

A grayscale background image showing a person from behind, wearing large headphones and holding a laptop. Their feet, wearing sneakers, are visible in the foreground, resting on a surface.

Teen Issues & Social Media:

Which came first: the issues or the apps?

Gwenn S. O'Keeffe, MD
Pediatrics Now
www.pediatricsnow.com

Disclosure

In the past 12 months, I have not had a significant financial interest or other relationship with the manufacturer(s) of the product(s) or provider(s) of the service(s) that will be discussed in my presentation.

This presentation will (not) include discussion of pharmaceuticals or devices that have not been approved by the FDA or if you will be discussing unapproved or “off-label” uses of pharmaceuticals or devices.

Today's Goals

1

Today's Digital World

2

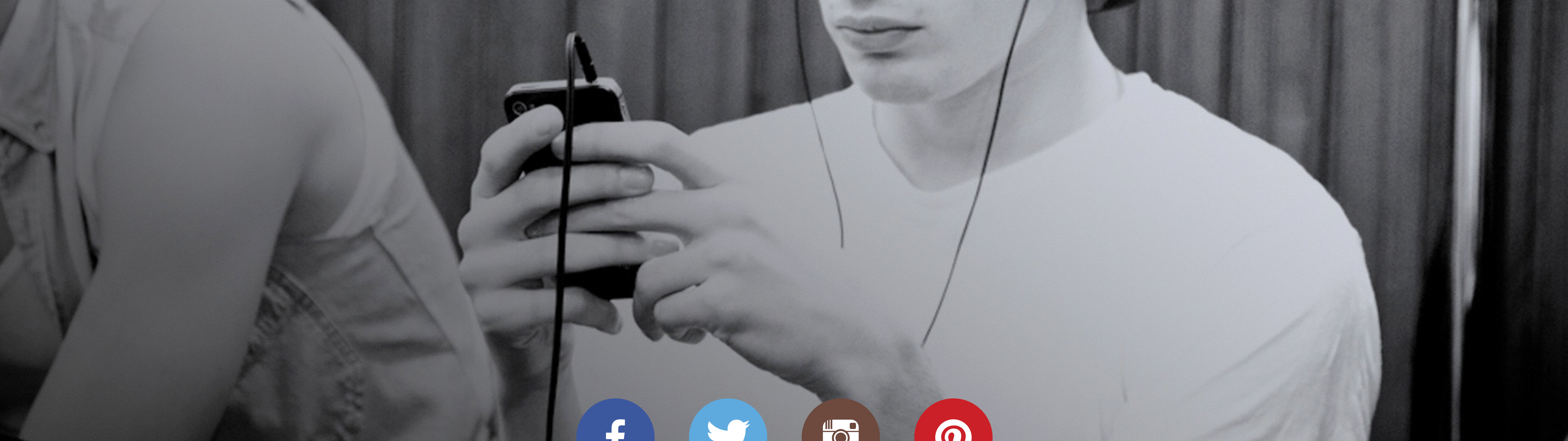
Social Media &
Teen Brains

3

Digital Issues

4

Solutions



Today's Digital World

Dr. Gwenn's Rules of the Digital World

- Age matters
- Kids and Teens do what they see
- If you wouldn't do it offline, don't do it online
- When in doubt, unplug
- A busy teen is a teen out of trouble (usually)



**JAN
2016**

INTERNET RANKINGS

BASED ON INTERNET PENETRATION IN COUNTRIES WITH NATIONAL POPULATIONS OF 50,000 PEOPLE OR MORE

HIGHEST INTERNET PENETRATION

#	COUNTRY	%	USERS
01	ICELAND	98%	324,518
02	BERMUDA	97%	68,280
03	NORWAY	96%	5,047,528
04	DENMARK	96%	5,452,151
05	ANDORRA	96%	82,148
06	UAE	96%	8,807,226
07	NETHERLANDS	95%	16,143,879
08	LUXEMBOURG	95%	541,206
09	FAROE ISLANDS	95%	47,762
10	SWEDEN	94%	9,216,226

LOWEST INTERNET PENETRATION

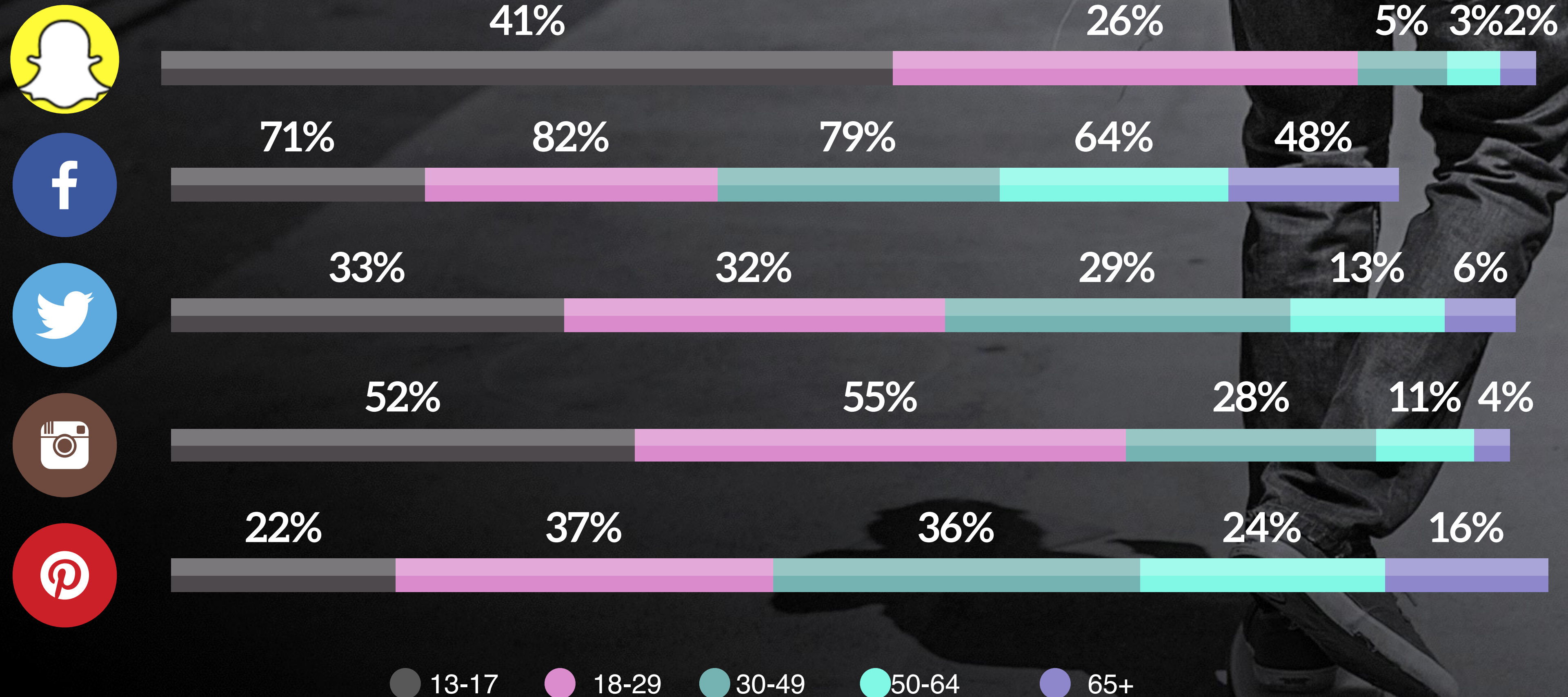
#	COUNTRY	%	USERS
214	NORTH KOREA	0.03%	7,200
213	NIGER	2.0%	395,990
212	CHAD	2.5%	356,678
211	CONGO (DEM. REP.)	3.0%	2,381,254
210	ETHIOPIA	3.7%	3,700,000
209	GUINEA-BISSAU	3.8%	70,000
208	SIERRA LEONE	4.0%	260,000
207	CENTRAL AFRICAN REP.	4.4%	217,279
206	SOMALIA	4.6%	500,000
205	BURUNDI	4.6%	526,372

FEB
2014

EUROPE: SOCIAL MEDIA PENETRATION



Social media data



Data Sources:

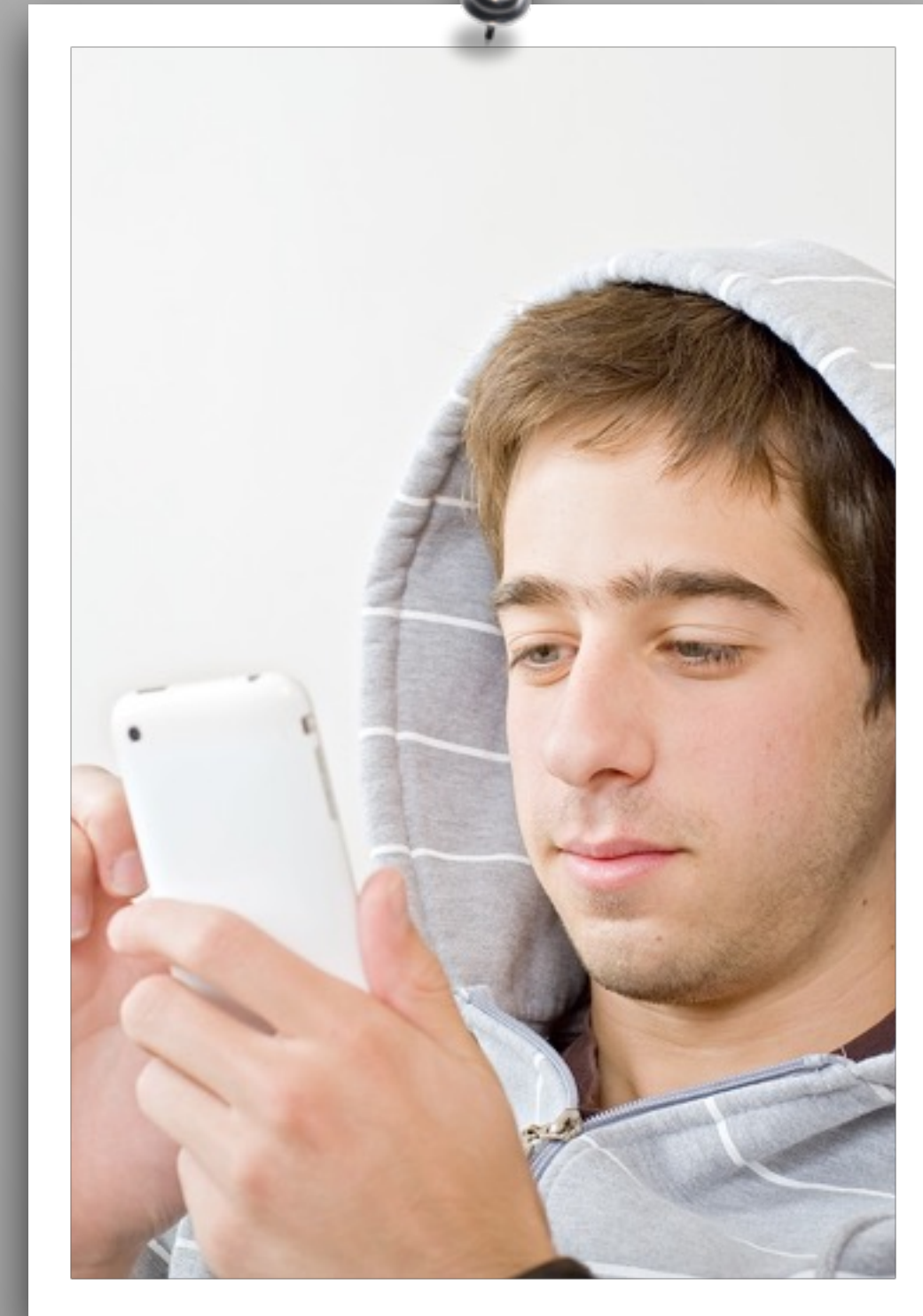
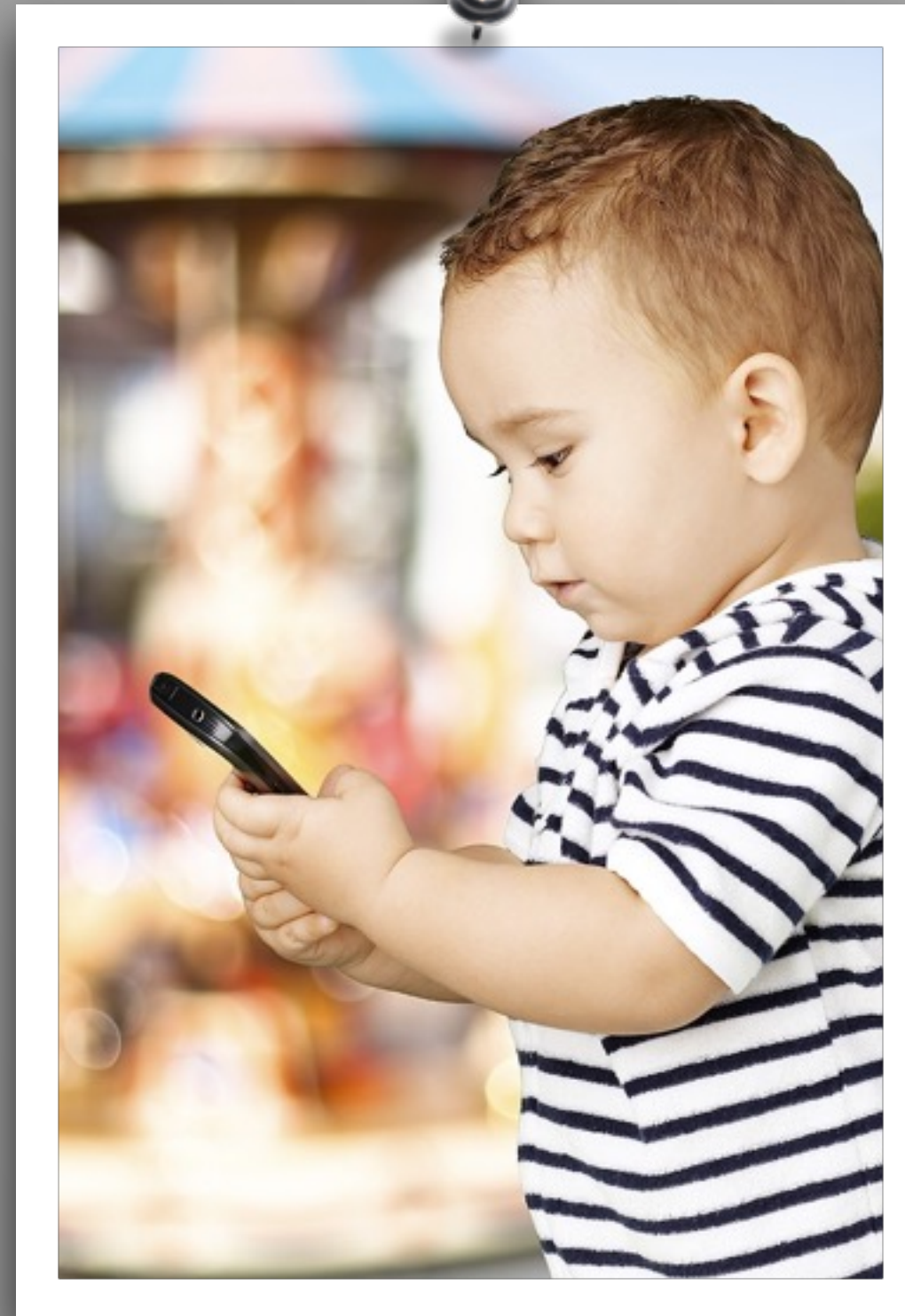
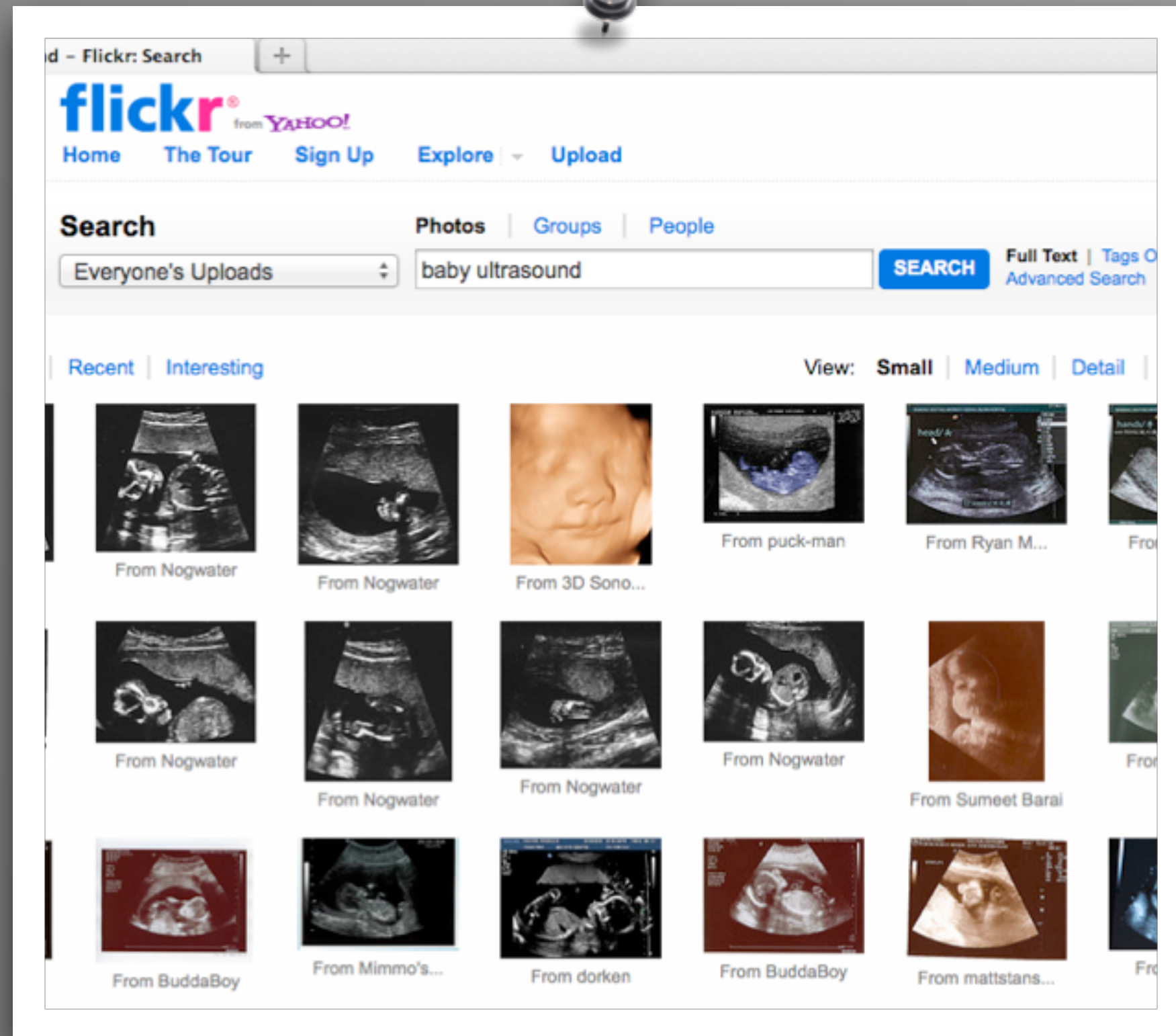
<http://www.pewinternet.org/2015/04/09/mobile-access-shifts-social-media-use-and-other-online-activities/>

<http://www.pewinternet.org/2015/08/19/the-demographics-of-social-media-users/>

<http://www.pewinternet.org/2013/10/28/additional-analysis/>

Born Digital

Born Digital



KIDS PLAYING



THEN



NOW





What They See



What They Do



The Role of Parents

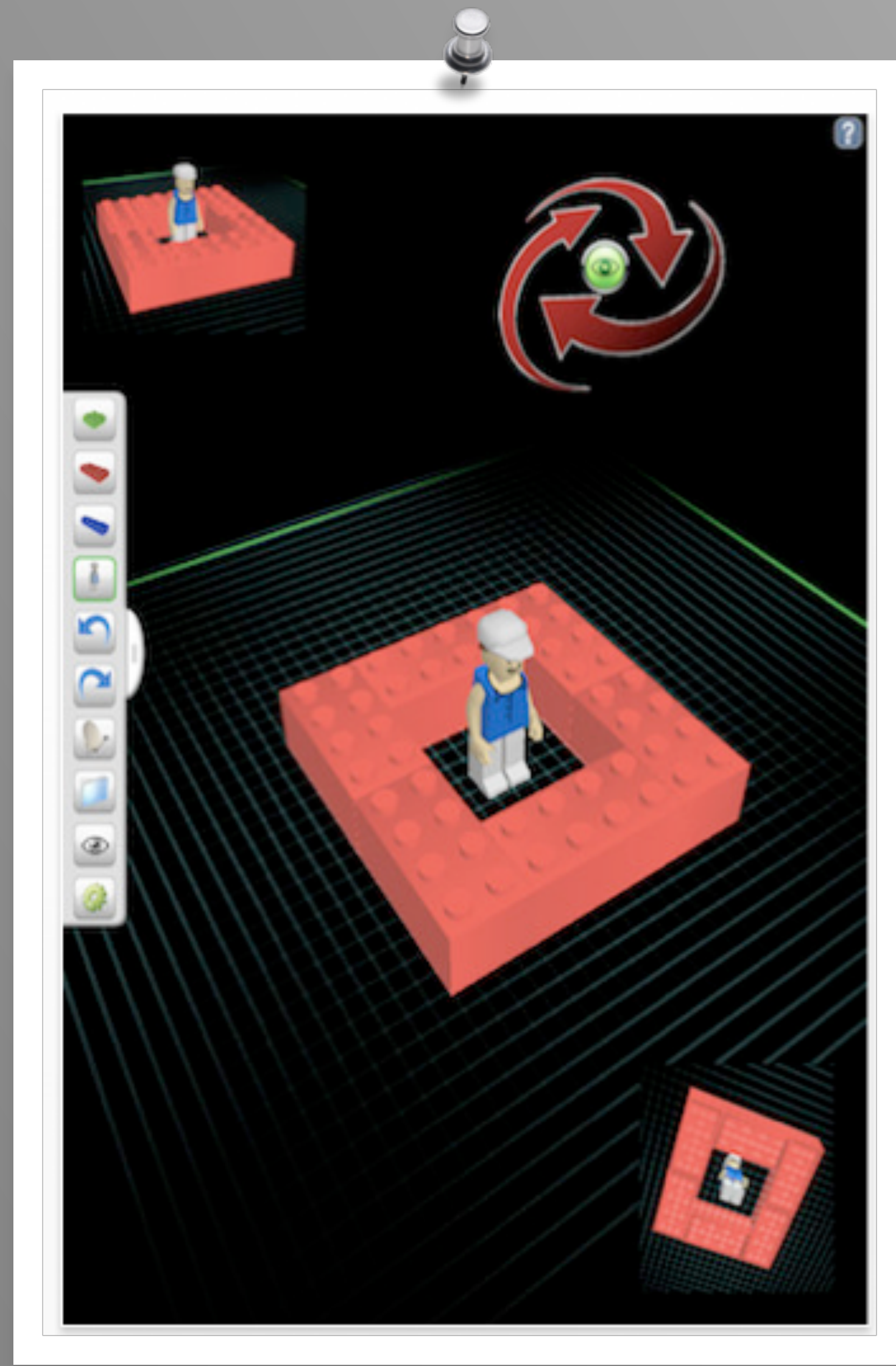


Time Magazine: 1999

Go ahead and act like Mom of the Year on Facebook, but don't forget some of us know you in real life.



som^{ee}cards
user card



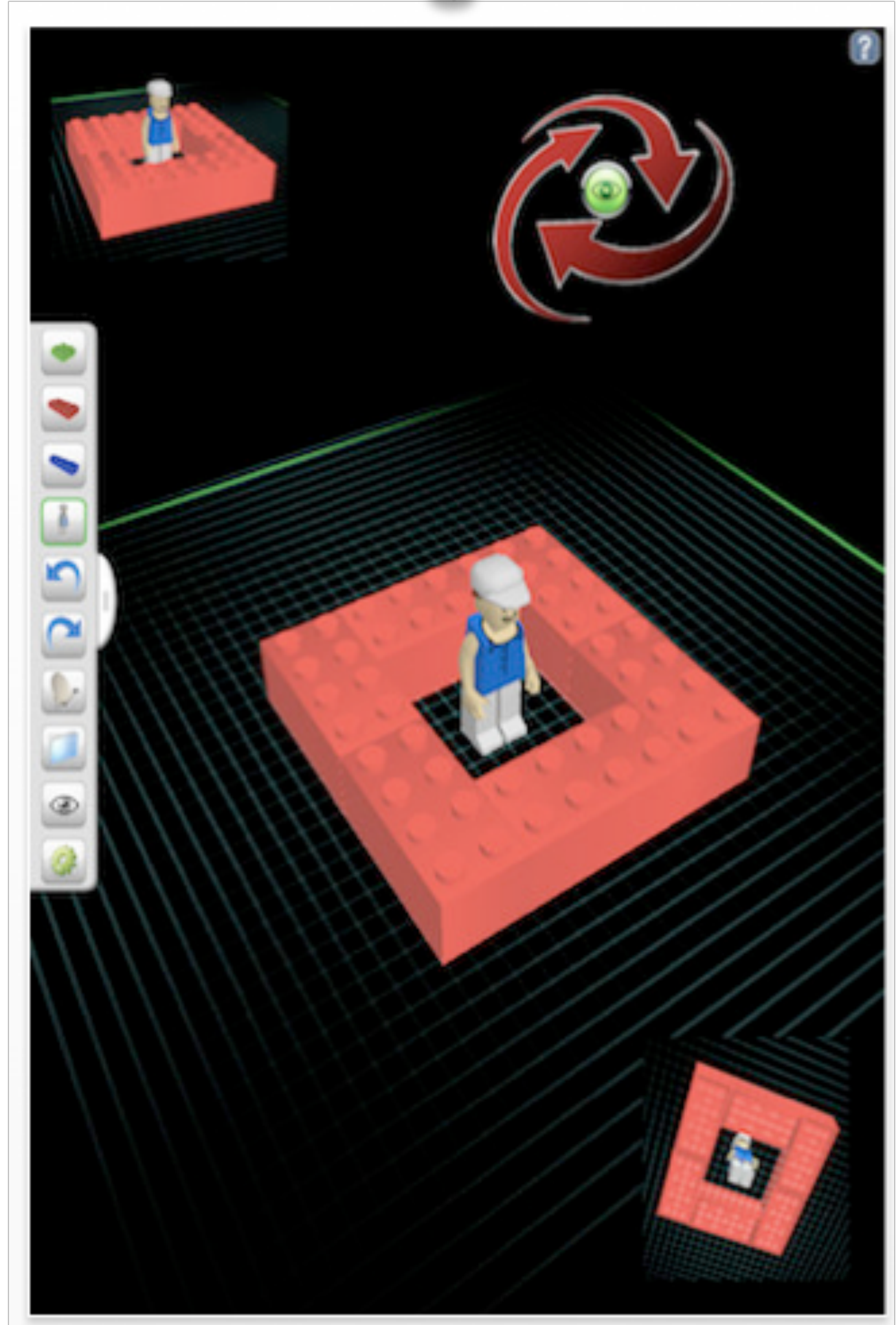


Figure 1: Perceptions of oversharenting on social media

74% of parents feel another parent shared too much online



Source: C.S. Mott Children's Hospital National Poll on Children's Health, 2015

Figure 1. **Parents Who Occasionally Follow the Advice of Their Children's Doctor**

Proportion of parents
most likely to follow advice about...

Nutrition-**38%**

Going to the dentist-**22%**

Using car seats/ booster seats-**10%**

Proportion of parents
least likely to follow advice about...

Discipline-**40%**

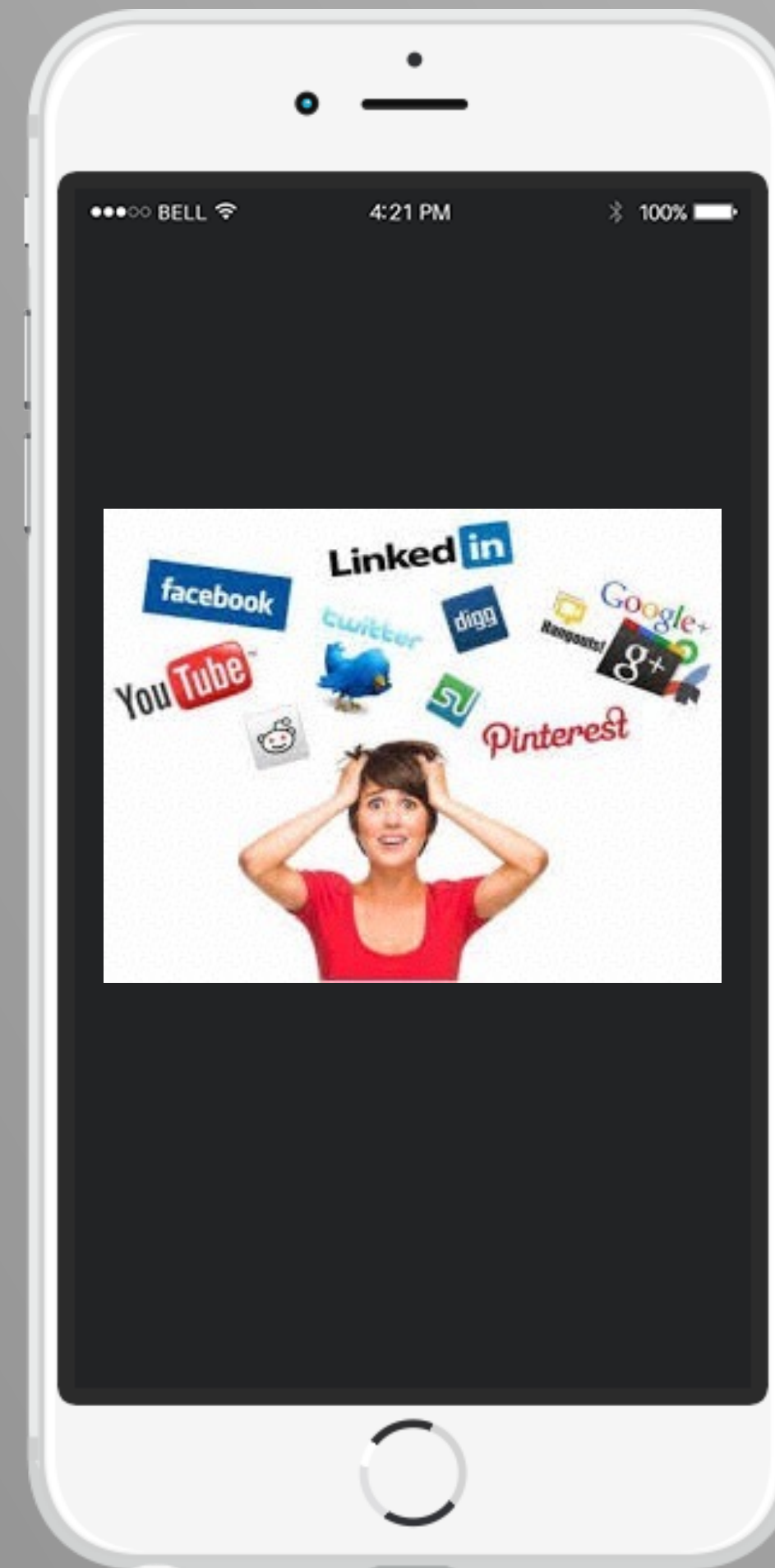
Putting child to sleep-**18%**

Watching TV-**13%**



Source: C.S. Mott Children's Hospital National Poll on Children's Health, 2013.

The Battle: Apps



The Age Issue

- The Terms of Service for most social media sites is 13 years old
- Going on before 13 is akin to driving without a license or drinking before the proper legal age
- To go on before age 13, you have to lie about your child's age
- Ask this:
- would you do this in the “real” world?
 - would you allow your child to go to a party with 18 year olds?
 - 20 year olds?
 - 30 year olds?

GrabFileEditCaptureWindowHelp

zynet.com

38% of kids on Facebook are under the minimum age of 13 | ZDNetMarketer Beware: 7.5 Million Facebook Users Are Kids | PCWorldMark Zuckerberg won't let daughter Max have own Facebook a...

EDITION: US


ZDNet

VIDEOSCXOWINDOWS 10CLOUDINNOVATIONSECURITYAPPLEMORENEWSLETTERSALL WRITERS


MUST READ WILL THE SPECTACULAR FAILURE OF THE SAMSUNG NOTE 7 KILL ANDROID?


38% of kids on Facebook are under the minimum age of 13

Everyone knows Facebook has a minimum age problem, but it's always surprising to see numbers that show just how serious the problem is. Millions of children are illegally using the social network.



By Emil Protalinski for [Friending Facebook](#) | April 13, 2012 -- 09:06 GMT (02:06 PDT) | Topic: [Social Enterprise](#)





Support the American Red Cross.

CLICK HERE

American Red Cross



Designer Models Now Open

Montage at
Danforth
Green -
Framingham

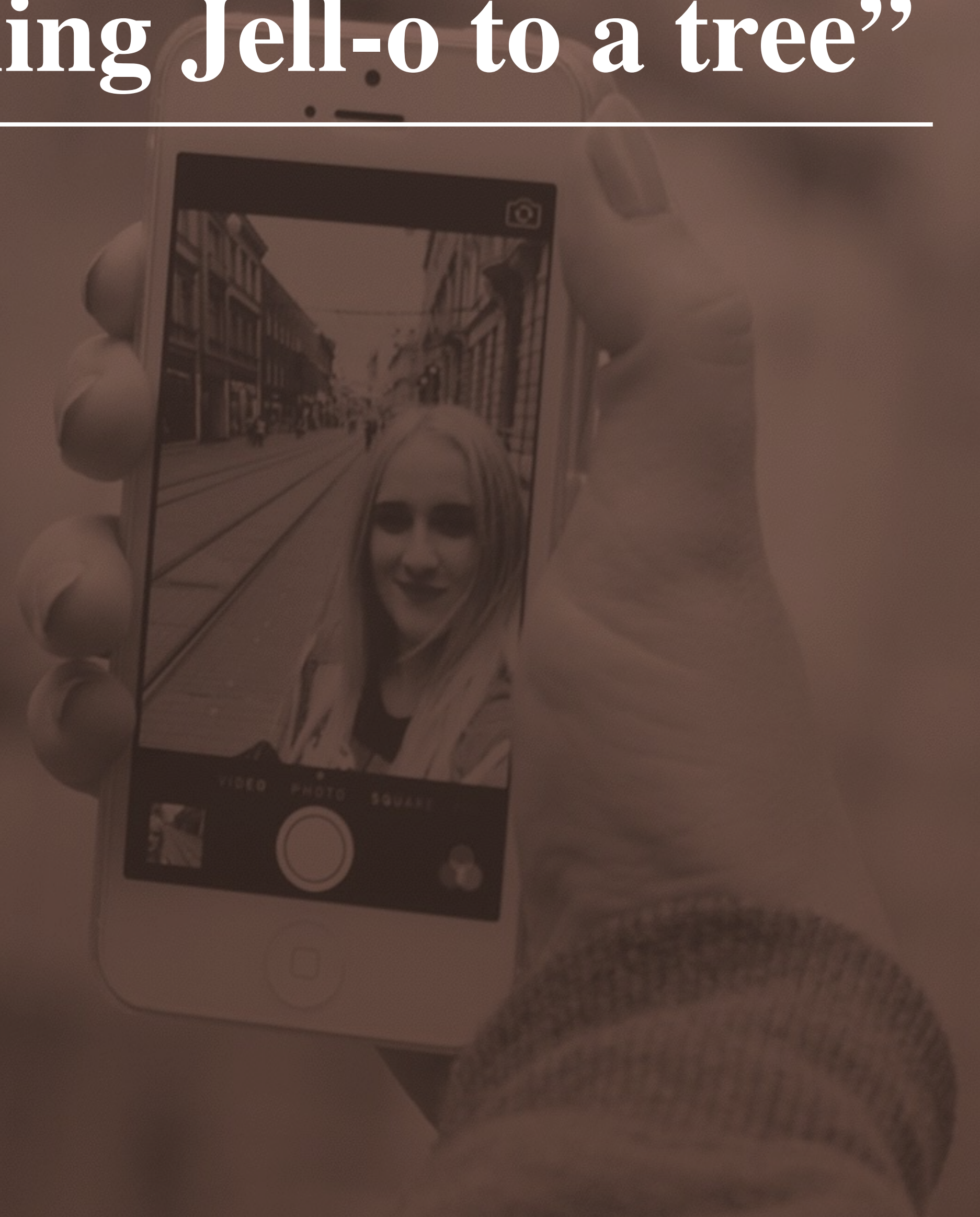
'She has to follow the rules': Mark Zuckerberg and his wife won't let their daughter Max have her own Facebook account until she is 13 years old

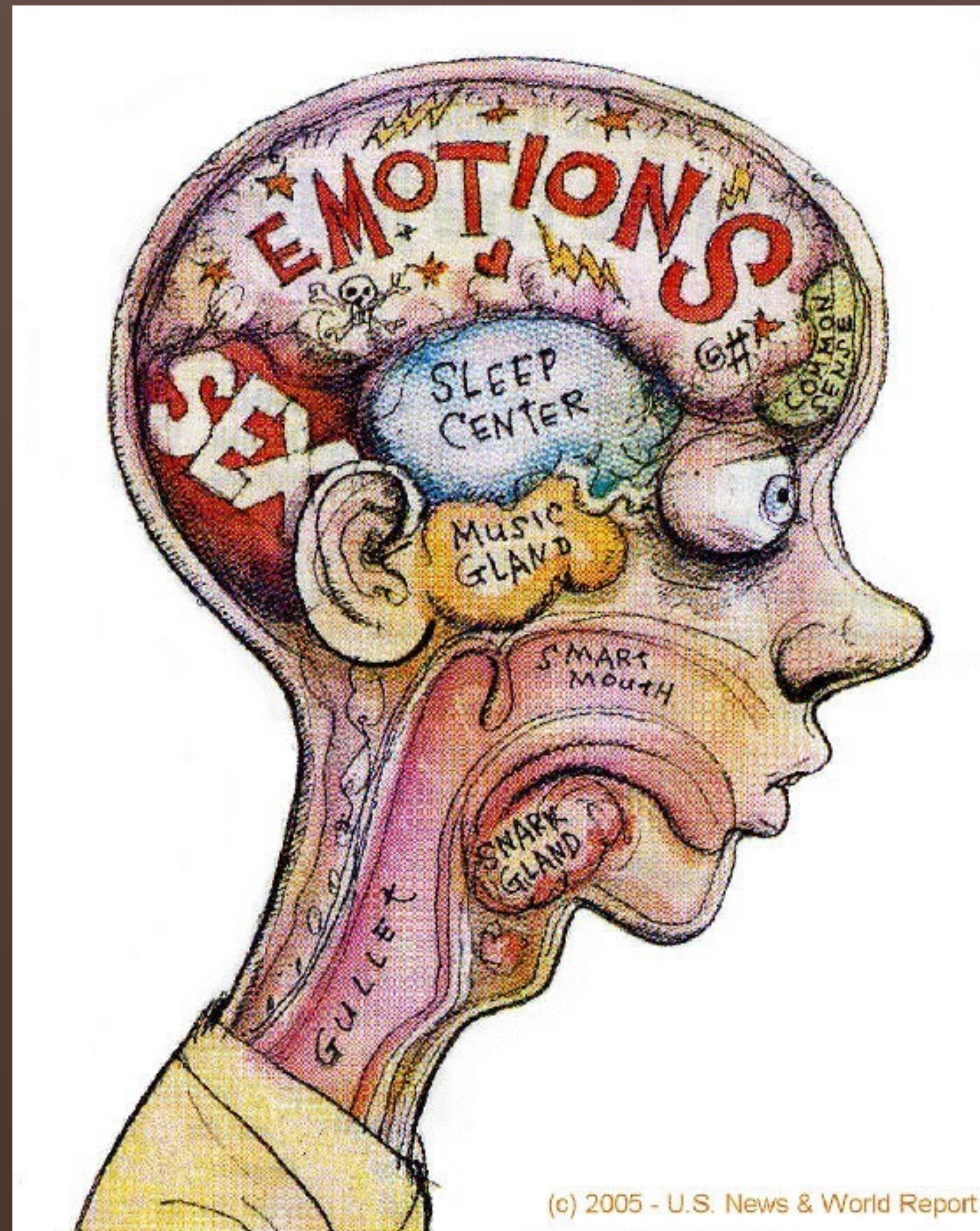
- Priscilla Chan says the couple's daughter will have to wait before logging on to the social network
- Chan is promoting the couple's philanthropic efforts, which she says are mostly inspired by their 10-month-old daughter
- They plan to give away 99 per cent of their \$45billion fortune to help solve the world's problems



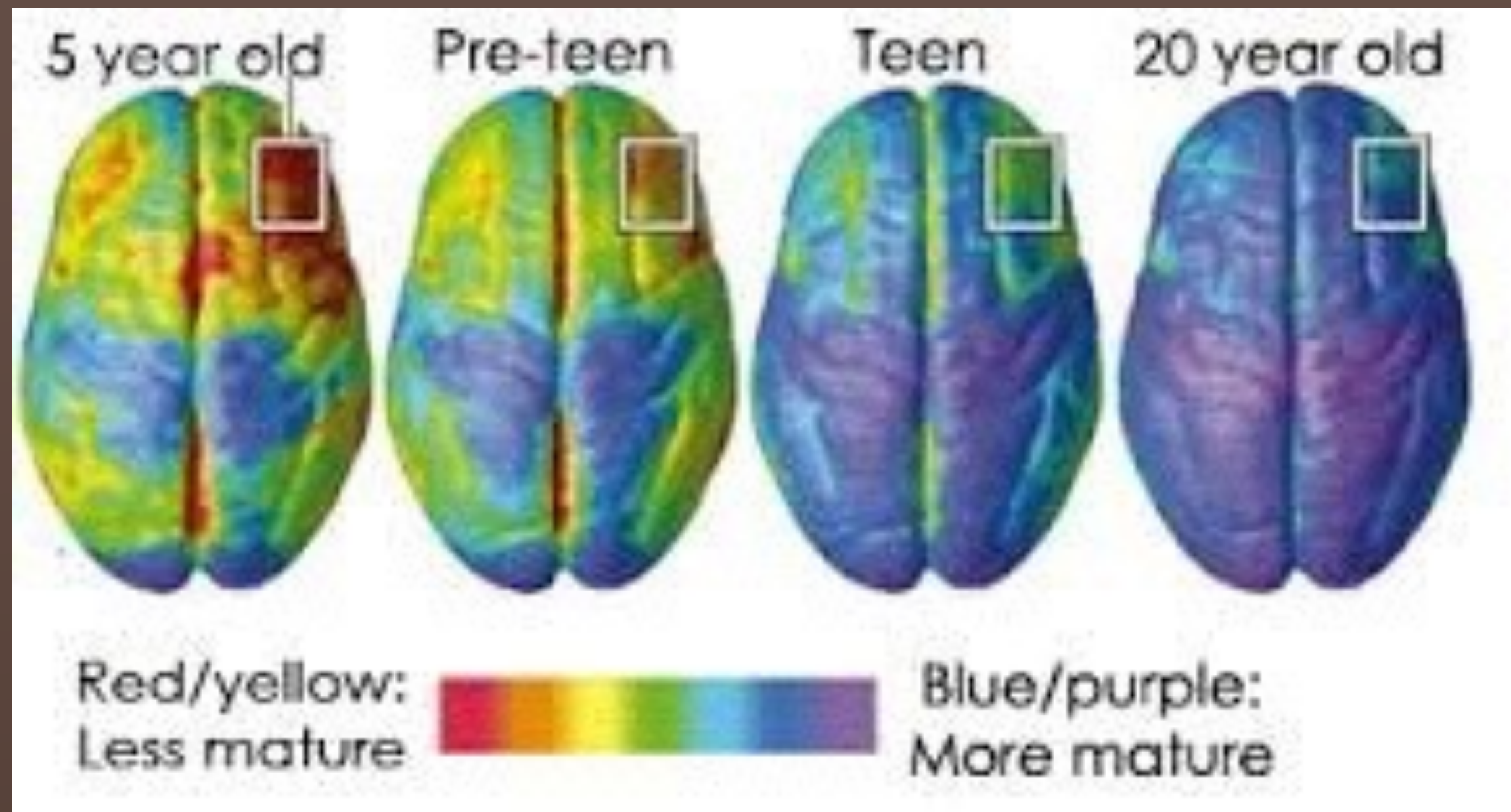
Social Media & Teenage Brains

“Raising teenagers is like nailing Jell-o to a tree”



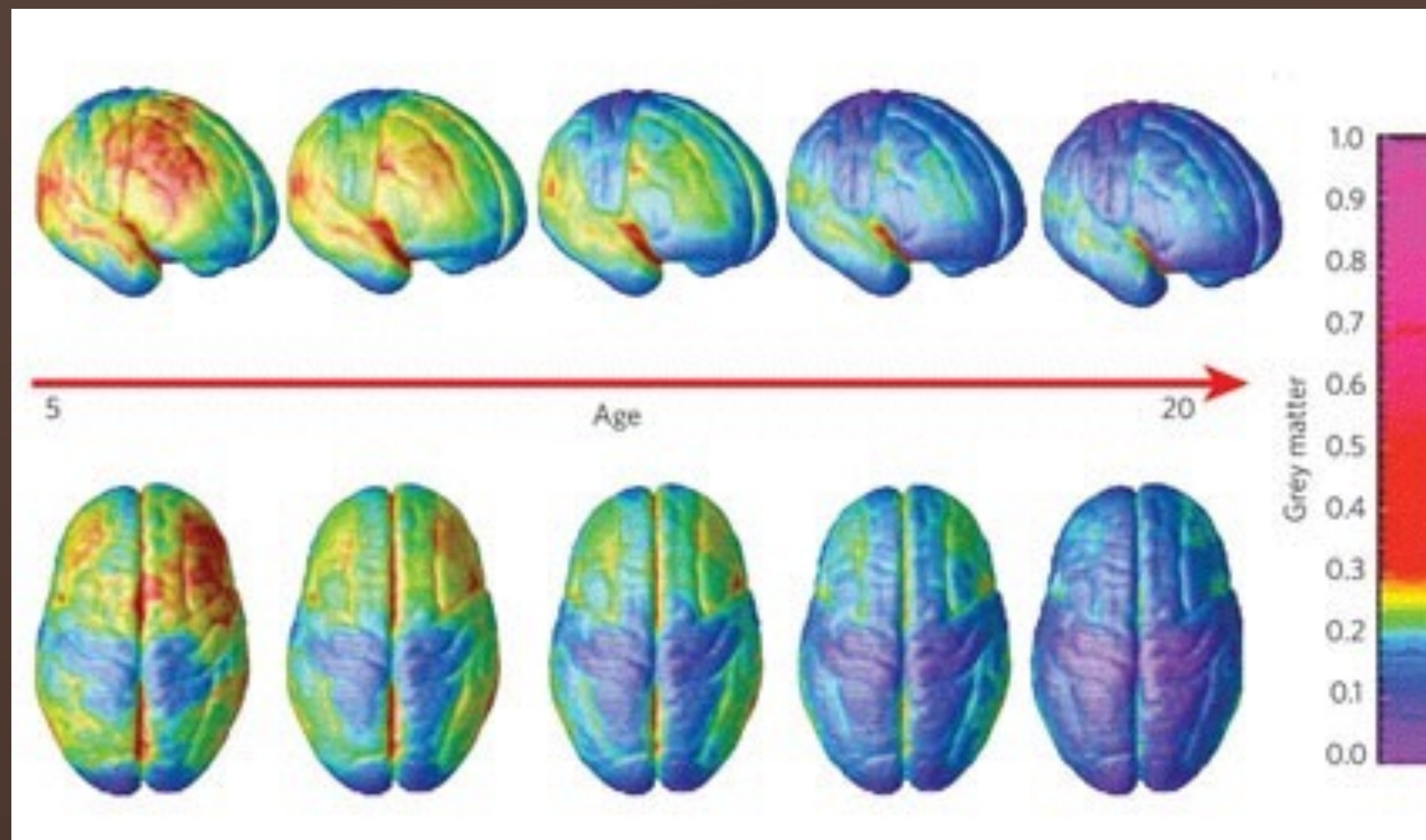


(c) 2005 - U.S. News & World Report



Key Points:

1. Teen Brains develop front to back
2. Teen Brains begin adult brain development at the start of puberty & complete it by the early 20's





Digital Issues

Top 10 Child Health Concerns in 2016



Among Black Adults

1	Bullying	71%
2	Racial Inequities	61%
3	School Violence	61%
4	Drug Abuse	59%
5	Internet Safety	59%
6	Obesity	58%
7	Gun Injuries	56%
8	Sexting	54%
9	Depression	52%
10	Hunger	50%



Among Hispanic Adults

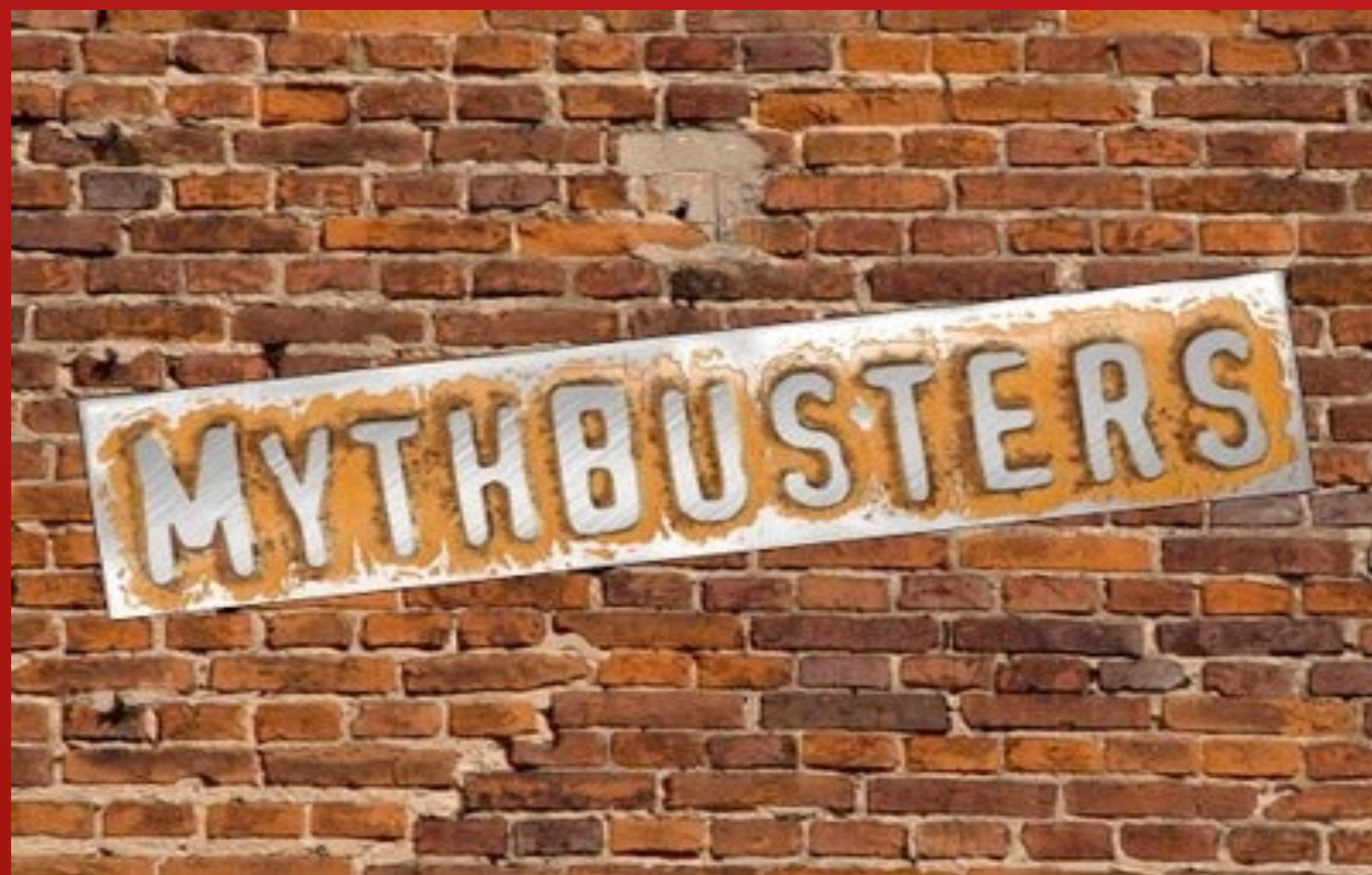
1	Bullying	66%
2	Obesity	62%
3	Drug Abuse	61%
4	Internet Safety	59%
5	Stress	57%
6	Abuse & Neglect	57%
7	School Violence	55%
8	Sexting	54%
9	Teen Pregnancy	54%
10	Depression	53%



Among White Adults

1	Obesity	55%
2	Bullying	52%
3	Drug Abuse	47%
4	Internet Safety	44%
5	Stress	42%
6	Abuse & Neglect	41%
7	Sexting	38%
8	Suicide	36%
9	Smoking	36%
10	Depression	36%

Source: C.S. Mott Children's Hospital National Poll on Children's Health, 2016



Common Digital Myths

1. Social media is dangerous.
2. “Friending” is dangerous.
3. Communicating with strangers online is bad/dangerous.
4. Predators Track Down Kids Online.
5. Game systems (including hand-held) don’t connect to the Internet.
6. Kids use headphones to not disturb the family.
7. The other kid is the bad guy.
8. Teenagers can handle cell phones just fine.
9. Kids don’t use their webcams or videos for stupid things.
10. Selfies are harmless.

Myth: Social Media Is Dangerous

Reality:

Social media is a tool.

It is only dangerous if used dangerously.



Myths:

Friending & talking to strangers is dangerous

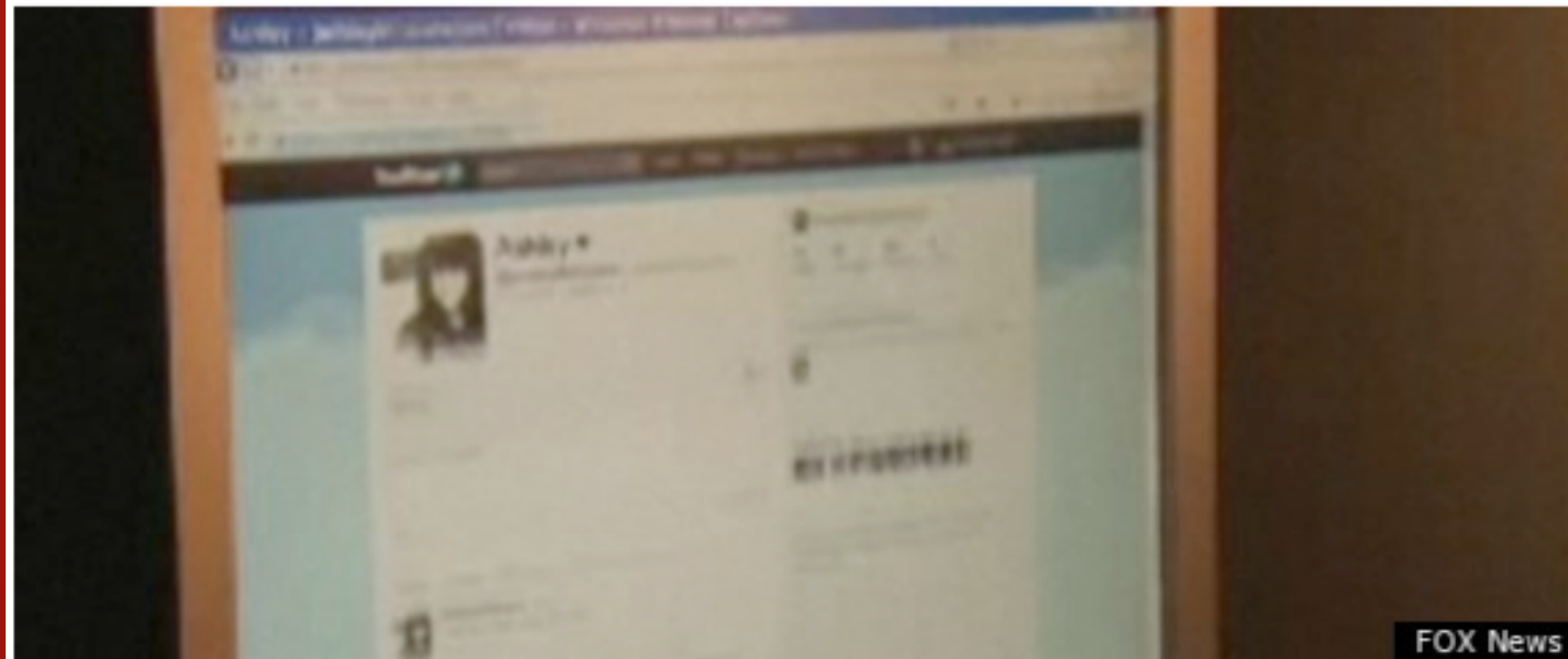
Reality:

1. Teens have different amounts of friends per application
2. “danger” has a number of factors:
 1. appropriate age for site
 2. privacy settings
 3. appropriate posting
 4. appropriate friending/following
3. Stranger Danger studies have been exaggerated & taken out of context
 1. Danger from online predators greatly exaggerated

Social Media Cries for help: who listens?

Social Media Cries for help: who listens?

Ashley Billasano, High School Student, Tweeted 144 Times Before Committing Suicide



The Huffington Post · Laura Hibbard 

First Posted: 11/10/11 05:56 PM ET · Updated: 11/11/11 10:10 AM ET

'Took all my pills, bye bye': Woman commits suicide on Facebook... and none of her 1,082 online friends help

By DAILY MAIL REPORTER

Last updated at 3:14 AM on 6th January 2011

Social Media Help Pages

1. Facebook: <https://www.facebook.com/help/contact/305410456169423>
2. Twitter: <https://support.twitter.com/articles/20170313>
3. Instagram: <https://help.instagram.com/388741744585878>
4. Snapchat: <https://www.snapchat.com/safety>

Myths:

1. Digital Games are not online & are always safe
2. Game Ratings Don't Matter

1. Digital Games are not online & are always safe
2. Game Ratings Don't Matter



XBOX LIVE

[Connect Your Xbox 360](#) | [Browse Marketplace](#) | [Upgrade to Gold](#)

WHAT IS XBOX LIVE?

Xbox LIVE is your connection to more games, more entertainment, and more fun.



Enjoy Free Game Demos

Connect With Friends, Find More Music

Give Your Avatar Some Style

Stream HD Movies With Netflix

[Experience Xbox LIVE >](#)

[Learn more](#)

Ready to join the world of Xbox LIVE ? Sign up here. It's FREE!

[Join Xbox LIVE Now](#)

Wii + Internet = More

Connecting your Wii console to the Internet opens up a whole new world of possibilities. Wii + Internet is a place where you can discover all the wonderful features and exclusive content, available only when you connect. From news and weather to Internet surfing to new and classic downloadable video games - and much more, the Wii console has it all. Check back soon for weekly updates on what is new in the world of Wii + Internet!



Ratings Mater: Entertainment Software Ratings Board

RATING CATEGORIES



EARLY CHILDHOOD

Content is intended for young children.



EVERYONE

Content is generally suitable for all ages. May contain minimal cartoon, fantasy or mild violence and/or infrequent use of mild language.



EVERYONE 10+

Content is generally suitable for ages 10 and up. May contain more cartoon, fantasy or mild violence, mild language and/or minimal suggestive themes.



TEEN

Content is generally suitable for ages 13 and up. May contain violence, suggestive themes, crude humor, minimal blood, simulated gambling and/or infrequent use of strong language.



MATURE

Content is generally suitable for ages 17 and up. May contain intense violence, blood and gore, sexual content and/or strong language.



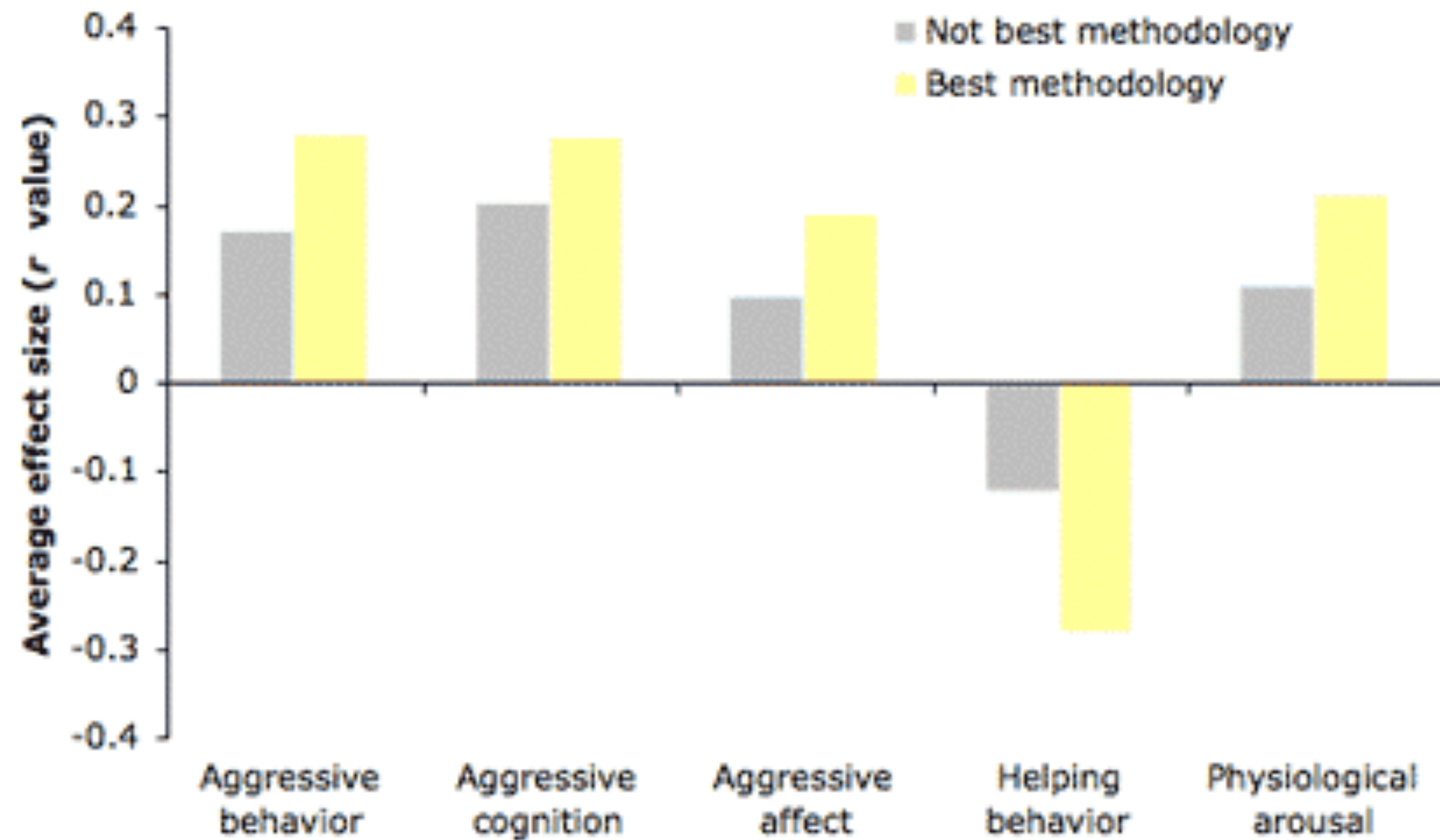
ADULTS ONLY

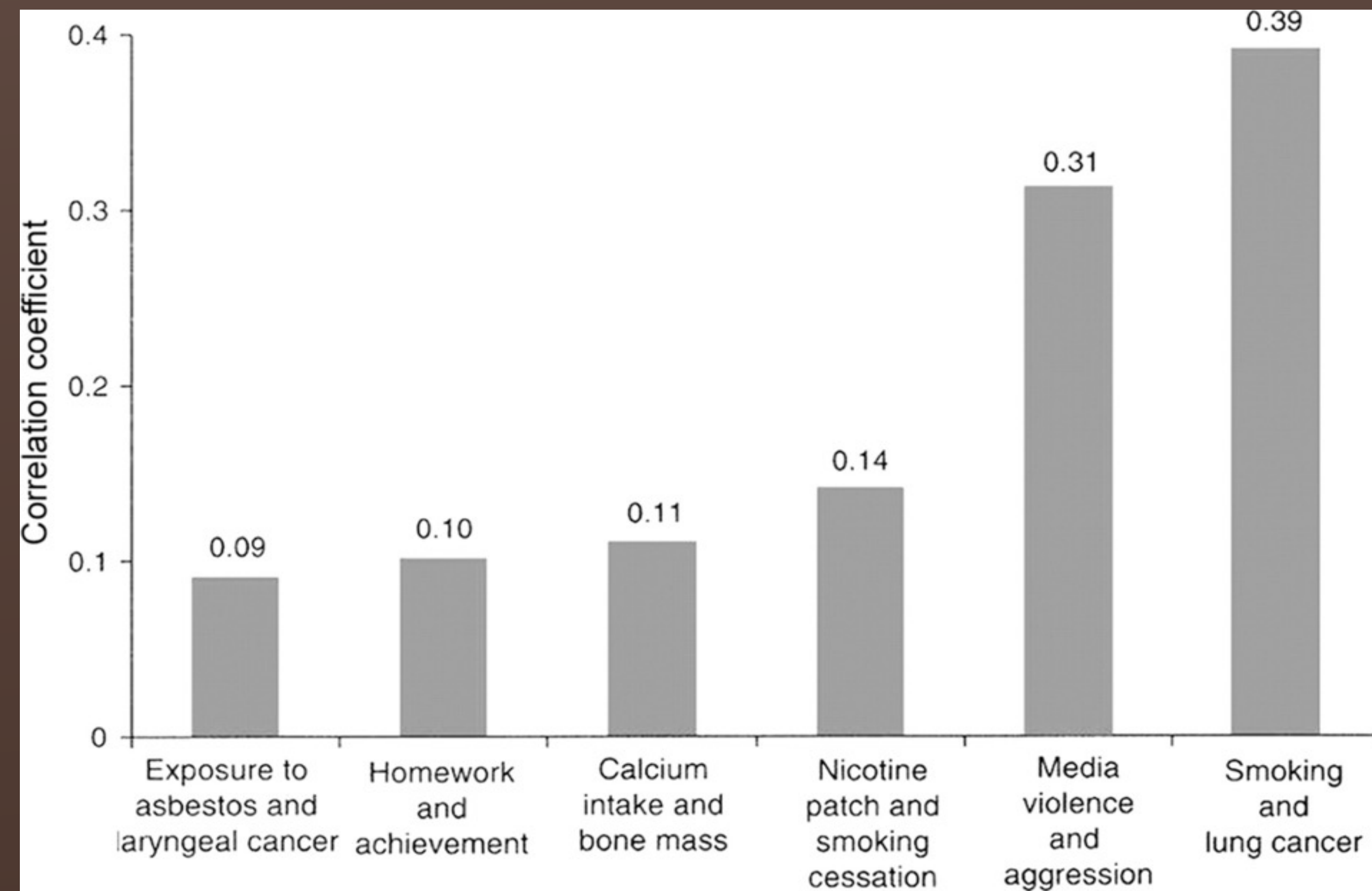
Content suitable only for adults ages 18 and up. May include prolonged scenes of intense violence, graphic sexual content and/or gambling with real currency.

What Parents Don't Know: Violent Games Mimic Real Life

1. Military games are based off of real military training modules
2. Games are true to life, bloody and intense
3. Ratings are 17+ and not meant for younger teens
4. Call of Duty is a true, watered down version of USA Department of Defense's Virtual Battlespace 2
 1. Military uses designers from major game companies
 2. The games can be indistinguishable in many areas

Correlation with playing violent video games





Call of Duty Screen Shot



Virtual Battleship 2 Screenshot



A screenshot from VBS 2.

Myth: Teens use headphones to be polite



Reality: Teens & Headphones



The Sweet Escape E
Gwen Stefani



The Sweet Escape
Gwen Stefani



Confident (Deluxe Edition) E
(2015)



Confident (Deluxe Edition)
(2015)



Last Year Was Complicated E
Nick Jonas



Last Year Was Complicated
Nick Jonas

Myths:

the other kid is the bad guy

teenagers can handle cellphones just fine

Reality: cell phones can cause major problems



Bullying Laws



Cyberbullying Laws



School Sanction



Criminal Sanction



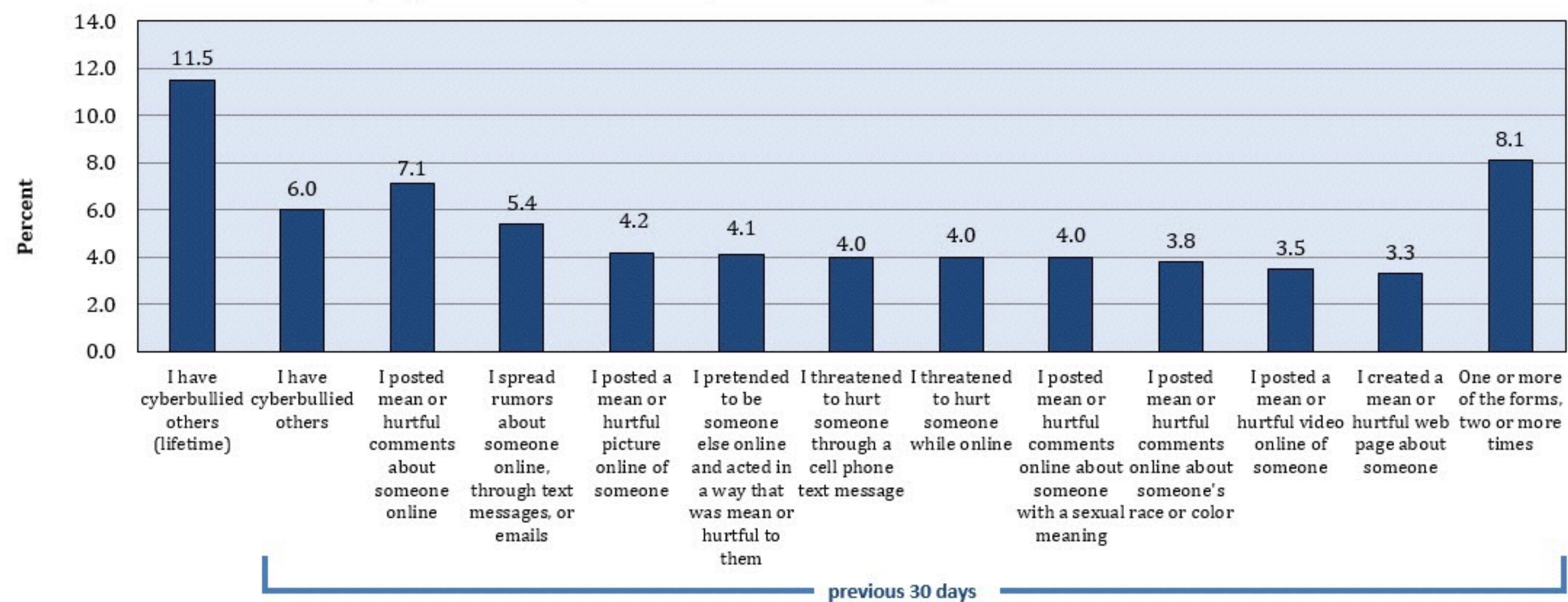
State [Cyber]bullying Laws

Sameer Hinduja and Justin W. Patchin (2016)

Cyberbullying Offending

N=5,707

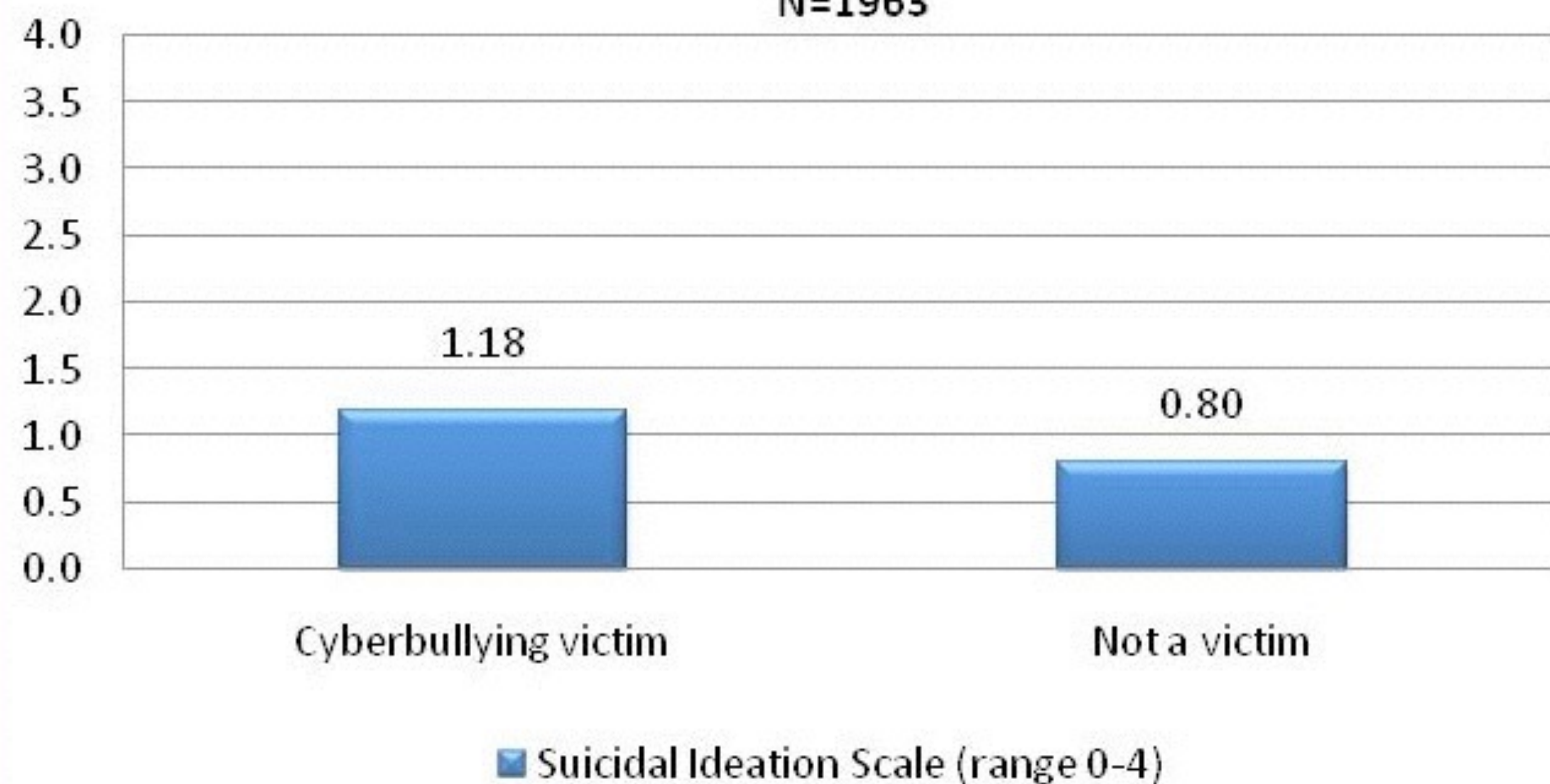
Nationally-representative sample of 12-17 year old middle and high school students in the U.S.



Cyberbullying Research Center
www.cyberbullying.org

Cyberbullying and Suicide

N=1963



Note: Sample represents middle school students (grades 6-8) from a large school district in the United States.
For more information, email: research@cyberbullying.us

Sexting: normative or deviant?

1. statistics vary per study from 20% to 50%
2. May be somewhat normal teen behavior as life goes digital/online
3. In the United States, teens are unaware of legal consequences
 1. sexting carries with it child pornography penalties
 2. most states have laws against sexting
4. Education has been found incredible power in keeping teenagers safe and responsible with sexting

Figure 1. **CONSEQUENCES FOR CYBERBULLYING:**
Parent views on how schools should respond

	Refer to law enforcement	Suspension	Detention
Social media campaign to elect a certain student for homecoming court, as mean joke	8%	37%	38%
Sharing a photo altered to make a classmate appear fatter	8%	27%	35%
Posting online rumors that a student was caught cheating on a test	5%	26%	46%
Posting online rumors that a student had sex at school	21%	39%	27%

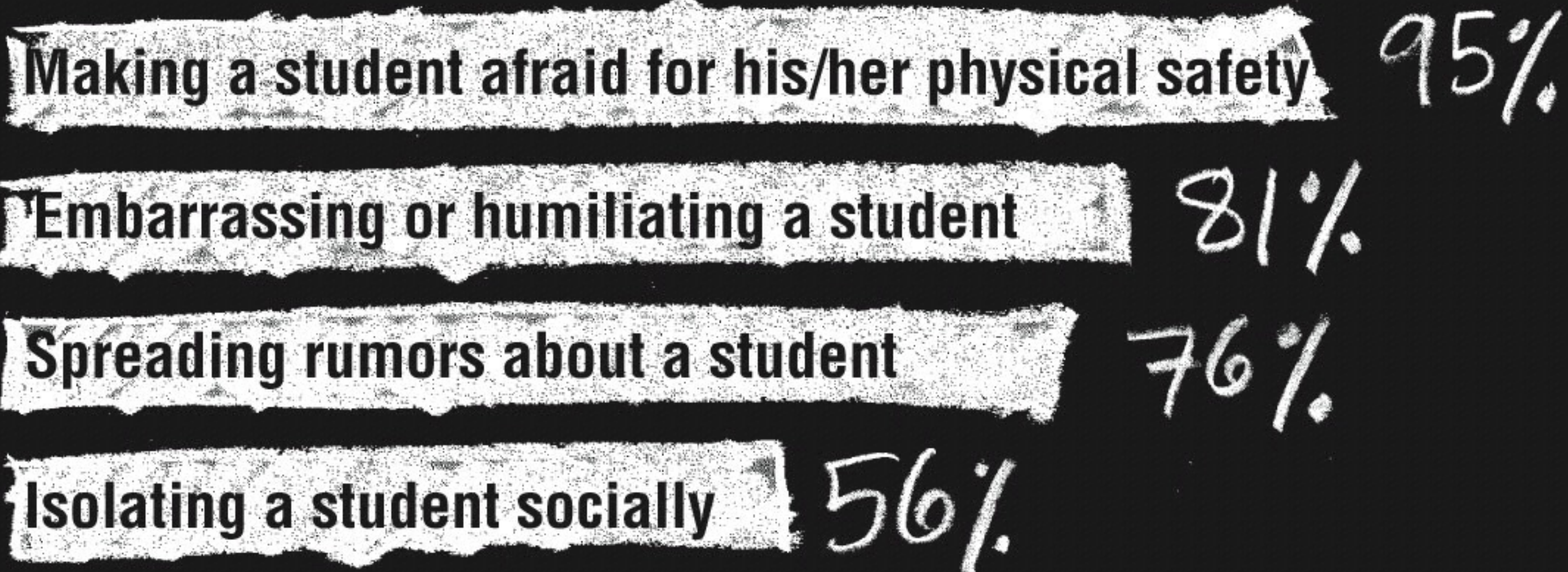
*Other responses included apologizing, no specific punishment

Source: C.S. Mott Children's Hospital National Poll on Children's Health, 2015

Figure 1.

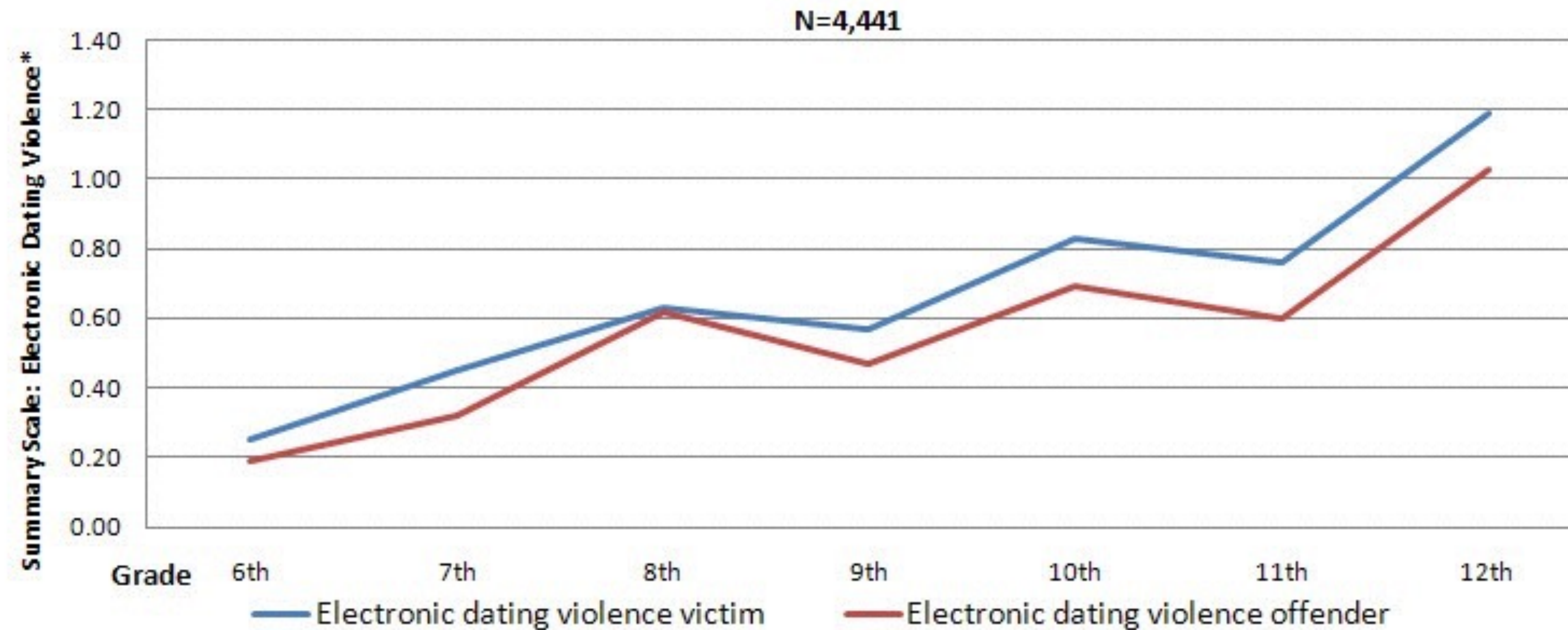
Bullying-When Should Schools take action?

Adults were asked about the following behaviors happening during school hours or activities, and on school grounds. The percent of adults who said schools SHOULD take action:



Source: C.S. Mott Children's Hospital National Poll on Children's Health, 2012.

Experience with Electronic Forms of Teen Dating Violence by Grade



Teen Dating Violence Behaviors (victim):

He or she prevented you from using the computer or your cell phone

He or she threatened you in a cell phone text message

He or she uploaded or shared a humiliating or harassing picture of you online or through their cell

He or she posted something publicly online to make fun of, threaten, or embarrass you

Teen Dating Violence Behaviors (offender):

Prevented him or her from using the computer or their cell phone

Threatened him or her in a cell phone text message

Uploaded or shared a humiliating or harassing picture of him or her online or through your cell phone

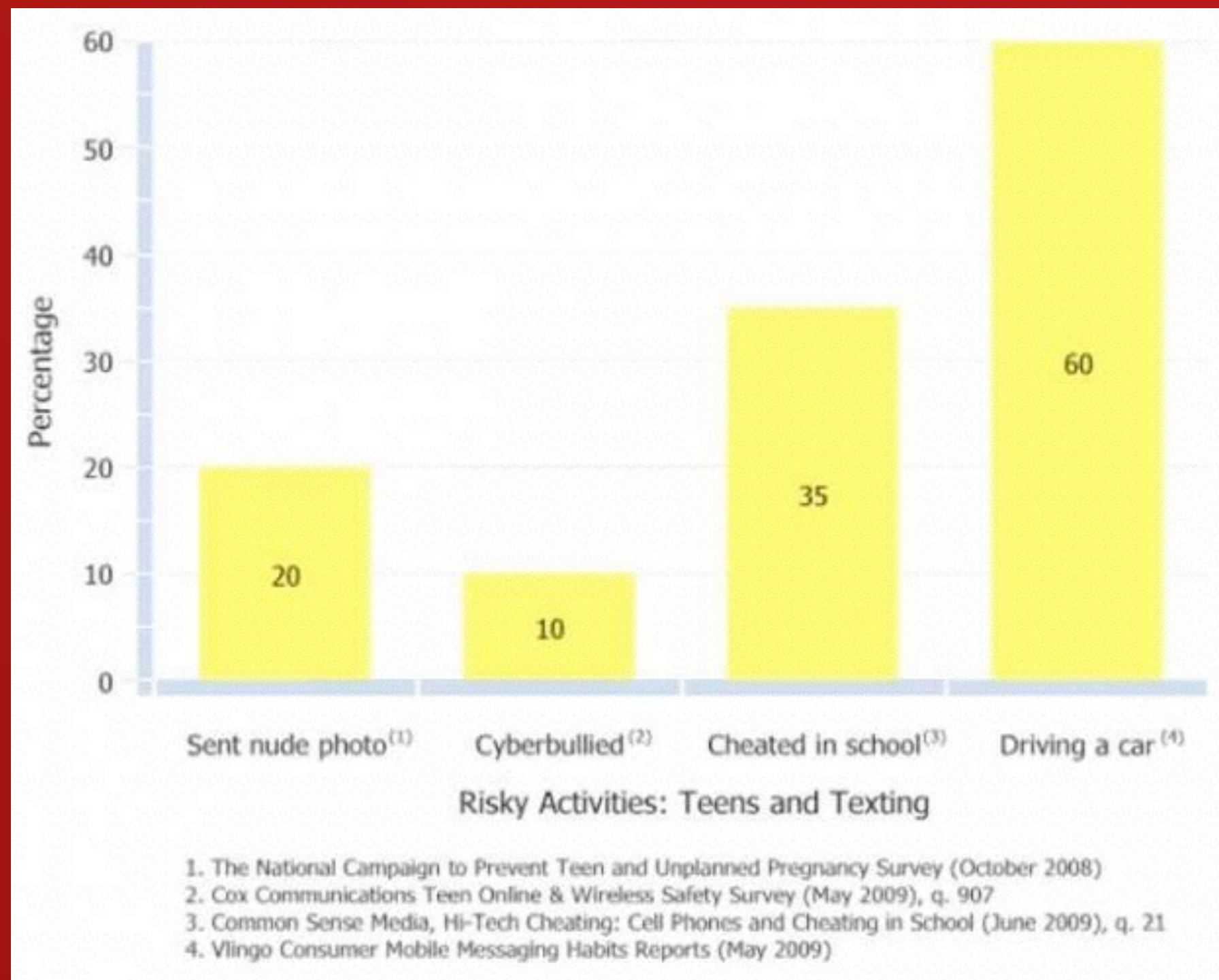
Posted something publicly online to make fun of, threaten, or embarrass him or her

***Note:** Scales range from 0-16 with higher values representing more experience with electronic dating violence

Response set for each of the above questions was: 0=never; 1=once; 2=a few times; 3=several times; 4=many times

Sexting & Data Confusion

Sexting & Data Confusion



Sexting & Data Confusion

Sexting by the Numbers		
	% who sent	% who received
National Campaign to Prevent Teen and Unplanned Pregnancy (2008)	19%	31%
Cox Communications (2009)	9%	17%
MTV/AP (2009)	10%	15%
Pew (2009)	4%	15%
Hinduja & Patchin (2010)	8%	13%

Sexting & Data Confusion



The screenshot shows the TechCrunch website interface. At the top, there's a navigation bar with links: HOME, STARTUPS, MOBILE, GADGETS, EUROPE, and VIDEO. Below this is a banner for Netflix with the text "Instantly watch *The Lincoln Lawyer* today!". A secondary navigation bar lists "HOT TOPICS" and links to ZUCKERBERG INTERVIEW, APPLE, FACEBOOK, AMAZON, TWITTER, and GOOGLE. The main article is titled "Teenage Sexting Is Becoming The Norm" by Gregory Ferencstein, published on Friday, July 6th, 2012, with 71 comments. The article's lead paragraph states: "Under most existing laws, if our findings were extrapolated nationally, several million teens could be prosecuted for child pornography," explains a new study on teen sexting, which finds that a whopping 28% of teenagers text fully-nude pictures of themselves. We took a deep dive into the much reported *Pediatrics & Adolescent Medicine* article, and found some weird insights into a 21st century trend that is quickly becoming the norm among teenagers. An image of two young women sitting on a bench and looking at their phones is visible on the left side of the article text.

Sexting & Data Confusion

Article | Sep 2012

Teen Sexting and Its Association With Sexual Behaviors

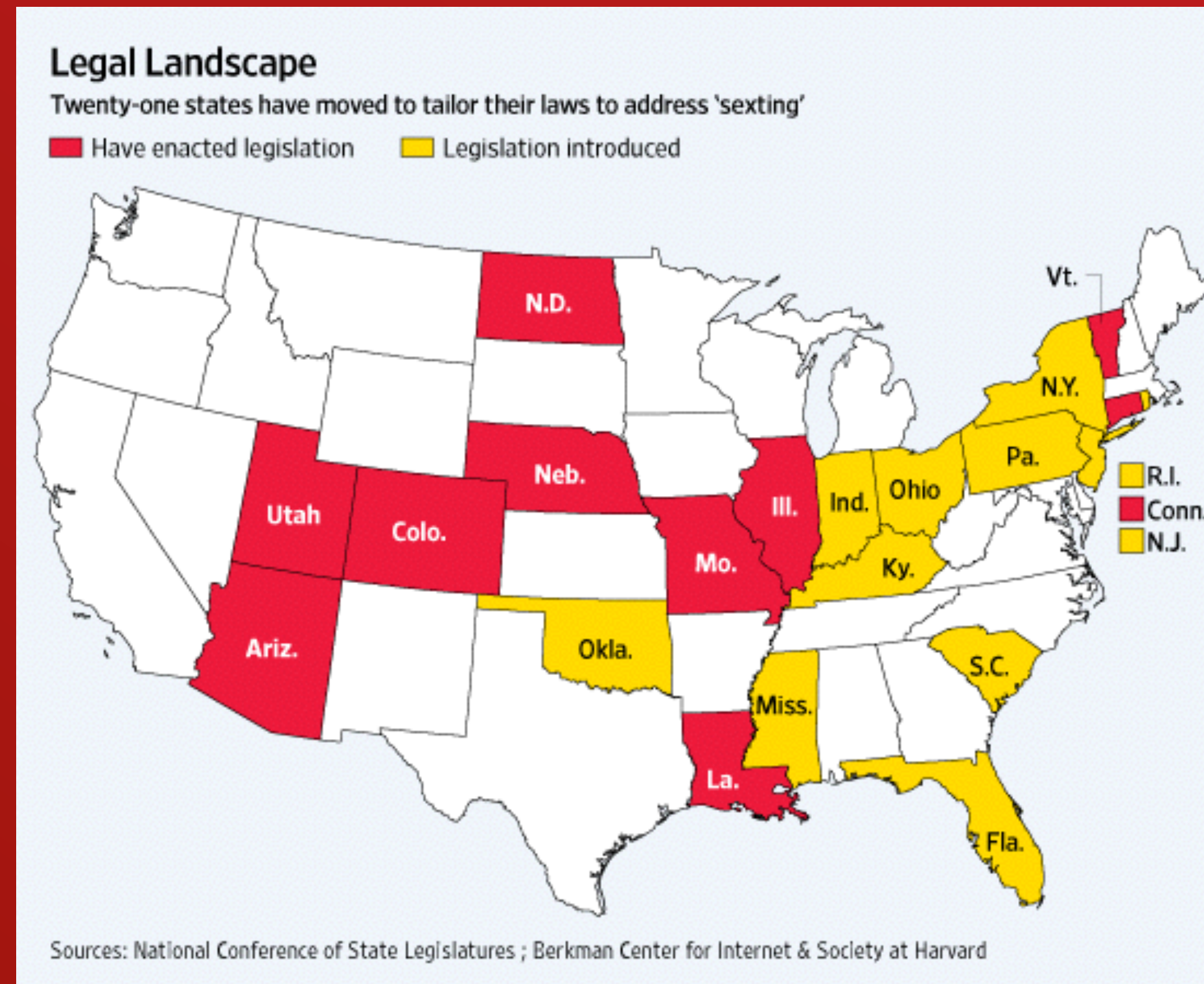
Jeff R. Temple, PhD; Jonathan A. Paul, PhD; Patricia van den Berg, PhD; Vi Donna Le, BS; Amy McElhany, BA; Brian W. Temple, MD

[\[+\] Author Affiliations](#)

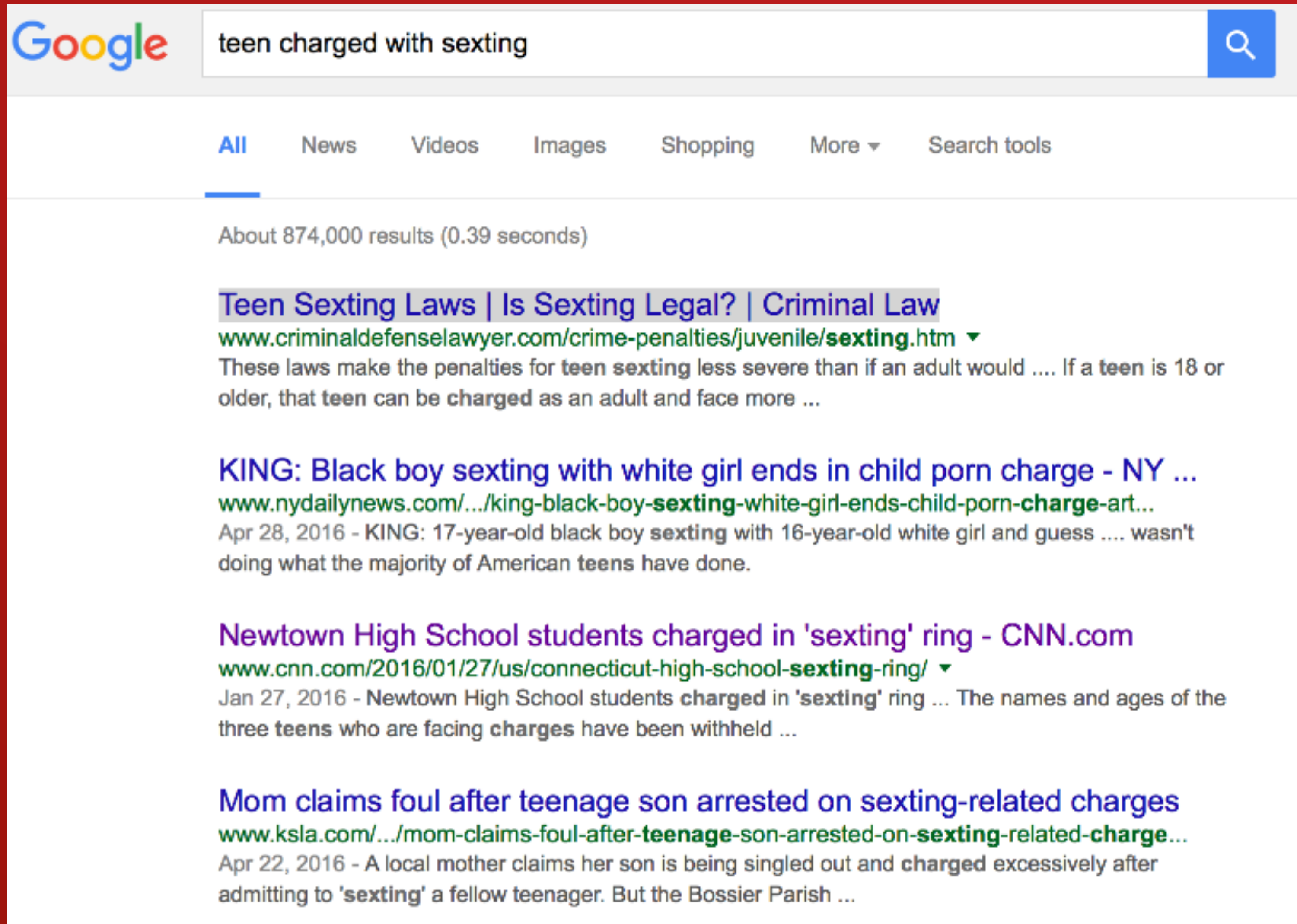
Arch Pediatr Adolesc Med. 2012;166(9):828-833. doi:10.1001/archpediatrics.2012.835. Text Size: **A** A A

The USA Legal Landscape

The USA Legal Landscape



The USA Legal Landscape



A screenshot of a Google search interface. The search bar at the top contains the text "teen charged with sexting". Below the search bar, there are tabs for "All", "News", "Videos", "Images", "Shopping", "More", and "Search tools". The "All" tab is selected. Below the tabs, it says "About 874,000 results (0.39 seconds)". The search results are listed below, each with a title, a URL, and a snippet of text.

Google teen charged with sexting

All News Videos Images Shopping More Search tools

About 874,000 results (0.39 seconds)

Teen Sexting Laws | Is Sexting Legal? | Criminal Law
www.criminaldefenselawyer.com/crime-penalties/juvenile/sexting.htm ▼
These laws make the penalties for **teen sexting** less severe than if an adult would If a **teen** is 18 or older, that **teen** can be **charged** as an adult and face more ...

KING: Black boy sexting with white girl ends in child porn charge - NY ...
www.nydailynews.com/.../king-black-boy-sexting-white-girl-ends-child-porn-charge-art...
Apr 28, 2016 - KING: 17-year-old black boy **sexting** with 16-year-old white girl and guess wasn't doing what the majority of American **teens** have done.

Newtown High School students charged in 'sexting' ring - CNN.com
www.cnn.com/2016/01/27/us/connecticut-high-school-sexting-ring/ ▼
Jan 27, 2016 - Newtown High School students **charged** in '**sexting**' ring ... The names and ages of the three **teens** who are facing **charges** have been withheld ...

Mom claims foul after teenage son arrested on sexting-related charges
www.ksla.com/.../mom-claims-foul-after-teenage-son-arrested-on-sexting-related-charge...
Apr 22, 2016 - A local mother claims her son is being singled out and **charged** excessively after admitting to '**sexting**' a fellow teenager. But the Bossier Parish ...

Myth: teens don't use webcams for dumb things

Reality: many dumb challenges caught on tape and posted.

1. the cinnamon challenge
2. many eating challenges: baby food, pet food, bugs
3. racing cars
4. other dare-devil challenges
5. In addition, teens post intimate moments of their life on Instagram and YouTube and endless selfies

Solutions: Education

Myth: Selfies are harmless

Reality: depends on use



Selfies: what the research says

- Research and recent surveys suggest selfies may boost self-esteem
- Essential elements seem to be posting in groups and an intent to promote good will in others and self
- Target group is older teens and college age

Chen Y, Mark G, and Ali S. Promoting Positive Affect through Smartphone Photography. *Psychology of Well-Being*. 2016.
Today/AOL Ideal to Real survey February 2014





Socialization
Communication
Learning
Health Information
(Digital Footprint)



Bullying
Sexting
Media Violence
Emotional Disorders
Self-Harm
Privacy Issues
(Digital Footprint)

Socialization
Communication
Learning
Health Information
(Digital Footprint)

Solutions





Teaching Unplugging: Stack The Cell Phones



READING GROUP GUIDE INSIDE

THE
SURPRISING
POWER OF
FAMILY MEALS

How Eating Together Makes Us
Smarter, Stronger, Healthier,
and Happier

*"Thoughtful, meticulously researched... Weinstein
offers multi-step families can take to reconnect
this basic tradition."*

NEWSDAY

MIRIAM WEINSTEIN

Family Meals: Benefits

- Better academic performance
- Higher self-esteem
- Greater sense of resilience
- Lower risk of substance abuse
- Lower risk of teen pregnancy
- Lower risk of depression
- Lower likelihood of developing eating disorders
- Lower risk of cyberbullying

www.thefamilydinnerproject.org

Elgar FJ, Napoletano A, Saul G, Dirks MA, Craig W, Poteat VP, Holt M, Koenig BW. Cyberbullying Victimization and Mental Health in Adolescents and the Moderating Role of Family Dinners. *JAMA Pediatr.* 2014;168(11):1015-1022. doi:10.1001/jamapediatrics.2014.1223

National Center on Addiction and Substance Abuse at Columbia University. The importance of family dinners, VIII. September 2012. Accessed 1/4/17. http://www.casacolumbia.org/templates/Publications_Reports.aspx#r118



Dr. Gwenn's Family Media Use Plan

Kids and Teens

- I will never give out personal information on my cell phone, mobile devices or computer
- I understand that some games and APPs have age restrictions that are important to follow because it is never ok to lie about my age to do anything, even if it seems fun.
- I will not use any technology to harm another person and if someone uses it to harm me or make me feel uncomfortable or afraid, I will let my parent or a trusted adult know

Parents

- I will be good role models for my kids with digital technology and help them create a balance between digital and nondigital activities.
- I will have discussions with my kids about the proper uses of their phones and computer and what to do if they are cyberbullied or sexted.
- I will help my kids at each age pick TV shows, movies, social media sites and games that are appropriate for their ages.
 - I will help my kids understand that many social media sites are for kids 13 years and older and that it is important to not lie about his or her age to do anything on or off line.
- I will let my kids know that I will only check their devices if I have a reason to do so and I won't check a device without talking to him or her first.

Family

- We will agree to technology-free times such as meals and family time.
- We will not use cell phones while driving, especially texting.
- We will use a cell phone in public where it may be rude or annoying such as talking on the phone while in line for a store or coffee/food.
- We will not use technology to harm others by engaging in bullying, harassment or sexting

Date: _____

Signed: _____

Parents: _____

Kids: _____

Safe Posting: TECH is the word

- ▶ **T**alk to your kids about the online world and safety
- ▶ **E**ducation yourself about online safety, programs your kids are using, and useful tools
- ▶ **C**heck your kids' computers and cell phones and follow-through on consequences if home rules are broken.

Safe Posting: Is the message RITE?

- ▶ **R**eread your message. Is it what you want?
- ▶ **I**magine if you were the receiver. Would you be upset if you read this?
- ▶ **T**hink about whether the message needs to be sent now. Can it wait a bit?
- ▶ **E**nter button should only be hit once you are sure the message is just right.

When to refer?

1. If you think you should refer, refer: psychiatry, pediatrics, legal
2. With depression, anxiety, eating disorders, self-harm, hunt for digital contributions
3. Consider a psych referral for cyberbullying and sexting
 1. Kids and parents will minimize impact
4. Triage digital issues just like a health issue:
 1. Is the issue interfering with home or school?
 2. Are there somatic symptoms?
 3. Is the child in physical danger?
 4. Is someone else in physical danger?
 5. Is a law being broken?

Modeling: teens teaching teens

Williamsburg teen creates virtual channel to fight bullying



by Velma Scaife

 Recommend 66

WVEC.com

Posted on December 21, 2010 at 5:37 PM







Updated Tuesday, Dec 21 at 5:37 PM

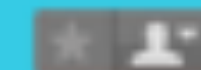
WILLIAMSBURG – 17-year old Emily-Anne Rigal has taken her love for YouTube and her desire to help others and created her own YouTube channel in hopes of ending bullying on the web.

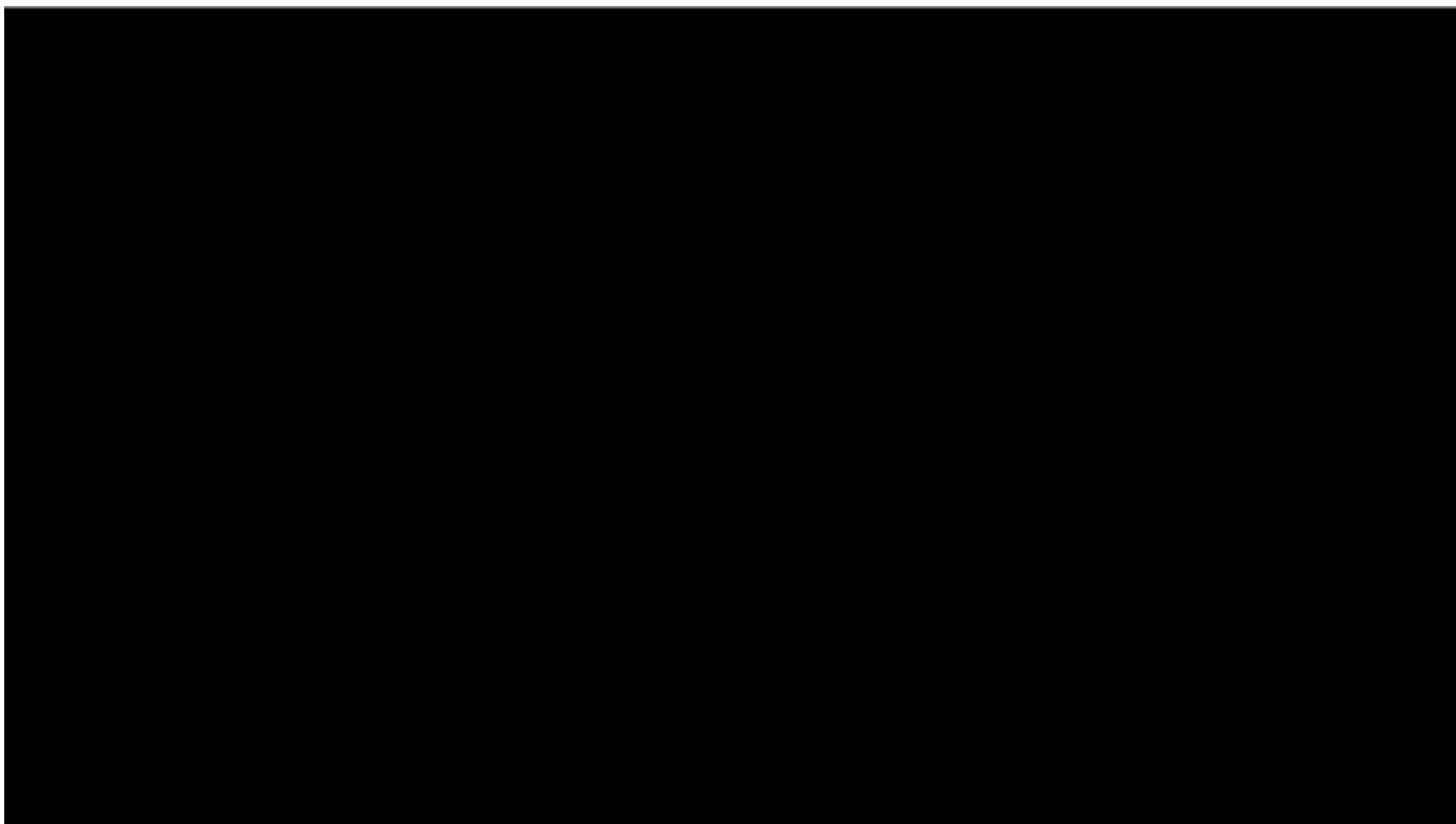
WeStopHate

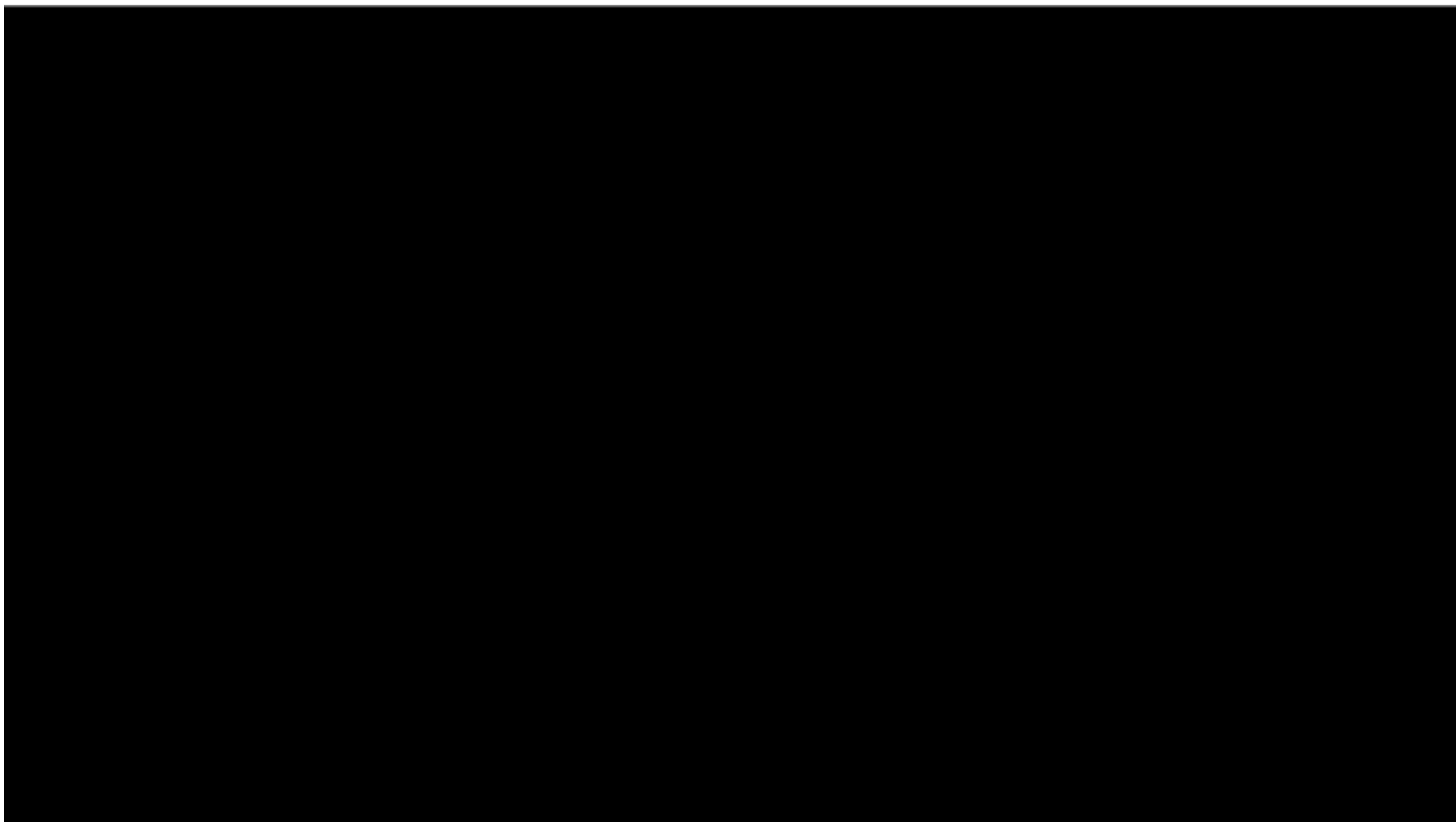


Raising "teen-esteem"
because we believe that
teens who love themselves
won't put others down. Join us!

-  YouTube
-  Facebook
-  Twitter
-  Merchandise: Shirts & Wristbands
-  Press Coverage
-  Founder, Emily-Anne Rigal
-  2011 TeenNick Halo Awards (Nov 6 @ 8pm!)







Final Thoughts

The newest computer can merely compound... the oldest problem in the relations between human beings, and in the end the communicator will be confronted with the old problem, of what to say and how to say it.

~ Edward R. Murrow



Let's not throw the baby out
with the bath water.

Pediatrics Now

Dr.Gwenn's Practical Health & Digital
Information for Today's Families



Visit Us:

Web: www.pediatricsnow.com

Twitter: @DrGwenn

Facebook: facebook.com/DrGwenn

Email: drgwenn@pediatricsnow.com