report mental health issues**...adolescents who spent more time on nonscreen activities (in-person social interaction, sports/exercise, homework, print media, and attending religious services) were less likely...
- ⌘ Smartphones were introduced in 2007. By 2015, fully 92% of teens and young adults owned a smartphone.

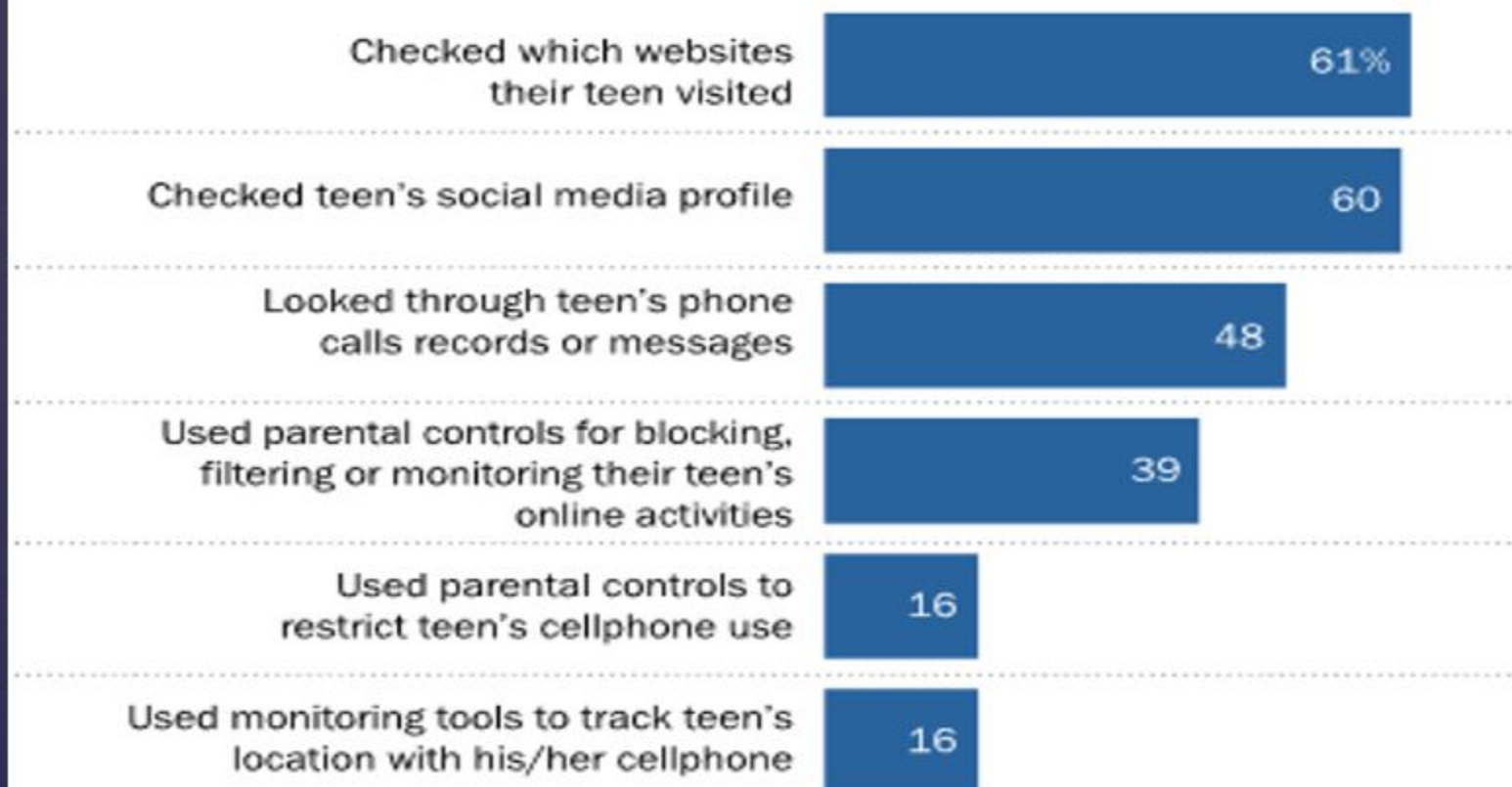
(Association For Psychological Science, 2017 Twenge, J.)





A majority of parents check their teen's web history or social media profile, while fewer use tech-based parental controls

Among parents of teens ages 13 to 17, the % who have ever ...



Source: Surveys conducted Sept. 25-Oct. 9, 2014, and Feb. 10-March 16, 2015.

PEW RESEARCH CENTER



Apple co-founder Steve Jobs was the first tech giant to admit, in 2011, that his own children had not used the recently-released iPad created by his company, conceding that *"we limit how much technology our kids use at home."* And he wasn't alone: Microsoft founder *Bill Gates* set time limits on screens, *banned mobile phones at the table and didn't let his children have them until they were 14*, while Mark Zuckerberg implored his baby daughter to 'stop and smell the flowers' in an open letter to her released last year – one which made no mention of Facebook or the internet.

COMMUNICATE COMMUNICATE COMMUNICATE!



FAMILY ONLINE SAFETY INSTITUTE (FOSI):

- ⌘ Parents are the most important relationship in a child's life (teens included)
- ⌘ It Is NEVER TOO LATE TO OPEN LINES OF COMMUNICATION

(Teens who grew closer to their parents starting at age 15 showed less activation of a brain region linked to risk-taking)

DON'T LECTURE

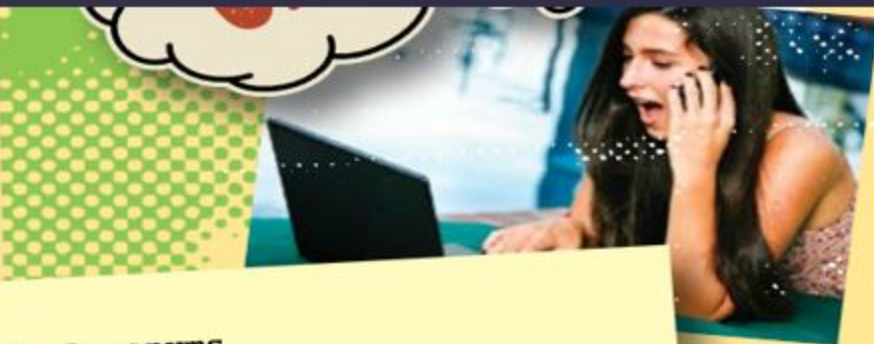
ASK QUESTIONS

SHARE IDEAS

DISCUSS ISSUES

NOT KNOW THE LATEST
ONLINE LANGUAGE. See
how many of these
common online acronyms
you recognize. Please
be advised that these
acronyms are constantly
changing:

LOL



20 Internet Acronyms Every Parent Should Know

- | | |
|-----------|------------------------------|
| 1. A/S/L | Age/sex/location |
| 2. DOC | Drug of choice |
| 3. GYPO | Get your pants off |
| 4. ITS | Intense text sex |
| 5. IWSN | I want sex now |
| 6. KPC | Keeping parents clueless |
| 7. LHSO | Let's have sex online |
| 8. LMIRL | Let's meet in real life |
| 9. NIFOC | Nude in front of
computer |
| 10. P911 | Parent alert |
| 11. PAW | Parents are watching |
| 12. PIR | Parent in room |
| 13. POS | Parent over shoulder |
| 14. PRON | Porn(ography) |
| 15. RU018 | Are you over 18? |
| 16. SorG | Straight or gay |
| 17. TDTM | Talk dirty to me |
| 18. WUF | Where are you from? |
| 19. WYCM | Will you call me |
| 20. WYRN | What's your real name? |

Know The Law – And Make Sure They Do Too

AZ law makes “REVENGE PORN” a FELONY

CLASS 5 FELONY – 2.5 yrs.
IF PERSON IS
RECOGNIZABLE IN PIC IT IS
CLASS 4 – 3.75 yrs. and
\$150,000 fine

If a minor posts a picture of a minor that depicts sexual conduct, the minor would be charged with sexual exploitation.

Class 1 Misdemeanor to simply threaten to send explicit pictures, even if they do not send images. Six months in jail and \$2,500 fine.

If a minor posts a picture of a minor that is just nudity, and the picture is not sexual conduct, then it could be punishable under ARS 13-1425 (unlawful disclosure images depicting nudity).

Is My Child Being Bullied?



Cyberbullying can take different forms.



Flaming – Sending angry, rude, vulgar messages directed at a person privately or in an online group.

Harassment and/or Cyberstalking – Repeatedly sending a person offensive messages and/or harassment that include threats of harm or is highly intimidating.

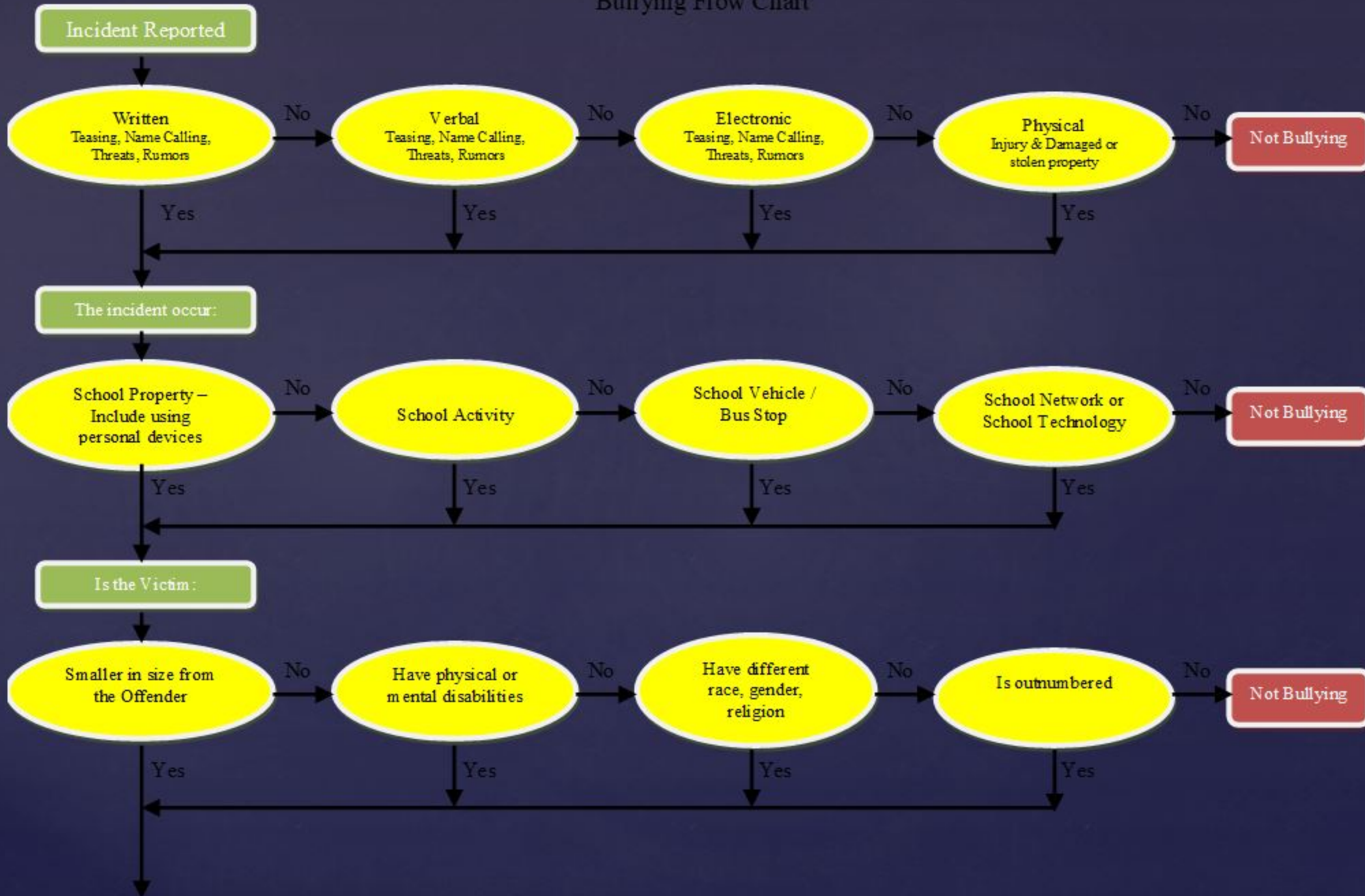
Denigration (put-downs) – Sending or posting harmful, untrue, or cruel statements about a person to other people.

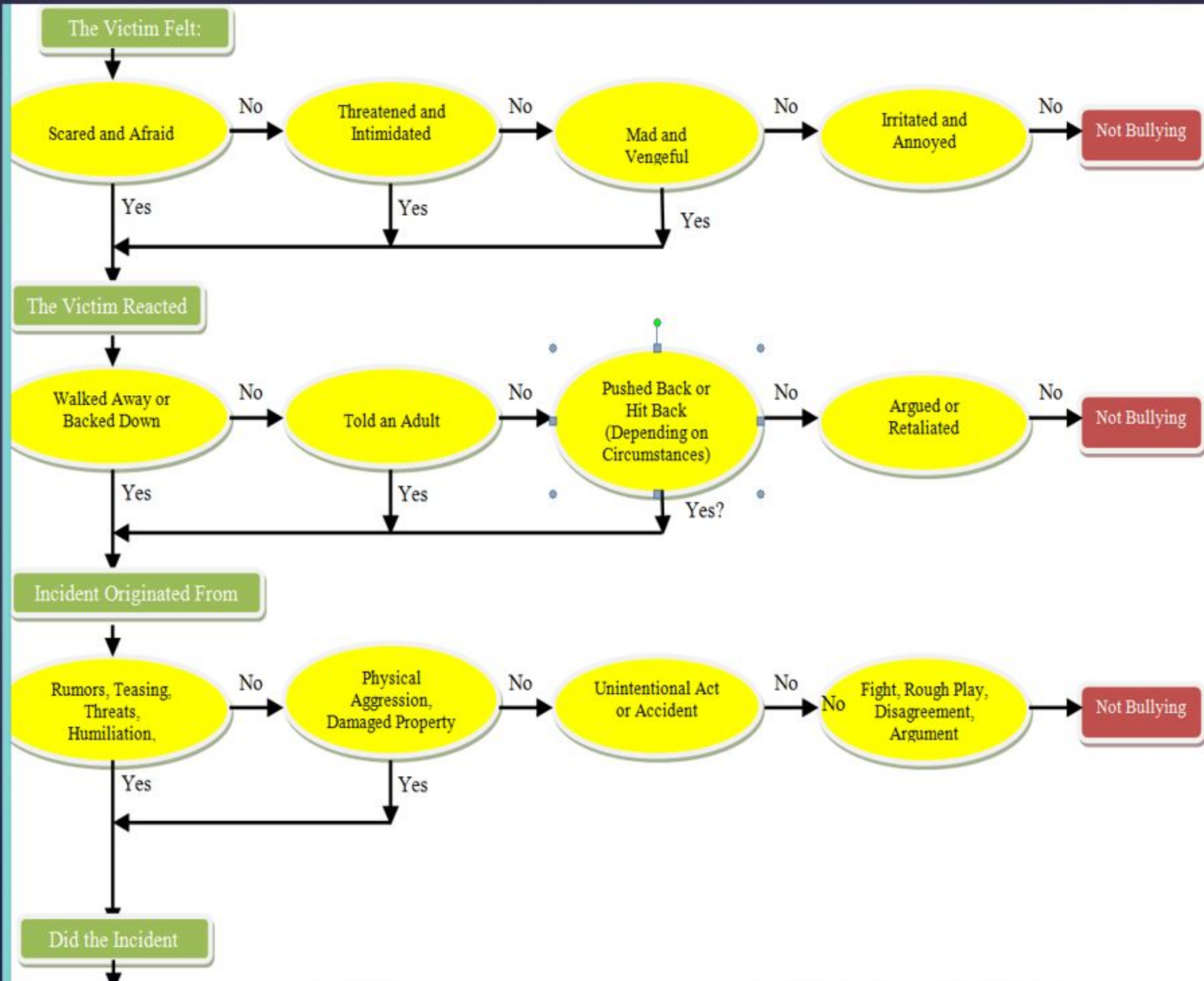
Masquerade – Pretending to be someone else and sending or posting material that makes that person look bad or places that person in potential danger.

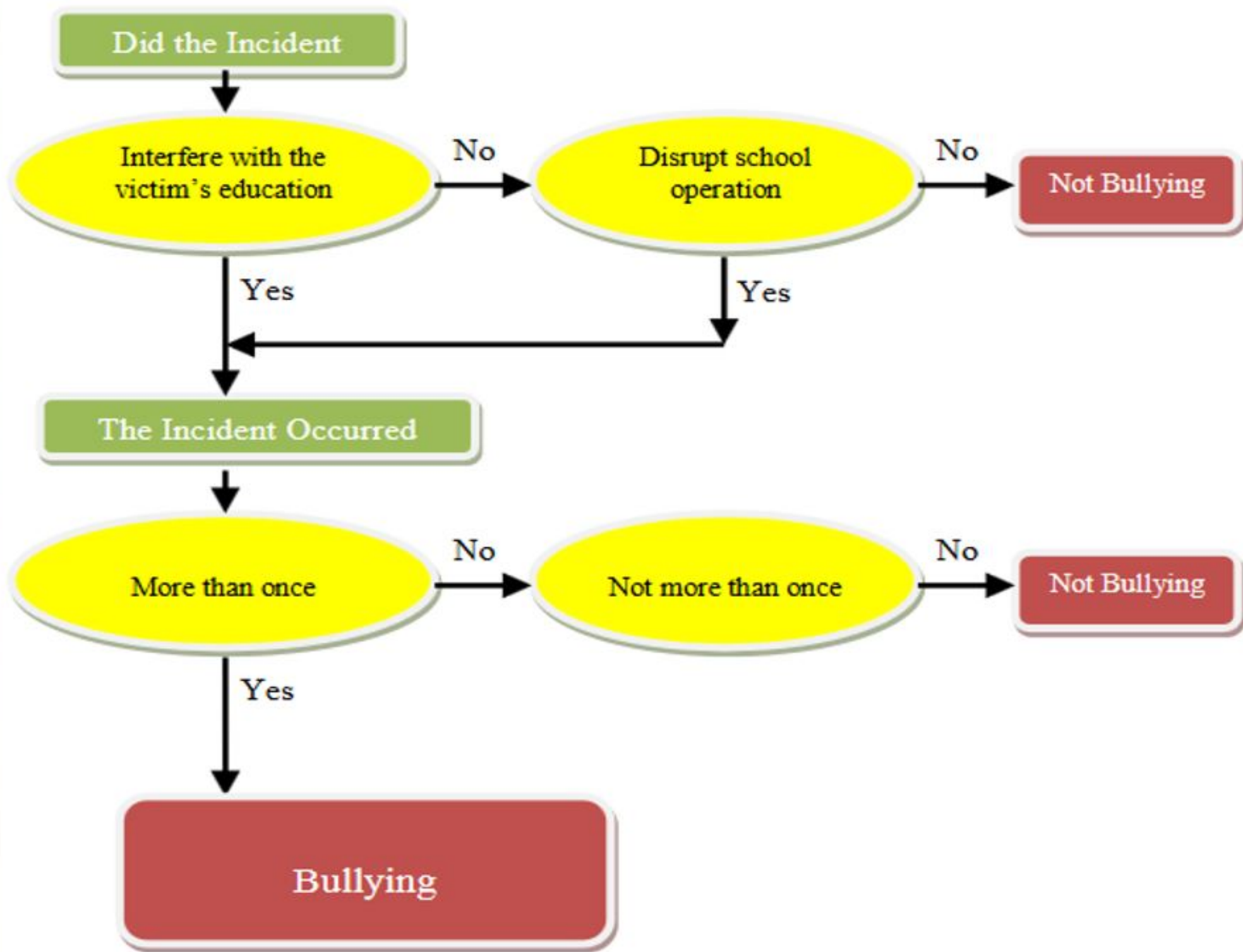
Outing and trickery – Sending or posting material about a person that contains sensitive, private, or embarrassing information, including forwarding private messages or images. Engaging in tricks to solicit embarrassing information that is then made public.

Exclusion – Actions that specifically and intentionally exclude a person from an online group

Bullying Flow Chart







Set The Ground Rules (Preferably *with* them)



- ❑ What do you as a family agree is reasonable screen time?
- ❑ what sites/apps do they think are appropriate and why?
- ❑ What time should the family move away from screens?
- ❑ What do we want our 'online reputation' to be?
- ❑ Explain your supervision obligations as a parent (to protect them and your legal liability)
- ❑ Don't be peer pressured by what other parents do

Family Cell Phone Agreement

1. I understand that the rules below are for my safety and that my parents love me more than anything in the world. I understand that my parents want to give me freedom, while also giving me enough security to make smart choices. **Initial here:** _____
2. I promise that my parents will always know my phone passwords. I understand that my parents have a right to look at my phone whenever there's a need for them to do so, even without my permission. **Initial here:** _____
3. I will hand the phone to one of my parents promptly at _____ pm every school night and every weekend night at _____ pm. I will get it back at _____ am. **Initial here:** _____
4. I will not send or receive naked photos. Ever. I understand that there could be serious legal consequences that could put mine and my parents' future at-risk. **Initial here:** _____
5. I will never search for porn or anything else that I wouldn't want my grandma finding. **Initial here:** _____
6. I understand that my behavior on my phone can impact my future reputation—even in ways that I am not able to predict or see. **Initial here:** _____
7. I promise I will tell my parents when I receive suspicious or alarming phone calls or text messages from people I don't know. I will also tell my parents if I am being harassed by someone via my cell phone. **Initial here:** _____

8. When I am old enough, I won't text and drive. I understand it's very dangerous and pretty stupid. **Initial here:** _____

.....

9. I will make an effort to learn phone and internet etiquette. I understand this is an extension of normal manners. I will turn off, silence, and put my phone away in public—especially in a restaurant, at the movies, or while speaking with another human being. I am not a rude person. I will not allow the phone to change this important part of who I am. **Initial here:** _____

.....

10. I will NEVER use my phone or social media to bully or tease anyone, even if my friends think it's funny. **Initial here:** _____

.....

11. I will not lie about where I have been or how I am using the phone. I promise to answer questions openly, honestly, and directly. **Initial here:** _____

I understand that this is **NOT** my phone and that it was paid for by my parents. Having this phone is not a right—it is a privilege that can be taken away. As such, I have read the following document and agree to the above rules. I understand that if I have any questions, I should talk to my parents face-to-face.

Sign here

There are apps and software that allow you to:

- Block chat rooms and/or instant messaging
- Block downloads
- Disable links in chat rooms
- Filter websites
- Filter searches or allow your child to use child-safe search engines
- Record instant message conversations or chat room conversations
- Notify you by email when your child tries to access an inappropriate website
- Limit the time your child spends online
- Operate in the background without your child's knowledge
- Record every key stroke your child makes
- Record and send you pictures of your child's computer screen as they are using it

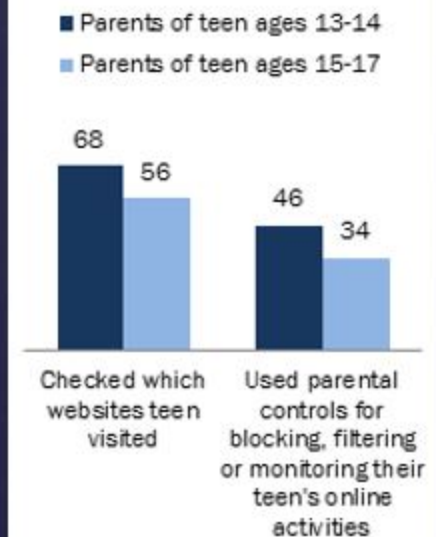
YOU CAN CONTROL A LOT, BUT NOT EVERYTHING

Apps and Software examples:

- Xfinity (Comcast) has parental controls to turn on/off Wi-Fi time and restrict movies, etc.
- All phone carriers (Sprint, AT&T, Verizon) have parental protection features
- “Life 360” – Can also detect phone usage while driving, speed, hard braking, and rapid acceleration. These reports are great to use in a preventative discussion about driver safety before the keys are handed over.
- Apps or devices like “Circle with Disney” and “Net Nanny”

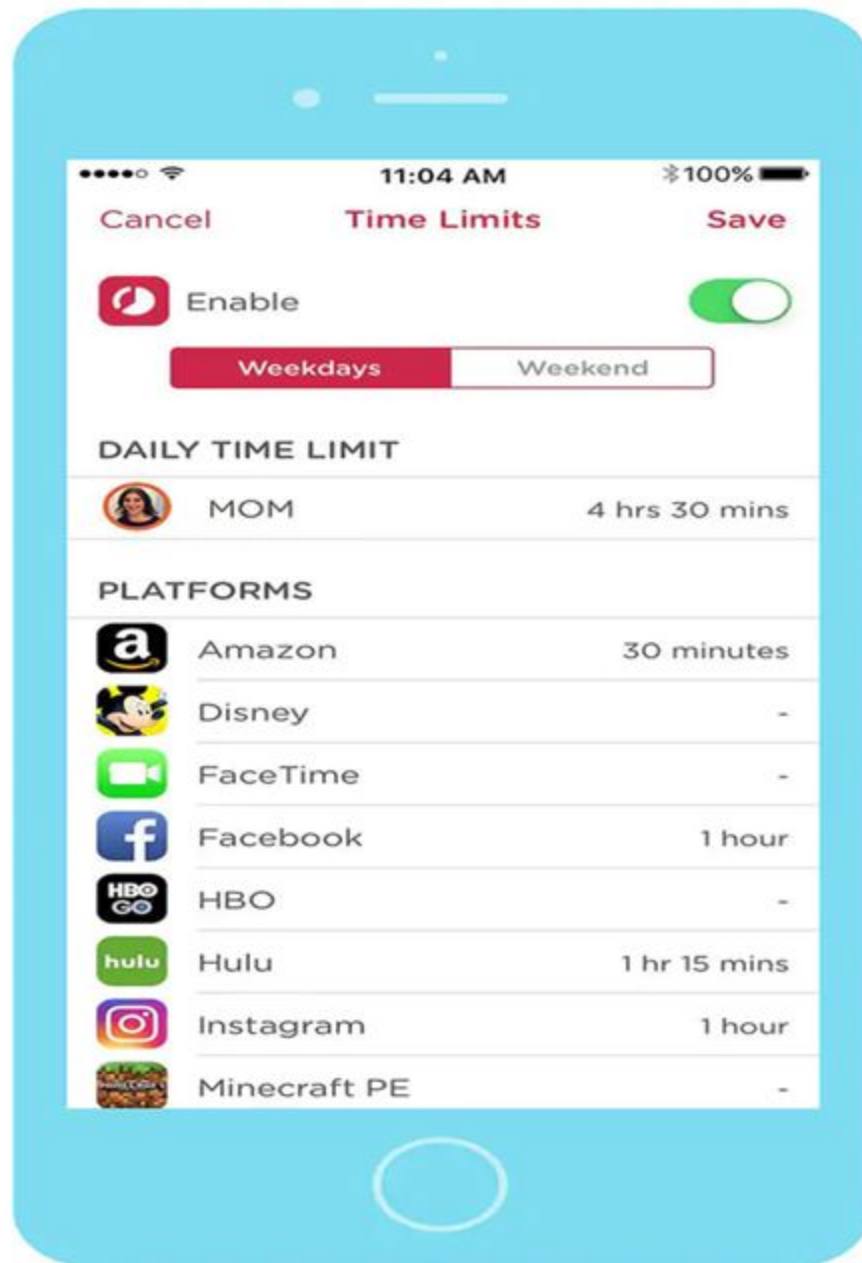
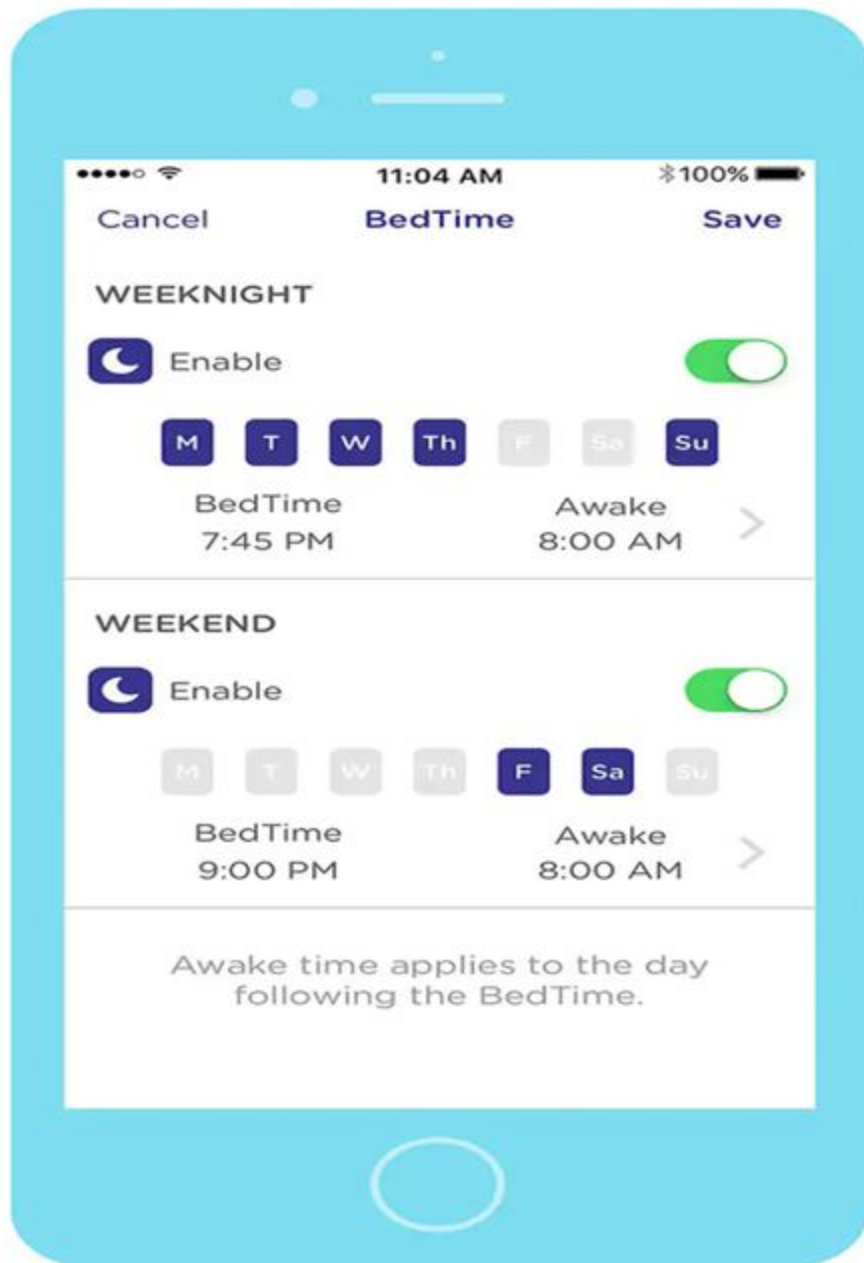
Parents of younger teens more likely to check teen's web history and use parental controls

% of U.S. parents of teens who have ever done the following actions, comparing parents of teens who are younger and older



Source: Surveys conducted Sept. 25-Oct. 9, 2014, and Feb. 10-March 16, 2015.

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User settings

Individualize settings for specific users in the family.



Clementine



Admin



Carl

[Add User](#)

Content Categories

Allow/Block

Applications

Scheduling

User Settings

Categories

[View category information](#)

Abortion Warn	Alcohol Block	Anime Allow	Dating Allow
Death/Gore Warn	Drugs Block	Allow	Lingerie/Swimsuits Allow
Mature Block	Nudity Block	Warn	Profanity Mask
Provocative Allow	Proxy Allow	Block	Suicide Warn
Tobacco Block	Weapons Warn	Sexual Health Warn	

Custom Categories

[Edit Custom Categories](#)

Help Them Understand

- **ONLINE IS FOREVER – No Forgiveness, just “Foreverness” (college entry, careers, reputation – can’t take it back)**
- **They need to use their digital world, but not ‘be used’ by it (reputation management)**
- **Kindness is HUGE – Have the courage to speak up for others. Being kind is easier than being ugly and pays so many more dividends**
- **Set the example**

I APPRECIATE THAT MY PARENTS HAVE RULES...

