Welcome!

Teens, Technology and Social Media:

Impacts on Healthy Relationship Development

We will begin promptly at 4 PM Eastern time.

The Dibble Institute
Relationship Skills for Teens and Young Adults

Webinar Information

- If you are unable to access audio through your computer, please use your phone and dial: +1 (626) 544-0058, access code: 568-258-799 .

- All attendees are muted

- Type your questions in the "Questions" box

- This webinar will be archived at: www.DibbleInstitute.org/webinars

What the Dibble Institute believes …

CHARLIE AND HELEN DIBBLE

Presenters:

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Private Clinical Psychologist

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Digital Coordinator
The Dibble Institute

Teens and Social Media

Jennifer Myers, MA, LPA
Lecturer, Dept. of
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The Paradox of Social Media

- Sites such as Facebook facilitate two basic human needs:
  - The need to belong and the need to control self presentation.

- Social media makes it possible to initiate relationships and maintain contact with 'far flung' friends and family members.
  - The concern is heavy involvement with social media will diminish the quantity and quality of 'real world' relationships.

Audience Questions

- How much time do you spend engaging in social media – texting, facebook, linked in, etc?

- Can you recall an instance where social media has proven beneficial to a relationship? Proven detrimental to a relationship?

- How often does a family member ask you to "unplug" so they can have your undivided attention?
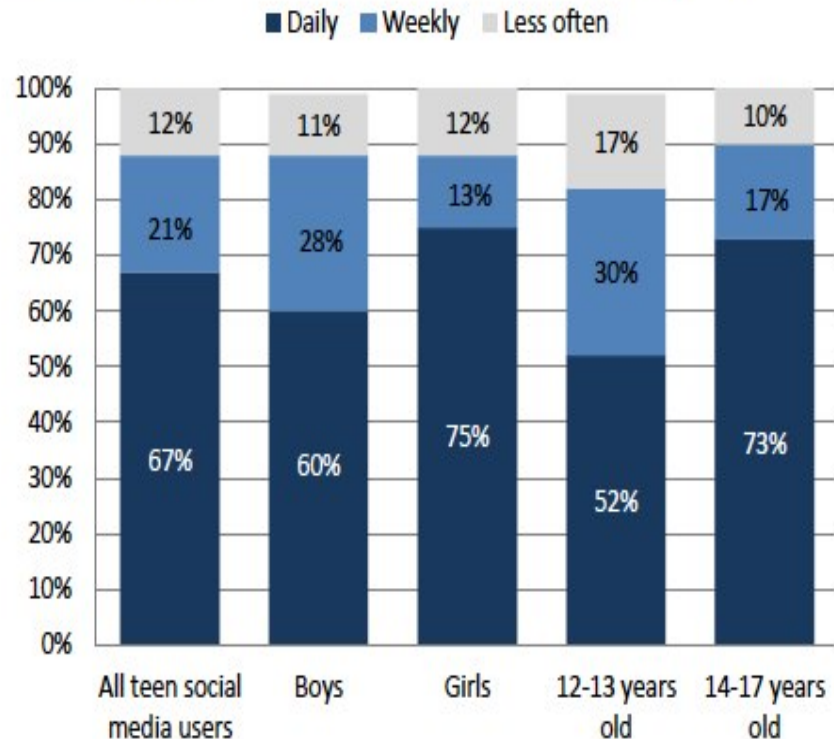
Teen involvement with social media

- 95% of teens are online
  - 75-80% are social network users (70-77% are on facebook & 24% on Twitter)
  - Roughly 20% of teens do not have a social network page

Daily use of social media

% of teen social media users who visit social networking sites, by frequency

■ Daily ■ Weekly ☐ Less often

	All teen social media users	Boys	Girls	12-13 years old	14-17 years old
Less often	12%	11%	12%	17%	10%
Weekly	21%	28%	13%	30%	17%
Daily	67%	60%	75%	52%	73%

Source: The Pew Research Center's Internet & American Life Teen-Parent survey, July 26-September 30, 2012. n=802 for teens 12-17 and parents, including oversample of minority families. Interviews were conducted in English and Spanish. The margin of error for teen social media users is +/- 5.1 percentage points.

Adolescent Development

The social environment is the cauldron in which the adolescent simmers

Identity vs Confusion

Conventional Morality

Identified Concerns

- Self presentation
- Bullying
- "Friending" strangers
- Online Predators
- Diminished quality of 'real' relationships

Self Presentation

- Most socially networked Teens work hard to maintain control of their image.

- Teens are vulnerable to the permanency of the internet.

- According to Boyd (2014) the internet promotes:

  1. Persistence

  2. Visibility

  3. Spreadability

  4. Searchability

Cyberbullies

- 88% of teens have witnessed online interpersonal attacks.
- Mehali, Ferrell, and Le (2014) note that cyber attacks are common among teens for 5 principle reasons:
  - They provide ease of access and unlimited audience
  - They perpetuate decreased inhibition
  - They have greater potential for anonymity
  - The environment provides decreased social control
  - Lack of nonverbal cues

Who are teens sharing their virtual lives with?

- The median # of facebook friends is 300!
  - The majority are school friends, friends at a different school, parents, siblings, and extended family members
    - Older teens (1/3) have a facebook friend they have never met in person

What purpose is it serving?

- Length and type of use are different depending on both individual and interpersonal factors

- Shy and/or socially anxious/rejected teens use social media to initiate relationships and connect with friends and peers –

Online Solicitation by Predators

- 93% of parents are concerned about the risk of their child being lured by online sexual predators

- 1/7 children have been sexually solicited online
  - 2006 CACRC

How Teens feel about social media

- Teens report significantly more positive than negative *Intrapersonal* and *Interpersonal* consequences
  - Teens say using their social networking site makes them feel:
  - Less shy, more confident, more outgoing, more popular and more sympathetic towards others.
  - 52% feel that it has helped their friendships (4% say it has mainly hurt friendships)
    - Common Sense Media 2012

Impact on life satisfaction

– Social comparison is a powerful influence on feelings of personal contentment

- Downward social comparison ("it could always be worse") fosters greater satisfaction with life – Upward social comparison fosters discontent

- When people view their OWN facebook pages for a mere 3 minutes they experience an elevation in mood

  – When people view the facebook pages of OTHERS, they are more likely to feel deflated

Teen Concerns about Social Media

- 34% of teens agree that using social media diminishes face-to-face interactions
  - Teens prefer face to face interactions
- 44% agree that using social media is a distraction from people in real life
- Nearly 75% wish they could unplug sometimes

When all else fails, a little levity is useful – a brief tour of Moral Panic across history

- The following are an example of sociocultural shifts that engendered moral panic
- Chess, The Waltz, the telegraph, the telephone, Jazz, Elvis Presley, RocknRoll, television, reading of novels, Dungeons and Dragons, the bicycle, the automobile, the charleston, women with short hair and short skirts, comic books, Madonna, bikinis, and video games to name a few….

What adults can do to help

- Monitor their own use of social media
- Become more educated about teen's primary social media network sites
  - https://www.commonsensemedia.org/homepage
  - http://childrenshospitalblog.org/category/parenting/media-marketing/ask-the-mediatrician-featured/
- Educate teen about safe and appropriate use of internet
- Set limits about where, when, and how media can be used
  - Create sanctified time that excludes social media – class time, practice, and family meals are a prime times for this.
- Listen more than you talk

Lesson Twelve

Teens and Social Media

Relationship Smarts PLUS

Lesson at a Glance

12.1 What's Real? (10 minutes)
Activity: *The People Behind the Profiles*

12.2 Constantly Connected—for Better and Worse (15 minutes)
Activity: *What Would My Life Be Like?*

12.3 Romantic Relationships and Social Media (10 minutes)
Activities: *Video clip, Face Time, and discussion; Intimacy and Privacy*

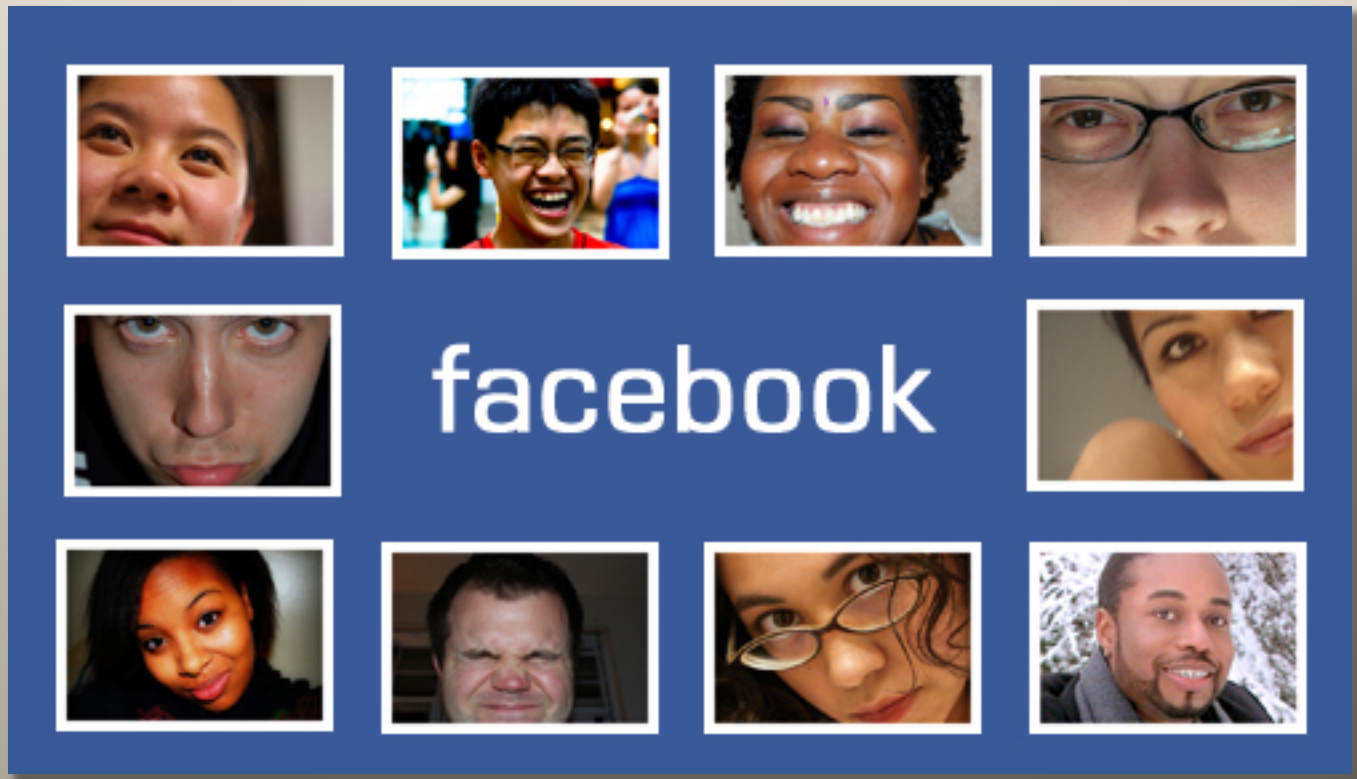**12.4 Sexting—Reality and Risks** (20 minutes)
Activities: *Poll; Sexting—What are the Risks?* *Video clips; Pressure Lines and Role-plays*

12.5 Personal Policies on Social Media (10 minutes)
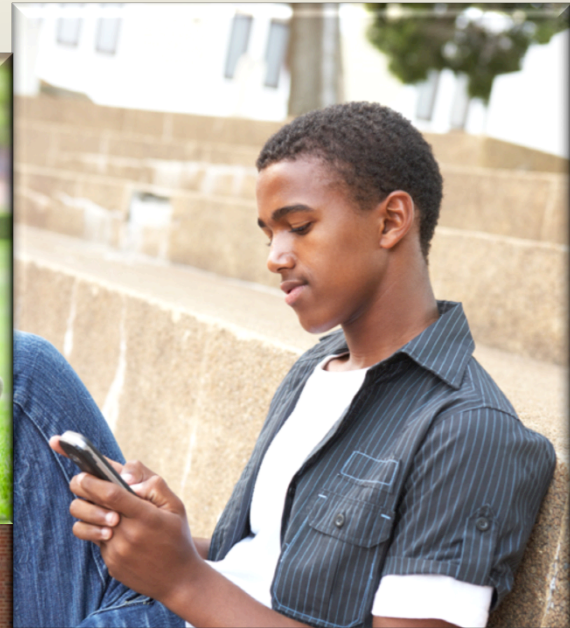Activity: *Friends from Another Planet*

How Real?

Images courtesy of iantmcfarland, Mr.Thomas, Atiya, ImagePros, 475365218_8c05bed40a_z, Bradleygee, Cosmic Kitty, CJAG93, jstjl and paul's parking

Relationship Smarts PLUS

Constantly Connected Lives

Relationship Smarts PLUS

Intimacy – More than a physical thing

Verbal, Emotional, Social, Spiritual, Trust

Relationship Smarts PLUS

Emotional, Social, Legal Risks

Relationship Smarts PLUS

Addicted?

Relationship Smarts PLUS

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Questions? Contact:

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OCTOBER WEBINAR

What's in a Name?

Defining Dating Violence for Teens Through Healthy Relationship Education

Presenter:

Katherine Hillgren, MA

Empowering Families Coordinator

Ozark Family Resource Center

Springfield, Missouri

Wednesday, October 8, 2014 4:00-5:00 PM EST