



Warp Speed

Parenting Teens in a Digital Age

Jessica Wong



Hazelden Betty Ford
Foundation

First thing's first: What the heck is Hazelden Betty Ford Foundation?

- The nation's largest non-profit addiction and co-occurring mental health treatment provider
- 16 locations across the country
- Headquartered here in Center City, MN
- Help almost 15,000 individuals and families each year struggling with the disease of addiction
- Leading national provider of addiction treatment for young people between the ages of 12 and 25.
- Opened our doors in 1949 – before cell phones and computers and color TV were invented

Kik Messenger App Scrutinized Following 13-Year-Old's Death



Chanhassen student, 17, dies after using synthetic drug

Chanhassen boy was found in marsh in throes of a seizure.

By Beatrice Dupuy Star Tribune | SEPTEMBER 30, 2015 — 10:13PM



JEREMY SNYDER, STAR TRIBUNE

Alex Snyder died Tuesday after using a synthetic drug. The Chanhassen High School community is mourning the loss of the senior.

A synthetic drug purchased over the Internet has been identified as the likely killer of a Chanhassen High School senior found lying in a cattail marsh at Lake Minnewashta Regional Park over the weekend.

Alexander J. Snyder, 17, of Victoria, died Tuesday at Hennepin County Medical Center in Minneapolis.

His father called police just after 7 p.m. Sunday after realizing that his son was missing, police said Wednesday. He had used a tracking application on

Morning Mix

'She got caught up in the likes': Teen accused of live-streaming friend's rape for attention

By Peter Holley April 19



An 18-year-old Ohio woman accused of livestreaming the rape of her 17-year-old friend with a social media app was trying to record the assault as evidence, the woman's attorney said Friday, April 15, in a defense a prosecutor flatly dismissed. (AP)

An Ohio teenager accused of live-streaming the rape of her 17-year-old friend has pleaded not guilty

Boulevard, Zumbrota, MN 55



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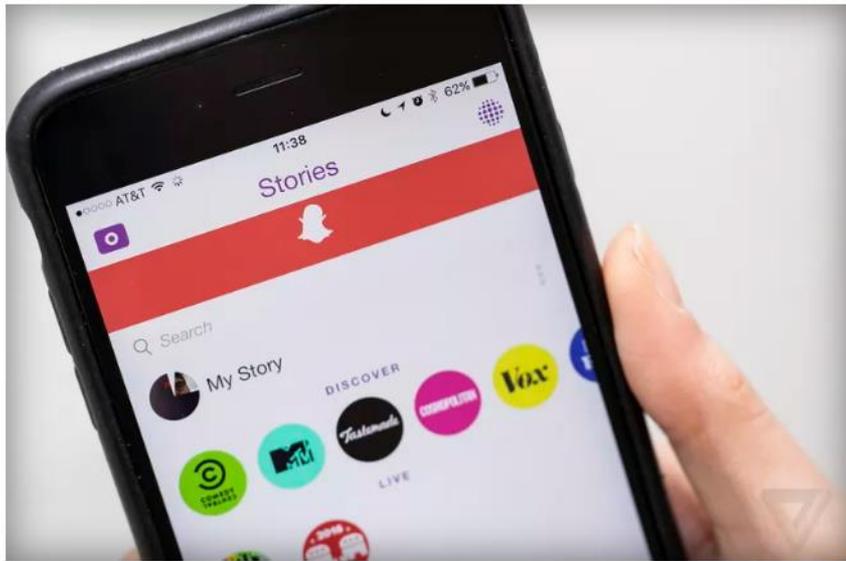


Citysearch

Lawsuit blames Snapchat's speed filter for Georgia car crash

Why you shouldn't snap and drive

By **Ananya Bhattacharya** on April 28, 2016 01:10 pm



Share on Facebook (636) Tweet Share (11) Pin (2)

A young girl trying to capture the perfect Snapchat is nothing out of the ordinary — but a speeding selfie comes with its costs. A new lawsuit alleges that Snapchat's speed filter, which lets users display the speed at which they're moving while taking a photo, encourages reckless driving and can cause automobile crashes.

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Escalating Speed of Technology Change

- Radio took 38 years to reach 50 million U.S. homes.
- Television took 13 years to reach 50 million U.S. homes.
- Internet took four years to reach 50 million U.S. homes.
- Social Networking sites took 16 months to reach 50 million U.S. homes.
- Smart phone apps take nine months to reach 50 million U.S. homes.

Digital Natives–Millennials

- The millennials are the first generation to grow up completely immersed in, and surrounded by technology. They know no world without cell phones, computers, and social media.
- First generation to deal with cyber bullying, video game addiction, and 24-hour access to anyone and anything at the push of a button.
- This constant access to technology is having a profound, yet not completely understood impact on the developing brain.

How Much Technology Are We Using?

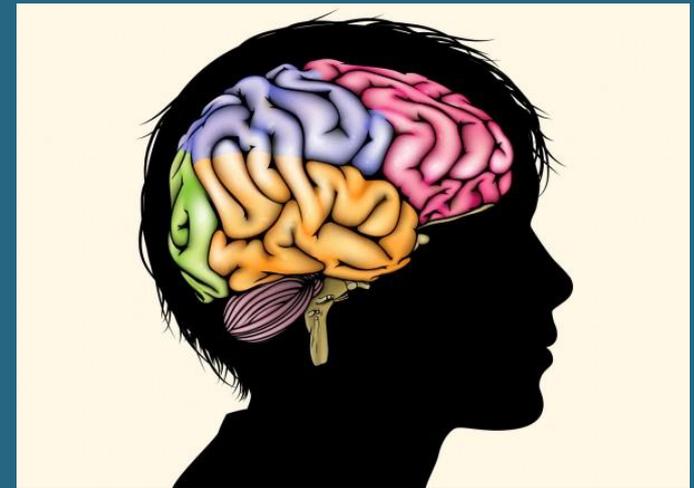
- According to a CNN article, by the age of two, 90% of children have an online history.
- Teenagers send an average of 3,500 text messages a month.
- Kids are spending an average of 7.5 hours per day using entertainment technology.
- 93% of adults have a cellphone, 68% have a smart phone.
- 58% of people sleep with their phone next to their bed so they don't miss calls, messages, or other updates.

The Teen Brain



Impact of Technology on the Developing Brain

- Because this is the first generation of people who were exposed to technology from birth, we don't yet fully know the long-term impact.
- Some early studies are concluding that the steady diet of technology we consume is delaying the development of the prefrontal cortex of the brain.
 - Short and long-term planning
 - Working memory
 - Attention
 - Symbolic thought
 - Executive functioning
 - Impulse control



What Does This Mean for Kids?

- Kids rely on technology for the majority of their play, which limits challenges to creativity, imagination, and development of optimal sensory and motor functioning.
- This sedentary lifestyle coupled with the bombardment of chaotic sensory stimulation is resulting in delays of developmental milestones.
- So what? Kids are entering school struggling with the self regulation and attention skills needed for learning.
Sound familiar?



Where Does This Get Us?

- Children's developing sensory motor and attachment systems have biologically not evolved to accommodate the sedentary yet frenzied nature of today's technology.
- This can lead to ADHD, coordination disorder, developmental delays, learning difficulties, sensory processing disorder, anxiety, depression, and sleep disorders.
- Also can lead to loss of cognitive control—the loss of ability to control our mind to determine what we think about. This can lead to increased compulsivity.

It's No Wonder...

...that the impact of rapidly advancing technology on the developing child has led to an increase in physical, psychological, and behavioral issues...including substance use, abuse, and addiction; body image and eating disorders; gambling and gaming addictions, and an increase in bullying and violence.

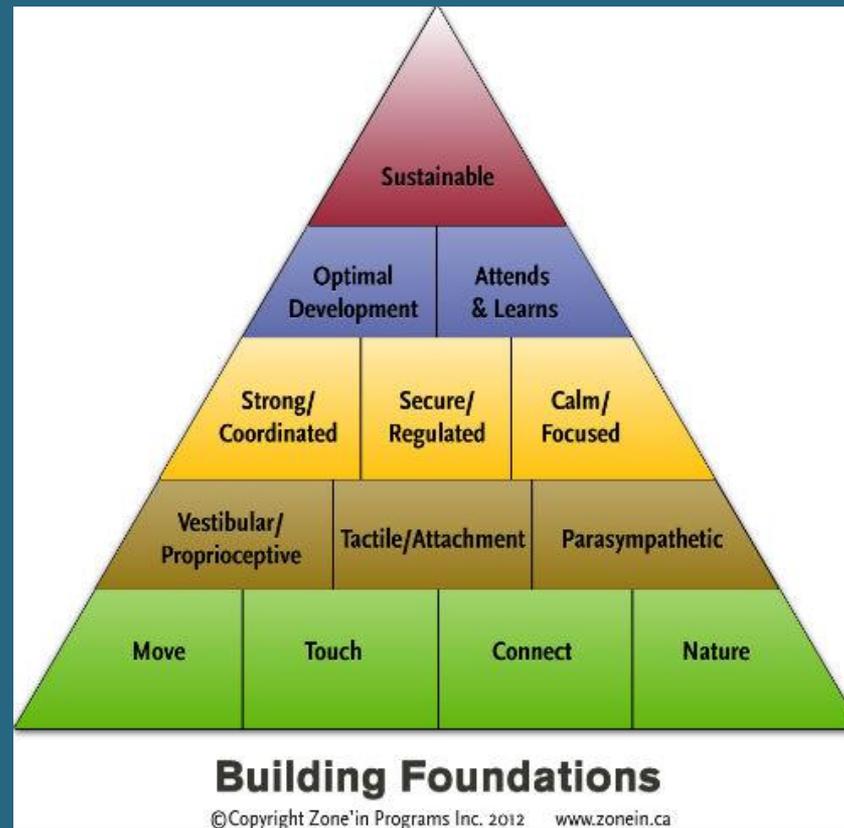


But not only are these kids the first generation to grow up with these challenges...we are the first teachers to teach under these conditions. And the first parents to parent.

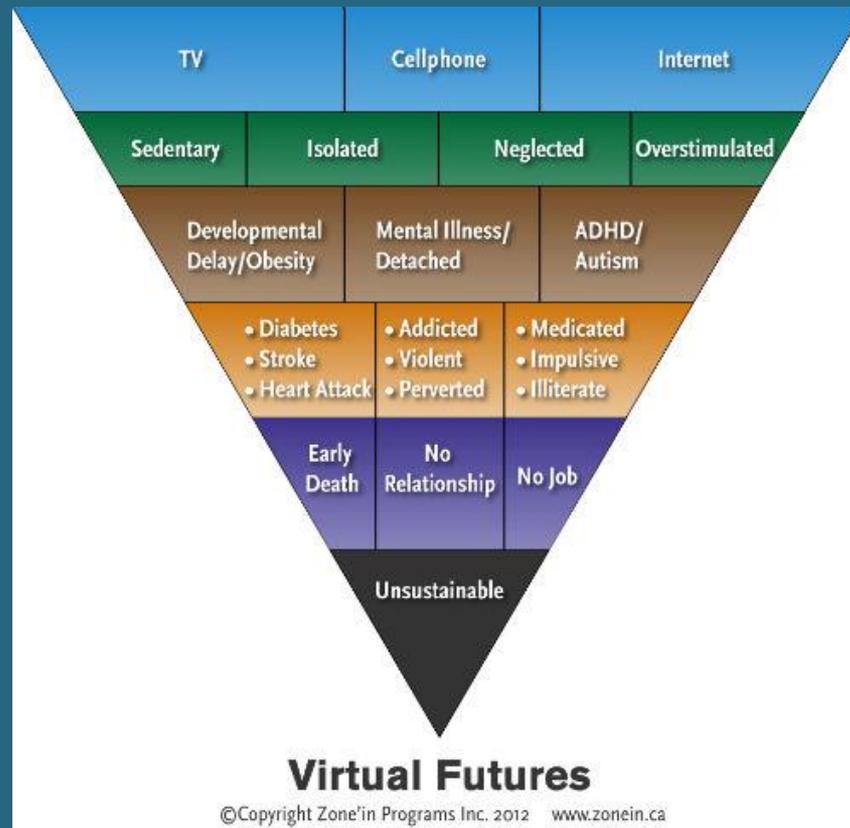
Four Factors for Healthy Development

- **Movement:** Kids require two to three hours of active play to achieve sensory stimulation.
- **Touch:** Critical for development of planned movement patterns.
- **Human Connection:** Activates parasympathetic system lowering cortisol, adrenaline, and anxiety.
- **Exposure to Nature:** Has calming influence on children, restores attention, and promotes learning.

Building Foundations



On The Flip Side

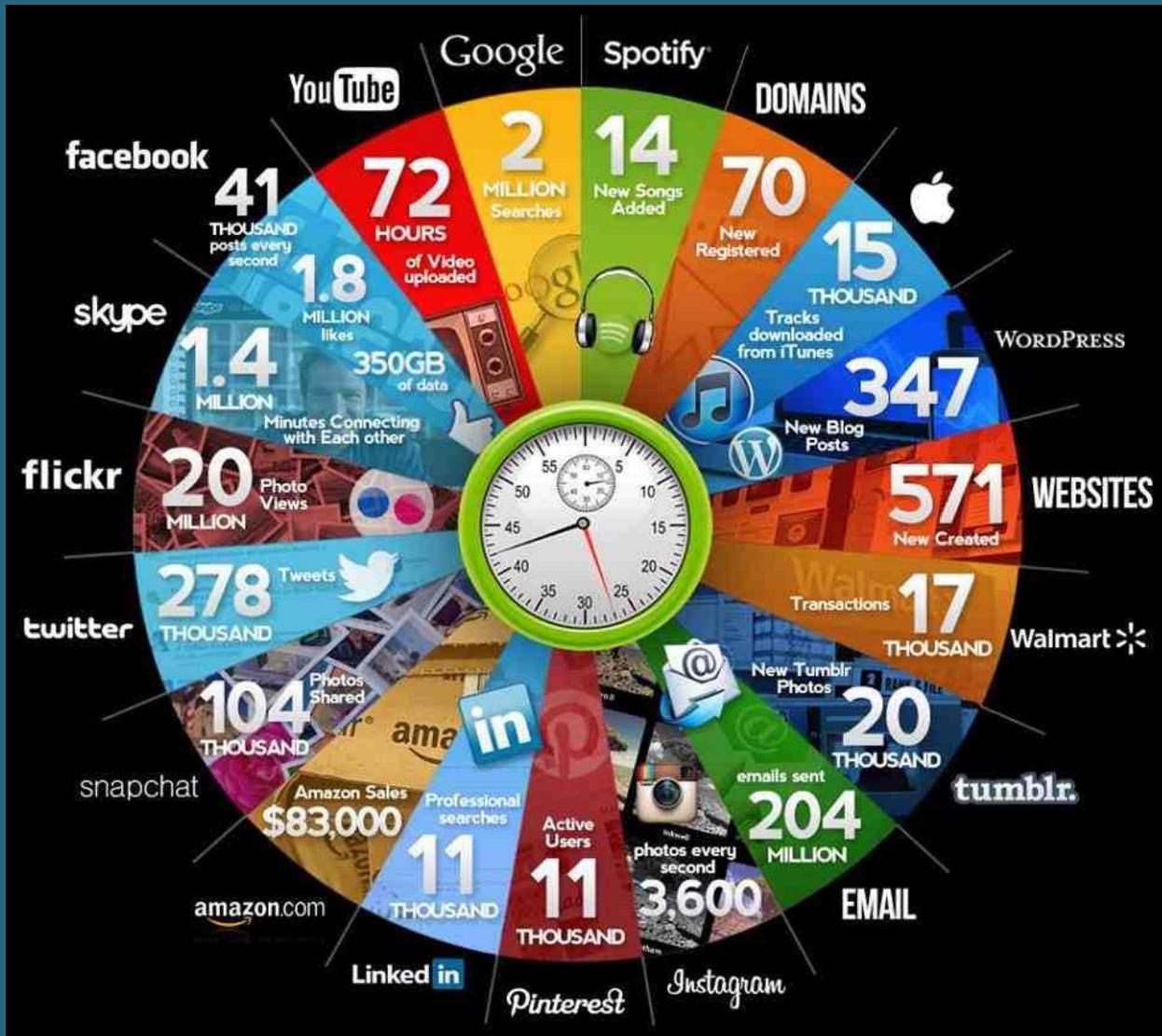


According to a study published by the London Telegraph, nine in ten toddlers are living couch potato lives with 84% getting less than one hour per day of physical activity when the recommended minimum is three hours.

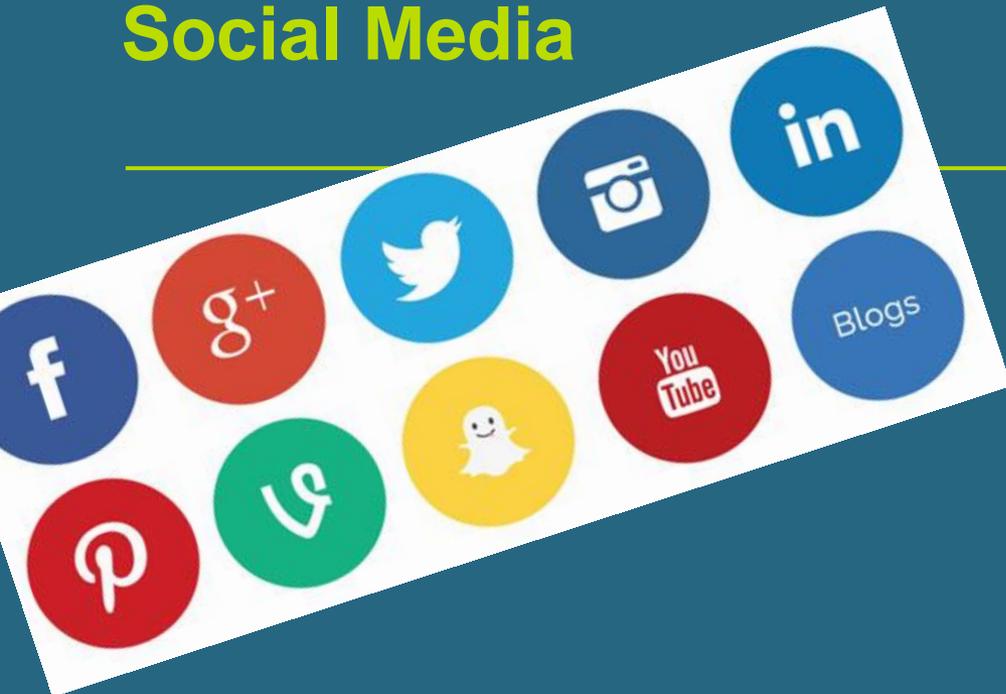
So What Are They Doing on Their Phones Anyway?

- Because let's be honest. Even laptops are becoming archaic. And for teens that have smart phones, anything and everything they need is right there, at the tip of their fingers, 24-hours-a-day.
- According to Pew Research, 25% of teens report being online through mobile devices almost constantly, and 92% report going online daily.
- Nearly 75% of teens have access to a smart phone.



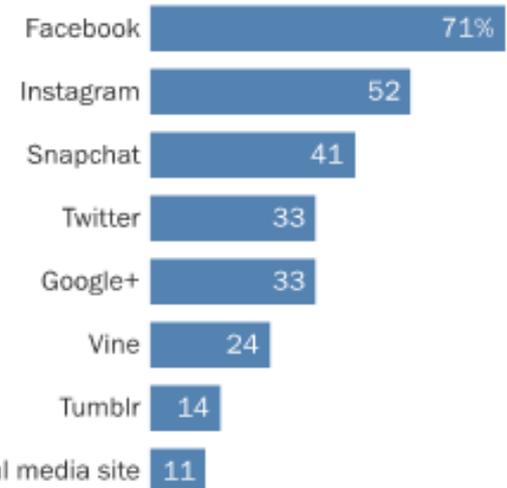


Social Media



Facebook, Instagram and Snapchat Top Social Media Platforms for Teens

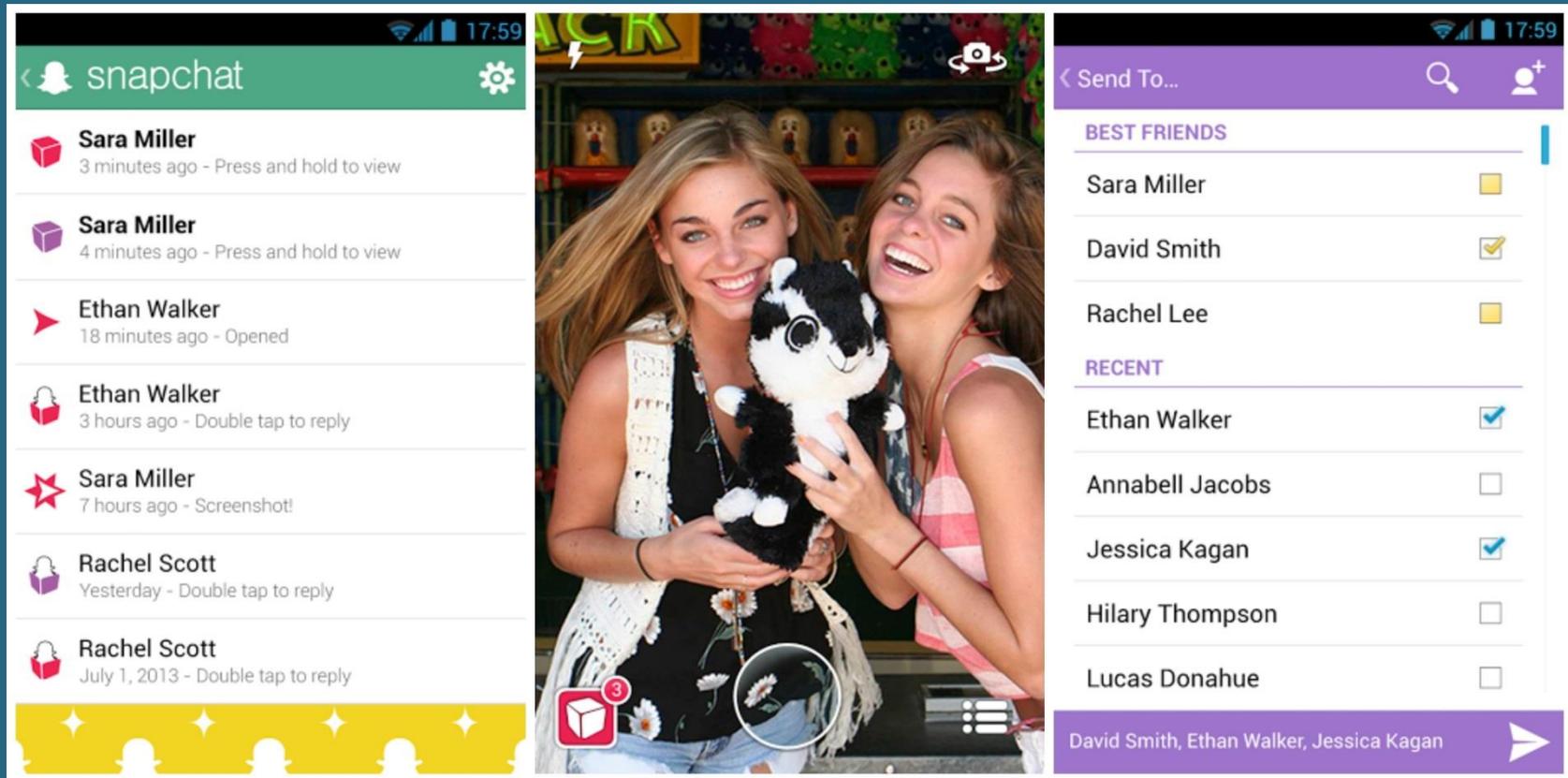
% of all teens 13 to 17 who use ...



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).

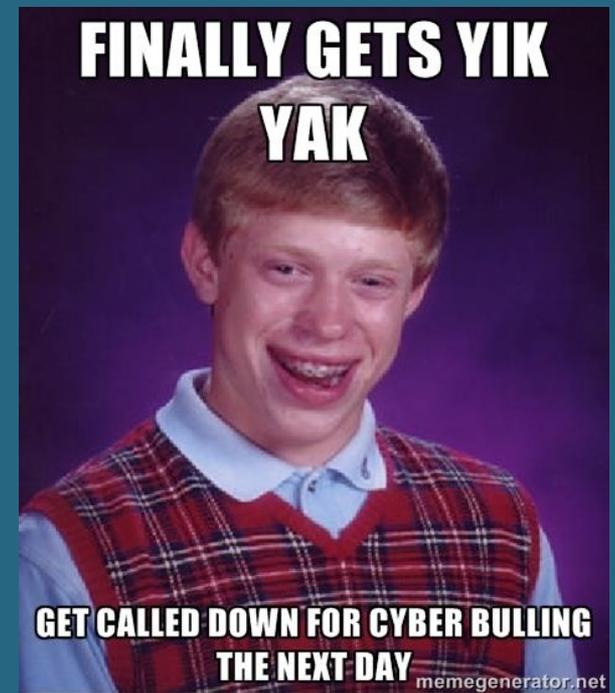
PEW RESEARCH CENTER

Snap Chat



Yik Yak

Yik Yak is a social media app available for iOS and Android, and allows people to pseudo-anonymously create and view discussion threads within a five mile radius.



Home 252

So this girl wants to date me. And I kinda like someone else. But I really enjoy our time together and would love to stay friends. But I don't want to be selfish. What do I do?
 34 mins 1 reply 3

Quick, somebody go see a ballet with me
 52 mins 1 reply 4

☺☺☺
 Sun + Weekend = Beer. It's simple math really.
 56 mins 6

I swear every time I go to chipotle the burrito rollers just get slower and slower
 1 hour 1 reply 3

Is tinder still very active?
 New Hot 0

Home 251

I'm drunk... And it's only 2.
 6 HOURS 4 REPLIES 21

Cheers
 6 hours 2

Way to get a headstart on the weekend!!
 5 hours 2

I support this message
 2

Reply to this yak... Send

Home 251

Who wants to get drinksssss
 2 hours 1

THAT person
 They sit next to you on the bus when there are 6 empty rows...
 2 hours 1 reply 12

I used to cry when my dad chopped onions. I liked onions. Onions was a good dog
 3 hours 28

The sky has been looking beautiful today.
 3 hours 15

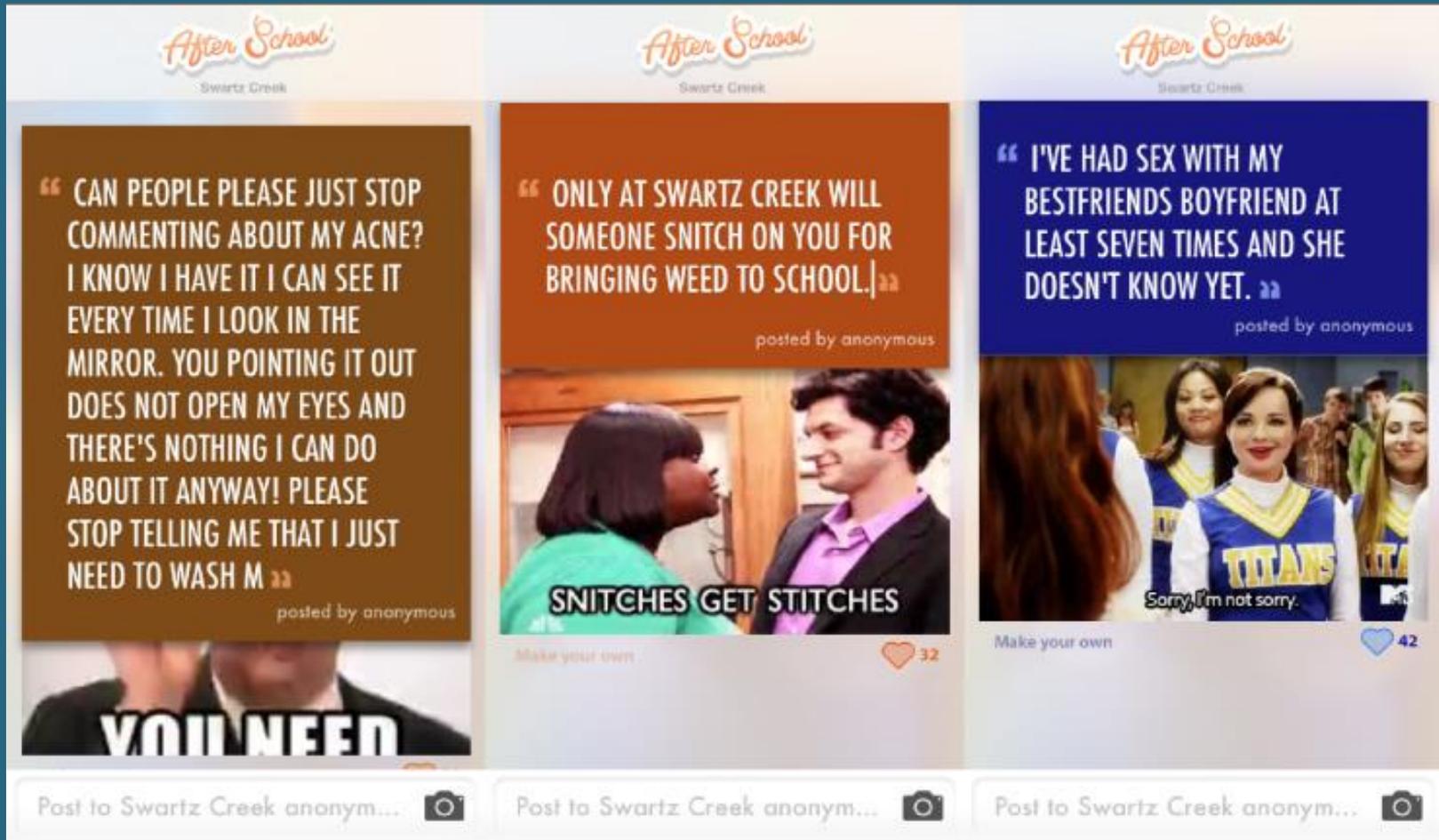
Anyone trying to get some weed?
 3 hours 1 reply -2

After School

Anonymous and private message board for schools.



After School



High There!



Other Apps

- Whisper
- Kik
- What's App
- Vine
- You Now/Periscope
- Triller, Music.ly
- VR

Digital Façade

- Young people don't realize their digital world is only a façade—a skewed picture and modified storyline of what's actually happening in the lives of their friends and peers.
- The main goal is to get as many “likes” as possible. If a certain number of “likes” aren't achieved, posts are removed and reality is distorted.
- Kids get instant feedback on things they might not ever have heard, such as whether someone likes their outfit.

Digital Façade

- There are 80 million photos posted on Instagram each day.
- Facebook has 1.49 billion active users per month.
- Twitter has 316 million active accounts.
- Increasingly, more people are living two lives: one online, one off. And studies show that this makes us more vulnerable to depression, loneliness, and low self-worth. This is based on something psychologists are calling social comparison theory—and teenagers are most susceptible. FINSTAGRAM.

Bullying and Technology

- Technology has increased exposure to ridicule and bullying exponentially. One classmate's mean-spirited remark on Facebook can quickly morph into an all-out cyber campaign of spite.
- As a teen, your entire life is about your peer relationships and what people think of you.
- Social media intensifies bullying in two powerful ways.
 - Bullying now has a more public venue with friends, classmates, and noninvolved parties able to view and respond to postings.
 - Bullying carries lasting harm—what once was a comment made in the school hallway is now a permanent message that can be recorded and stored.

What Can Caregivers Do About Cyber Bullying?

- Talk to youth about the positives and the potential dangers of technology.
- Use “what if” examples to help make a plan before there is a problem.
- Keep computers in public areas of the house and create boundaries around cell phone and computer use.
- Stay updated on child’s online activities.

Shift to Mobile Internet Use

The shift to mobile internet use changes the ways teens access information and creates new challenges for parents who wish to monitor their children's Internet use.

For parents who may wish to restrict access to their children's exposure to certain kinds of content online, mobile devices can make it more difficult for parents to use the passive monitoring strategies they tell us they prefer, instead requiring more technical solutions.

The Use of Technology

- Not only are kids using technology in unsafe ways, but they are also using technology to more efficiently access, purchase, and use drugs and alcohol.
- Technology also plays a role in creating cultural values and ideas of acceptance related to drugs, alcohol, violence, and bullying.

What We Know

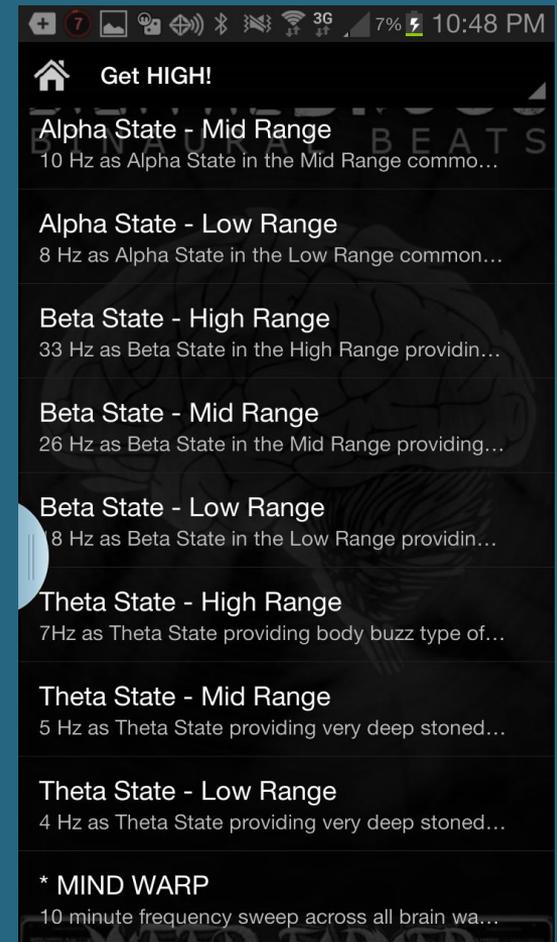
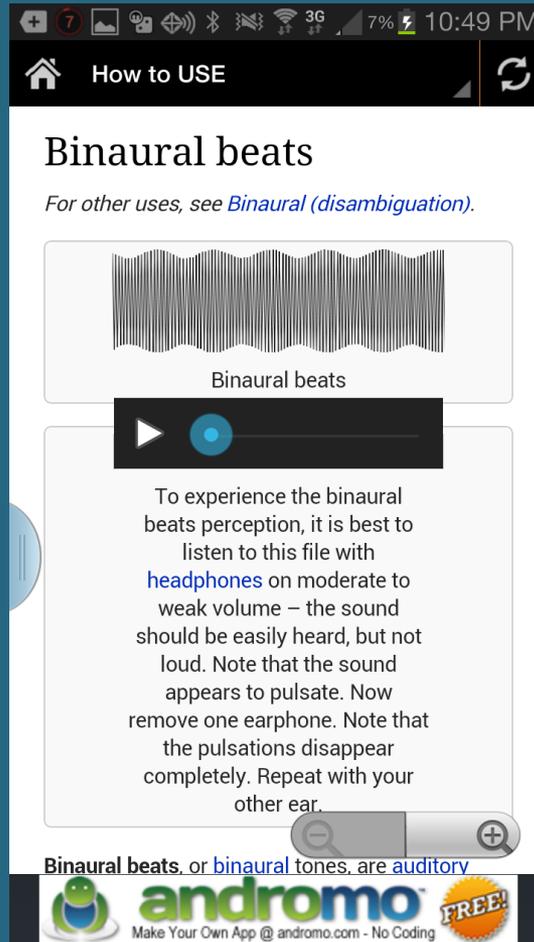
- 1.5 million youth ages 12 to 17 meet the criteria for admission to **alcoholism** treatment, but only seven percent receive treatment.
- An estimated 1.4 million youth ages 12 to 17 meet the criteria for admission to treatment for **illicit drug** use, but only nine percent receive treatment.

SAMHSA's Office of Applied Studies' report, "Youth and Alcohol and Illicit Drug Treatment"

The Dark Web

- The **dark web** is the World Wide **Web** content that exists on darknets, overlay networks which use the public **Internet** but which require specific software, configurations, or authorization to access. These sites are not indexed by search engines.
- Used for the following
 - Purchase illegal items such as drugs and weapons
 - Terrorism
 - Illegal gambling
 - Trafficking
 - Child pornography

Digital Drugs



Digital Drugs



Welcome to Snort Cocaine, the first free simulation for snorting coke!

Warning: cocaine, cannabis and other drugs are ILLEGAL. Don't do drugs or weed!

You need to TOUCH THE SCREEN with your nose and snort to simulate taking the white line of cocaine. You hear the snorting!

The cocaine decrease and when you are finished doing drug you can see your time.

Test your friends to see who is the master of snorting!

Sniff how much you want!

Sounds and vibrate can be disabled via the menu.

Don't hesitate to send me an e-mail if you have any suggestions or any questions: myskidroid@gmail.com

Next

FASHION
Story

FREE

PLAY NOW!



Snorting Cocaine



14.37 sec

You really need some training!



FASHION
Story

FREE **PLAY NOW!**



5 sec

Not too bad!



BAKERY
STORY

*Design your own
Dream Bakery!*

PLAY NOW!



New best time!

4.72 sec

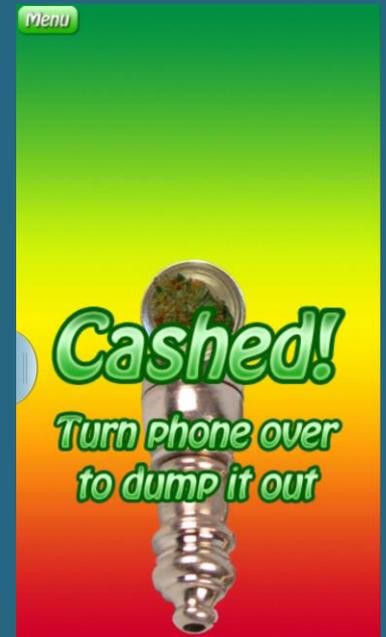
You sure know how to use your nose!



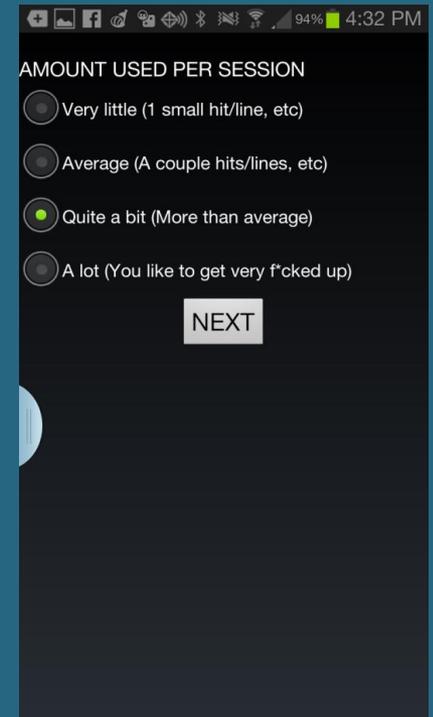
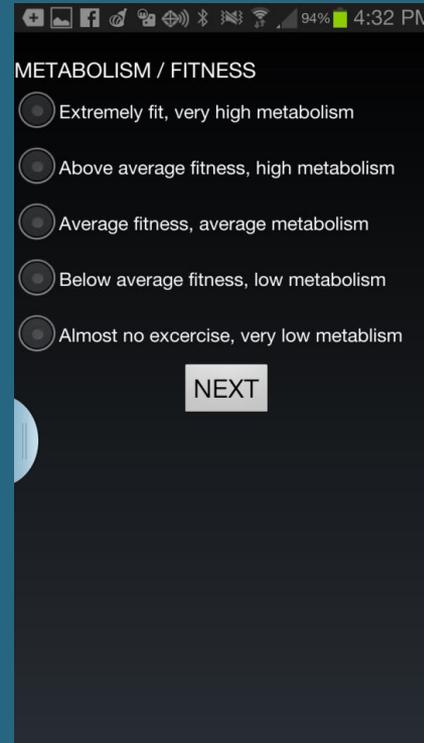
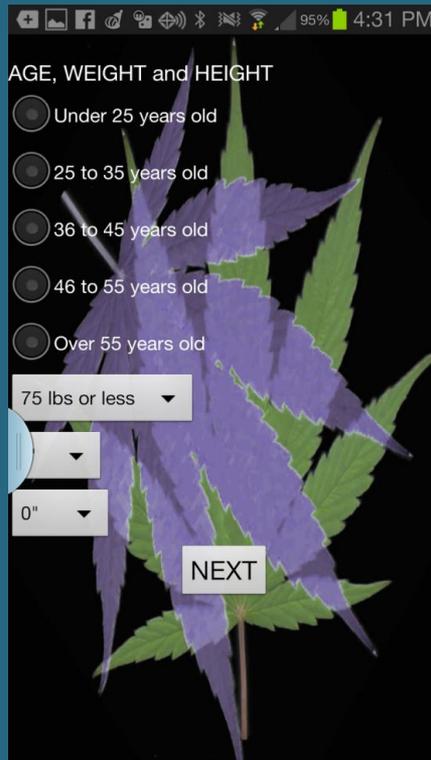
for you!

Download

Smoking a Bowl



How Long Is It In My System?



How Long Is It In My System?

94% 4:32 PM

FREQUENCY OF USE

- Once a week or less
- A couple times a week
- Many times a week
- Every day
- Multiple times per day

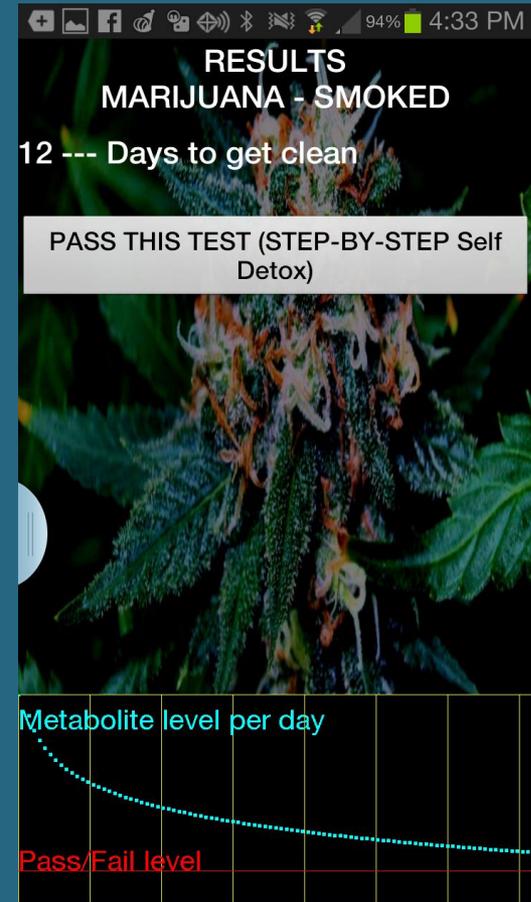
NEXT

94% 4:33 PM

POTENCY USUALLY USED

- Schwag (Brown low quality weed)
- Pretty Bad (Better than schwag but no special smell or look)
- Average (Some visible crystals but nothing too great)
- Above Average (Good stuff with crystals clearly visible)
- Crazy Quality (Insane weed completely covered in crystals that most people only dream of)

NEXT



Seven Things To Do When Your Kid Gets a Phone

- Set up the phone for safety. Set a password for the phone.
- Add important people to the contact list.
- Educate yourself on the school rules.
- Hold a family meeting and discuss the important terms of agreement for the phone or tablet.
- Download a security app to protect your investment.
- Post the rules in plain sight and consider drafting an agreement.
- Drill down on safe downloads. Ask kids to run apps they would like to download by you for approval.

What to Discuss at the Family Meeting

- Establish a trusting relationship.
- Cover the rules.
- Curb over-sharing online.
- Discuss safety issues such as safe downloads, inappropriate content, online privacy, stranger danger, teens, and driving.
- Discuss texting and talking allowances.



Five Rules for Raising a Kid on Tech

- Parents get the passwords. Non-negotiable.
- Set clear parameters for checking in on kids and stick to it. Trust is everything.
- Lead up to the responsibility from a young age. Social media accounts are a privilege earned when good judgment is consistently shown.
- Get your own account on any medium they are using. Following each other is not optional. Watch from afar but do not bombard their page.
- Subscribe to their pages and posts so you don't miss anything. Use missteps as opportunity for conversation and teach about critical thinking.

Other Suggestions for More Balanced Technology Use

- Give child a phone that is one generation older than yours so you're familiar with use and function and can stay on top of new apps.
- Reset home Wi-Fi password daily.
- Set texting and talking allowances.
- Play the dinner dishes game.
- Have technology-free zones in the house.
- Establish technology free zones and times in your home when you all unplug and concentrate on communicating and enjoying each other's company.



Questions to Ask

- Where do you spend most of your time online?
- What's your favorite app or video game right now?
- Who do you game with or communicate with most?
- How do you decide who gets to follow or friend you?
- What do you share, post, download, upload, or view?
- Can I review your profile with you?
- Why haven't you accepted my friend request?
- Why do you hide your electronic devices when I enter the room?

Resources for Students, Staff, and Parents

- <http://www.netsmartzkids.org> – Created by The National Center for Missing and Exploited Children, NetSmartz is an interactive and educational site designed to teach kids how to stay safe online and off.
- <http://www.getnetwise.com> – Created by the Internet Education Foundation to help educate the public about the challenges and problems presented by the internet.
- <http://www.safekids.com> – One of the oldest sites designed to help educate on internet safety and digital citizenship.
- <https://www.aacc.edu/technology/file/GamingTips.pdf> - Tips on safe gaming for kids and teens

Resources, Continued

- www.nsteens.org – Teen version of NetSmartzKids. Great interactive tools, quizzes, videos, and games that can be used in the classroom.
- www.safeteens.com – Internet safety for teens
- www.teens.webmd.com/features/teen-internet-safety-tips - Teen internet safety tips
- www.netsmartz.org/parents - Videos, presentations, and helpful tips about technology issues
- www.digitalcitizenship.net – Helps teachers, technology leaders and parents understand what students should know to use technology appropriately.

Circle and KoalaCare

- Circle by Disney and KoalaCare are both devices that hook up to your router designed to help monitor family internet use. You can track online history, set time limits for access to certain sites, disable Wi-Fi for specific devices on the network, etc.
- *The idea behind Circle is not to spy on your family's online activity. Instead the goal is to set limits on what your children can access online, when they can access it, and for how long. Circle with Disney allows a parent to associate devices on a home network with individual family members. Then they can decide how long that person or device can be online and what services can be accessed.*

31% of teens say they would change their online behavior if they knew their parents were watching.

So watch!

-
- <https://www.youtube.com/watch?v=9s0ukQGLXQ4>

Remember...

“

You can't upload love,
you can't download time,
you can't Google
all of life's answers.
You must actually
live some of your life.

”



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