Navigating Teen Social Media Use

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Teen Internet Usage

• 92% of Teens go online daily
• 56% go online several times a day
• 75% have access to a Smartphone
What do you know about Social Media?

- **Twitter**
  - Users send and read short messages (140 characters) called “tweets.” (316 Million users)

- **Facebook**
  - Share status updates, pictures, and videos with friends online, (1.5 billion users)

- **Youtube**
  - Share, watch, and comment on videos
What do you know about Social Media? (cont’d)

• Snapchat (200 million users)
  – Send brief videos/pictures to some or all friends (10 seconds)
  – Post to “story” and stays for 24 hours

• Instagram (400 million users)
  – Videos/Pictures, add captions or effects

• Tumblr (230 million users)
  – Blogging with multimedia
What do you know about Social Media? (cont’d)

• Kik (240 million users)
  – Instant messaging using data or internet
  – Share messages, videos, pictures, or sketches

• Vine
  – Sharing 6 second long looped videos with friends
This is what I was doing the last time I was in Orlando a couple weeks ago, catching Tinker Bell with my grandbabies. It was the first time I enjoyed Mother’s Day since my mom passed away.
Snapchat / Kik
Girls Dominate Visually-Oriented Social Media Platforms

Percent of girls and boys who use ...

- Instagram
  - Girls: 61%
  - Boys: 44%
- Snapchat
  - Girls: 51%
  - Boys: 31%
- Online pinboards like Pinterest
  - Girls: 33%
  - Boys: 11%
- Tumblr
  - Girls: 23%
  - Boys: 5%

Boys Are More Likely to Play Video Games

Percent of girls and boys who ...

- Have or have access to a game console
  - Girls: 70%
  - Boys: 91%
- Play video games online or on their phone
  - Girls: 59%
  - Boys: 84%


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How do these Sites Work?

Navigating the many forms of social media

- what is shared
  - photos? videos?

- how is it viewed
  - sent to you? searched for?
Positive Aspects of Social Media

- Building Relationships
- Power of a group, especially in offering support
- Information gathering
- Keep in touch with friendships both near and far
- Boost self-confidence
- News travels quickly

What else?
Problems with Social Media

- Constantly Connected (Electronic Addiction)
- Our Social Media Self Versus Our Real Self
- Feeling Left Out
- New form of Bullying
- Takes up a lot of time
- No control over what people know about us
- Say things we normally would not say
- Ghosting - no longer respond to someone
Cyberbullying is any bullying that takes place using electronic technology.

- Sending someone mean or threatening emails, instant messages, or text messages
- Tricking someone into revealing personal or embarrassing information and sending it to others
- Forwarding private messages to others
- Sharing explicit pictures of others without consent
- Breaking into someone's email or instant message account to send cruel or untrue messages while posing as that person
- Creating websites to make fun of another person such as a classmate or teacher
- Using websites to rate peers as prettiest, ugliest, etc.
Cyberbullying, cont’d

• Can happen 24 hours a day, 7 days a week, making it difficult for victims to avoid or ignore.
  –Further enhances feelings of isolation and helplessness when the victim cannot get away from the source of the bullying.
• Anonymous posting allows for fast distribution of harmful material with no clear source to trace back to.
Statistics

1. Nearly **43%** of kids have been bullied online. **1 in 4** has had it happen more than once.

2. **70%** of students report seeing frequent bullying online.

3. Over **80%** of teens use a cell phone regularly, making it the most common medium for cyber bullying.

4. **68%** of teens agree that cyber bullying is a serious problem.

5. **81%** of young people think bullying online is easier to get away with than bullying in person.
1. 90% of teens who have seen social-media bullying say they have ignored it. 84% have seen others tell cyber bullies to stop.

2. Only 1 in 10 victims will inform a parent or trusted adult of their abuse.

3. Girls are about twice as likely as boys to be victims and perpetrators of cyberbullying.

4. About 58% of kids admit someone has said mean or hurtful things to them online. More than 4 in 10 say it has happened more than once.

5. Bullying victims are 2 to 9 times more likely to consider committing suicide.

6. About 75% of students admit they have visited a website bashing another student.
Preventing Cyberbullying

• Be aware of your child’s online activity
  – Ask to “friend” or “follow”
• Take the time to discuss what constitutes cyberbullying
• Encourage your children to tell you if they or a peer are being cyberbullied, making it clear that reporting will not result in revoking technology privileges
• Establish rules about technology use:
  – Remind your child to never share personal information online with strangers, and never share passwords with anyone, even friends.
  – Don't put anything online that you wouldn't want your classmates to see, even in email.
• Encourage positive behavior
  – Remind children they should behave the same way online as they would in-person.
Some behaviors victims of cyberbullying exhibit:

• being emotionally upset during or after using the Internet or the phone
• being very secretive or protective of one's digital life
• withdrawal from family members, friends, and activities
• avoiding school or group gatherings
• slipping grades and "acting out" in anger at home
• changes in mood, behavior, sleep, or appetite
• wanting to stop using the computer or cellphone
• being nervous or jumpy when getting an instant message, text, or email
• avoiding discussions about computer or cellphone activities
Reporting Cyberbullying

1. Do NOT respond to messages or forward any bullying material.
2. Save as much evidence as possible. Record the dates, times, and descriptions of instances when cyberbullying has occurred.
   a. Save and print screenshots, emails, and text messages.
3. Block the person if possible so no more contact can be made.
4. Report the incident to the social media site
   a. Cyberbullying often violates a site’s Terms of Service
Legal Issues

• Cyberbullying may be charged under Virginia’s "harassment by computer" law when the bully used a computer to send obscene communications, suggestions, or threats of any illegal act with the intent to harass, coerce, or intimidate a victim. (Va. Ann. Code § 18.2-152..7:1.)
Legal Issues, Cont’d

• **Sexting**: Act of transmitting sexually explicit messages, pictures

• If the person sending or receiving the message is under the legal age of adulthood, they may be convicted of possession or distribution of child pornography.

– 18 USC 2252 - Certain activities relating to material constituting or containing child pornography
Sexting, Cont’d

• The percent of teenagers who have sent or posted nude or semi-nude pictures or video of themselves:
  – 22% of teen girls
  – 18% of teen boys

• 51% of teen girls say pressure from a guy is a reason girls send sexual messages or images; only 18% of teen boys cited pressure from female counterparts as a reason.

• 71% of teen girls and 67% of teen boys say they have sent this message/photo to a boyfriend/girlfriend.

• nude photos may be shared beyond the original recipient
Positive Trends

55% of teenagers using social media and the internet stated they choose not to post comments that would reflect poorly on them in the future.

62% of teenagers using social media have set their profile to private so that only friends can view their content.

58% of teenagers stated their parents have the biggest influence on them in deciding what is appropriate or inappropriate for using the internet.

86% of teenagers report receiving general advice from their parents about using the internet and social media responsibly.

70% of teenagers report receiving internet safety advice from teachers or other adults at school.

Of teenagers who have witnessed cyberbullying, 84% have seen people defend the person being harassed.
A Parent’s Response

Why do Teenagers use Social Media?

• to gain social attention
  – peer norms
  – popularity
• to gain physical attention
  – socio-cultural expectation (objectification theory)
  – social consequences of sexualization
• to experience intimacy
  – decreased loneliness and depression
  – maintain and enrich connections
• to expand their social world
• rehearsal for real life
Parent’s Response Cont’d

• **Educating your teenager**
  – effective approaches
    • respectful
    • factual
    • well-timed

• **Understanding role models**
  – do friends use it?
  – do YOU?

• **Monitoring usage**
  – setting and enforcing effective rules

• **Cultivating offline interactions**
  – how can you socialize without SM?
References


Other material obtained from personal interviews.