

Keeping Current

Raising Kids in a Digital World



- ▶ **Our Purpose**
 - A student assistance program designed to bring together families, schools and the community to support student behavioral and emotional health through early identification and intervention.
- ▶ **SCIP's Philosophy**
 - Teachers, school counselors, social workers and other school personnel spend a significant amount of time with children and adolescents and as such they are often the first to recognize behavior changes that may be out of the ordinary and worthy of intervention.
 - The more minds that can be wrapped around a student's given concerns, the more equipped we are at getting to the root of the problem and implementing appropriate strategies and interventions.
- ▶ **Program Components**
 - SCIP teams located within the school building that provide supports to students and families.
 - SCIP Coordinators that provide coordination of services, program design and evaluation, training, technical assistance, community awareness and serve as liaisons between the schools, families and community agencies.

Trends in SCIP Referrals

Behavior changes in students are often due to deeper, embedded issues related to:

- **Environmental Concerns**
 - Lack of Basic Needs, Abuse, Parental Substance Use, Parental Incarceration, Divorce/Parental Conflict
- **Bullying**
- **Inappropriate or over-use of Digital Technology**
- **History of Trauma**
- **Internalizing Behaviors**
 - Anxiety, Self-Harm and Depression
- **Suicidal Ideation**
- **Substance Abuse**
 - Alcohol, Marijuana, Prescription Drugs, Extracts

“Just as we teach our children how to ride a bike, we need to teach them how to navigate social media and make the right moves that will help them. The physical world is similar to the virtual world in many cases. It's about being aware. We can prevent many debacles if we're educated.”

-Amy Jo Martin, Author



Teaching Kids to
Be Smart About
Social Media

- ✓ We don't take off the training wheels of a bike, or hand over the keys to the family car, without preparation.
- ✓ Youth need guidance when it comes to navigating the Information Superhighway.
- ✓ Making our youth aware of the rules of safe social media and internet use is a new reality for parents.
- ✓ Power, Freedom..... And Responsibility



2017 This Is What Happens In An Internet Minute





Digital Citizenship

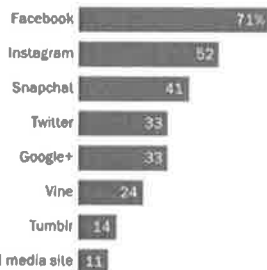
- ▶ 73 % of all teens have access to a smart phone.
- ▶ Digital technology has changed the way youth communicate
 - Texting- more than ½ of all teens text with friends daily
 - Internet Access- 91% of teens use internet on mobile device
 - Social Media Use- Facebook, Instagram, Snapchat
- ▶ The average teenager has 18-24 apps on phone.

Pew Research Institute

Social Networking

Facebook, Instagram and Snapchat Top Social Media Platforms for Teens

% of all teens 13 to 17 who use ...



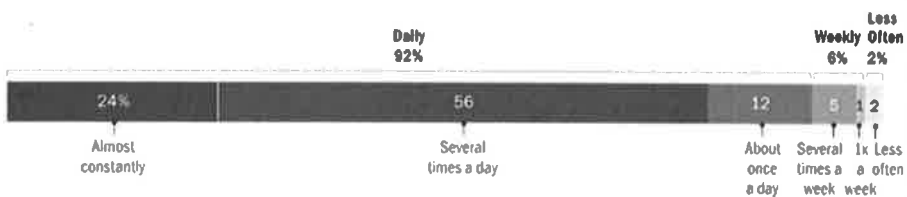
Source: Pew Research Center's Teens Relationships Survey, Sept. 25-Oct. 9, 2014 and Feb. 10-Mar. 16, 2015 (n=1,060 teens ages 13 to 17)

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Internet Access

Frequency of Internet Use by Teens

% of teens ages 13 to 17 who use the internet with the following frequencies



Source: Pew Research Center's Teens Relationships Survey, Sept. 25-Oct. 9, 2014 and Feb. 10-Mar. 16, 2015 (n=1,016 teens ages 13 to 17)

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Yik Yak-

- The anonymous social app for anything and everything
- Registration only requires users location
- Posts are called Yak's and show up as live feeds
- Users vote posts up or down in news feed: after two down votes, a Yak disappears
- Rated 17+ and targets college age students who can use it to spread word about parties/events/thoughts
- Younger users are using it to post hurtful comments and rumors about peers
- Messages have no filter and can be viewed by 500 "Yakkers" who are closest to the person who wrote the Yak
- Users are exposed to and contributing to, sexually explicit content, abusive language and personal attacks so severe that schools are starting to block the App on their WI-Fi

Tinder-

- Developers describe as "the fun way to connect with new and interesting people around you"
- Mainly used as a dating tool or an anonymous hook-up locator
- Rated 17+ (but allows as young as 13 to register using Facebook)
- Helps find others in their geographic location and allows users to view each others photos and start instant messaging once both people have "like" of another
- Puts kids at risk for catfishing, sexual harassment, stalking and worse.

Ask.fm-

- Allows users to interact in a question-and-answer format- with friends, peers and anonymous users
- Rated 13+
- Allows users to ask a specific person anonymous questions
- Has been linked to several cyberbullying incidents, including the suicide death of 12 year old Rebecca Sedwick of Florida who was asked questions like, "why aren't you dead?"

<https://youtu.be/uXNI55yv5f4>



Kik Messenger-

- Instant messaging app that allows users to exchange videos, photos, sketches, or pre-designed greeting cards.
- Rated 17+ but no age verification so anyone can download it
- No parental controls
- Allows teens to connect with others using just a username (rather than texting from a phone number).
- Many people use to meet strangers for sexting
- Has been linked to cyberbullying incidents

Whisper-

- App's motto is, "Share Secrets, Express Yourself, Meet New People."
- Rated 17+
- Lets users set up anonymous accounts to make their messages or confessions overlap an image or graphic (similar to e-postcards)
- Other users can Like, share or comment on
- Shows a user's location: displays the area you are posting from and can serve for users posting within a 1 mile radius
- A Washington man was convicted of raping a 12 year old girl he met on the app

Omegle-

- Allows users to chat online with random strangers
- Chat participants are only identified as "you" and "stranger"
- Does not require registration but you can connect to Omegle to Facebook account (when using this feature, an Omegle Facebook App will receive your Facebook "likes" and try to match you with a stranger with similar "likes".
- Filled with people searching for sexual chat

Tumblr-

- 17+ photo sharing app
- Can also be used for sharing videos and chatting
- Users need to jump through hoops to set up privacy settings
- Users can easily access pornographic, violent and inappropriate content- tends to glorify self-harm, eating disorders and other mental health conditions

**Snapchat-**

- Chat, messaging and imaging service.
- Images are short lived (disappear from view within 10 seconds after they're received)
- Rated 12+
- Some kids are using the app to send racy pics because they believe the images can't be saved and circulated.
- Users can take a screen shot before images disappear
- Check out connectsafely.org's "A Parents' Guide to Snapchat"

Burn Note-

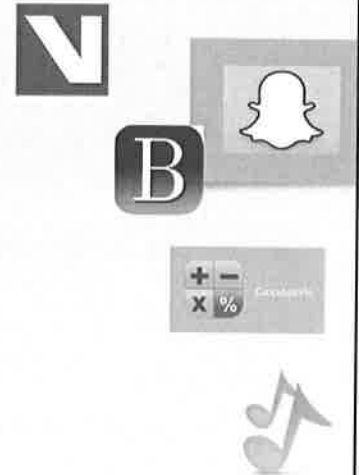
- Like Snapchat but for text messages only

Calculator and Audio Manager-

- Used for hiding messages, photos, videos and other apps

Vaulty-

- Also used for hiding messages, photos, videos and other apps but will snap a photo of anyone who tries to access the vault with the wrong password



What about Facebook and Instagram???



Facebook-

- According to a study by Pew Internet: U.S. teens have a diminished interest in Facebook
- Parents and other adults have taken over the domain
- Continues to remain top site amongst teens who say their peers continue to stay on the site so they don't want to miss anything happening.
- Keep profiles but may be much more active on newer platforms.
- 13+ App- Ensure your teen has the highest privacy settings in place, doesn't have a public profile and enables tag review

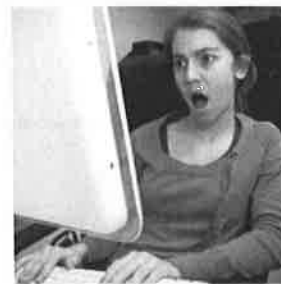
Instagram-

- Popular photo sharing site- owned by Facebook
- 13+- slightly tamer than other photo sharing app sites
- Users can change settings to block location and maintain private accounts
- Check out connectsafely.org's, "A Parent's Guide to Instagram."

The Digital Footprint: Your presence, image or "ghost" in cyberspace

All of the information about you found online including:

- Search history
- Websites visited
- Your comments, posts, and likes
- Any accounts you make
- All pictures and videos you post and share



We are not invisible when we go online



So What?

Your information becomes public and lives forever through Terms of Service Agreements and when it is copied and passed on.

- > Searchable and viewable by a large, invisible audience.
- > Can help-or hurt-your image and future opportunities.
 - o 93% of recruiters are likely to look at a candidate's social profile.
 - o 42% of Human Resource professionals have reconsidered a candidate based on information found vial online search.
 - o 31% of college admisssons officers searched social media.
 - o 33% of admisssions officers who searched social media saw something negatively impacting student's application.
- > Behave online as you would in person.



Helping Youth Develop a Digital Filter

It is impossible to monitor your child's every move online, rather than barring your child from downloading every social media app, sit down and go over some general rules to keep them smart and safe online.

- If you wouldn't share it with family, don't share it online.
- Remember your reputation is at stake. Every choice you make reveals your character.
- Consider three questions before you post: Is it kind? Is it true? Is it necessary.
- Seek to be kind, not popular.
- If you aren't feeling the love, stay off social media.
- Social media should supplement your relationships, not replace them.



Digital Challenges: Cyberbullying



- One of the greatest risks of increased technology
- Happening all over Nebraska (YRBS 2015)
 - Over 1 in 6 students (18.9%) reported being bullied electronically (i.e., e-mail, chat rooms, instant messaging, websites or texting).
 - This is up from 15.8% in 2013.
 - Female students were twice as likely as male students to report being electronically bullied.
- Students who are bullied (in school or electronically) are 3 times as likely to report they have considered suicide and more than twice as likely to report that they have attempted suicide.

Cyberbullying is most often classified as unwanted, ongoing, repeated behavior and can include:

- Mean-spirited comments, hate speech
- Posting sensitive, private information about another person or tricking someone into revealing the same
- Lies and rumors
- Images



Cyberbullying: Signs

- Avoiding computer, cell phone, and other electronic devices.
- Appearing stressed when receiving an e-mail, instant message, or text.
- Withdrawing from family and friends, or acting reluctant to attend school and social events.
- Displaying numerous negative feelings, including sadness, anger, frustration, reduced tolerance and worry.
- Declining grades.
- Trouble sleeping or eating.













What To Do



- Ignore the message, not the problem.
- DON'T RESPOND.
- DON'T FORWARD.
- Block the bully.
- Save the evidence.
- Encourage your child to talk to a trusted friend.
- Empower your child to tell a trusted adult if they are experiencing cyberbullying.
 - If the cyberbullying is taking place on school grounds, within a school vehicle or at a school sponsored activity or athletic event, involve your school administrator, social worker or counselor.
- Explore resources:
 - The Cyberbullying Research Center: <https://cyberbullying.org/>
 - Common Sense Media: <https://www.commonsensemedia.org/cyberbullying>

Rules of Engagement

http://digitalcitizenship.net/Nine_Elements.html

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|--|---|---|---|---|
| <p>Digital Access</p>  <p>full electronic participation in society</p> | <p>Digital Commerce</p>  <p>electronic buying and selling of goods</p> | <p>Digital Communication</p>  <p>electronic exchange of information</p> | <p>Digital Literacy</p>  <p>teaching and learning about technology and its use</p> | <p>Digital Etiquette</p>  <p>electronic standards of conduct or procedure</p> |
| <p>Digital Law</p>  <p>electronic responsibility for actions and deeds</p> | <p>Digital Rights & Responsibilities</p>  <p>those freedoms extended to everyone in a digital world</p> | <p>Digital Health & Wellness</p>  <p>physical & psychological well-being in a digital world</p> | <p>Digital Security</p>  <p>electronic precautions to guarantee safety</p> |  <p>#bitesizePD</p> |

Tips for Parents



- > Have regular discussions about phone use, apps, and social media with your kids.
- > Approve every app on your kid's phone, even if they are free so you are aware of what they are using.
 - o 40% of teens say that they have lied about their age to gain access to a site or create an account, restricting kids' access to apps by age rating is a wise move.
- > Do your research.
 - o <https://www.common sense media.org/>
 - o <http://www.cyberwise.org/>
- > When your child wants to join a new social media platform, go through the security settings together to choose what you are most comfortable with.
- > Advise your child not to share passwords with anyone, including best friends.

Tips for Parents



- > Teach self-monitoring to your children.
- > Utilize device monitoring software or apps (some of these do come at a monthly/yearly cost).
 - o mSpy
 - o TeenSafe
 - o Mobistealth
- > Encourage your children to use technology, including their social media accounts, for good
 - o Document expectations via a contract to help manage online behaviors
 - o Outline online rules and expectations, along with consequences
 - o Random device searches (Looks different for 13 year old compared to a 17 year old)
- > Follow your gut instincts, if something feels off with your child.
- > Tell your child to let you know if someone is hurting them or making them feel uncomfortable online. Use the Cyberbullying Research Center's "Questions Parents Should Ask Their Children About Technology" to guide discussions.



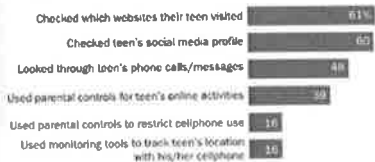
SafeKids.Com

Teen Pledge for Being Smart Online

1. I will be respectful to myself and others. I won't bully and won't tolerate bullying by others.
2. I will be a good online friend and be supportive of my friends and others who might be in trouble or in need of help.
3. I won't post or send pictures or other content that will embarrass me, get me into trouble or jeopardize my privacy or security.
4. I will respect other people's privacy and be courteous when posting photos or other content about them.
5. I'll be conscious of how much time I spend on the web, phone and other devices and won't let use interfere with sleep, school work and face-to-face relationships.
6. If they need my help, I'll assist my parents, teachers others in their use of technology.
7. I will respect other people's digital property and space. I won't steal, hack, break into anyone else's accounts or use other's content without permission.
8. I will protect my passwords and practice good Net security.
9. I will be thoughtful in my use of copy and paste. If I use anyone else's content or images I will quote them, give them credit and link to them if appropriate.
10. I will help create a culture of respect and tolerance at my school and among my peers.

Most parents check what their teen does online and on social media...

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

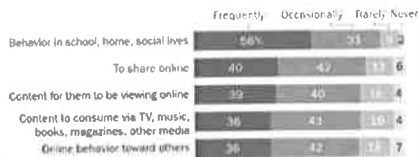


65%
Have taken away teen's cellphone or internet privileges as punishment

55%
Have limited the amount of time or times of day when teen can go online

... and talk with them about acceptable online behavior

Among parents of teens ages 13 to 17, the % who say they frequently, occasionally, rarely or never talk with their teen about what is appropriate or inappropriate behavior in the following areas



Source: Surveys conducted Sept. 26-Oct. 9, 2014, and Feb. 10-March 16, 2015.

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The Affects of Social Media on Mental Health

- According to the American Academy of Pediatrics, social media has the potential to negatively affect the mental well-being of young kids and teens.
 - Cyberbullying, depression, high levels of anxiety, low levels of self-esteem, FOMO (Fear of Missing Out).
 - Studies have shown that taking a "break" from social media can help boost psychological well-being.
- Modern teens are learning to do most of their communication online- missing out on very critical social skills.
 - Relating to friends (knowing how to say what you think and feel even in disagreement)
 - Social negotiations get more intense as we age (romantic relationships, employment, parenting)-
 - The art of talking
 - The result- increased anxiety during real-life social interactions (virtual interactions come with less risk for some teens)
- Social media's filtered sense of reality can lead to critically comparing and moments of envy- Leading to Depression
- Excessive monitoring of friends online behaviors can lead to feelings of exclusion and turn into increased social anxiety (i.e. why wasn't I invited?).

Social Media and Depression: Maddy Holleran's Story



<http://abcnews.go.com/GMA/video/social-media-causing-depression-teens-48979420>

The Affects of Social Media on Mental Health

Adverse affects of social media: signs to look for-

- Low self-esteem
- Feeling low when seeing other people's images and lifestyle.
- Envy of other people's lives- wishing your life was like someone else's.
- Finding social media as your first and only choice of activity done for enjoyment.
- Not having as many face to face conversations with friends and relatives and feeling disconnected.
- Being unable to do anything without feeling you need to share it online.



Parents: How to Stop the Worst of Social Media

<http://www.cnn.com/2015/10/04/health/being13-social-media-teens-parents-stress/index.html>

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