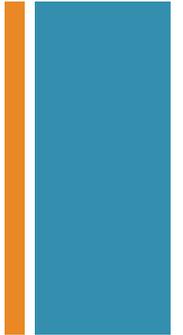


Social Media and Adolescents

Brittany Chan
August 20, 2014



Overview



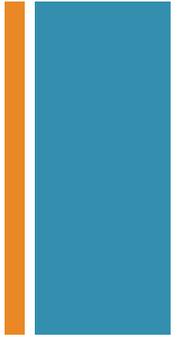
- Adolescents' use of social media

- Benefits
 - Communication
 - Education
 - Health information

- Risks
 - Communication
 - Privacy
 - Cyberbullying/Mental Health
 - Risky behaviors – “sexting”
 - Sleep

+ Teens are connected

- 95% of teens ages 12-17 are online
- 78% own cell phones (47% of these are smartphones)
- 1 in 4 teens has a tablet computer
- 9 in 10 teens has access to computer at home
- 1 in 4 teens accesses the internet mostly from their phone





Internet use over time by teens and adults

% within each age group who go online



Source: The Pew Research Center's Internet & American Life Project surveys. All teen data comes from separate surveys of teens and their parents. Methodological info for each survey is available at: <http://pewinternet.org/Data-Tools/Download-Data>

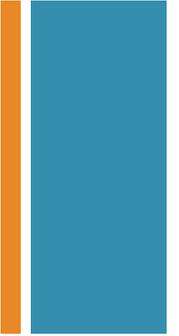
+ Teens are on Facebook (and Twitter, and Instagram, and...)

- 22% of teens log onto social media >10 times a day
- >50% log onto social media at least once a day
- Kaiser Family Foundation 2010 survey: 10.75 hrs/day (ages 8-19)
- Period of crucial emotional and social development

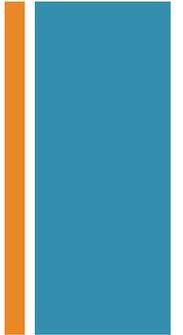


+ Benefits of social media to teens

- Communication
- Education
- Health information



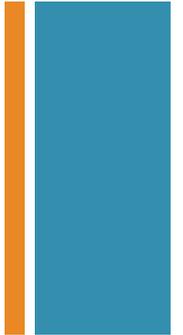
+ Communication



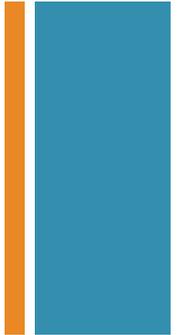
- Opportunities for expression
 - Facebook statuses/Tweets
 - Blogs
 - Podcasts
 - Photos
 - Videos and music
 - Call for help (depression, other issues)
 - Moreno, et al. (2011) – 25% of college students displayed depressive symptoms on Facebook

+ Communication

- Sharing of ideas/discussion
 - Commenting, chatting, messaging
 - Forming a persuasive argument
- Community engagement/philanthropy
 - 57% of teachers noticed teens using social media to engage in politics or causes (report from UK)
 - 30 Hour Famine study: 44% teens surveyed say social media makes them more aware of needs of others

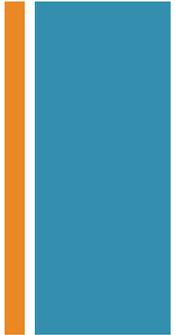


+ Education



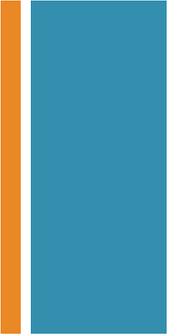
- Collaborate on homework/projects
- Social media as a teaching tool
 - Podcasts
 - Blogs
 - Chats

+ Health information



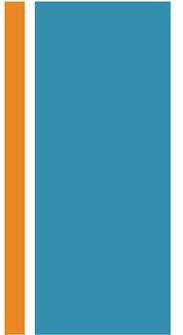
- Obtain health information anonymously (wary of inaccurate info)
 - Sexually transmitted infections
 - Depression
- Connect with others with same disease/disorder
 - Discussion forums
 - Disease-specific social networks
- Opportunities for pediatric practices
 - Dr. Natasha Burgert
 - Dr. Wendy Sue Swanson
- Parents should ask about teen searches, talk about it together

+ Risks



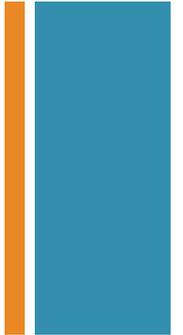
- Communication
- Privacy
- Cyberbullying/Mental Health
- Risky behaviors – “sexting”
- Sleep

+ Communication (?)



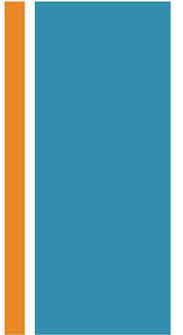
- Are teenagers spending more time online than in face to face communication?
- Changes in the way teens interact
- Ability to converse in person

+ Privacy



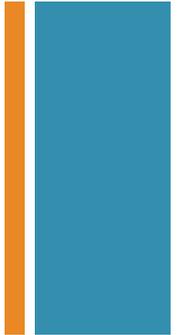
- Sharing too much information
- “Digital footprint”
- Inappropriate posts, photos, videos, etc.
- Ramifications for the future
 - Jobs
 - College applications

+ Cyberbullying



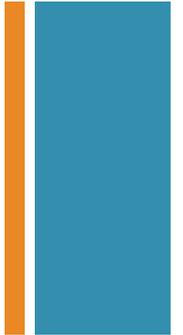
- Definition: “deliberately using digital media to communicate false, embarrassing, or hostile information about another person.”
- Very common (32% of all teenagers report being victim)
- VS traditional bullying:
 - Bully can remain anonymous
 - Can happen at any time –relentless
 - Pervasive, “viral”
- Can cause depression, anxiety, isolation, suicide

+ Cyberbullying



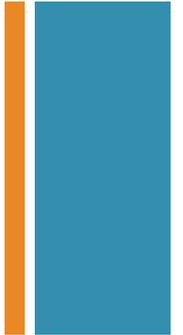
- Ryan Halligan (age 13)
 - Hanged self after embarrassing personal info spread by a girl pretending to like him on AOL instant messenger
- Megan Meier (age 13)
 - Hanged self after receiving mean messages from “Josh Evans”, created by her neighbor and her teenage daughter (former friend of Megan)
- Tyler Clementi (age 18)
 - Harassed for being homosexual
 - Roommate used webcam to spread video of Tyler kissing another male

+ “Facebook Depression”



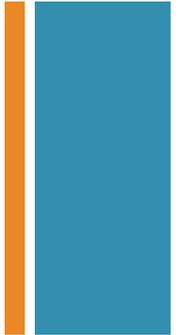
- The development of symptoms of depression after spending a long time on social media sites
 - Comparing lives?
 - Less in-person interaction?
 - Going online to “escape” the real world?
- Some studies have found time on social networking related to depression (Pantic et al. 2012 – high school students)
- Another study (Jelenchick et al. 2013) showed no relationship between social network use and depression

+ Sexting



- “Sending, receiving, or forwarding sexually explicit messages, photographs, or images via cell phone, computer, or other digital devices”
- 20% of teens have sent or posted nude/semi-nude pictures of themselves
- Felony child pornography charges vs juvenile law misdemeanors
- Can be rapidly spread, sometimes only shared within a couple or small group

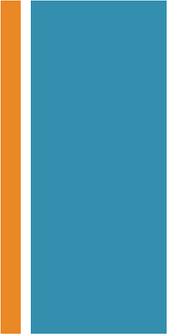
+ Sleep



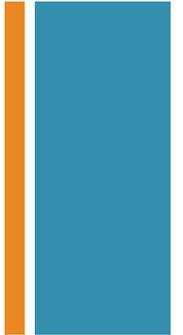
- Sleep is important for development!
- Social media use negatively associated with hours of sleep
- Having a TV in bedroom and owning cell phone negatively associated with hours of sleep
- Face to face communication positively related to hours of sleep

+ Pediatricians' responsibility

- Understand today's technology and its effect on teens
- EDUCATE teens and parents!
- If desired, use these tools to help reach your teen patients

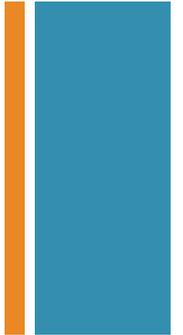


+ Parents' responsibility



- Be familiar with new technologies.
- Know and follow laws.
 - Children's Online Privacy Protection Act (COPPA)
- Know what your children/teens are looking at online.
- Discuss online use with your children/teens.
- Make and follow rules for social media/device use
 - Phones off at dinner
 - Phones off at a set time before bed
 - "Curfew"

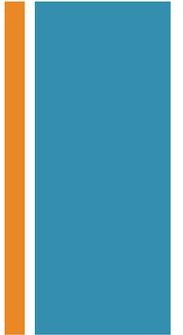
+ Resources



- Social Media and Sexting Tips from the AAP
www.aap.org/advocacy/releases/june09socialmedia.htm
- AAP Internet Safety site <http://safetynet.aap.org>



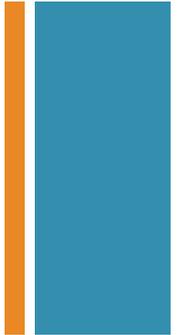
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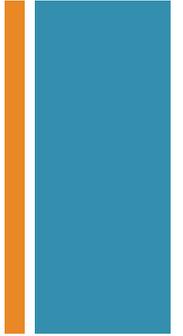


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+ Images



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