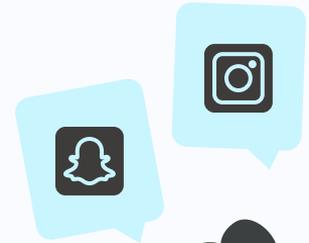


# Social Media & Relationships

FACEBOOK TWITTER  
TINDER MUSICALLY INSTAGRAM  
GIFS LIVESTREAMING SNAPCHAT  
EMOJIS GROUP VIDEO CHAT  
LIVE.ME TEXTING



Nancy Gutierrez  
Antoinette Laiolo



# What We'll Cover

1

Big Picture: Social Media Landscape

2

What's happening with Teens Mental Health

3

Brain Development: What are they thinking?

4

Potential Pitfalls & Practical Tips

5

Worst-Case Warning Signs: What to look for and what to do

6

Potential Positives: What's the good news?

7

Some Suggestions & Resources

**This brave new world isn't easy for parents.**



# Social Media Red Flags

- ★ Age-inappropriate content
- ★ Public default settings
- ★ Location tracking and sharing
- ★ Real-time video streaming
- ★ Ads and in-app purchases
- ★ "Temporary" pics and videos
- ★ Subpar reporting tools
- ★ Anonymity
- ★ Cyberbullying/negative culture



# Keeping Our Kids Safe

**Worst-case scenarios exist, but they are not the norm**

**20–54%** of teens have sent or posted sexy pictures of themselves. Most sexy pictures are sent to a significant other.

**51%** of girls say they felt pressure from a guy to send sexy pictures.

**30-40%** of teens say nude photos are shared beyond intended receiver.

**9%** of kids receive unwanted online sexual solicitations ( 2010).

**4%** of kids have online interactions where a predator attempts to make contact offline



# Myth or Truth ?

## Parents spend less time on devices than kids/teens

---

### Myth!

Parents spend 9:22 with screen media daily, including for personal and work use. 7:43 of that time is devoted to personal screen time. Tweens spend an average of 6 hours/day and Teens an average of about 9 hours/day on screens.

# BOYS ARE FROM XBOX, GIRLS ARE FROM INSTAGRAM

Average daily time used for social media and gaming is strikingly different.

## TWEENS

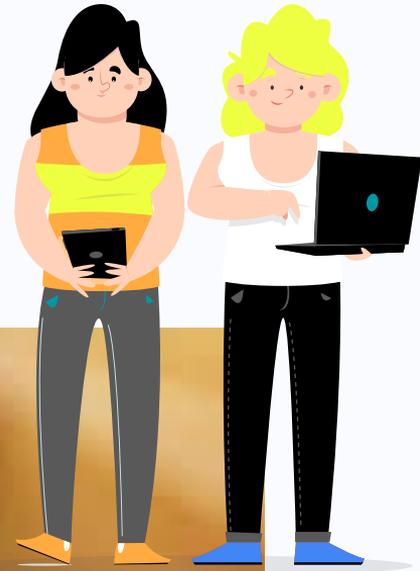


## TEENS



♂ Boys ♀ Girls

# Big Picture: What's Happening With Teens' Mental Health?



# Causes vs. Correlations: Lack of Clarity

1

## Overall statistics

Between 13- 20% of children in U.S. experience a mental disorder in a given year.

2

## Increase in depression

33% increase in # of 8th- 12th-grs w/high levels of depressive symptoms 2010-2015.

3

## Suicide Rate

Suicide is the second leading cause of death of people age 15-24.

4

## Some Research Links to Social Media

Teens who spent 5+ hours on devices were 66% more likely to have at least one suicide-related outcome.

5

## On the other hand ...

Other researchers say that data actually shows that social media only explains .36% of depressive symptoms.

6

## So many variables

Because there are so many variables and the connections between causes and outcomes are unclear, we don't have a lot of clear answers.

# What We Know for Sure



## How much they use matters

Teens who use the most digital media are the most unhappy.



## What they're using it for matters.

Teens who use social media passively or only to get likes and follows have the most negative outcomes.



## Other factors might matter more.

Overall media balance, sleep, general health, and other factors play a huge role in mental health.

# Brain Development: What Are They Thinking?



# Declaring Independence

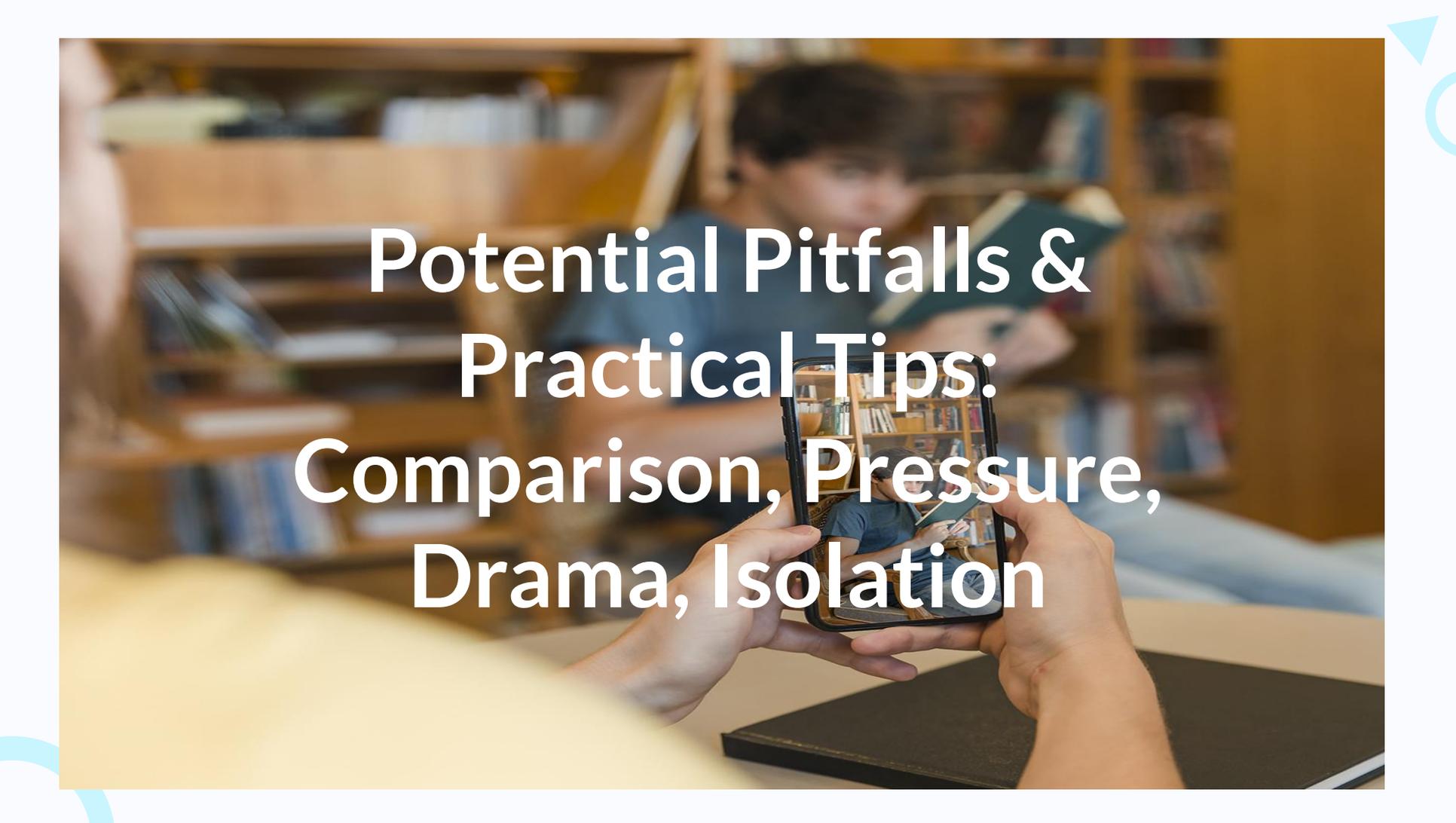
As kids get older, they go their own way



# The Teenage Brain

- ✓ Prefrontal cortex helps us think ahead, see consequences, and make decisions.
- ✓ Teens' prefrontal cortex isn't finished developing.
- ✓ They see situations as absolute truths that will last forever.
- ✓ Tweens develop meta-cognitive abilities and awareness of others' opinions of them.



A person is sitting at a desk in a library, holding a smartphone. The phone's screen displays a photograph of the same person reading a book. The background is a blurred library with bookshelves and another person reading. The text is overlaid in the center of the image.

**Potential Pitfalls &  
Practical Tips:  
Comparison, Pressure,  
Drama, Isolation**

# Comparison

- ✓ Altered images
- ✓ Presentation of perfection
- ✓ Focus on the superficial
- ✓ Highly visible sexual images
- ✓ Insta-judgement
- ✓ Social media metrics available 24/7



# How To Help

**Take the effects of social media seriously.**

"It's really hard to feel like you have to measure up to someone else, huh?"

**Combat "duck syndrome."**

"Boy, these pictures sure make everything seem perfect, but nobody's life is perfect."

**Pull back the curtain on perfection.**

"Hmm, how many selfies do you think she took to get this one? Which filter did she use?"

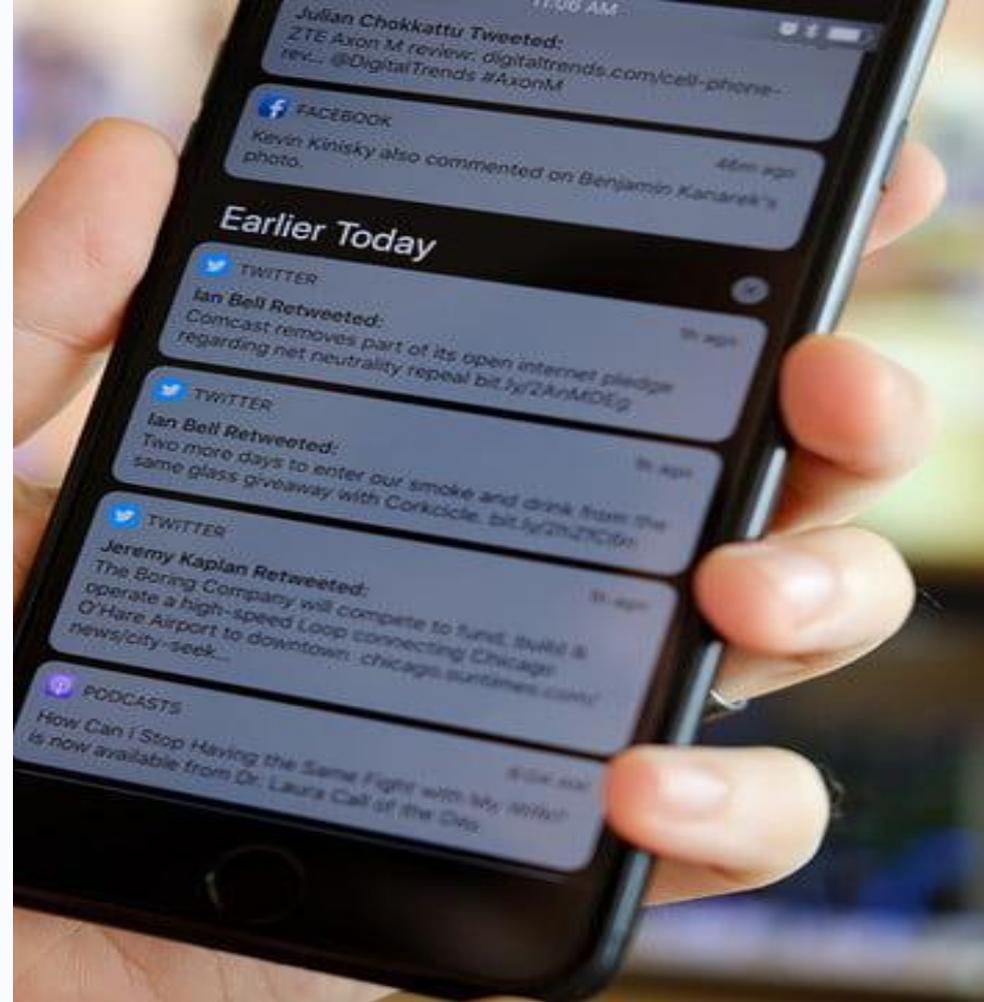
**Foster failure, and emphasize effort.**

"I really messed up at work, but listen to how I tried hard to fix it ... "



# Pressure

- ✓ Constant communication
- ✓ FOMO
- ✓ Sneaky tech tricks
- ✓ Superficial social contracts
- ✓ Information overload



# The Multitasking Myth and Mental Health

- Switching between two tasks rapidly is known to decrease performance.
- Teens are usually better at switching between two tasks but it still tires the brain and performance drops.
- Hippocampus impacted (learning and memory) when brain of rats stimulated by multiple screens. Took mice 3x as long to learn a maze, and brain changes remained.
- Balancing screen use for school and home can be hard to manage and can lead to more multitasking.
- If performance decreases, it can cause depression.

# More Pressure = Less Sleep

- 60% of adolescents view phones within the hour before bedtime.
- According to a 2015 CDC study, 73% of teens (across 30 states) and 58% of middle schoolers (across nine states) don't get enough sleep.
- Devices (like phones) with blue light can reduce quality of kids' sleep even more than for adults.
- Lack of sleep can significantly impact mental health.

# How To Help

**Know that the pressure feels real, so lead with empathy.**

"I bet sometimes it feels hard to keep up with all of this."

**Encourage your teen to limit notifications.**

"Let's take a look in your settings and see if we can adjust how urgent it seems."

**Take a break.**

Even a short break can give some relief.

**Set limits to help your kid contain demands for communication.**

"As a family, we're not using phones at the table or in bed."

**Be a strong role model for healthy behavior.**

"It's hard for me, too. Maybe we can help each other."



# Drama

*Between being left out, cyberbullying, and significant others, social media can be stressful.*

- ✓ Mean girls and misunderstandings
- ✓ Cyberbullying and cruelty can be crushing
- ✓ Significant others and sexting



Clip from AT&T's  
*There's a Soul Behind That Screen*

# How To Help

**Stay engaged, empathic, and encouraging.**

"I'm right here with you, and I know this is hard."

**Help teens think through potential consequences of posting and sharing.**

"How do you think she'll feel if picture gets around?"

**Collect evidence, block, report, and involve institutions when necessary.**

**Encourage teens to be upstanders and create a positive online culture.**

"I know it might feel scary, but I'll bet she'd like someone to have her back."



# Isolation

*Sometimes being in the digital world feels easier than being face-to-face and strangers feel safer than friends.*

- ✓ Online world becomes more important than offline world
- ✓ Digital device demands all time -- no desire to do anything else
- ✓ Dramatic changes in mood, grades, and social circle
- ✓ Secrecy and lack of in-person relationships can mean contact with strangers



# How To Help

**Address underlying causes before taking away devices completely.**

"I notice that you prefer to just stay in your room lately, and I'm curious about why that is. What's going on?"

**Keep devices out of private spaces.**

"We're all going to charge our phones in the living room at night so we can get better sleep."

**Remind teens that online friends are different from face-to-face friends.**

"I believe your online friends are real friends, and also to really know a person, you need to see them face-to-face."

**Bring time online back into overall balance.**

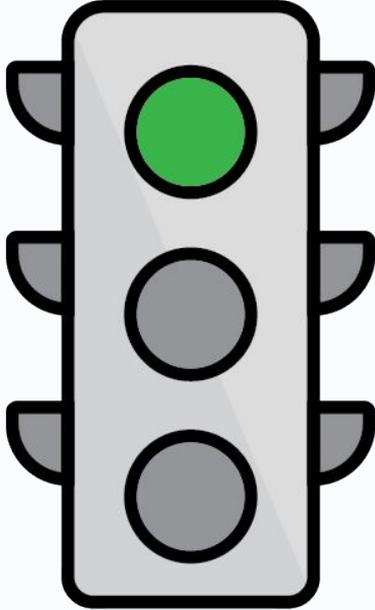
"As a family we're going to set some limits around when and where we use devices."



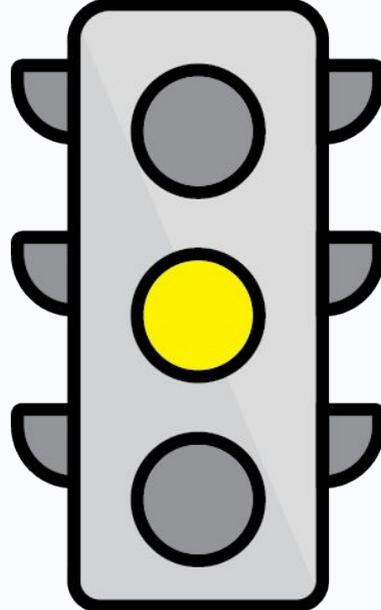
# Worst-Case Warning Signs: What to look for and what to do



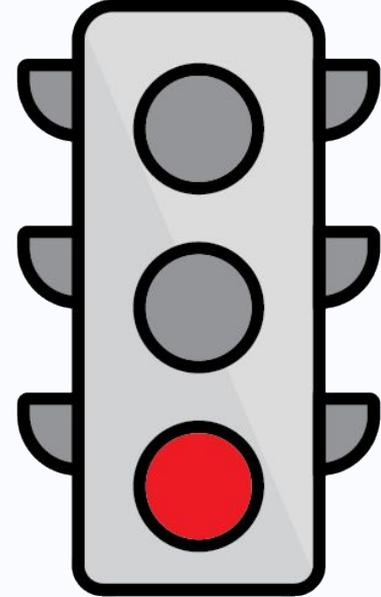
# Time to Watch



Typical Tween/Teen



Changes in behavior,  
achievement, friends



Clear warning signs

# The Next Steps When They're Struggling

- Calm, non-accusatory approach
- Express your love -- a lot
- Empathy and validation
- Getting help shows strength
- Find positive ways to connect
- Minimize conflict
- Know your kid's friends
- Stay in touch
- Talk openly about it, even though it's scary
- Seek professional help

## Here are some things you can say:

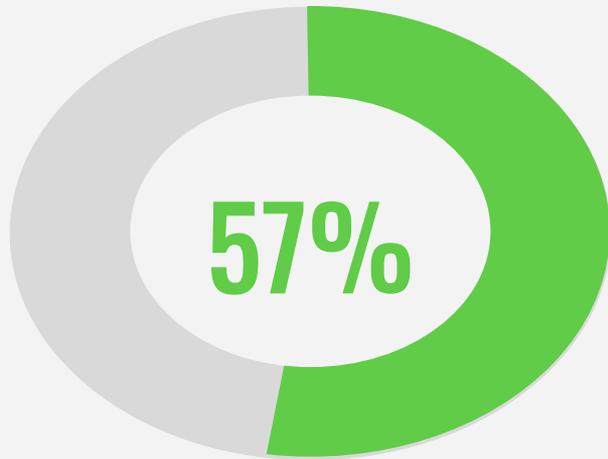
"I've noticed (name the concerning behavior). It seems like maybe you're going through a hard time. I really want to hear about what's happening for you. If you'd rather talk to someone else, that's OK, too. We can do whatever you need. It might feel like you're alone, but you're not. I'm right here with you, and I love you very much."

# Potential Positives: Any good news?



# Myth or Truth?

## Social media alienates teens.



**Myth!**

57 percent of all teens have made new friends online.

**68%**

Of teen social media users have had online friends support them through tough or challenging times.

**84%**

Of boys who play networked games with friends feel more connected when they play online.

**70%**

of teens use social media multiple times each day.

Over  
**70%**

of teens don't feel better or worse after social media use.

**25%**

of teens feel less lonely after social media use.

**16%**

of teens feel less depressed after social media use.

**12%**

of teens feel less anxious after social media use.

**18%**

of teens feel better about themselves after social media use.

**Be There and Show You Care!**

**Get Involved**

**Stay Involved**

**See What They See**

**Find The Fun**



# Use Media: Don't Let It Use You

## All About That Balance

Ask yourself – is my child:

- ✓ Physically healthy and sleeping enough?
- ✓ Connecting socially with family and friends (in any form)?
- ✓ Engaged with and achieving in school?
- ✓ Pursuing interests and hobbies (in any form)?
- ✓ Having fun and learning in their use of digital media?



Source: "New screen time rules from the American Academy of Pediatrics"

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# Set Yourself Up For Success

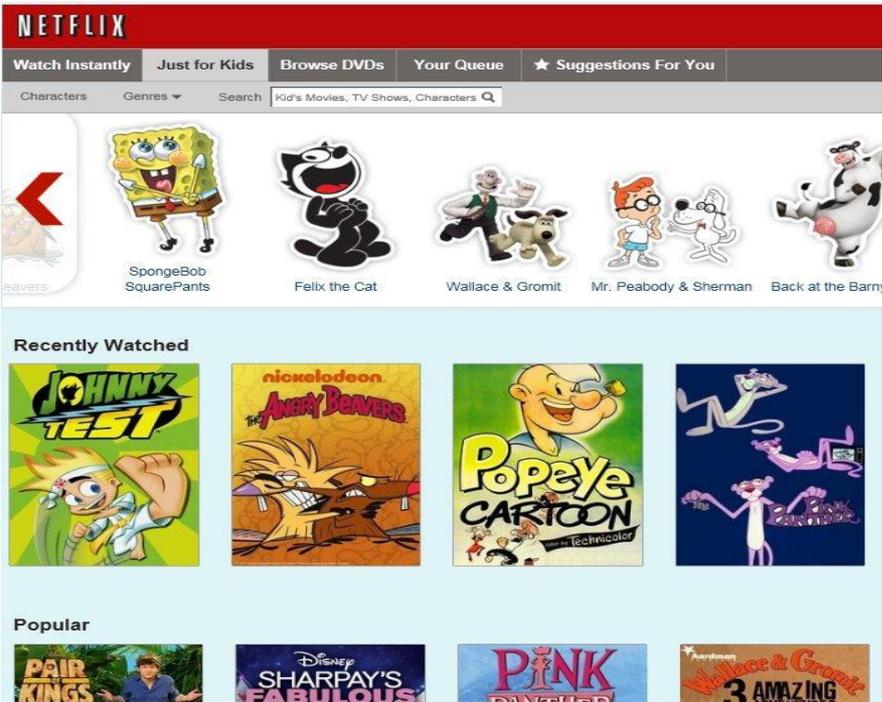


What are best practices around digital media and devices ?

- Use media with your kid.
- Know your own rules.
- Set expectations and rehearse.
- Connect media to real life.
- Talk about commercials and other advertising.
- Encourage creation as well as consumption.
- Talk about digital citizenship.
- Model the media behavior you want to see in your kids.



# Be Choosy, 3 C's



# CHOOSE, CHECK, CHAT

# A phone: To buy or not to buy?

## Responsible

Do they show basic responsibility with time, valuables, and behavior toward others?

## Social

Is there a social benefit to having a phone? A social cost to not having one?

## Safe

Are there reasons you need to be in touch for your kid to stay safe?

## Respectful

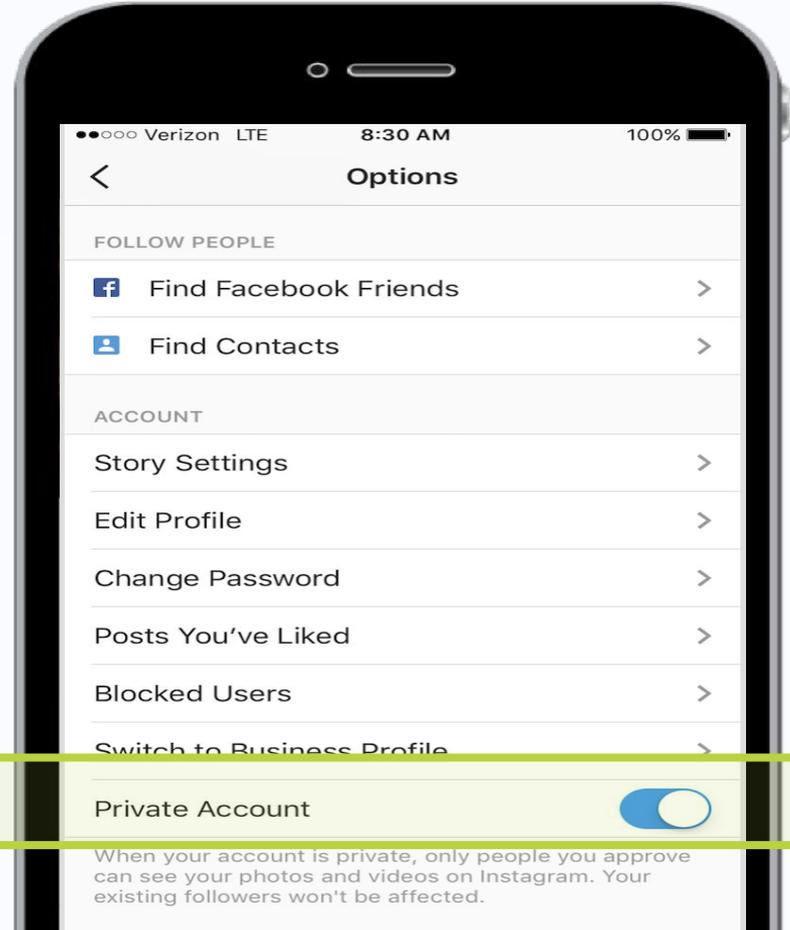
Do they generally follow rules? Will they agree to the limits you set?

# Privacy Settings

## Posts are Private



Turn privacy ON to approve follow requests. Your existing followers won't be affected.



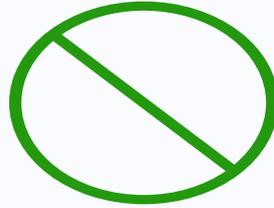
# Self-reflect Before You Self-reveal!



# Treading Carefully With Teens



**Judge**



**Jump to  
Conclusions**



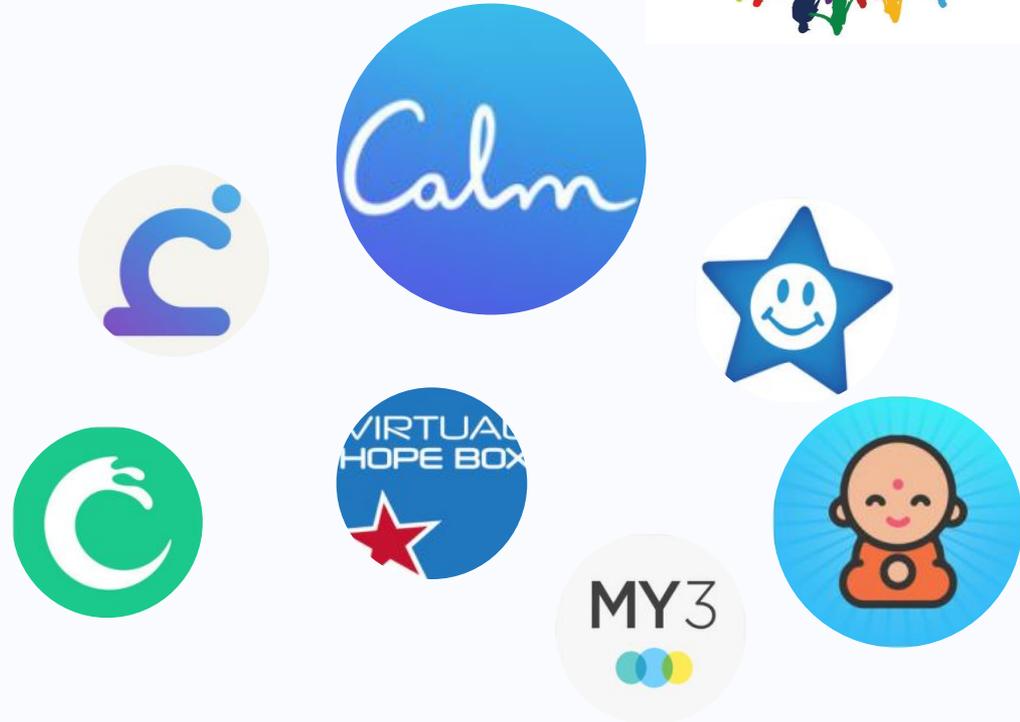
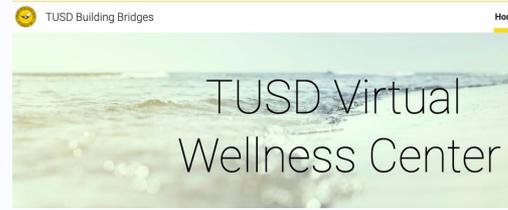
**Jump into  
Action**

# Digital Resources

- [TUSD Virtual Wellness Center](#)
- TUSD Wellness Line 424-757-4190 or by email at [tusdwellness@tusd.org](mailto:tusdwellness@tusd.org)
- [TUSD South Bay Families Connected](#)
- [Common Sense Media](#)

## Wellness APPS:

- Calm
- My Gratitude Journal
- HappiMe for Young People
- Calm Harm
- My3
- Virtual Hope Box
- Pacifica for Stress & Anxiety





# Questions?

