

Helping Young People Thrive



TEEN

ESTEEM+

WWW.TEENESTEEM.ORG



Since 1994 Teen Esteem+ has been equipping K-12 students to make healthy life choices with a key focus on respect for self and for others, reaching well over 350,000 students and parents.

Classroom Presentations

- 5th Grade
- Middle School
- High School

Assemblies

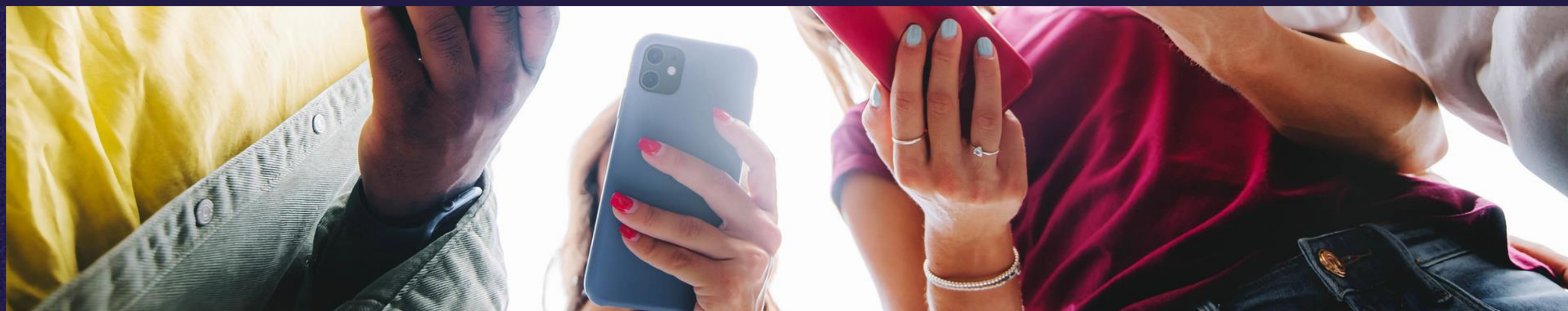
- K-5 Elementary
- Middle School

Parent Education

- Community Workshops
 - Parent Ed Events
- Lunch & Learns at Work
 - ED Talks Videos



Teens, Tweens and Screens



1. Influences
2. Cyberbullying
3. Strangers
4. Porn, Nudes,
Sextortion

If you have kids in the room...

Pornography

Average age of exposure is between 8 and 12

- The porn addiction part was most impactful because I used to go through it and it was pure hell.”
- “The most impactful part was where they talked about porn because I could relate. I was borderline addicted at the very young age of 8.”
- “The part about porn was the most impactful as I have struggled with use for quite some time. I first came across it by accident as a 3rd grader and haven’t been able to cut it out of my life yet.

joinfortify.com
fightthenewdrug.org

TEEN ESTEEM+

The Porn Talk

1. You don't have to come looking for it
2. Targets their age group – why? Customers for life
3. It is highly addictive
4. Often linked to human trafficking
5. Doesn't portray reality – can affect future relationships
6. Doesn't always portray consent
7. Often gets a lot darker and more abusive
8. Sexting, Catphishing/Sextortion – takeitdown.ncmec.org

Sexting

- **More than 1 in 10** 8 year olds have been exposed to sexting, **42 percent** by age 14
- **Over half** of kids don't want to sext but do it anyway – coercion is very strong and unfortunately becoming normalized
- One report shows **88%** of self-produced sexual images (nudes/sexts) appeared on parasite websites

Sextortion

#1 barrier
keeping kids
from reporting
sextortion?

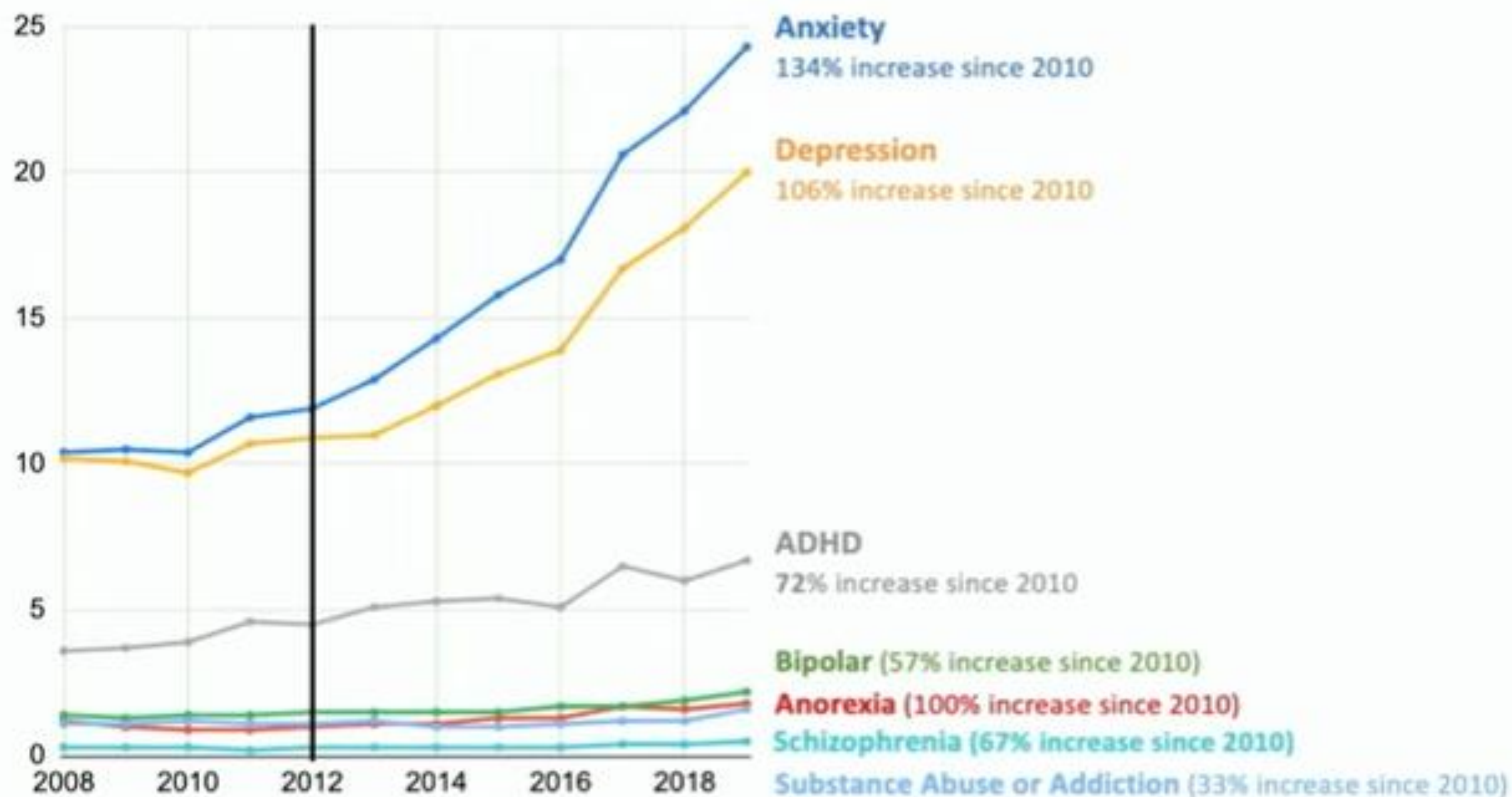
They're afraid parents will
take their phone away

**Darryl Holcombe, Senior Inspector
Internet Crimes Against Children Task Force
Contra Costa District Attorney's Office*

THE IMPACTS OF SOCIAL MEDIA ON

mental
health

% of U.S. Undergraduates Diagnosed with a Mental Illness

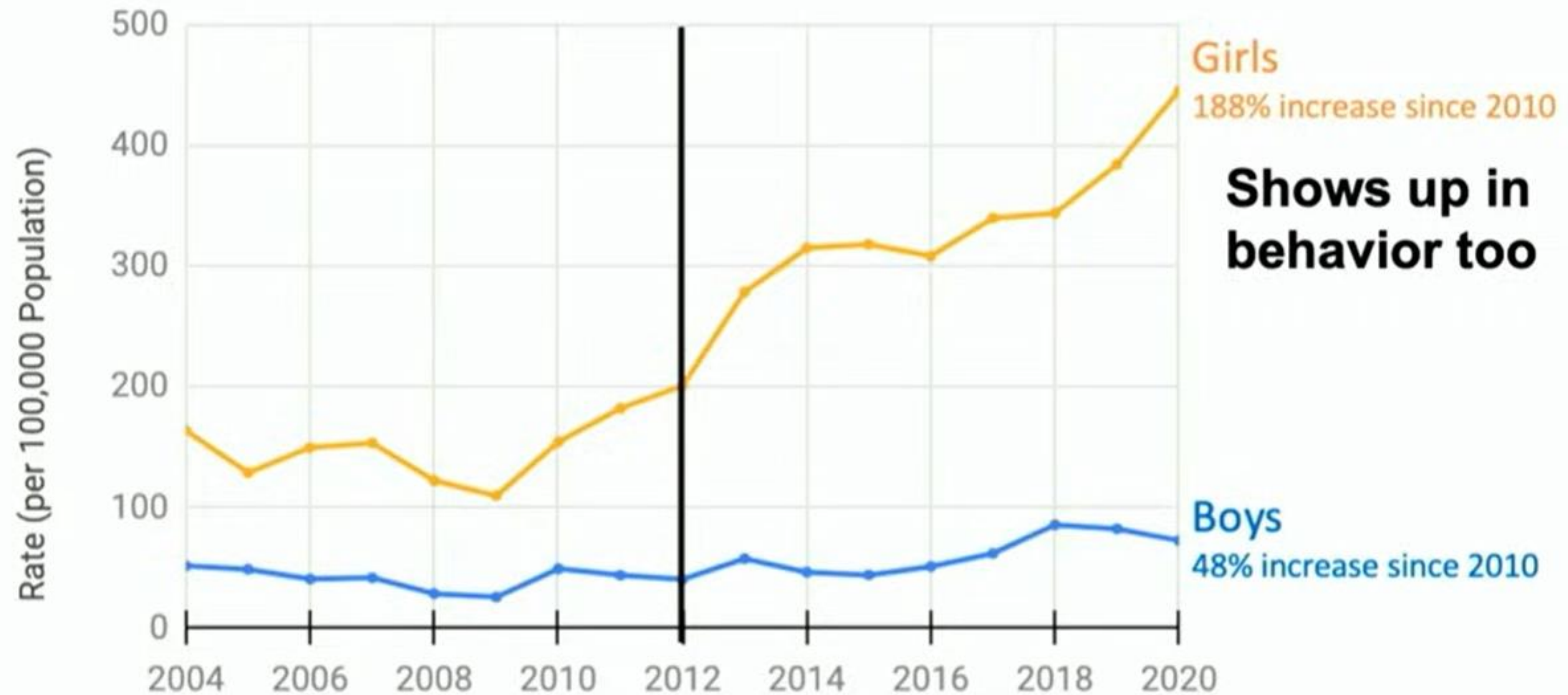


SOURCE: American College Health Association
(ACHA-NCHA II)



The Anxious Generation with Jonathan Haidt with Tristan Harris and the Center for Humane Technology

US Teens Admitted to Hospitals for Nonfatal Self-harm (Ages 10-14)

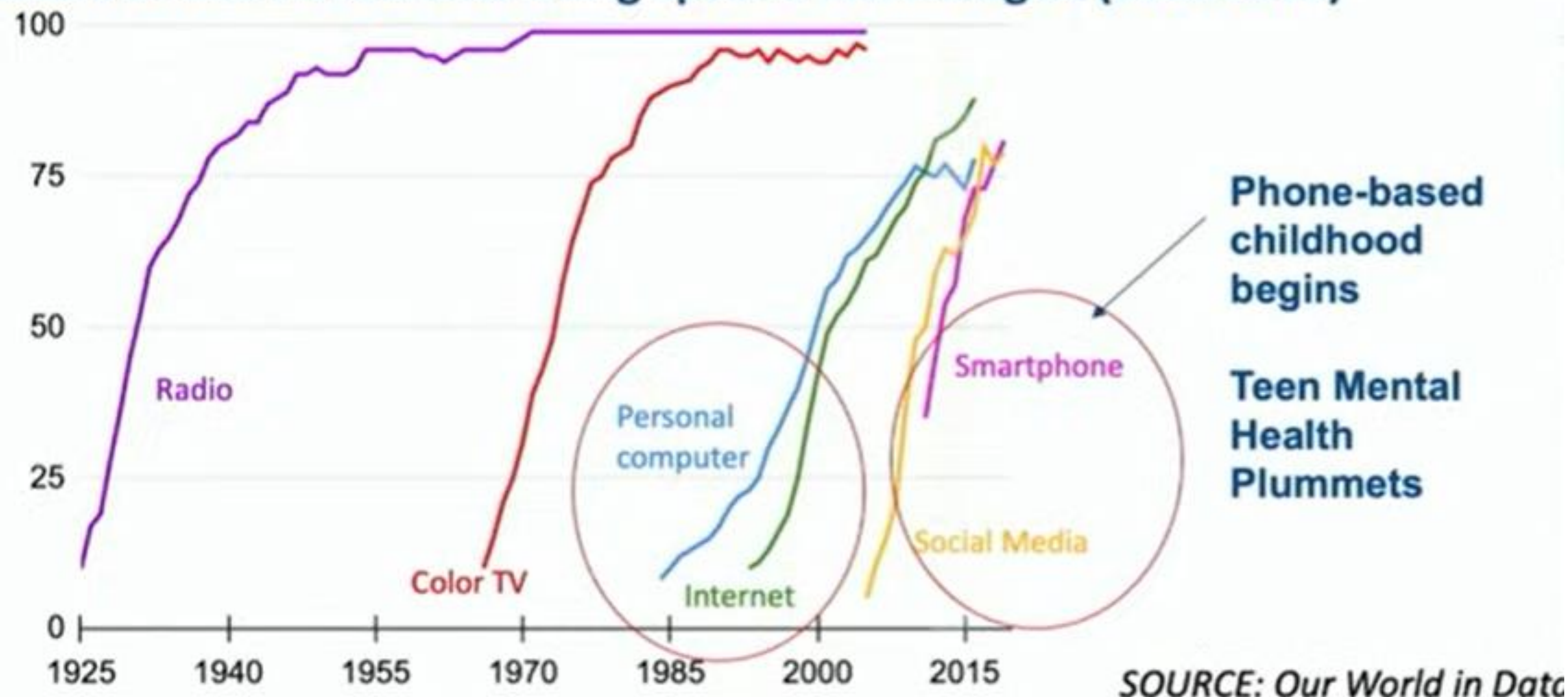


Source: CDC



The Internet Came in Two Waves. The First was Amazing

Share of U.S. Households Using Specific Technologies (1925-2019)



The suicide rate among U.S. middle school students doubled from 2007 to 2014

Why 2007?

**Center for Disease Control (CDC)*



1973



1993



2004



2007

**In 2009 girls admitted to the hospital for non-fatal self
harm increased**

63% for girls aged 15-19

189% for preteen girls aged 10-14

Why 2009?

**Center for Disease Control (CDC)*

In 2009 Social Media Became Widely Available on Smartphones



A University of Michigan study showed after rising since the early 1990s; adolescent self-esteem, life satisfaction and happiness plunged after 2012

Why 2012?

2012 is the year
smartphone ownership
reached the 50% mark
in the United States.

#1 It makes them feel worse about themselves



#2 It makes them feel worse about their friendships



#3 They can't get off of it

**US Surgeon General/CNN*

SMARTPHONES, SOCIAL MEDIA AND addiction

RETRAINING

The Brain

Steps to Help

- If already showing signs of addiction remember it is the main coping skill they have today
- Meet them with curiosity, education, active listening all while letting them know you love them
- It will be easier if they have buy-in
- Takes effort and replacement strategies

New Coping Strategies

- Dopamine through nature and play
- Regular Mindfulness/Meditation/Prayer - Meditation
(increases dopamine by 65% - Stanford Study)
- Gratitude jar
- Regular exercise – whichever form of exercise you enjoy the most will give you the highest increase in dopamine levels
- In-person socialization and fun
- Create something such as writing, music, art, crafts
- Volunteer – teaching kindness & empathy
- Something to make themselves proud
- Change WITH them – challenge each other, hold each other accountable

HELPFUL

Solutions

FOR EVERYONE

Model Healthy Behaviors

- Model being present for conversations/family time
- Adhere to your own rules (mealtime, etc.)
- Narrate your tech use
- Be aware of how much time you're spending on your phone
- Consider unplugging one day per week
- Model Healthy Coping Skills

What is your best coping skill?

Starting the Conversation When You're Already In It

- Find out what they already know
- Be honest
- Be sure they know your motives
- Make it an ongoing conversation
- Be their “safe” space, be understanding
- Research WITH THEM
 - Watch Social Dilemma on Netflix
 - Anxious Generation on Audiobook

Get Them Thinking...

- Values
- Ad counting
- Extra time to spend
- Take 5

Crafting Tech Policies Together

- A team effort - as much as you can
- When everyone is calm and undistracted
- Choose your battles
- Implement in a more digestible way
- Brainstorm concrete rules
- Be clear - there is a need for change in our tech rules

Tori Agawa, Associate Therapist/Teacher
Katie Dennis, Clinical Director

Smartphone Contract

- Be clear
- Be strong!



Smartphone Contract

EXAMPLES:

Time restrictions

No phone at night

100% transparency

Know their passwords

Be on their Social Media

Permission to download apps

Let me know about anything inappropriate

BE NICE!

Crafting Consequences Together

- The 3 R's: related, realistic, respectful
- FLEXIBILITY: re-evaluate as needed
- Normalize “messing up”

Prepare for Pushback

- Mature requests require mature conversations
- If tempers rise:
 - De-escalate your own feelings
 - Table the conversation for a **specific** future date
- Stick to the plan: the power of consistency



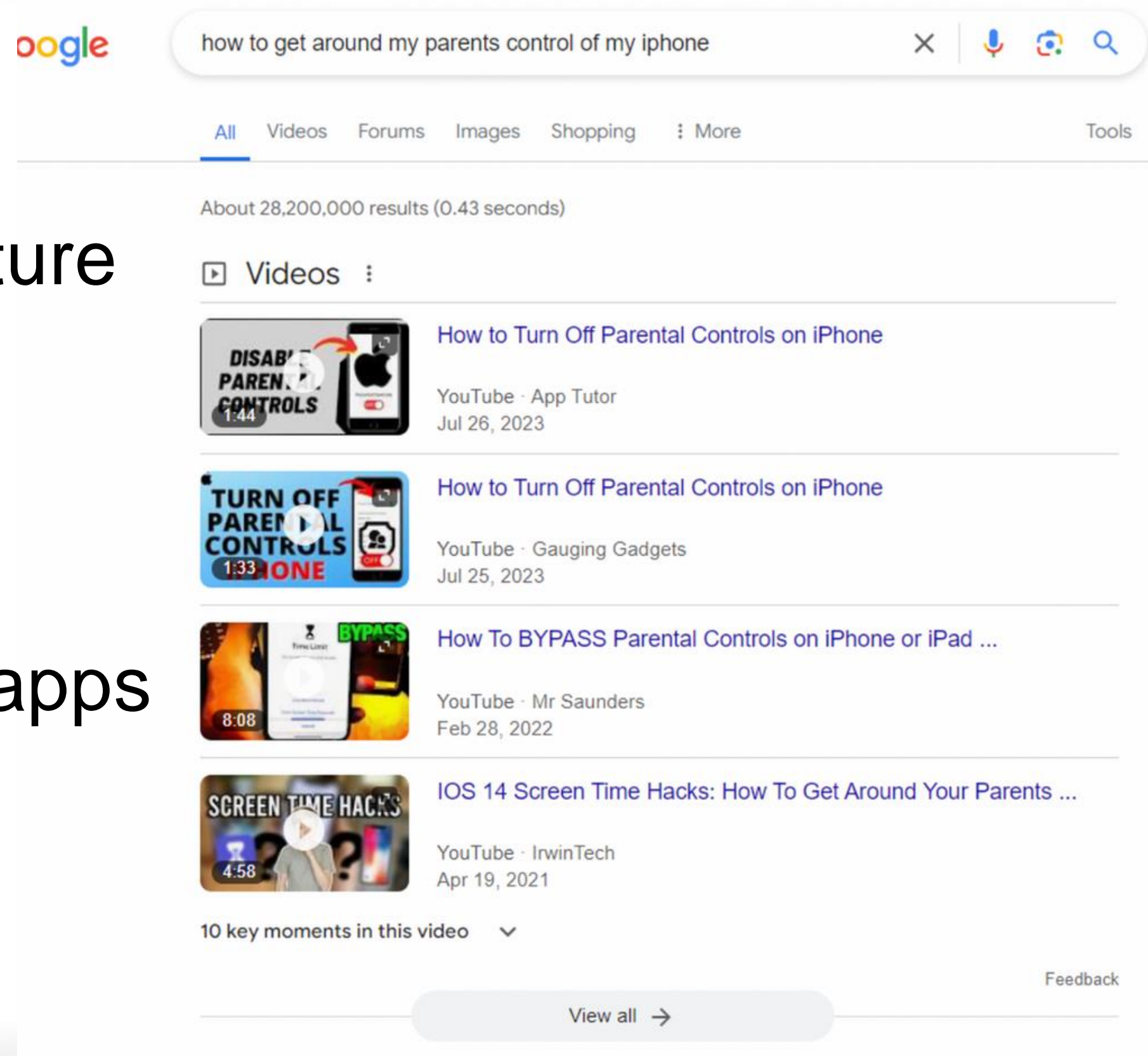
Tori Agawa, Associate Therapist/Teacher

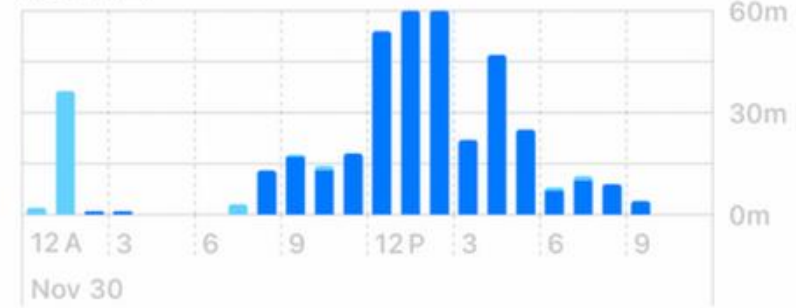
Help With Implementation

- Parent on a united front
- Expect mistakes
- Stick with the plan
- Take advantage of your parental controls

iPhone Restriction Workarounds:

- Using the "One More Minute" feature
- Changing time zones
- Deleting and reinstalling apps
- Using in-app browsers
- Accessing content through other apps like messages
- Guessing the parental passcode





Screen Off

1h 5m

[SHOW ACTIVITY](#)

	Phone	35%
	Messages	24%
	Safari	15%
	Audio	
	Twitter	14%
	Tesla	4%
	Background Activity	
	Home & Lock Screen	3%
	Outlook	2%
	myQ	2%
	Slack	1%

Help With Implementation:

Monitoring



Top Parental Control Apps

Helping Them Succeed

- Creating screen-free zones
- Make changes TOGETHER
- Teach and model healthy coping
- Encourage social media breaks
- **Turn off notifications**
- Do not disturb while sleeping, studying, at school
- DIY algorithms
- Think before you post...

Colleges Rescinding Admissions Offers as Racist Social Media Posts Emerge

Amid a national accounting over racism after George Floyd's death, at least a dozen schools have revoked admissions offers to incoming students.

Share full article

Live TV

Harvard rescinded admission for racist comments. It wasn't the first time

By Eric Levenson, CNN

Updated 1:29 PM EDT, Tue June 18, 2019

EDUCATION

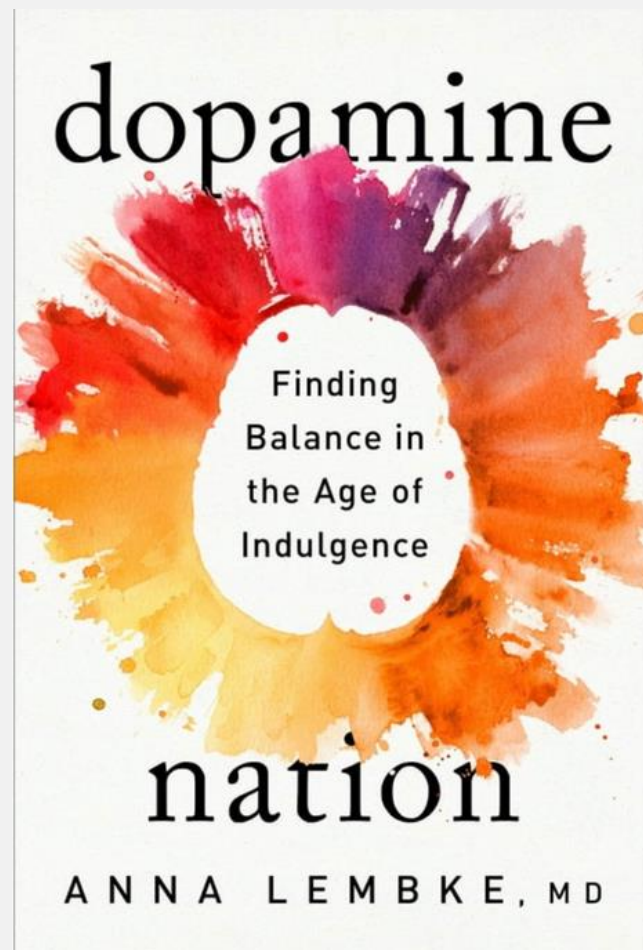
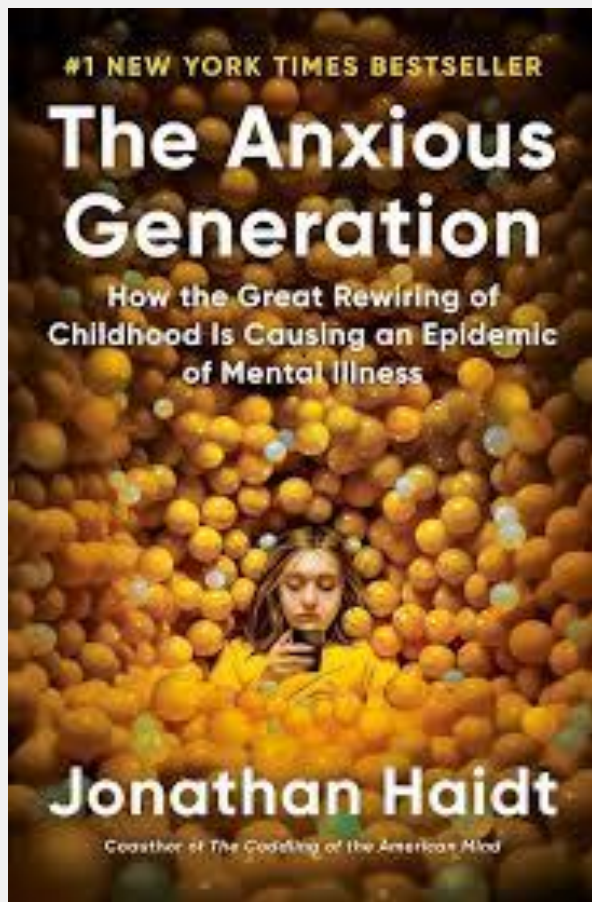
Education / Best Colleges / Can Your College Acceptance ...

Can Your College Admissions Offer Be Revoked?

Behavioral and academic issues can cause a university to take back a student's acceptance.

By Cole Claybourn March 8, 2023

Save



Parent Groups:

- Screensense.org
- Parenting in a Tech World
- Wait until 8th
- MAMA



Sign up for our bi-monthly resources



**Donate to
Teen Esteem+**

julie@teenesteem.org