Warp Speed

Parenting and Working with Teens in a Digital Age – NAADAC 2016

Jessica Wong
First thing’s first: What the heck is Hazelden Betty Ford Foundation?

- The nation’s largest non-profit addiction and co-occurring mental health treatment provider
- 16 locations across the country
- Headquartered here in Center City, MN
- Help almost 15,000 individuals and families each year struggling with the disease of addiction
- Leading national provider of addiction treatment for young people between the ages of 12 and 25.
- Opened our doors in 1949 – before cell phones and computers and color TV were invented
And who the heck am I?

- And my boss tells me that I am the Regional Director of Outreach and Business Development for the central and eastern regions at the Hazelden Betty Ford foundation.
- The University of Minnesota recognizes me as a Bachelor of Arts in Journalism and Mass Communication with a minor in Sociology of Law, Crime and Deviance.
- Instagram calls me Nylahkay21.
- I am a god-mother and a bonus-mom to a handful of awesome kids.
- And perhaps vaguely important, I am mostly a digital native with a love and respect for technology.
Subject Matter experts
Kik Messenger App Scrutinized Following 13-Year-Old’s Death
Chanhassen student, 17, dies after using synthetic drug

Chanhassen boy was found in marsh in throes of a seizure.

By Beatrice Dupuy Star Tribune  |  SEPTEMBER 30, 2015 — 10:13PM

Alex Snyder died Tuesday after using a synthetic drug. The Chanhassen High School community is mourning the loss of the senior.

A synthetic drug purchased over the Internet has been identified as the likely killer of a Chanhassen High School senior found lying in a cattail marsh at Lake Minnewashta Regional Park over the weekend.

Alexander J. Snyder, 17, of Victoria, died Tuesday at Hennepin County Medical Center in Minneapolis.

His father called police just after 7 p.m. Sunday after realizing that his son was missing, police said Wednesday. He had used a tracking application on
‘She got caught up in the likes’: Teen accused of livestreaming friend’s rape for attention

By Peter Holley  April 19  

An 18-year-old Ohio woman accused of livestreaming the rape of her 17-year-old friend with a social media app was trying to record the assault as evidence, the woman’s attorney said Friday, April 15, in a defense a prosecutor flatly dismissed. (AP)

An Ohio teenager accused of live-streaming the rape of her 17-year-old friend has pleaded not guilty
Lawsuit blames Snapchat’s speed filter for Georgia car crash

Why you shouldn't snap and drive

By Ananya Bhattacharya on April 28, 2016 01:10 pm

A young girl trying to capture the perfect Snapchat is nothing out of the ordinary — but a speeding selfie comes with its costs. A new lawsuit alleges that Snapchat’s speed filter, which lets users display the speed at which they’re moving while taking a photo, encourages reckless driving and can cause automobile crashes.
Effective Frequency

- Exposure to a message required to achieve optimum communication – enough times to be heard, but not too many that the message is wasteful.
- With 24 hour access to technology, people are getting far greater exposure to media messages, and this constant exposure is skewing our perception of reality.
Technology is impacting the way our brain works.

What is the meaning of life?

I don't know. The computers are down.
It’s impacting our families and the way we parent.

“You said I should spend more time with our children, so I turned their faces into icons.”

Technology continues to improve communication.
And it’s impacting the way we learn.

“Jimmy! Will you stop texting on your mobile phone. We are trying to discuss how technology has changed society!”
Escalating Speed of Technology Change

- Radio took 38 years to reach 50 million U.S. homes.
- Television took 13 years to reach 50 million U.S. homes.
- Internet took four years to reach 50 million U.S. homes.
- Social Networking sites took 16 months to reach 50 million U.S. homes.
- Smart phone apps take nine months to reach 50 million U.S. homes.
All of These Analog Devices/Tools Can Now Be Held in the Palm of Your Hand

- Paper money
- Pens and pencils
- Door keys
- VCRs/DVD players
- Paper maps/atlases
- Film, cameras
- Books
- TV shows/cable
- Records, CDs, tapes
- Calculators
- Watches, alarm clocks
- CB radios and walkie talkies
- Radio
- Newspapers/magazines
- Porn
- Bookstores
- ATMs/credit cards/banks
- Flashlights
- Encyclopedias/dictionaries
- Photos
- Scrapbooks
- Journals
- Mail
- Bills
- Libraries
- Organizers/planners
- How many more can you think of?
Digital Natives—Millennials

- The millennials are the first generation to grow up completely immersed in, and surrounded by technology. They know no world without cell phones, computers, and social media.
- First generation to deal with cyber bullying, video game addiction, and 24-hour access to anyone and anything at the push of a button.
- This constant access to technology is having a profound, yet not completely understood impact on the developing brain.
How Much Technology Are We Using?

- According to a CNN article, by the age of two, 90% of children have an online history.
- Teenagers send an average of 3,500 text messages a month.
- Kids are spending an average of 7.5 hours per day using entertainment technology.
- 93% of adults have a cellphone, 68% have a smart phone.
- 58% of people sleep with their phone next to their bed so they don’t miss calls, messages, or other updates.
The Teen Brain
Impact of Technology on the Developing Brain

- Because this is the first generation of people who were exposed to technology from birth, we don’t yet fully know the long-term impact.
- Some early studies are concluding that the steady diet of technology we consume is delaying the development of the prefrontal cortex of the brain.
  - Short and long-term planning
  - Working memory
  - Attention
  - Symbolic thought
  - Executive functioning
  - Impulse control
What Does This Mean for Kids?

- Kids rely on technology for the majority of their play, which limits challenges to creativity, imagination, and development of optimal sensory and motor functioning.
- This sedentary lifestyle coupled with the bombardment of chaotic sensory stimulation is resulting in delays of developmental milestones.
- So what? Kids are entering school struggling with the self regulation and attention skills needed for learning. Sound familiar?
Where Does This Get Us?

- Children’s developing sensory motor and attachment systems have biologically not evolved to accommodate the sedentary yet frenzied nature of today’s technology.
- This can lead to ADHD, coordination disorder, developmental delays, learning difficulties, sensory processing disorder, anxiety, depression, and sleep disorders.
- Also can lead to loss of cognitive control—the loss of ability to control our mind to determine what we think about. This can lead to increased compulsivity.
It’s No Wonder…

…that the impact of rapidly advancing technology on the developing child has lead to an increase in physical, psychological, and behavioral issues…including substance use, abuse, and addiction; body image and eating disorders; gambling and gaming addictions, and an increase in bullying and violence.
Google-fication of the Brain

- A 2011 study at Columbia University showed that Google is a detriment to our memory recall.
- When faced with difficult questions, our brains are evolving to think like computers—and because we expect to have future access to information, we have lower rates of recall.
- Instagram is causing the same phenomenon for image recall. Based on study by psychologist Linda Henkel, images that are photographed are much less remembered than those that are not.
But not only are these kids the first generation to grow up with these challenges...we are the first teachers to teach under these conditions. And the first parents to parent.
Four Factors for Healthy Development

- **Movement**: Kids require two to three hours of active play to achieve sensory stimulation.
- **Touch**: Critical for development of planned movement patterns.
- **Human Connection**: Activates parasympathetic system lowering cortisol, adrenaline, and anxiety.
- **Exposure to Nature**: Has calming influence on children, restores attention, and promotes learning.
On The Flip Side

Virtual Futures

@Copyright Zone'in Programs Inc. 2012  www.zonein.ca
According to a study published by the London Telegraph, nine in ten toddlers are living couch potato lives with 84% getting less than one hour per day of physical activity when the recommended minimum is three hours.
So What Are They Doing on Their Phones Anyway?

- Because let’s be honest. Even laptops are becoming archaic. And for teens that have smart phones, anything and everything they need is right there, at the tip of their fingers, 24-hours-a-day.

- According to Pew Research, 25% of teens report being online through mobile devices almost constantly, and 92% report going online daily.

- Nearly 75% of teens have access to a smart phone.
Social Media

Facebook, Instagram and Snapchat Top Social Media Platforms for Teens

% of all teens 13 to 17 who use ...

- Facebook: 71%
- Instagram: 52%
- Snapchat: 41%
- Twitter: 33%
- Google+: 33%
- Vine: 24%
- Tumblr: 14%
- Different social media sites: 11%


PEW RESEARCH CENTER
Snap Chat
Yik Yak

Yik Yak is a social media app available for iOS and Android, and allows people to pseudo-anonymously create and view discussion threads within a five mile radius.
So this girl wants to date me. And I kinda like someone else. But I really enjoy our time together and would love to stay friends. But I don't want to be selfish. What do I do?

Quick, somebody go see a ballet with me

Sun + Weekend = Beer. It's simple math really.

I swear every time I go to chipotle the burrito rollers just get slower and slower

Is tinder still very active?

I'm drunk... And it's only 2.

Cheers

Way to get a headstart on the weekend!!

I support this message

Who wants to get drinksssss

THAT person
They sit next to you on the bus when there are 6 empty rows...

I used to cry when my dad chopped onions. I liked onions. Onions was a good dog

The sky has been looking beautiful today.

Anyone trying to get some weed?
After School

Anonymous and private message board for schools.
After School

“Can people please just stop commenting about my acne? I know I have it I can see it every time I look in the mirror. You pointing it out does not open my eyes and there’s nothing I can do about it anyway! Please stop telling me that I just need to wash m”

posted by anonymous

“Only at Swartz Creek will someone snitch on you for bringing weed to school.”

posted by anonymous

“I’ve had sex with my bestfriend’s boyfriend at least seven times and she doesn’t know yet.”

posted by anonymous

“Snitches get stitches”

Make your own

“Sorry I’m not sorry.”

Make your own

Post to Swartz Creek anonym...
High There!

HighThere!
Lindsay
You're looking good, now tell us a bit about yourself.

My energy level when using cannabis is...

More Info

HighThere!
Lindsay
1 mile away

Similar to you

Chat
Vaporizing
High

Culture
Outdoors

Connect

Hey there!

Chat

Hey!

not
hey

1 2 3 4 5 6 7 8 9

@ # $ % & - + ( )

ABC

CULTURE
OUTDOORS

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Other Apps

- Whisper
- Kik
- What’s App
- Vine
- You Now/Periscope
- Triller, Music.ly
- VR
- Augmented Reality – Pokemon Go
Young people don’t realize their digital world is only a façade—a skewed picture and modified storyline of what’s actually happening in the lives of their friends and peers.

The main goal is to get as many “likes” as possible. If a certain number of “likes” aren’t achieved, posts are removed and reality is distorted.

Kids get instant feedback on things they might not ever have heard, such as whether someone likes their outfit.
Digital Façade

- There are 80 million photos posted on Instagram each day.
- Facebook has 1.49 billion active users per month.
- Twitter has 316 million active accounts.
- Increasingly, more people are living two lives: one online, one off. And studies show that this makes us more vulnerable to depression, loneliness, and low self-worth. This is based on something psychologists are calling social comparison theory—and teenagers are most susceptible. FINSTAGRAM.
What’s On Your Mind?

- https://www.youtube.com/watch?v=QxVZYiJKI1Y
Bullying and Technology

- Technology has increased exposure to ridicule and bullying exponentially. One classmate’s mean-spirited remark on Facebook can quickly morph into an all-out cyber campaign of spite.

- As a teen, your entire life is about your peer relationships and what people think of you.

- Social media intensifies bullying in two powerful ways.
  - Bullying now has a more public venue with friends, classmates, and noninvolved parties able to view and respond to postings.
  - Bullying carries lasting harm—what once was a comment made in the school hallway is now a permanent message that can be recorded and stored.
Examples of Cyber Bullying

- Setting up a fake social networking account to humiliate another classmate.
- Sending text to a person’s group of friends with gossip that could be true, exaggerated, or a lie.
- Using someone else’s user name and password to login and send messages from their account.
- Starting a rumor about someone and spreading it electronically, causing it to go “viral”.
- Sending rude, harassing, or threatening messages to a target.
What Can Caregivers Do About Cyber Bullying?

- Talk to youth about the positives and the potential dangers of technology.
- Use “what if” examples to help make a plan before there is a problem.
- Keep computers in public areas of the house and create boundaries around cell phone and computer use.
- Stay updated on child’s online activities.
The shift to mobile internet use changes the ways teens access information and creates new challenges for parents who wish to monitor their children’s Internet use. For parents who may wish to restrict access to their children’s exposure to certain kinds of content online, mobile devices can make it more difficult for parents to use the passive monitoring strategies they tell us they prefer, instead requiring more technical solutions.
The Use of Technology

- Not only are kids using technology in unsafe ways, but they are also using technology to more efficiently access, purchase, and use drugs and alcohol.
- Technology also plays a role in creating cultural values and ideas of acceptance related to drugs, alcohol, violence, and bullying.
What We Know

- 1.5 million youth ages 12 to 17 meet the criteria for admission to alcoholism treatment, but only seven percent receive treatment.

- An estimated 1.4 million youth ages 12 to 17 meet the criteria for admission to treatment for illicit drug use, but only nine percent receive treatment.

SAMHSA's Office of Applied Studies' report, "Youth and Alcohol and Illicit Drug Treatment"
The Dark Web

- The **dark web** is the World Wide **Web** content that exists on darknets, overlay networks which use the public **Internet** but which require specific software, configurations, or authorization to access. These sites are not indexed by search engines.

- Used for the following
  - Purchase illegal items such as drugs and weapons
  - Terrorism
  - Illegal gambling
  - Trafficking
  - Child pornography
Digital Drugs

Binaural beats

For other uses, see Binaural (disambiguation).

To experience the binaural beats perception, it is best to listen to this file with headphones on moderate to weak volume – the sound should be easily heard, but not loud. Note that the sound appears to pulsate. Now remove one earphone. Note that the pulsations disappear completely. Repeat with your other ear.

Binaural beats, or binaural tones, are auditory
Welcome to Snort Cocaine, the first free simulation for snorting coke!

Warning: cocaine, cannabis and other drugs are ILLEGAL. Don't do drugs or weed!

You need to TOUCH THE SCREEN with your nose and snort to simulate taking the white line of cocaine. You hear the snorting!

The cocaine decrease and when you are finished doing drug you can see your time.

Test your friends to see who is the master of snorting!

Sniff how much you want!

Sounds and vibrate can be disabled via the menu.

Don't hesitate to send me an e-mail if you have any suggestions or any questions: myskidroid@gmail.com

Next
Snorting Cocaine

14.37 sec
You really need some training!

5 sec
Not too bad!

New best time!
4.72 sec
You sure know how to use your nose!
Smoking a Bowl

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How Long Is It In My System?

Select Drug
- Marijuana (Smoked)
- Marijuana (Oral)
- Alcohol (Standard Urine Test)
- Alcohol (ETG Test)
- Commonly Tested Drugs
- Less Commonly Tested Drugs
- Very Rarely Tested Drugs

PASS DRUG TEST (STEP-BY-STEP INSTRUCTIONS)

Share this app
Comments/Suggestions

NOTICE - The results are not guaranteed to be accurate. Everyone is different, it is impossible to make a 100%
How Long Is It In My System?

FREQUENCY OF USE
- Once a week or less
- A couple times a week
- Many times a week
- Every day
- Multiple times per day

NEXT

POTENCY USUALLY USED
- Schwag (Brown low quality weed)
- Pretty Bad (Better than schwag but no special smell or look)
- Average (Some visible crystals but nothing too great)
- Above Average (Good stuff with crystals clearly visible)
- Crazy Quality (Insane weed completely covered in crystals that most people only dream of)

NEXT

RESULTS
MARIJUANA - SMOKED
12 --- Days to get clean

PASS THIS TEST (STEP-BY-STEP Self Detox)

Metabolite level per day

Pass/Fail level

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Seven Things To Do When Your Kid Gets a Phone

- Set up the phone for safety. Set a password for the phone.
- Add important people to the contact list.
- Educate yourself on the school rules.
- Hold a family meeting and discuss the important terms of agreement for the phone or tablet.
- Download a security app to protect your investment.
- Post the rules in plain sight and consider drafting an agreement.
- Drill down on safe downloads. Ask kids to run apps they would like to download by you for approval.
What to Discuss at the Family Meeting

- Establish a trusting relationship.
- Cover the rules.
- Curb over-sharing online.
- Discuss safety issues such as safe downloads, inappropriate content, online privacy, stranger danger, teens, and driving.
- Discuss texting and talking allowances.
Five Rules for Raising a Kid on Tech

- Parents get the passwords. Non-negotiable.
- Set clear parameters for checking in on kids and stick to it. Trust is everything.
- Lead up to the responsibility from a young age. Social media accounts are a privilege earned when good judgment is consistently shown.
- Get your own account on any medium they are using. Following each other is not optional. Watch from afar but do not bombard their page.
- Subscribe to their pages and posts so you don’t miss anything. Use missteps as opportunity for conversation and teach about critical thinking.
Ways to Build Responsibility and Your Relationship

- Show kids love, via technology.
- Incentivize them with expanded phone privileges.
- Have your child contribute to the bill.
- Establish technology free zones and times in your home when you all unplug and concentrate on communicating and enjoying each other’s company.
- Help children achieve balance by encouraging them to stay physically active, enjoy reading, and learn to relax and have fun without electronics.
Other Suggestions for More Balanced Technology Use

- Give child a phone that is one generation older than yours so you’re familiar with use and function and can stay on top of new apps.
- Reset home Wi-Fi password daily.
- Set texting and talking allowances.
- Play the dinner dishes game.
- Have technology-free zones in the house.
Questions to Ask

- Where do you spend most of your time online?
- What’s your favorite app or video game right now?
- Who do you game with or communicate with most?
- How do you decide who gets to follow or friend you?
- What do you share, post, download, upload, or view?
- Can I review your profile with you?
- Why haven’t you accepted my friend request?
- Why do you hide your electronic devices when I enter the room?
Resources for Students, Staff, and Parents

- [http://www.netsmartzkids.org](http://www.netsmartzkids.org) – Created by The National Center for Missing and Exploited Children, NetSmartz is an interactive and educational site designed to teach kids how to stay safe online and off.

- [http://www.getnetwise.com](http://www.getnetwise.com) – Created by the Internet Education Foundation to help educate the public about the challenges and problems presented by the internet.

- [http://www.safekids.com](http://www.safekids.com) – One of the oldest sites designed to help educate on internet safety and digital citizenship.

- [https://www.aacc.edu/technology/file/GamingTips.pdf](https://www.aacc.edu/technology/file/GamingTips.pdf) - Tips on safe gaming for kids and teens
Resources, Continued

- [www.nsteens.org](http://www.nsteens.org) – Teen version of NetSmartzKids. Great interactive tools, quizzes, videos, and games that can be used in the classroom.

- [www.safeteens.com](http://www.safeteens.com) – Internet safety for teens


- [www.netsmartz.org/parents](http://www.netsmartz.org/parents) - Videos, presentations, and helpful tips about technology issues

- [www.digitalcitizenship.net](http://www.digitalcitizenship.net) – Helps teachers, technology leaders and parents understand what students should know to use technology appropriately.
Circle and KoalaCare

- Circle by Disney and KoalaCare are both devices that hook up to your router designed to help monitor family internet use. You can track online history, set time limits for access to certain sites, disable Wi-Fi for specific devices on the network, etc.

- The idea behind Circle is not to spy on your family’s online activity. Instead the goal is to set limits on what your children can access online, when they can access it, and for how long. Circle with Disney allows a parent to associate devices on a home network with individual family members. Then they can decide how long that person or device can be online and what services can be accessed.
31% of teens say they would change their online behavior if they knew their parents were watching.

So watch!
- https://www.youtube.com/watch?v=9s0ukQGLXQ4
Remember...

“

You can't upload love, you can't download time, you can't Google all of life's answers. You must actually live some of your life.

"
Jessica Wong
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