

Presentation Notes
Technology and Teens- What you need to know
Suzi Dean- School Psychologist
September 10, 2019

Stats-

Today's youth spend an average 9 hours a day consuming media — watching TV, listening to music, surfing the Web, social networking, and playing video games (Common Sense Media).

92% of teens report going online daily from their smartphones, including 24% who say they go on online "almost constantly" (Pew Research Center).

The why-

Teaching teens how to manage technology is just like teaching our teens how to drive. We would never just throw the keys to our car at our teens and expect them to figure it out.

The Brain-

- Frontal lobe, the brain's decision maker- the rational part, the control panel, is the last to develop in the brain. Kids/teens need parents to help them make rational and good judgements.
- The high plasticity of the teenage brain allows environmental influences to exert particularly strong effects on the development of the brain. While this makes intellectual and emotional development possible, it also opens the door to potentially harmful influences and addictions. (Konrad, K., Firk, C., & Uhlhaas, P. J. (2013). Brain development during adolescence: neuroscientific insights into this developmental period. *Deutsches Arzteblatt international*, 110(25), 425–431. doi:10.3238/arztebl.2013.0425)

Communication- The key

- Start down a narrow road, eventually go to a wider road.
- Talk about the responsibilities of having a phone and computer.
- Share passcode for phone. Parents have access to all electronics at any time.
- Have accountability between you and your teens.
- Talk about what to do when presented with inappropriate material. Give your teen a way out, "Please don't send that. My parents monitor what is sent to me."
- Teen is not responsible for what they receive. They are responsible for what they do with the information. (Student who was sent child porno from stranger met online, student sent it to friends, distributing child porn)

The Internet- The gas

The internet has the ability to surround our teens with millions of strangers, and at times, can normalize maladaptive behaviors and thoughts.

- Phone- Utilize a family friendly web browser.
- Home- Internet provider restrictions (time and access).
- Research your cell service restrictions (limit texts, usage, data).
- Search the browser history regularly.
- School issued Chromebooks can be monitored by school staff, but only if student signs into school account.

Pornography- (Backpack analogy)

- 90% of young men and 60% of women age 18 have been exposed to pornography- much of which is hardcore (violence and overtly explicit imagery). Of the 90%, the average age is between 8-11 years old. Almost 80% of this exposure, which isn't always voluntary, is happening within the home.

- 60% of kids receive smartphones between 10 and 11 years old. 20% are between the ages of 8 and 9. Same age as the average child in our nation is exposed to voluntary and involuntary explicit material.
- 71% of teens report keeping their online habits from their parents.
- 90% of the 8 to 16 year olds who have viewed online porn did so while doing homework.

Thenovusproject.org

Bullying-

- About 37% of young people between the ages of 12 and 17 have been bullied online. 30% have had it happen more than once.
- 95% of teens in the U.S. are online, and the vast majority access the internet on their mobile device, making it the most common medium for cyber bullying.
- 23% of students reported that they've said or done something mean or cruel to another person online. 27% reported that they've experienced the same from someone else.
- About half of LGBTQ+ students experience online harassment -- a rate higher than average.
- Young people who experience cyberbullying are at a greater risk than those who don't for both self-harm and suicidal behaviors.
- 83% of young people believe social media companies should be doing more to tackle cyberbullying on their platforms.

www.dosomething.org

Social Media-

Social media use has increased dramatically in the past 6 years. 89% of teens have a smartphone, 70% of teens use social media multiple times a day. 41% of teens use Snapchat, 22% use Instagram, and 15% use Facebook.

(Common Sense Media 2018)

- There are no "parental controls" on social media.
- Everything that is put out online, projects a forever image. Nothing is private in the digital world.
- Start off slow, have teen's SM accounts on your phone for a period of time before they have access to it on their devices.
- Have access to password or restrict knowledge of password.
- Follow your teen on SM. Have family follow your teen on SM.
- Set up guidelines of who the teen can follow and who can follow the teen's account. No strangers.
- Monitor ALL accounts. (Sinsta/Finsta/Rinsta/Spam accounts)
- Continual conversations around what to do when they come across inappropriate content (Immediately move on, no comments, stop following, and report).
- Platform often used for bullying. Our teens cannot escape bullying. Online it can happen any time and any place.

Snapchat-

- Hard to monitor as messages and snaps can "disappear". Giving user a feeling of privacy. Messages and snaps can always be saved or screen shot.
- In May 2018, Snapchat came out with "Cosmo After Dark" on the "Discover" section, with free access to all forms of pornography every Friday at 6pm.
- "Discover" feature, which enables individuals and companies to create their own channels. Some of the channels are age-gated, meaning users must at least say they're 18 to access the sometimes-explicit content, but not all channels are.

Instagram-

- Second most popular app for teens 13-17.
- Posting pictures for "likes" and "followers".
- Pictures sent through direct messaging disappear much like SC.

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- Private accounts can have follow request from strangers.
- Instagram has posting guidelines, but availability to pornography and drugs is common. Although the app creators restrict content, pornographers have figured out how to game the system.

YouTube-

- YouTube is the most popular internet platform, with 85 percent of teens 13-17 using it (Pew Research Center Study).
- The company recently reiterated their policies prohibiting harmful and dangerous content and said they would ban all challenges and pranks that can cause emotional distress and lead to physical harm.
- Inappropriate content
- Past efforts to ban certain kinds of content have been unsuccessful and inappropriate content has even slipped through YouTube Kids.

TikTok

- TikTok is the new Musical.ly. The app has over 80 million users and was ranked as 16th on Apple's list of the most popular apps of 2018.
- Accounts are public by default. If the account isn't set to private, anyone can contact the user directly.
- TikTok has been in the news because of tween and teen users receiving inappropriate messages from other users.
- There is also some explicit content, but a restricted mode helps filter out anything inappropriate.

The Apps- Gears

- Important to have passwords to all apps/AppleID/phones. Consider having passwords that teen does not know, to control what is being downloaded on their phones.
- Have teen ask permission for downloading apps.
- Set age requirements on phone settings for apps.
- Read age rating on app description for an explanation of rating.
- Discuss in app purchases and pre-determine a budget.

Texting- The Steering Wheel

- Is it O.K to delete texts?
- Know the person you are texting.
- Any pictures/messages sent are never just between the two phones. Nothing is private online.
- Teen is not responsible for what they receive, they are responsible for what they do with the information.
- Pre-teach the expectation of the right thing to do when they are exposed to something harmful or negative through text messaging, it will happen.

Communication- The key

- Who does the phone belong to? Just like their bedroom or car, parents have the authority over the phone/computer.
- Know who your teen is spending time with, on and offline. Who our teens spend time with, directs their path. If you would not let your teen spend time alone in their room with a certain person, would you let the teen message/text that person?
- Communicate, communicate, communicate.
- Provide space and time for your teens to talk to you.

Resources- The Road Map

Monitoring Devices-

- Bark.us (monitor texting & social media)
- Questodio.com (monitor internet usage, sites visited, ability to block content, and restrict usage)
- Cleanbrowsing.org (clean DNS solution for all devices)

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- Meetcircle.com (Disney)
- Netnanny.com (monitor, limit, and content filtering)
- Protectyoungeyes.com (faith based resources)
- Familytime.io (location, internet, phone logs, and app blocking)

Monitoring Driving-

- Teensafe.com (disables phone, except for the ability to send and receive phone calls while driving)
- Life360.com (crash detection, roadside assistance, driver report, location services, and notifications.
- Find My Friends (iPhone based location services. Set notifications when kids leave selected location)

General Information-

- Commonsensemedia.com (articles for parents, newest technology reviewed, research all movies, music, apps, etc...)
- Yourteenmag.com (articles for parents and many resources)
- <https://protectyoungeyes.com/content/chromebook-parental-controls/>
- educateempowerkids.org
- getnetwise.org
- WiredKids.org
- Netsmartz.org

Other Things To Consider-

When in Doubt, Google

- Netflix/TV
- Playstation/Xbox
- YouTube
- iPhone:

AirDrop-

- Android:

GooglePlay-

- Chromebook
- Xfinity- WIFI & TV

The Finish Line-

- What is the end goal? What do we hope to teach our kids?
- Socially & emotionally healthy
- Free from addictions
- Responsible
- Good judgement
- Positive contributor to society
- Safe