

PARENTING TEENS IN THE DIGITAL AGE

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WHAT WE WILL COVER

The current mental health
landscape

What happens when you add
technology?

Supporting healthy digital media
use

What is on the horizon

Resources & discussion

WHO AM I?

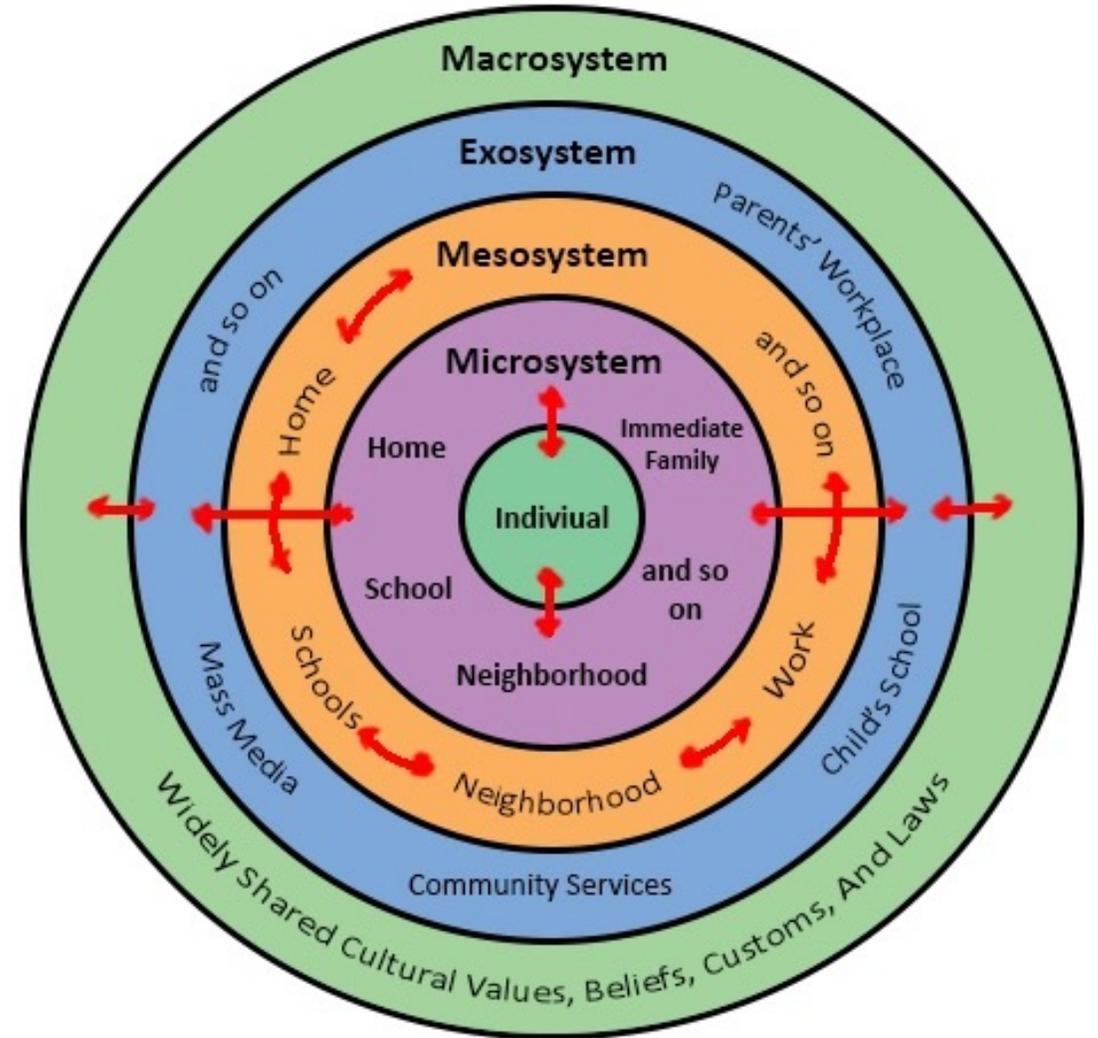
Educator/Program developer/Consultant

Public health specialist

Developmental psychologist

Scholar

Translational researcher



WHO ARE YOU?



Turn to a neighbor and share:



Your name



One thing you hope to get from today



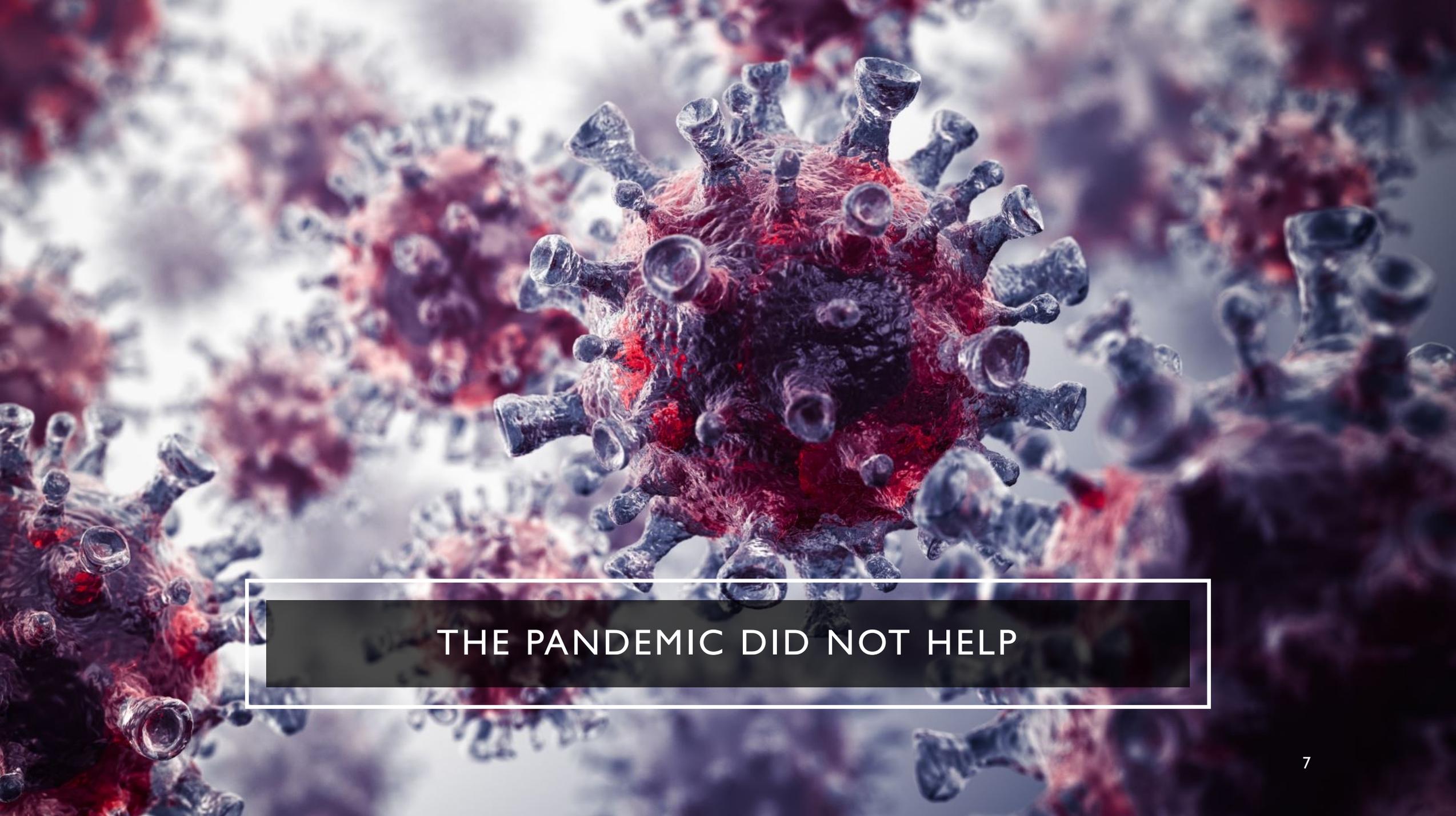
One thing that inspires you



THE ADOLESCENT MENTAL HEALTH AND WELL-BEING LANDSCAPE

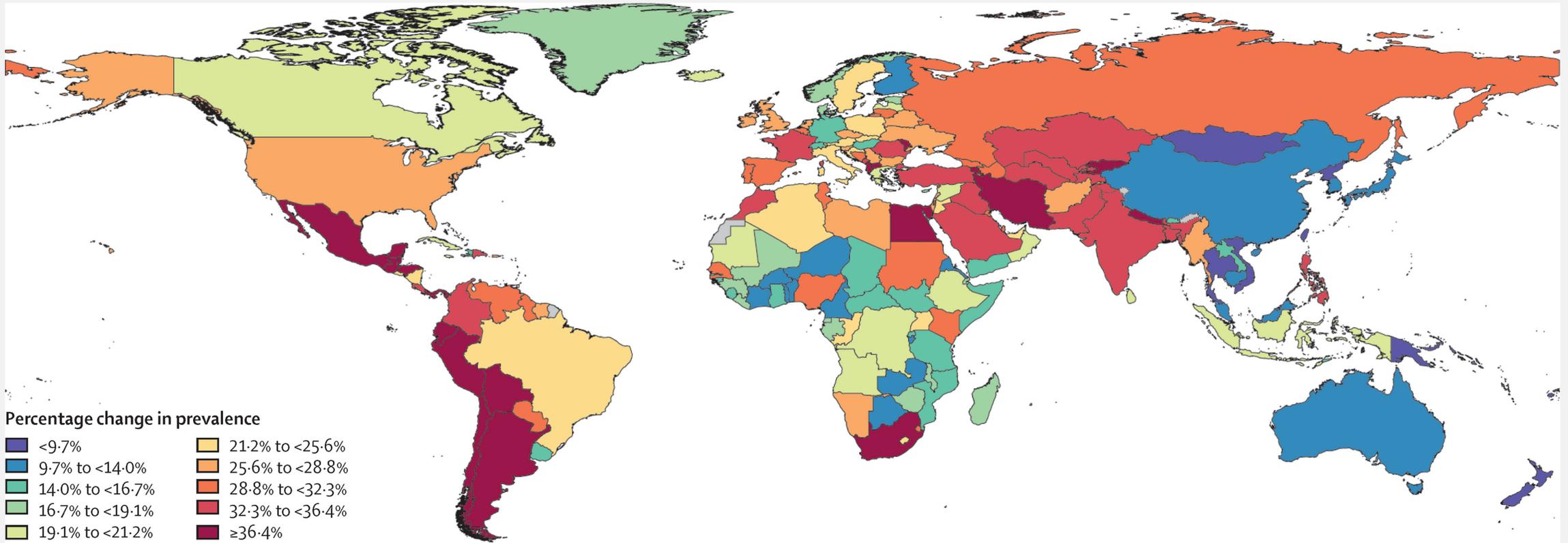
GLOBALLY

- 1 in 7 teens aged 10-19 experiences a mental disorder; accounting for 13% of the global burden of disease in this age group.
- Age of onset for most mental health challenges is 15-24.
- Depression, anxiety and behavioral disorders are leading causes of illness and disability among adolescents.
- Suicide is the fourth leading cause of death among 15-19 year-olds



THE PANDEMIC DID NOT HELP

COVID-19 Global Impact on Mental Health



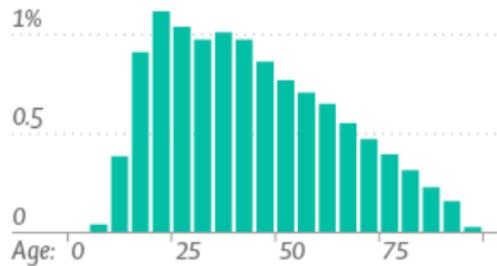
Change in the prevalence of anxiety disorders after adjustment for (ie, during) the COVID-19 pandemic, 2020

EFFECTS WERE UNEVEN

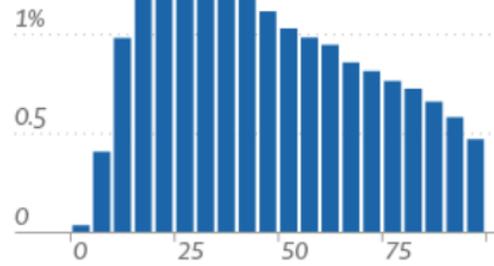
Younger people were hardest hit

Additional prevalence due to COVID-19, by age

Major depressive disorder



Anxiety disorders



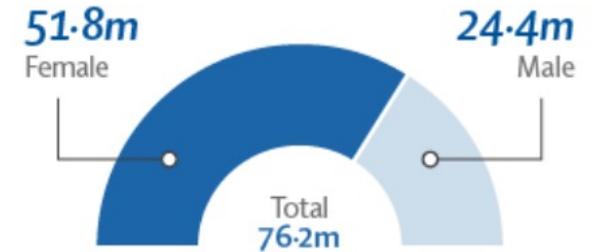
Increases were higher among females than males

Additional cases due to COVID-19, by gender

Major depressive disorder



Anxiety disorders



Read the full paper: Santomauro DF, Mantilla Herrera AM, Shadid J, et al. Global prevalence and burden of depressive and anxiety disorders in 204 countries and territories in 2020 due to the COVID-19 pandemic. *The Lancet* 2021. Published online October 8.

BY JUNE 2021

Suicide the leading cause of death among Belgian young people

16% of Belgian youth aged 18-29 report having seriously considered suicide in past 12 months.

In the 15-24 age group, suicide accounts for 30% of male and 21% of female deaths

THE PANDEMIC IS ONLY PART OF THE STORY

Pandemic developmental interference

Global conflict

Climate change and uncertainty

Macro-environmental stress or trauma (school shootings, discrimination, economic uncertainty, etc.)

Sleep deprivation (possibly greater than for any previous generation)

Too little time outside (less than one hour per school day)

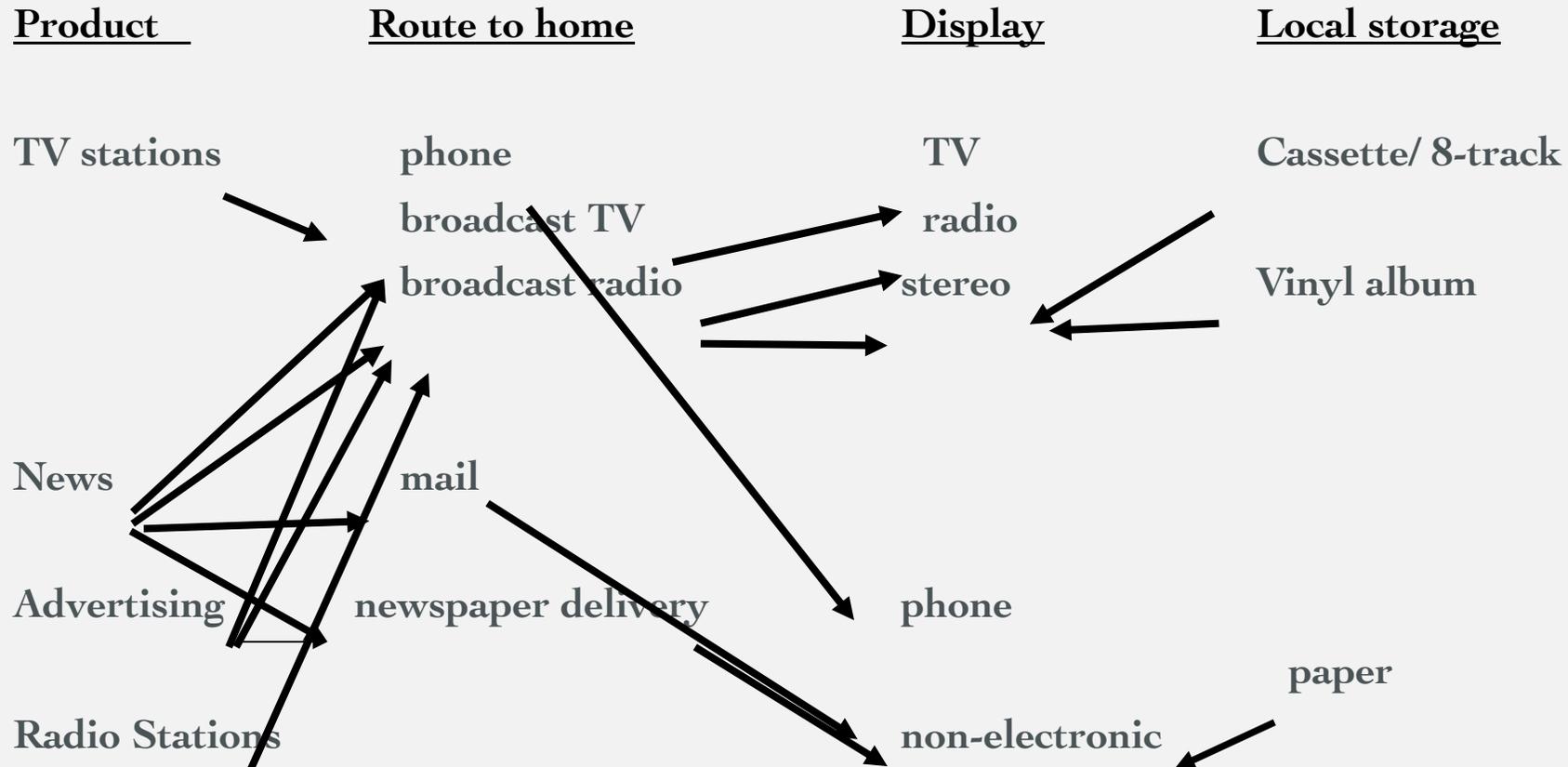
Attention fracturing due to competing demands and technology

More screen time, less face to face time

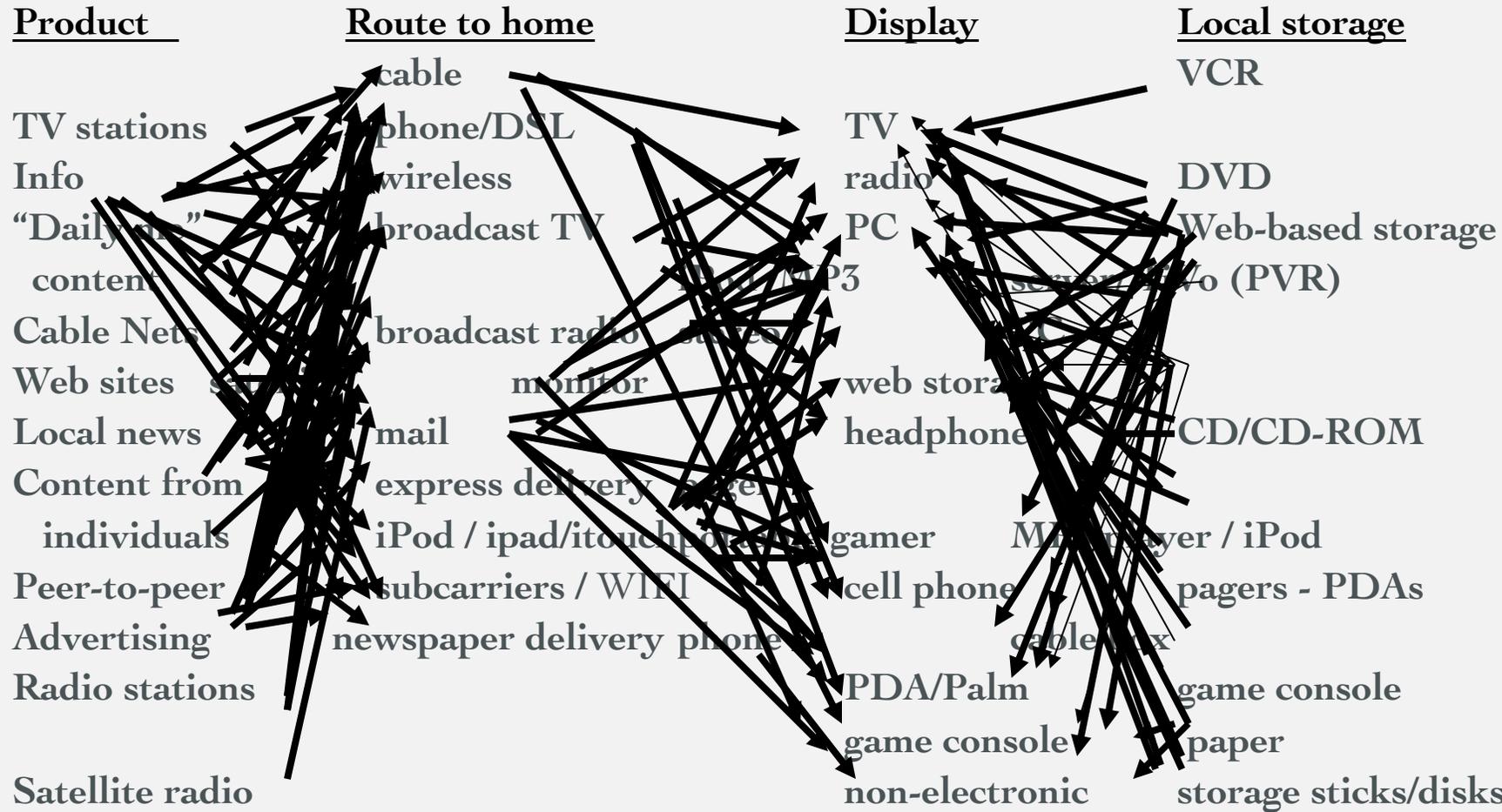
Developmental interference

WHAT HAPPENS WHEN YOU ADD
TECHNOLOGY?

HOME MEDIA ECOLOGY - 1975

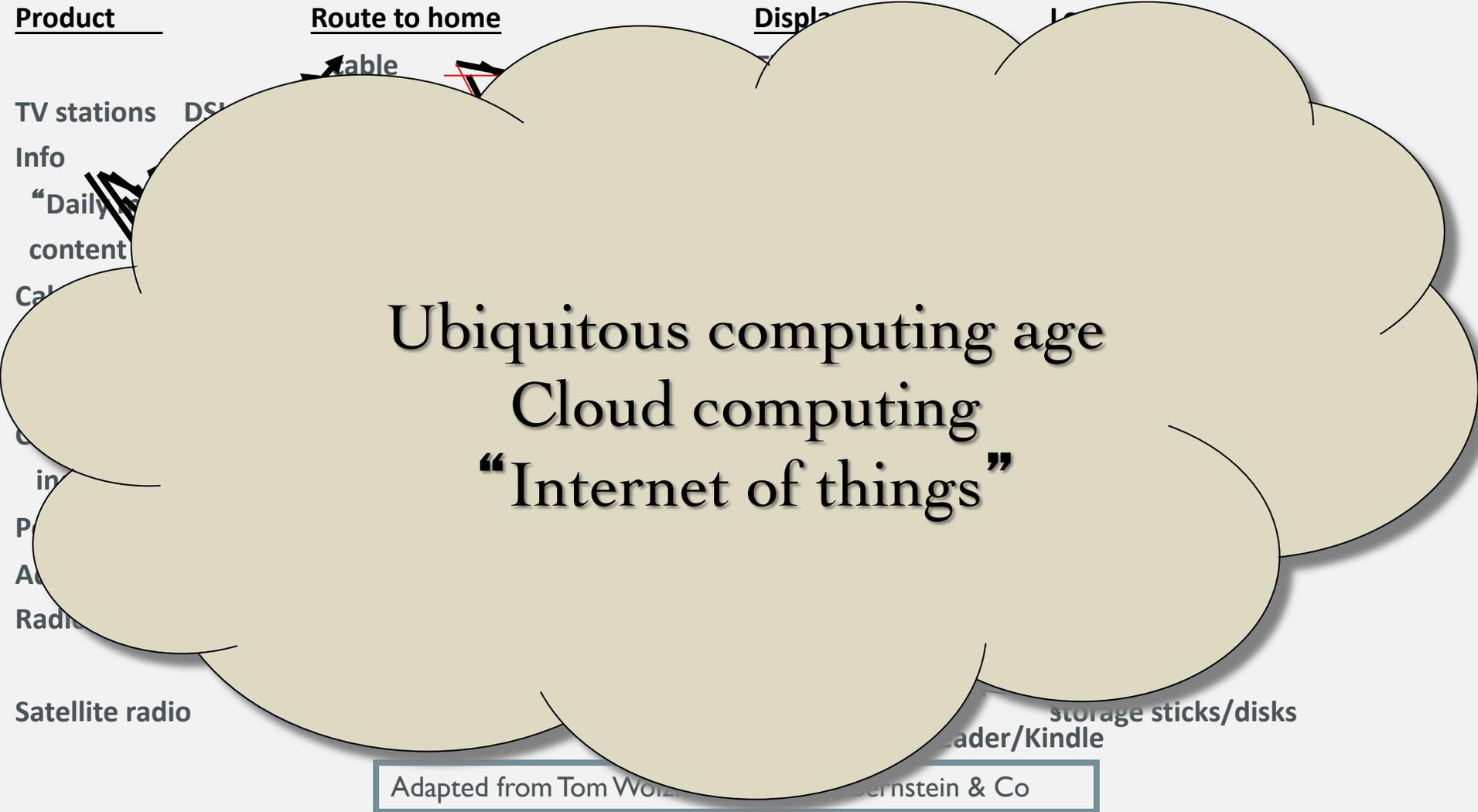


HOME MEDIA ECOLOGY 2008



Adapted from Tom Wolzien, Sanford C. Bernstein & Co

MEDIA ECOLOGY NOW – INFORMATION AGE



The Digital Media Generation



92% of teens (13 to 17) go online daily; 24% go online “almost constantly”



The average teen spends 7 hours and 22 minutes online not for schoolwork



Time spent: 39% TV/videos; 22% gaming; 16% social media; 8% browsing



Popular platforms: YouTube (85%), Instagram (72%), Snapchat (69%); Facebook (51%). 55% of TikTok users are between 18-24



(PEW, 2015; 2019; Auxier & Anderson, 2021)

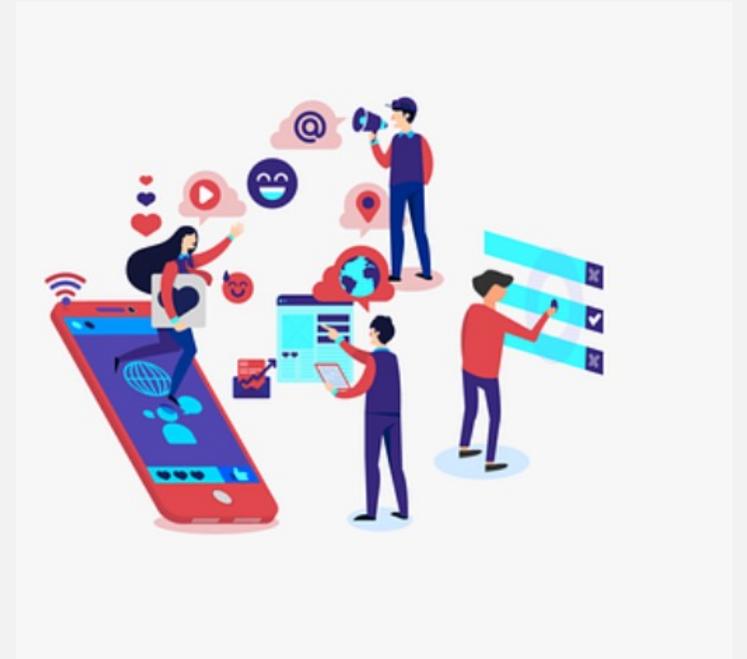
TECHNOLOGY HAS MADE GROWING UP:

- Easier
- Harder
- Just different

SOCIAL MEDIA IS

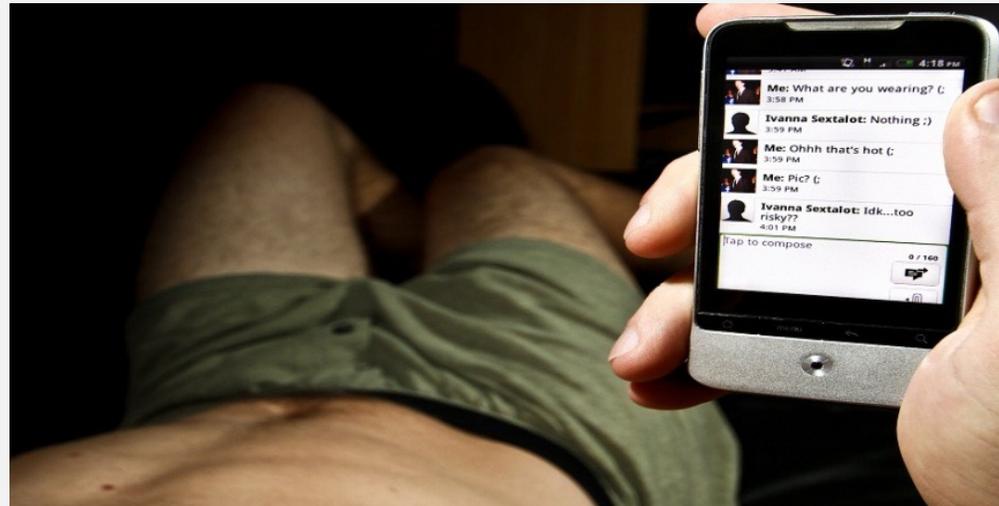
A social structure in which technology puts power in communities, not institutions, as well as a set of open, web-based and user-friendly applications that enable users to network, share data, collaborate and co-produce content.

Kaplan & Haenlein, (2010). Users of the world, unite! The challenges and opportunities of Social Media. *Business horizons*, 53(1), 59-68.



CHARACTERISTICS OF ONLINE ENVIRONMENTS

- Triple A Engine (Cooper et al, 1999)
 - Accessibility
 - Affordability
 - Anonymity
- Disembodiedness
- Disinhibited behavior
- High levels of self disclosure



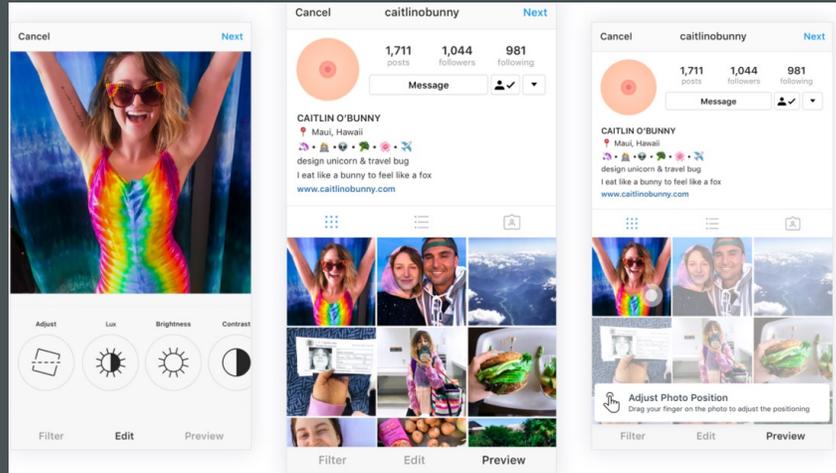
Filters for Snapchat



Filters for Snapchat



SOCIAL MEDIA CHARACTERISTICS AND AFFORDANCES



Characteristics

- Participation
- Openness
- Conversation
- Community
- Connectedness

Affordances

- Visibility
- Persistence
- Editability
- Association

Chouikh, A., Ojo, A., & Driss, O. B. (2016, March). Exploring the affordances of social media platforms in supporting emerging public service paradigms. In *Proceedings of the 9th international conference on theory and practice of electronic governance* (pp. 177-186).



Have Smartphones Destroyed a Generation?

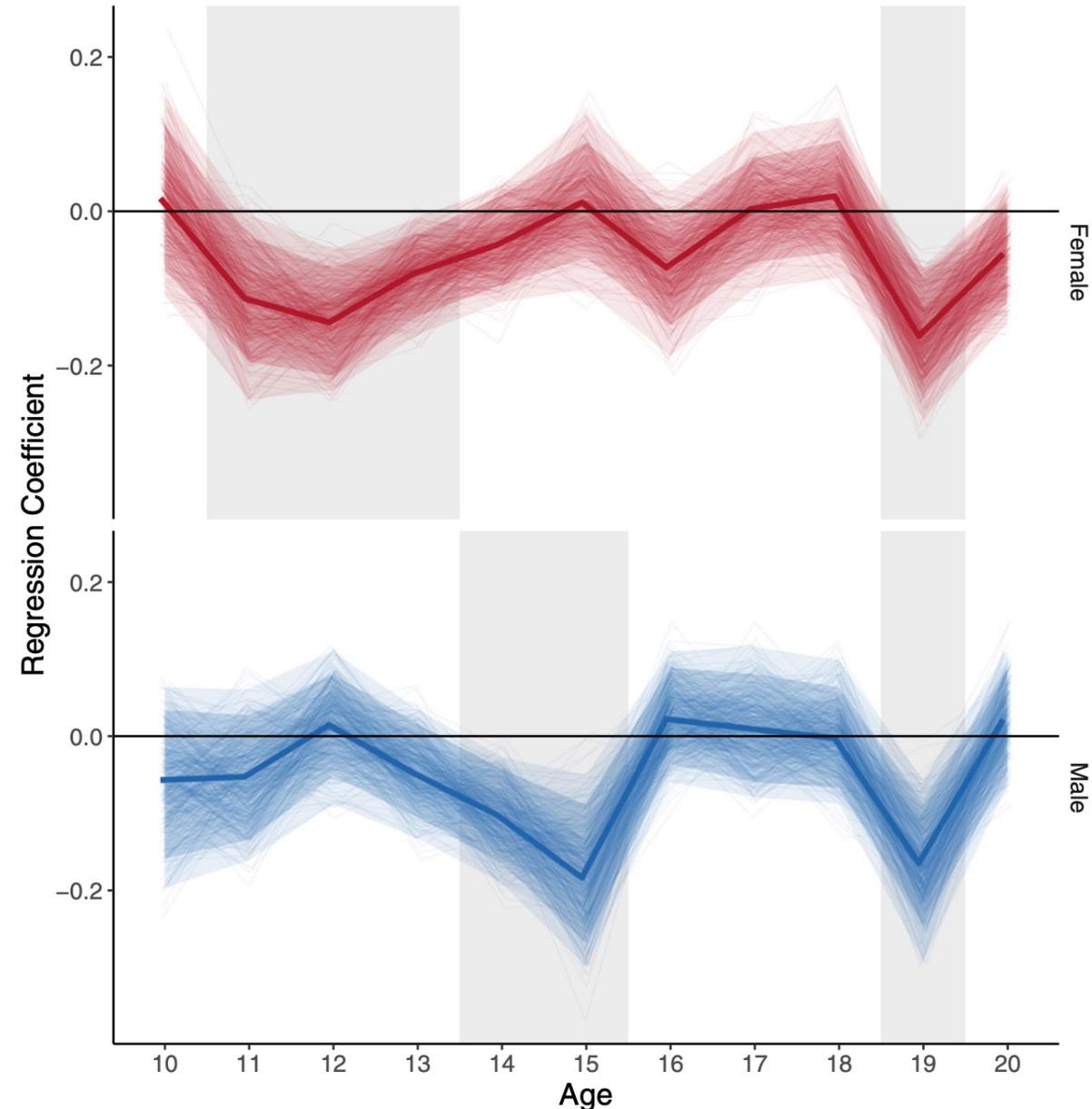
More comfortable online than out partying, post-Millennials are safer, physically, than adolescents have ever been. But they're on the brink of a mental-health crisis.

CORE FACETS OF THE SOCIAL MEDIA-MENTAL HEALTH STORY

- Consistently small to modest relationships between social media and mental health
- Mediators such as envy and social comparison play in explaining the relationship between social media and mental health but:
- There are dynamic interplays between user characteristics, such as gender, age/development and other user features and motivations
- It is clear that more complex methods needed and attention to both between and within-person analytical approaches

WITHIN PERSONAL ANALYSIS OF AGE X SEX RELATIONSHIP BETWEEN SM AND LIFE SATISFACTION

- For females, we observed a window of sensitivity to social media between the ages of 11 and 13, when increases in estimated social media use from expected levels predicted a decrease in life satisfaction ratings from expected levels one year later.
- For males a similar window was in evidence at ages 14 and 15.
- A later increase in sensitivity to social media, which was present at age 19 for both sexes, suggested a different underlying process may be present in late adolescence.





MITCH PRINSTEIN
JOHN VAN SETERS DISTINGUISHED
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CHIEF SCIENCE OFFICER AT THE
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ASSOCIATION

WL BLULVL.



black
lives matter



love
is love



science
is real



feminism is
for everyone



no human
is illegal



CAROLYN (MERRELL)
DIVINE
GLOBAL HEAD OF
COMMUNICATIONS & PR
AT CALM

FORMER GLOBAL HEAD
OF POLICY PROGRAMS AT
INSTAGRAM





An illustration of a person with black hair blowing in the wind, wearing a black long-sleeved shirt and dark pants. They are standing on a complex, multi-colored root system (red, blue, green, yellow, purple, orange) that spreads across a dark green background. A white-bordered box is centered over the person's torso, containing the text 'SUPPORTING HEALTHY DIGITAL MEDIA USE'.

SUPPORTING HEALTHY DIGITAL MEDIA USE



START EARLY

- Avoid DM use, (except video chatting) in children younger than 2 years
- If you introduce digital media in the 18 to 24 month range, choose high-quality programming and use it with them
- Model healthy media balance
- Introduce the idea of contracts/agreements for device use
- Use media together and look for teachable moments



TestDrive

Modules

For Educators

For Parents

Research

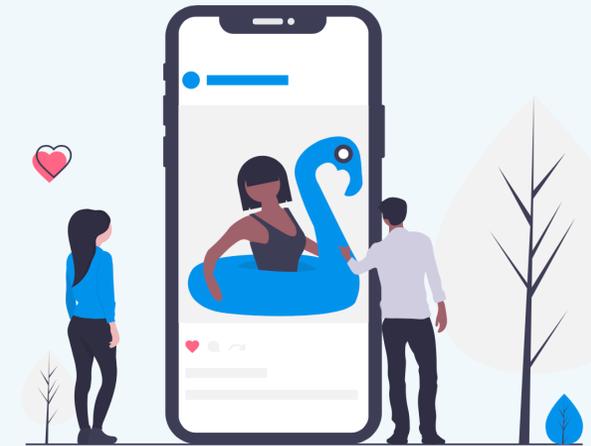
FAQ

Team

Practice digital literacy skills in a social media simulation

Social Media TestDrive prepares young people for the online world through experiential learning in a simulated social media environment.

Try a module



Resource: social media testdrive (<https://socialmediatestdrive.org>)



AS THEY
APPROACH
AGE OF SM
USE

- Actively promote / teach digital literacy
- Resist SM accounts prior to age 13
- Forge digital use agreements to go along with devices
 - Use times and parameters
 - Sleep protection
 - Surveillance agreements
- Use parental control features
- Stay present, set boundaries and keep modelling healthy use
- Keep doors of communication open (and avoid power struggles)

GET AND STAY EDUCATED

- Stay aware of and educated about common platforms and features
 - TikTok
 - YouTube
 - Instagram
 - Snapchat
 - Facebook
 - Video games
- Be familiar with parental restrictions, media balance features, good citizenship rules and practices. Talk to your children about these and emphasize the importance of taking care of oneself and others
- Be ware of and use parental restrictions
- Educate and talk to your teens about your views on content they are likely to encounter

PROMOTE POSITIVE DIGITAL CITIZENSHIP

Share

Share expectations related to:

- Content accessed (pornography, on-line gambling, gaming etc..)

Emphasize

Emphasize importance of upholding and supporting positive community norms

- No bullying, stalking, shaming etc..
- Being a cyberupstander

Help

Help kids understand the line between funny and cruel and about how to recognize credible (and not credible) information

ASSIST CHILDREN IN
ADVANCING SELF-
AWARENESS AND
EMOTIONAL REGULATION
SKILLS

Positive media balance

- Supports healthy and regular engagement off devices and in nature / with friends & family
- Supports healthy sleep

Heathy content creation and curation

- Share authentically but be aware of oversharing
- Follow accounts that enhance health and wellbeing (not social comparison)
- Resist the “like” trap
- Become aware of vulnerability to social comparison

Know “red flag feelings” and act on them

Keep doors of communication open



Courtney Knowles

- Former CEO JED Foundation
- Founder of Love is Louder (www.loveislouder.org), a digital and grassroots mental health movement. As a producer, he's received a prestigious Peabody Award and four Emmy nominations
- Consults for Viacom, Universal, CAA, TLC, Disney, Spotify, and brand partners including Victoria Secret PINK, Nudestix, and Madhappy





courtneyknowles



WHAT TO WATCH OUT FOR IN YOURSELF AND OTHERS

- Chronic sadness, anxiety or intrusive thoughts
- Apathy and disengagement
- Feeling worthless
- Chronic fatigue
- Reckless behavior
- Difficulty functioning
- Persistent feelings of guilt
- Posting captions, comments hashtags or emojis that are distress, sad, or negative
- Liking or following negative accounts

RECOGNIZE WHEN IT BECOMES PROBLEMATIC

- High levels of use
- Preoccupation with the Internet
- Need to use the Internet more to achieve satisfaction
- Interfering with daily life and/or mental health
- Made unsuccessful attempts to cut back
- Use the Internet as a way of escaping problems





YOU CAN MAKE A
DIFFERENCE

- Stay aware
- Trust your instincts
- Reach out to anyone in your life who appears distressed
- Help your teens notice and respond
- Recognize when you need help for yourself
- Share resources



DIGITAL AGE PARENTING RESOURCES

- Cyberwise: <https://www.cyberwise.org/post/a-don-t-miss-digital-parenting-resource>
- Common Sense Media: <https://www.commonsense.org/education/toolkit/family-engagement-resources>
- Family Online Safety Institute: <https://www.fosi.org/good-digital-parenting>
- Edutopia digital literacy resources: <https://www.edutopia.org/digital-literacy-technology-parent-resources>

LET'S TALK

