



The New Digital Age: Why Social Media Matters

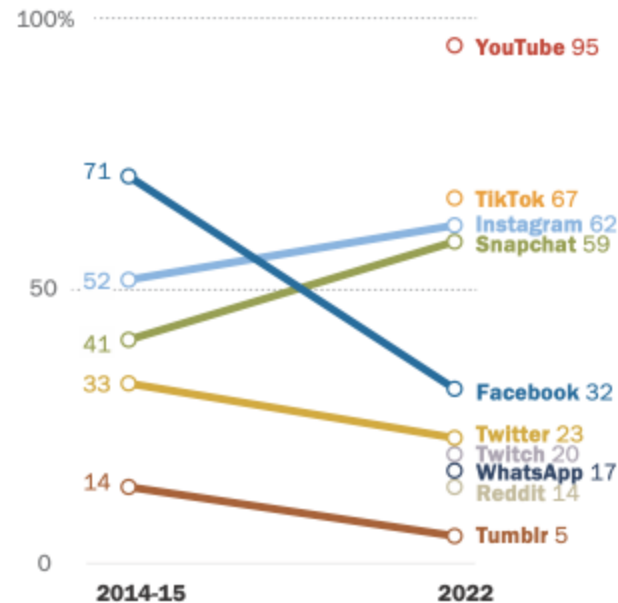
Jessica Pater, PhD
Parkview Research Center
11/01/2022



Adolescent/Teen Use

**Since 2014-15, TikTok has arisen;
Facebook usage has dropped;
Instagram, Snapchat have grown**

% of U.S. teens who say they ever use any of the following apps or sites



Note: Teens refer to those ages 13 to 17. Those who did not give an answer are not shown. The 2014-15 survey did not ask about YouTube, WhatsApp, Twitch and Reddit. TikTok debuted globally in 2018.

Source: Survey conducted April 14-May 4, 2022.
"Teens, Social Media and Technology 2022"

PEW RESEARCH CENTER

- 67% of teens report using TikTok
- 16% of teens report being on it constantly

Typical Social Media Portfolio



Pater et al, 2015

Life During COVID



Technologies Used to Connect

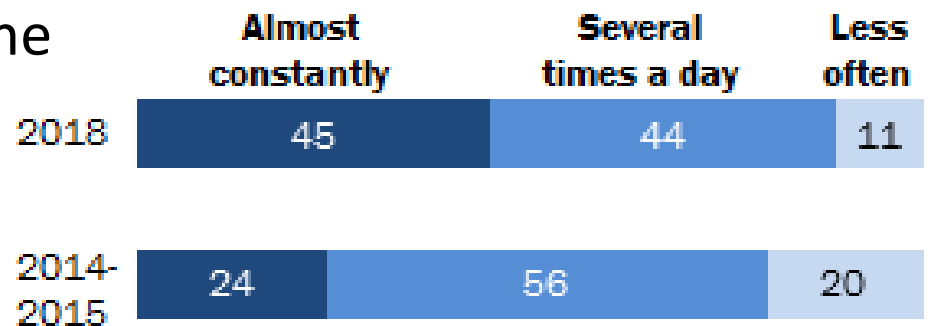


Points of Connection



Youth as Power Users

- 95% of teens use or have access to a smartphone
- 88% use or have access to a computer at home
- 75% of females & 92% of males have access to a gaming console
- 89% report being online daily
 - 45% report being online “constantly”



Youth as Power Users

Nearly one in five teenagers is spending 4 hours or more online every day

How many minutes, if any, would you say that you spend online (e.g., browsing the internet, watching videos, playing games, chatting with friends, etc.) in a typical day? (%)

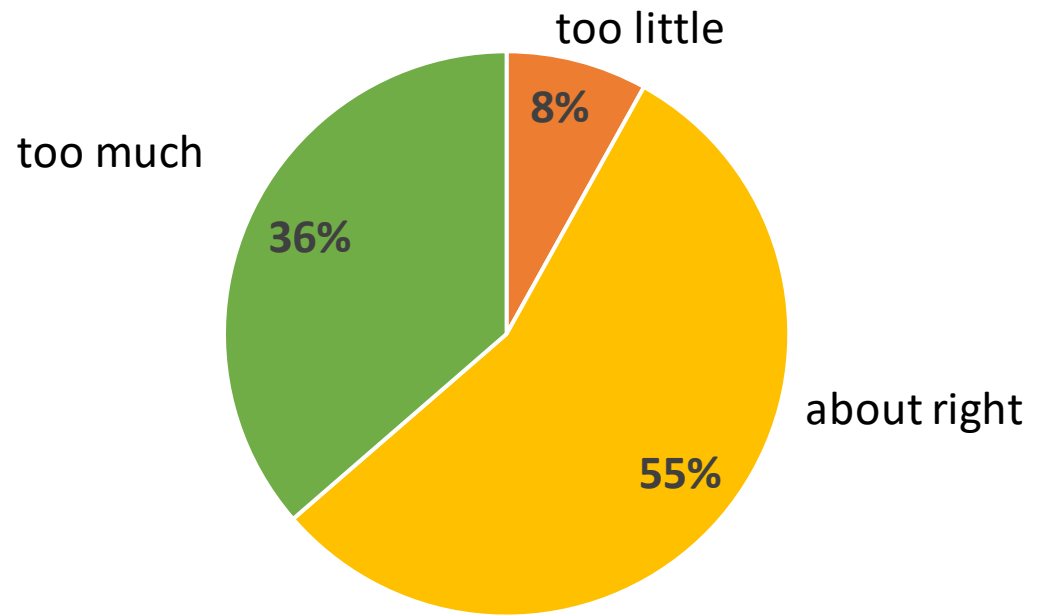
■ Children (ages 8 - 12)

■ Teens (ages 13 - 17)



How They Feel About SM Use

Overall, how they feel about the time spent on social media.



How difficult it would be to give up social media.





yubo
Make new friends





The Classics

Twitter

Tumblr

Facebook

Pinterest

Instagram

YouTube

SnapChat



The New Class

BeReal

TikTok

Discord

Roblox

Popular Chat

GroupMe

Look

WhatsApp

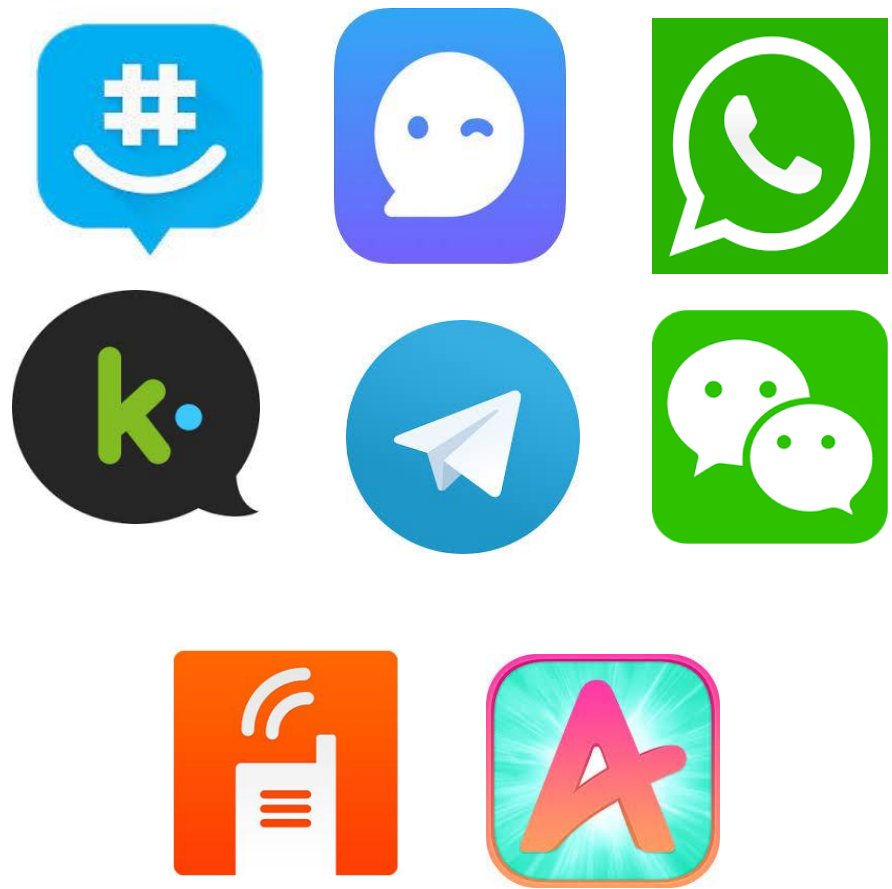
Kik

Telegram

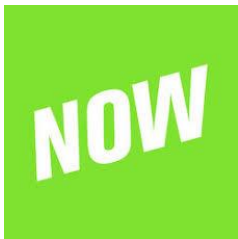
WeChat

Voxer

Amino



Less Known Chat & Streaming



Monkey
Omegle
Holla
Houseparty
YouNow
LiveMe

Hyperlocal and/or Anonymous

Whisper
Reddit



yubo
Make new friends



Dating

Yubo

Tindr

Bumble

MeetMe





Behavioral and Emotional Impacts

Depression/Anxiety

LIFE
WELLNESS

Heavy Technology Use Linked to Fatigue, Stress and Depression in Young Adults

What can we, as individuals, do to protect our health from the negative impact of the ubiquitous technology in our society? Quite simply, turn it off, and get some good sleep.

By David Volpi, M.D., P.C., F.A.C.S., Contributor
08/02/2012 01:50pm ET | Updated October 2, 2012



Tracy A. Dennis-Tiwary Ph.D.
More Than a Feeling

Can't Fight This Feeling: Technology and Teen Anxiety

Why we must move beyond "is there" to "how" digital tech impacts teen anxiety.

Posted Dec 11, 2017

MENTAL HEALTH

The Risk Of Teen Depression And Suicide Is Linked To Smartphone Use, Study Says

December 17, 2017 · 8:05 AM ET
Heard on Weekend Edition Sunday



LULU GARCIA-NAVARRO



Overuse / Addiction

- Uncontrollable urge to use technological devices such as computers, smartphones, and gaming systems.
 - Includes video gaming, pornography, gambling, shopping, social media, texting, etc.
- Technology abusers are likely to have underlying health issues such as anxiety, insomnia, depression, and impulsiveness.
- Impacts an estimated 6-10% of population.

Impacts of Overuse

- Physical impacts: carpal tunnel syndrome, insomnia, vision problems, and weight gain/loss
- Mental impacts: struggle with daily activities like home and work/school duties, challenges socializing in the physical world.
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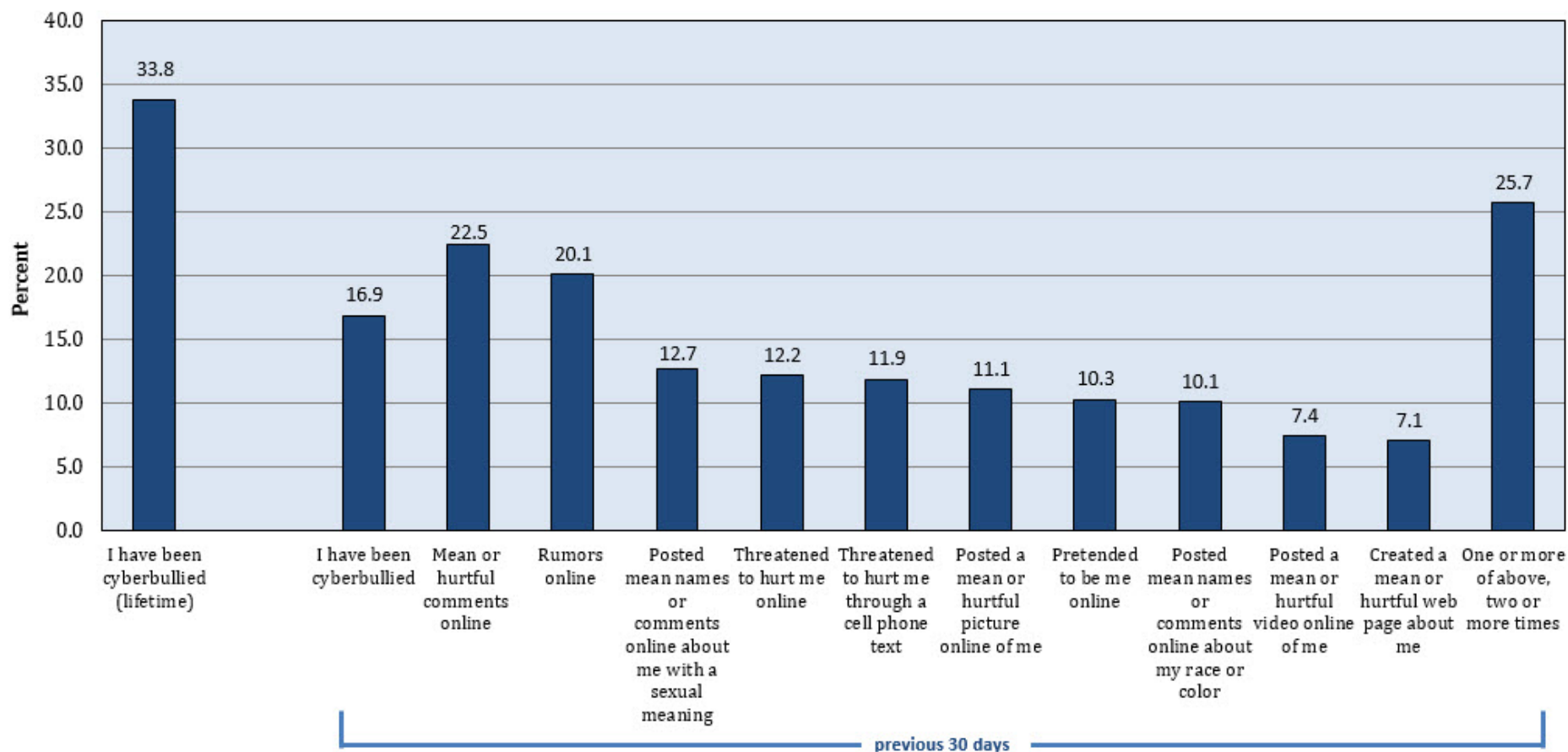
Cyberbullying

Bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content.

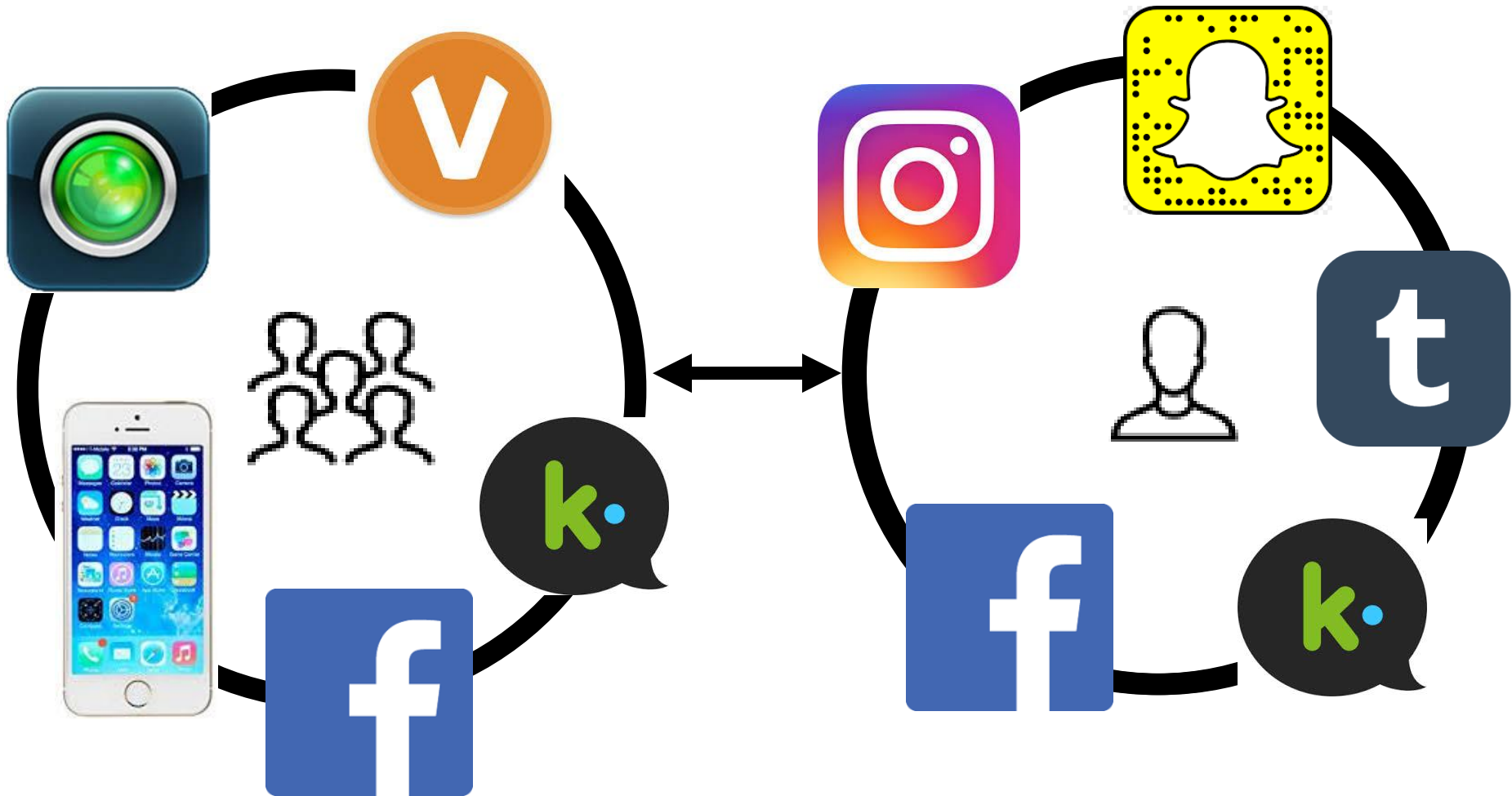
Cyberbullying Victimization

N=5,707

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

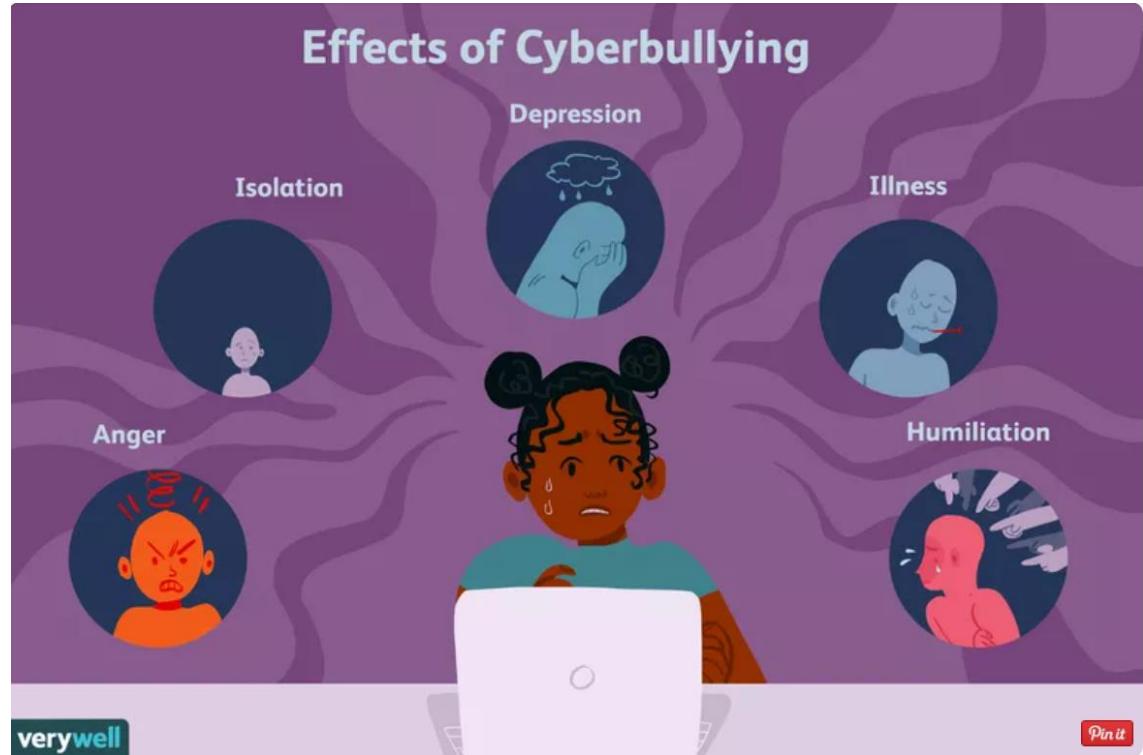


Networked Use



Impacts of Cyberbullying

- Overwhelmed
- Powerless
- Humiliated
- Worthless
- Vengeful
- Disinterested
- Isolated
- Physically sick
- Depressed
- Suicidal



Mental Health Impacts

- 41% Developed social anxiety
- 37% Developed depression
- 26% Had suicidal thoughts
- 25% Engaged in self-harm
- 14% Developed an eating disorder
- 9% Began abusing alcohol or drugs

Warning Signs of Cyberbullying

- Uneasy, nervous or scared about going to school or going outside
- Nervous or jumpy when texting or using social media
- Upset or frustrated after going online or gaming
- Unwilling to discuss or share info about their online accounts or activity
- Unexplained weight loss/gain, headaches, stomach aches or trouble eating
- Trouble sleeping at night or sleeping during the day
- Loss of interest in favorite hobbies or activities
- Quick onset of antisocial or depression

Inappropriate Texting

“Sexy Texting” or “Sexting”

The sending, receiving, or forwarding sexually explicit messages, photographs, or images, primarily between mobile phones, of oneself to others. It may also include the use of a computer or any digital device

Sexting Statistics

Research shows that teens 12 -17 (Madigan 2017):

- 1 in 4 received sexually explicit texts and emails
- 1 in 7 are sending sexts
- 1 in 9 are forwarding sexts without consent
- 1 in 12 have had sexts they've sent forward without their consent

Warning Signs of Sexting

- Being secretive or anxious about their phones
- Deleting histories
- Overreacting when you pick up their phone
- Crying, isolation, and a change in grades or behavior which maybe the result of public ridicule from exposure to sexting

Sexting Consequences

CONSENSUAL, between minors

Misdemeanor

- Are close in age (not more than 4 years apart)
- Are involved in a dating or ongoing personal relationship
- Use a cell phone, wireless communication device, or social media site to create, share or possess a sexually explicit image of a child 12 or older

Sexting Consequences

NON-CONSENSUAL or does not meet previous criteria

- **FELONY** – Production of Child Pornography
- **FELONY** – Transmission of Child Pornography
- **FELONY** – Possession of Child Pornography

- Across the US, teens and minors accused of sexting of or to another minor can be charged with a felony or a misdemeanor

Self-Harm

- Self harm is the intentional and direct injuring of one's body *without* the intent to commit suicide
 - Often begins with feeling angry, frustrated, or emotional pain
 - Can stimulate the body's pain killing hormones and provide temporary relief/uplifted mood
 - Also used as a way to feel pain – escape feelings of emotional numbness
 - Followed by shame and guilt
 - Very difficult cycle to break

Self-harm statistics

- 17% of all people will self-harm during their lifetime
- Average age of first self-harm episode, 13 years old
- 45% of people use cutting as their method of injury
- Only 50% will seek help for their self-harm, usually from friends and family.
- Individuals who have engaged in 20 or more self-harm behaviors are 3.5 times more likely to attempt suicide

Self-harm Warning Signs

- Scars or scabs
- Unexplained cuts, scratches, bruises or other wounds, often on the wrists, arms, thighs, or torso that are explained as the result of an accident
- Wearing clothes that cover up the skin, even in hot weather
- Impulsive and unstable behavior
- Feelings of hopelessness or worthlessness
- Difficulties with relationships
- Social withdrawal
- Avoiding situations in which they need to reveal skin such as swimming and locker rooms

Eating Disorders

- Illnesses in which the people experience severe disturbances in their eating behaviors and related thoughts and emotions. People with eating disorders typically become pre-occupied with food and their body weigh.
 - Anorexia Nervosa
 - Bulimia Nervosa
 - Binge Eating Disorder
 - Pica
 - Rumination
 - Avoidant/Restrictive Food Intake Disorder

Eating Disorders



1 in 5 American
will deal with
disordered
eating in their
lifetime

ANAD

Anorexia has
the highest
mortality rate
of any
psychiatric
disorder



62 Minutes

Arcelus, Mitchell & Wales, 2011



90% of people
who engage in
self harm begin
during their teen
or pre-adolescent
years

Gluck, 2012



Sullivan, 1995

Integration: Self-harm Online



The use of hashtags allow ED communities to integrate into popular social media platforms, making them more ubiquitous and accessible

Eating Disorder Warning Signs

- Dramatic weight loss/gain
- Dressing in layers to hide weight fluctuations or to stay warm
- Makes frequent comments about body
- Denies feeling hungry
- Withdrawn and secretive
- Thinning of hair
- Dry skin and nails
- Feeling cold all the time and/or dizzy

Online Gambling

- 4-5% of teens 12-17 meet one or more criteria of having a gambling problem
 - Another 10-14% are at risk for developing an addiction
- 60-80% of high school students report having gambled for money during the past year
- Males are more likely than women to gamble and experience gambling problems

Online Gambling Risk Factors

- Private, unlimited access to internet
- Having immediate family members who gamble
- Starting to gamble at an early age
- Frequent use of “free-to-play” areas on gambling websites
- Boredom/Loneliness
- Strong sensation seeking tendencies
- Impulsivity

Warning Signs of Gambling

- Selling personal belongings
- Borrowing money and not paying it back
- Steals and lies
- Has large amounts of money that can't be explained
- Appears distracted and anxious, can be moody or depressed
- Withdraws from their regular social groups and activities
- Spends hours on online gaming sites

Resources

- [Common Sense Media](#)
 - Buying Guides (video, games, music)
 - Resource Guides (e.g. cellphones, safety, cyberbullying, etc.)
 - Broken into different age-ranges
- [Internet Safety 101](#)
- [Childnet International](#)
- [FTC OnGuard Online](#)
- [iKeepSafe](#)
- [ConnectSafely](#)

Tips for Online Presence

- Are your Friends REAL?
- Use Privacy Controls
- Google/PeekYou yourself
 - If you see something not right, tell a trusted adult
- Set boundaries for what personal data you share
- Follow the 3P's
 - If you don't want your parent(s), principal, or the police to see it, think twice about posting.

www.waybackmachine.org

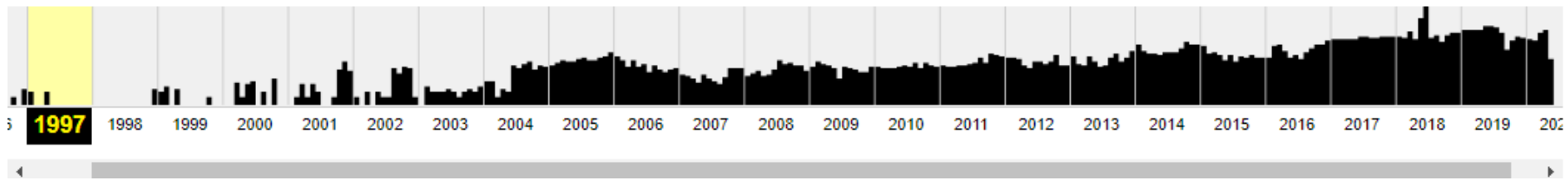
INTERNET ARCHIVE Explore more than 431 billion web pages saved over time

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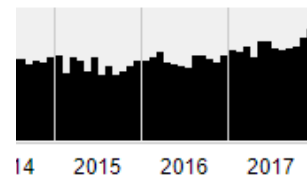
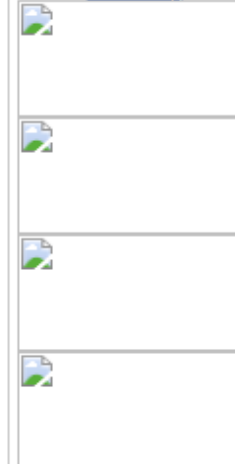
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 **Jessica Parsons White**
January 3, 2006 · 👥
○ Allowed on timeline ▾

The former girls of holmes... I love you girls!! —
Jessica Pater, Susannah Spears and Keri Foss

📍 Tag Photo 📍 Suggest Location

👍 Like 💬 Comment ➦ Share

 Write a comment... 😊 📷 🌐

**16
Years
Ago**

**What were you doing 15-20 years
ago?**

Is it lurking on the web?

**22
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👥 People


Jessica Pater

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Mixes

www.peakyou.com

The image shows a browser window displaying the website www.peakyou.com. The browser's address bar shows the URL and several tabs are open, including 'Boards | Trello', 'Informatics Researc...', 'PPM Pro Home', 'IRB Manager', 'Social Computing f...', 'OneDrive', 'Hub - Planner', 'Facebook', and 'Gmail'. The website's logo, 'peakyou', is in the top left corner. The main heading is 'People Search Made Easy', followed by the tagline 'Find friends, relatives and colleagues across the Web.' Below this is a large photograph of a diverse group of people looking at a laptop. At the bottom, there is a search bar with three input fields: 'First Name', 'Last Name', and 'Location'. The 'Name' label is positioned above the 'First Name' and 'Last Name' fields, and the 'Username' label is above the 'Last Name' field. A green search button with a magnifying glass icon is on the right side of the search bar.

peakyou

People Search Made Easy

Find friends, relatives and colleagues across the Web.

Name Username

First Name Last Name Location

Thank you!

Jessica.Pater@parkview.com

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