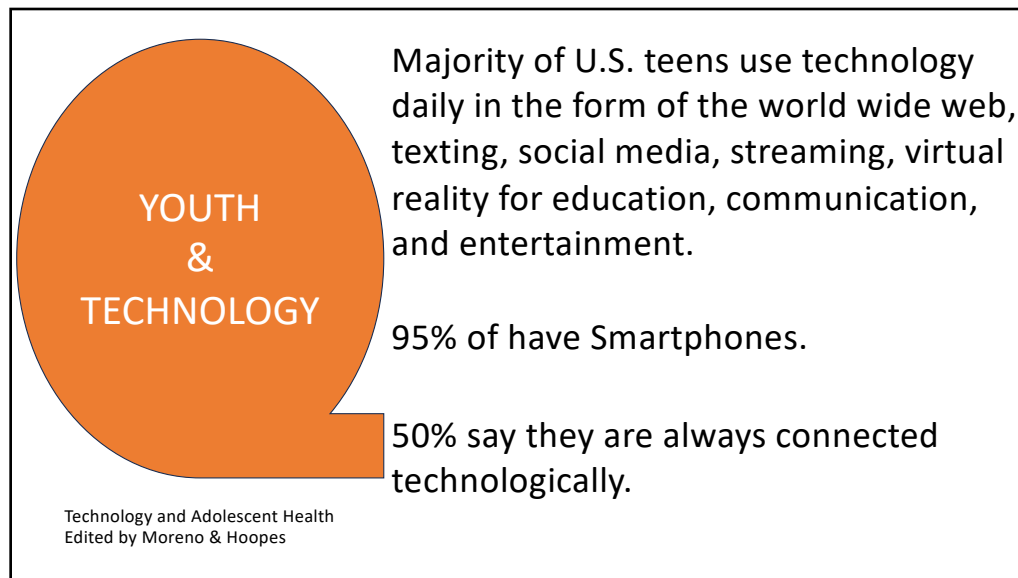


The Hashtag Generation: Youth and Digital Health

Elizabeth Griffin, MA, LMFT
Jannine Hebert, MA, LP

elizgrif@gmail.com
952-451-0771
www.internetbehavior.com/youth

1



YOUTH & TECHNOLOGY

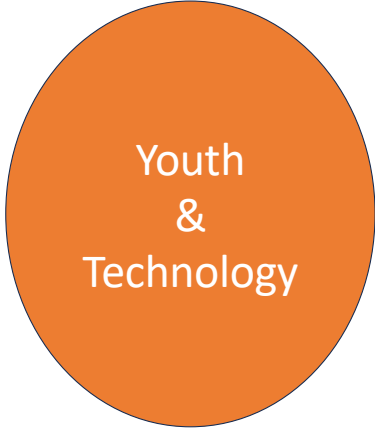
Majority of U.S. teens use technology daily in the form of the world wide web, texting, social media, streaming, virtual reality for education, communication, and entertainment.

95% of have Smartphones.

50% say they are always connected technologically.

Technology and Adolescent Health
Edited by Moreno & Hoopes

2



Youth
&
Technology

Digital media use among tweens and teens is up 17% since the onset of the Covid -19 pandemic.

Estimated that the average teen spends 8 and ½ hours a day engaged with digital media, not including their use of digital technology for school work

3

Both tweens (8- to 12-year-olds) and teens (13- to 18-year-olds) report that watching videos on YouTube is their favorite form of digital media activity, followed in order of preference by Snapchat, TikTok, Instagram, Discord, Twitter, Pinterest, Reddit, and Tumblr.

Nearly 50% of teens report playing mobile games daily and a quarter of teens report playing video games on a console or computer daily.

4


Video games increase gray matter in the brain, increases spatial skills, decision making skills, etc.

Video games and social media can address feelings of isolation and promote connectedness.

Social skills are not suffering, in fact studies indicate being online actually gives youth more to talk about and a chance to practice social skills

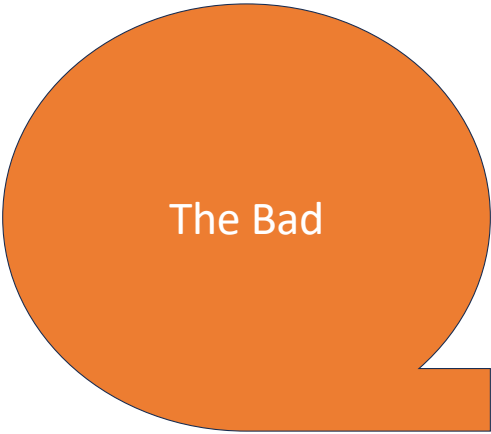
Social media provides opportunities for discovering new information, engaging with issues, having your voice heard and exploring your identity

Social media can also help kids stay in touch with their support networks. That can be especially important for youth from marginalized groups, such as LGBTQ+ youth



Haddock, et al., 2022
Craig, et al., 2021

5



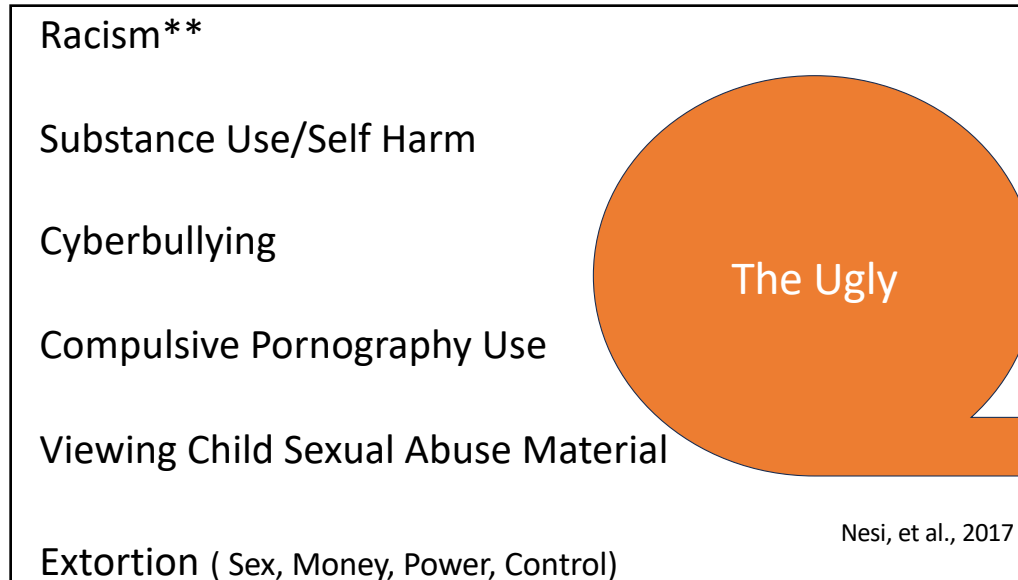
Impacts Sleep, Physical Activity, School, Engagement

Depression/Anxiety

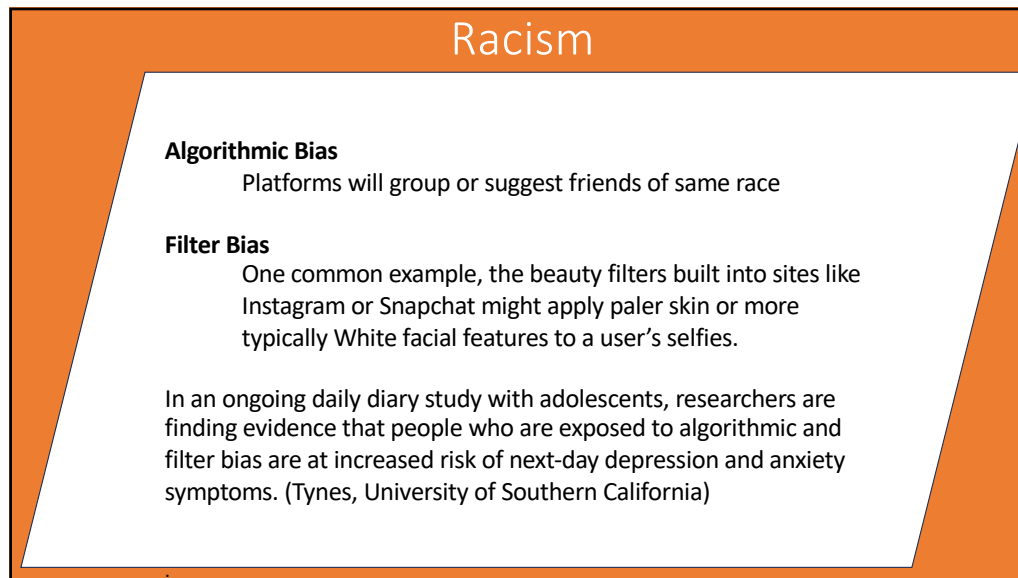
Body Dissatisfaction
Eating Disorders
(SM Algorithms)

Compulsive Behaviors
Gaming
Gambling

6



7



8

Cyberbullying Victims

APA cited several studies that found online bullying and harassment can be more severe than offline bullying.

Fear of Safety Offline

Anywhere/Anytime
Does Not End at School

Rejection/Exclusion

Loneliness
Anger/Frustration
Risk of Suicide

9

Compulsive Pornography Use

Average age of first exposure to online pornography is nine years old.

One in five youth experience unwanted online exposure to sexual explicit material

Early exposure to pornography can lead to compulsive sexual behavior, offline and/or online

10

Child Sexual Abuse Media

Developmentally Curious
Adult Pornography Use Often Leads to CSAM

Concerns related to....
Long Term Sexual Interest in Children
Continued Use of Child Sexual Abuse Media

11

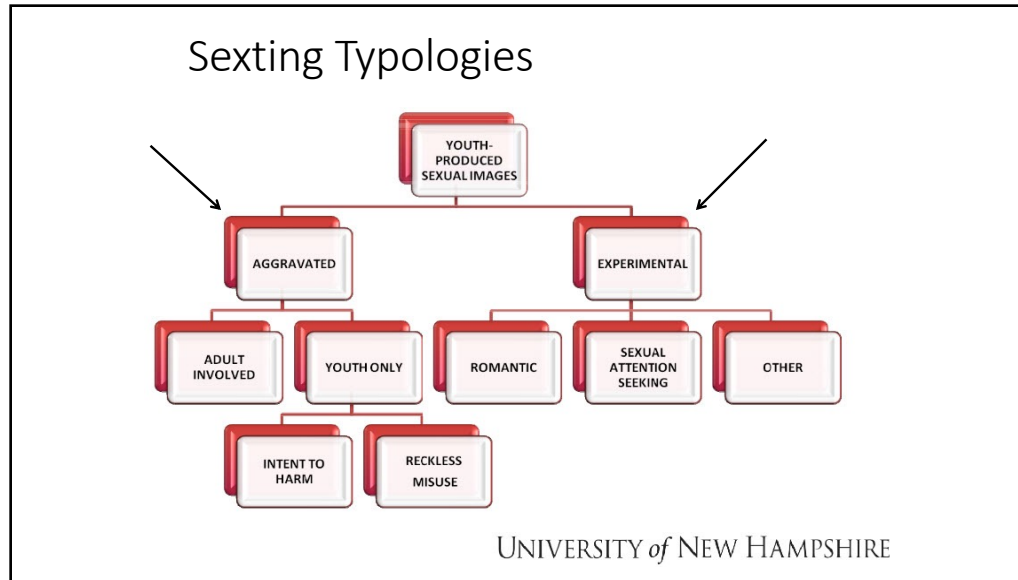
Sexting

Sexting is the sending, receiving, or forwarding of sexually explicit messages, images, or photos through electronic means

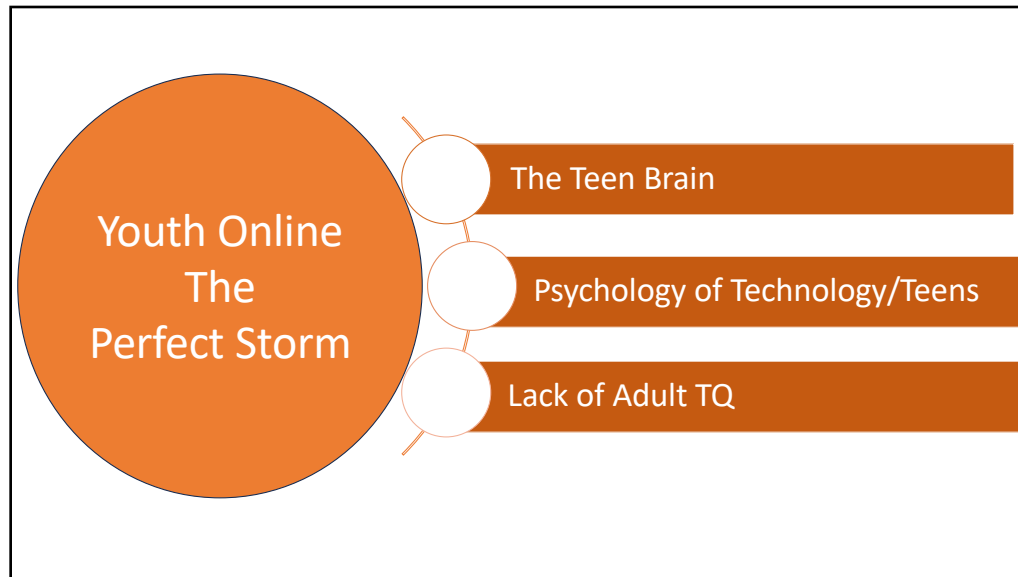
Receiving Unwanted Texts or sexting under coercion associated with high levels of depression, anxiety, stress symptoms, and lower self-esteem (Klettke et al.,2019)

Sexting is associated with mental health difficulties and sexual behavior in younger adolescents (Mori, et al., 2019)

12



13



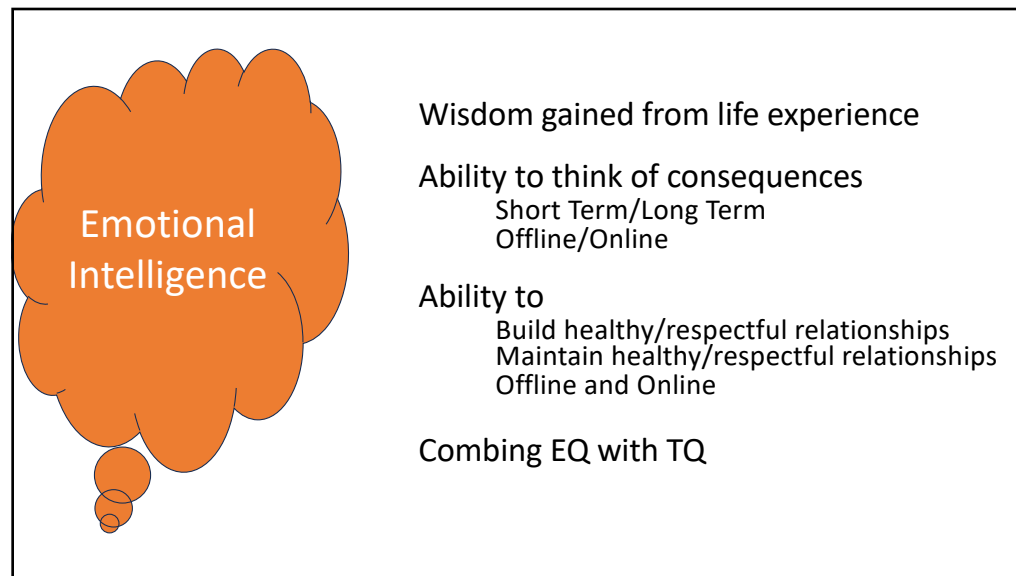
14

The Adolescent Brain

- Not a mini-adult brain
- Pre-frontal cortex is developing
 - Accounts for hit and miss syndrome
 - Generalization is slow to occur
 - Learns from information and modeling
- Attending To Risk
 - It doesn't – Actually hormones are present that create a craving for risky behavior
- Lacks EQ

N

15



16

EQ + TQ = Digital Health

17

Psychology
of Technology

John Suler

Creates a unique
environment that allows for
behavior that would be less
likely to occur offline

Decreases an individual's
ability to recognize
consequences

Impairs empathy

18

Psychology of Technology

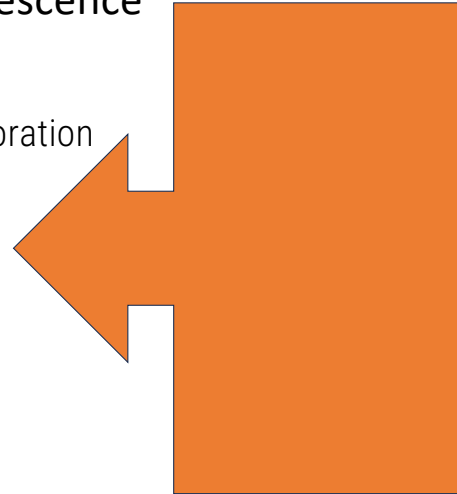
Online Disinhibition Effect

- You Can't See Me (Hey Elizabeth)
- See You Later
- It's Just a Game
- We're Friends
- We're Equals
- There Are No Rules

19

The Psychology of Adolescence

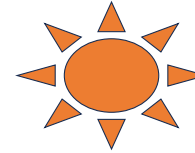
Identity Experimentation & Exploration
Intimacy and Belonging
Seeking Independence
Exploring the Forbidden
Ignoring Rules/Safety



20

Lack of Adult TQ

- Digital Immigrants vs Digital Natives
- Overreact or Underreact
- Too much trust in filtering/monitoring software
- Are not managing their own technology use well



21

Risks
Concerns


Distinct developmental windows during which adolescents are especially sensitive to social media's impact.

11 to 13 for Girls
14 to 15 for Boys

More social media use predicts a decrease in satisfaction a year later

Lower social media use predicts greater life satisfaction

22



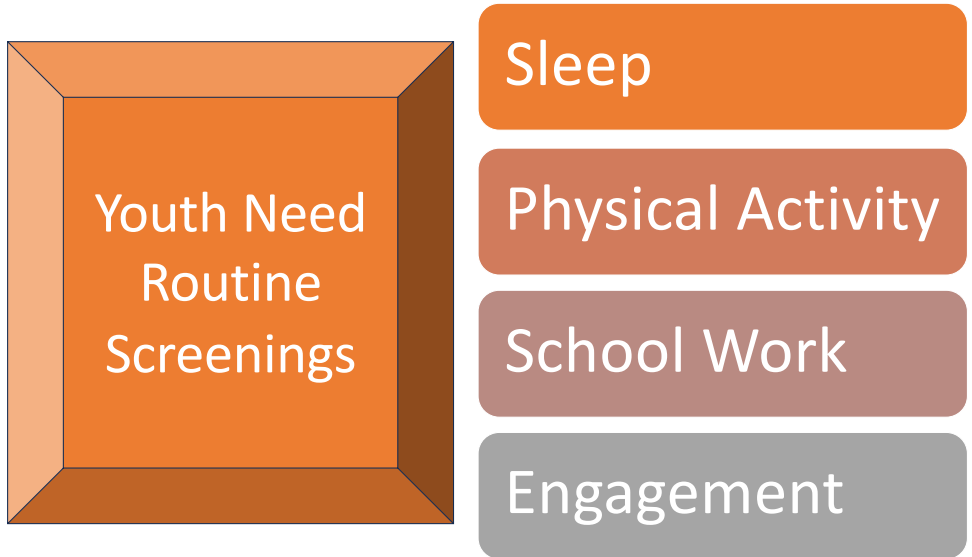
RISK CONCERNS
Victimization & Exploiting Others

- Histories of Physical and Sexual Abuse
- Struggles with social interactions
- Struggles with Depression and/or Anxiety
- History of Delinquencies
- Alienated from Parent(s)
- Engaging in sexual risk taking
- Questioning Sexual Identity
- Experiencing Pressure to Succeed
- Pressure to be Perfect

Crimes Against Children Research Center

Technology and Adolescent Health
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Youth Need Routine Screenings

- Sleep
- Physical Activity
- School Work
- Engagement

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Youth Need Routine Screenings

Excessive need to stay connected

Excessive efforts to stay connected including deception

Strong cravings to use technology


Trying to cut back on technology use but failing

Experiencing negative emotions as a result of attempts to cut back on technology use

Choosing to use technology over engagement with friends, hobbies, or family activities.


Loss of relationships/school opportunities as result of technology use


25



Assessment Tools

- Problematic and Risky Internet Use Screening Scale (PRIUSS)**
 - 18 Items
 - Adolescents and Young Adult
 - Social Impairment/Emotional Impairment/Risky and Impulsive Internet Use

- Problematic Internet Use Questionnaire (PIUQ-SF-6)
 - 6 Items
 - Brief Screener for Risk

- The Social Media Disorder Scale
 - 9 Items
 - Ages 10 to 17

26

Please answer the questions below based on how you have felt and conducted yourself regarding your internet use over the **past 6 months**. Please do your best to interpret these questions as they apply to your own experiences and feelings.


When considering your internet use time, think about **any time you spend online**, whether you are using a computer or a mobile device. Do not include time you spend texting unless you are **using text messages to interact with an online application** such as Facebook or Twitter.

Place an in the box which best describes your answer.

How often ...

	Never	Rarely	Sometimes	Often	Very Often
1. do you choose to socialize online instead of in-person?	0	1	2	3	4
2. do you have problems with face to face communication due to your internet use?	0	1	2	3	4
3. do you experience increased social anxiety due to your internet use?	0	1	2	3	4
4. do you fail to create real-life relationships because of the internet?	0	1	2	3	4
5. do you skip out on social events to spend time online?	0	1	2	3	4
6. do your offline relationships suffer due to your internet use?	0	1	2	3	4
7. do you feel irritated when you're not able to use the internet?	0	1	2	3	4
8. do you feel angry because you are away from the internet?	0	1	2	3	4
9. do you feel anxious because you are away from the internet?	0	1	2	3	4
10. do you feel vulnerable when the internet isn't available?	0	1	2	3	4
11. do you experience feelings of withdrawal from not using the internet?	0	1	2	3	4
12. do you put internet use in front of important, everyday activities?	0	1	2	3	4
13. do you avoid other activities in order to stay online?	0	1	2	3	4
14. do you neglect your responsibilities because of the internet?	0	1	2	3	4
15. do you lose motivation to do other things that need to get done because of the internet?	0	1	2	3	4
16. do you lose sleep due to nighttime internet use?	0	1	2	3	4
17. does time on the internet negatively affect your school performance?	0	1	2	3	4
18. do you feel you use the internet excessively?	0	1	2	3	4
Add columns					+
Total score					-

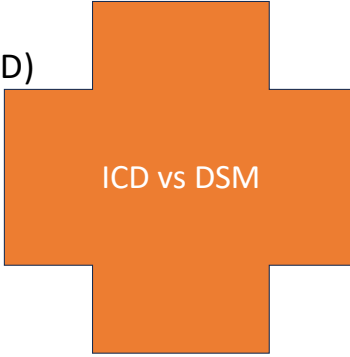
27



Gaming

- Internet Classification of Diseases (ICD)
 - Gaming Disorder

- DSM – 5 “For Further Study”
 - Internet Gaming Disorder



D

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Internet Gaming Disorder

At least five (5) of the following nine (9) symptoms over a twelve-month

- (1) preoccupation with videogames;
- (2) experiencing unpleasant symptoms when not playing videogames
- (3) the need to spend an increased amount of time involved in video games;
- (4) failed attempts to control participation in videogames;
- (5) losing interest in past hobbies/entertainment as a result of videogames;
- (6) continue to use videogames despite knowledge of psychosocial problems;
- (7) deceiving family members, therapists or others regarding # videogames;
- (8) using videogames to escape or eliminate negative feelings; and,
- (9) harm or loss of relationships, work, or education or career opportunities.


D

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Tool	DSM-5									ICD-11			TOTAL: DSM-5	TOTAL: ICD-11
	1. Preoccupation	2. Withdrawal	3. Tolerance	4. Unsuccessful attempts	5. Loss of interests	6. Continued use	7. Deception	8. Escape	9. Jeopardised life	1. Impaired control	2. Increasing priority	3. Continuation		
PVP Scale	●	●	●	●	○	○	○	○	○	●	●	○	7	3
A-EQ	●	●	●	●	●	●	●	●	●	●	●	○	5	3
GAS-7	●	●	●	●	●	●	●	●	●	●	●	○	7	3
GAS-21	●	●	●	●	●	●	●	●	●	●	●	○	8	3
POGIU	○	○	○	○	○	○	○	○	○	○	○	○	3	3
AICA-Sgaming	●	○	○	○	○	○	○	○	○	●	●	○	7	2
POGQ	●	●	●	●	●	●	●	●	●	●	●	○	5	3
VAT	●	●	●	●	●	●	●	●	●	●	●	○	5	3
POGQ-SF	●	●	●	●	●	●	●	●	●	●	●	○	5	3
sLAT-gaming	●	●	●	●	●	●	●	●	●	●	●	○	6	3
IGD-20	●	●	●	●	●	●	●	●	●	●	●	○	8	3
GAIA	○	○	○	○	○	○	○	○	○	○	○	○	5	3
Petry IGD	●	●	●	●	●	●	●	●	●	●	●	○	12	4
IGDS9-SF	●	●	●	●	●	●	●	●	●	●	●	○	12	4
Lemmens IGD-9	●	●	●	●	●	●	●	●	●	●	●	○	12	4
Lemmens IGD-27	●	●	●	●	●	●	●	●	●	●	●	○	8	3
GAIT	●	●	●	●	●	●	●	●	●	●	●	○	6	3
CSAS	●	●	●	●	●	●	●	●	●	●	●	○	7	3
PIE-9	●	●	●	●	●	●	●	●	●	●	●	○	12	4
BAM-VG	●	●	●	●	●	●	●	●	●	●	●	○	7	3
IGDT10	●	●	●	●	●	●	●	●	●	●	●	○	12	4
SCI-IGD	●	●	●	●	●	●	●	●	●	●	●	○	12	4
VASC	●	●	●	●	●	●	●	●	●	●	●	○	8	3
C-VAT2.0	○	○	○	○	○	○	○	○	○	○	○	○	4	2
IGUESS	●	●	●	●	●	●	●	●	●	●	●	○	12	4
DIA	●	●	●	●	●	●	●	●	●	●	●	○	12	4
YIAT	●	●	●	●	●	●	●	●	●	●	●	○	6	3
YDQ	●	●	●	●	●	●	●	●	●	●	●	○	7	2
CIUS-14	●	●	●	●	●	●	●	●	●	●	●	○	6	3
CIUS-8	○	○	○	○	○	○	○	○	○	○	○	○	4	3
CIUS-5	○	○	○	○	○	○	○	○	○	○	○	○	2	3
SSBA	○	○	○	○	○	○	○	○	○	○	○	○	2	1

D

30




- Scare tactics do not work
- Taking away technology does not work
- Research suggests that setting limits and boundaries around social media, combined with discussion and coaching from adults, is the best way to promote positive outcomes for youth (Wachs, S., et al., 2021)

31

Digital Citizenship

The ability to navigate our digital environments in a way that's safe and responsible and to actively and respectfully engage in these spaces.

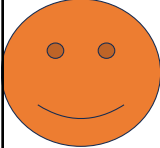
32



Digital Citizenship

- Digital Boundaries
- Digital Commerce
- Digital Communication
- Digital Etiquette
- Digital Health and Wellness
- Digital Law
- Digital Literacy
- Digital Security

33

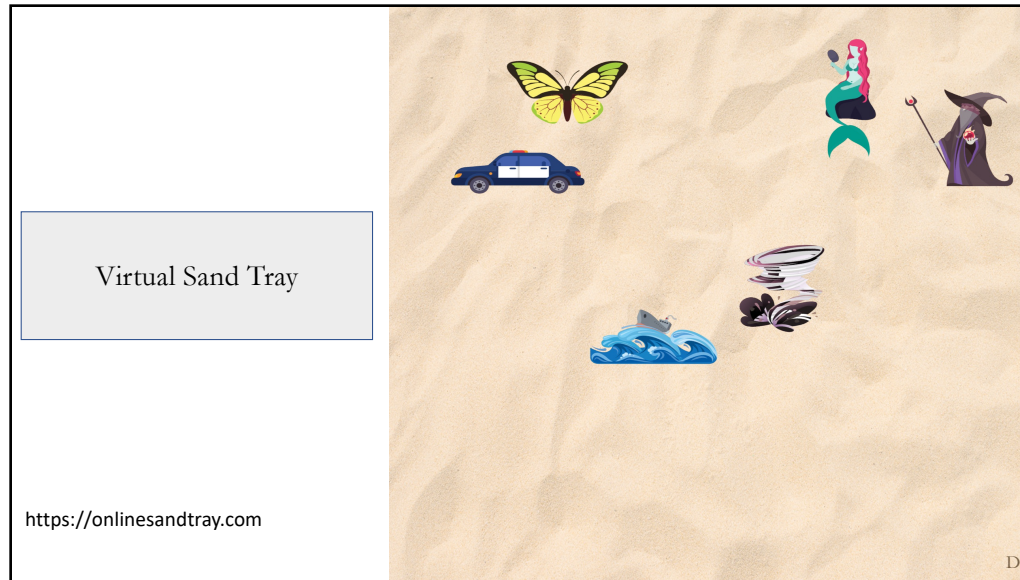


Start Young!

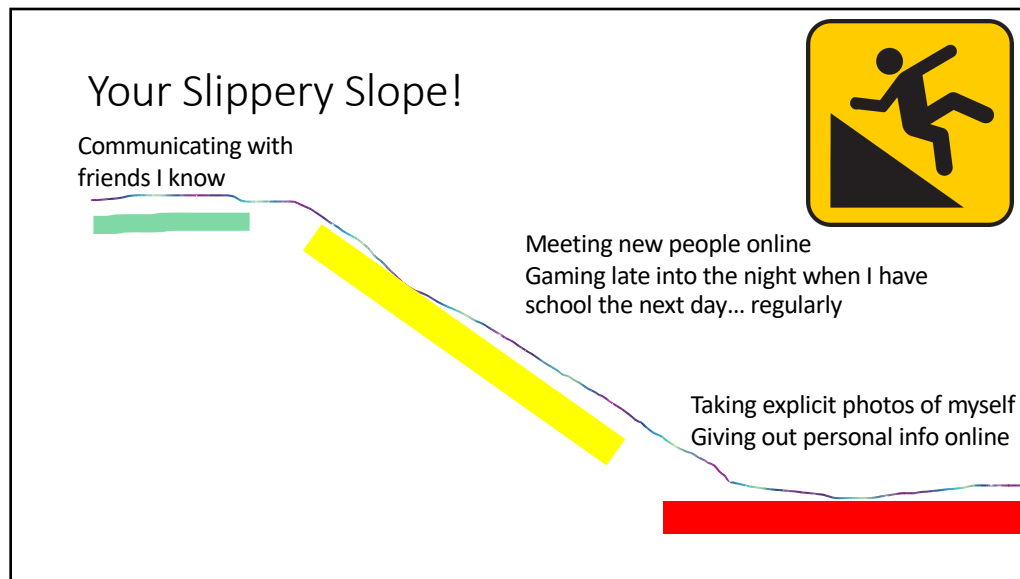
Rules of Kindergarten

- Be nice to people
- Don't call other people names
- Don't use bad words
- Don't hit / pinch / bite / kick, etc.
- Don't lie
- Apologize when you do something wrong

34



35



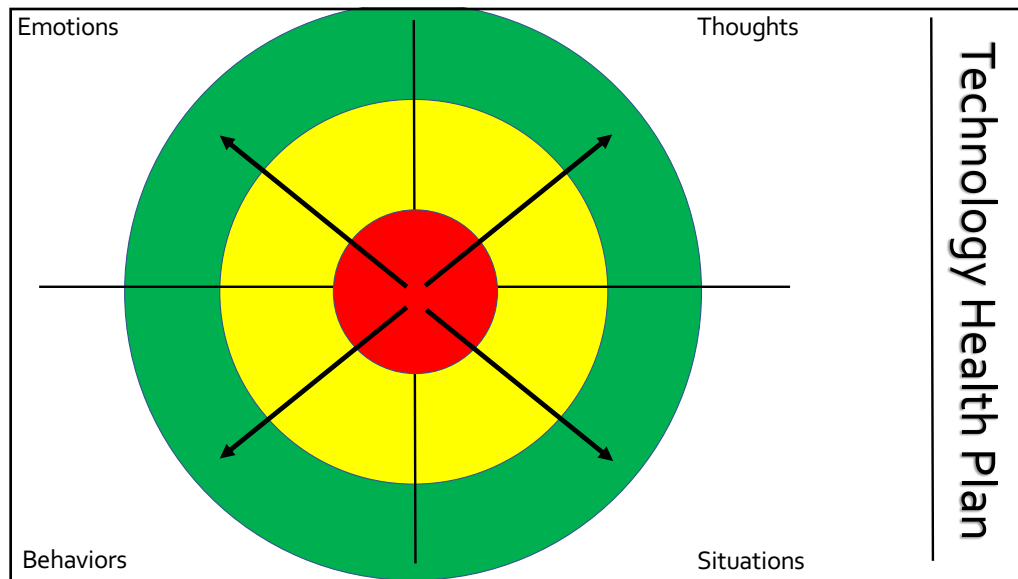
36

Media/Technology Health Plans

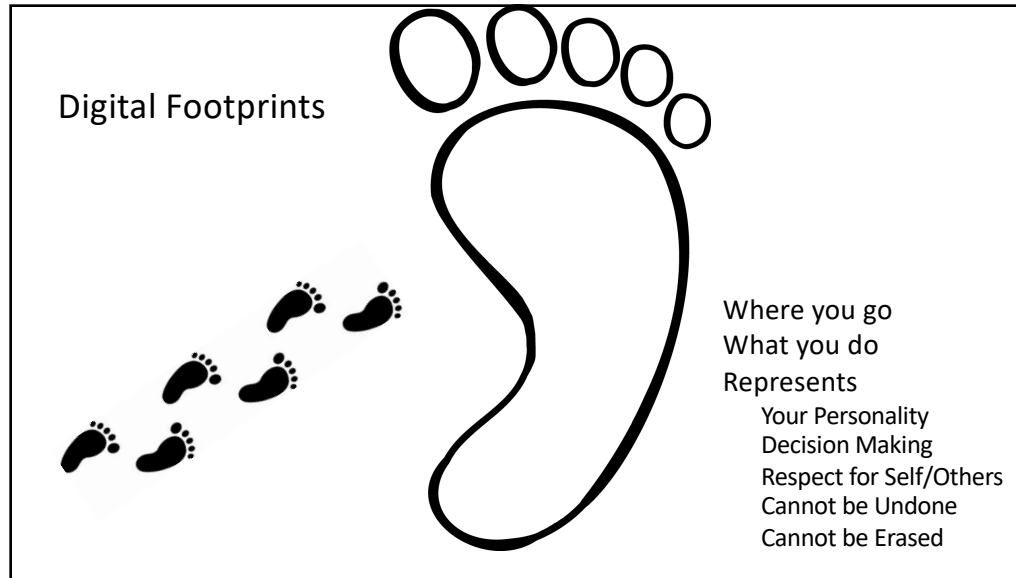
American Academy of Pediatrics
Online Media Plan
[https://www.healthychildren.org/English/fmp/Pages/MediaPlan.aspx#/
x#/

Technology Health Plan
www.internetbehavior.com/youth](https://www.healthychildren.org/English/fmp/Pages/MediaPlan.aspx#/)

37



38



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Technology Crazyness Index (TCI) Tracking Sheet												Name::		
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12		
Sunday	2	0												
Monday	1	0												
Tuesday	3	1												
Wednesday	7	3												
Thursday	4	2												
Friday	0	0												
Saturday	3	4												
Weekly PCI Total	20	10												
Interpretation of the number	OTE	Stable												
<p><u>My 7 Key Signs of Technology Crazyness (Build-up Warning Signs)</u></p> <ol style="list-style-type: none"> 1. Ignoring conversations with others due to my technology use. 2. Texting while driving. 3. Using technology "after hours." 4. Checking email turns into a four hour event. 5. Amazon window shopping. 6. Interacting with strangers online (not about work). 7. Mindlessly eating / drinking while using technology. 												<p><u>Interpretation of the PCI numbers</u></p> <p>If the numbers are from 0-9, that means you are Healthy If the numbers are from 10-19, that means you are Stable If the numbers are from 20-29, that means you are On the Edge If the numbers are from 30-39, that means you are Falling If the numbers are from 40-49, that means you are Over the Edge</p>		

40

