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CYBER SMART EDUCATION SEMINAR

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My Digital TAT2
THE ONLY WAY TO MOVE FROM MANAGER TO CONSULTANT IS TO BE CURIOUS NOT FURIOUS
The Importance of Being Liked
“Your online reputation is kind of a trailer to your movie. You have to make people interested enough to watch.”

-10th grade student
Brains are **hard wired** to seek new information. We get a shot of dopamine with a new text, tweet, or Instagram like.

- Texts and tweets are “highly perishable”
- They **lose social value** if not responded to instantly.
- For teens “**always on**” can feel like a social imperative.
We All See Things Differently
Your Personal Relationship with Technology and Social Media?

- What message does this image convey?
- Check in with your emotions. What are they telling you?
- What are connections you can make to your own life?
Student Responses Tell Us A Lot

- **Escapism** - “A quick fix”, “a cure”, “a way of numbing the pain”
- **Habit Forming** - “We need them as supplements”
- **As an upper** - “Can be useful when you are feeling down” “A form of medicine”
- **Not all pills are alike** – “You don’t always know what you are getting into”. Looks can be deceiving.
- **Looks negative on the surface** but have to dig deeper to understand the value

- **Explore Identity**: The screen helps you to be someone else, take on a new persona

- **Addictive Quality**: “It is not great for you but you can’t stop”
  - “The high only lasts a short time” “Have to take more pills to continue the happiness”
  - “You don’t know what you are getting by diving into social media”
"That cycle of sites, apps, platforms that we check regularly, often and religiously."
Boy Age 15

Girl Age 15
Psychological Responses to Social Media

- Allows teens to divulge parts of themselves they may hide offline
- Provides a platform to process anxiety, find others with similar struggles or interests
- Can lead to group cruelty, self harm and risk taking
Phone Phobia

- Not listening to voice messages.
- Overwhelmed by group texts.
- By texting, they can control the direction of the conversation and “E-void” if they don’t want to connect.
- These “weaknesses” of conversation teach the skills of negotiation, reading emotion, of facing the complexity of confrontation.
Increasingly anxious when they do not receive an immediate response from a text.

“Allowable response time” is getting shorter and shorter.

Text and worry- “Are they hurt, mad, injured, evading me?”
If a student is struggling in the “real world,” with self esteem, gender identity, body image, they may carry that struggle into their online lives.

The same is true for passions and interests.

Guiding principal: Does it close down their world or open it up?
From Unconscious to Conscious Looping

- What did you notice about your loop?
- What are you constantly checking?
- What stays on in the background?
- Do you check more after a post?
- Is there an emotion attached to it?
- Are you ever free of the loop?
Some of the Challenges

Sleep
Distracted parenting
Attachment
Inappropriate Content
Hate Speech
“My friend was sleeping over and we couldn’t fall asleep. We Googled how to fall asleep, and it said, ‘get off your device’.”
-4th grade boy
Multitasking/task switching in the last hour before going to sleep.

The content itself can over-stimulate the mind and emotions.

Even for kids who just sleep with devices in bedroom, the lights and sounds affect the body’s natural timing and alertness.
Kids are sensitive to and impacted by digital use in their environment.

Siblings and parents digital use is effecting sleep.

We are having a hard time having a deep conversations or concentrating.

We are all feeling ignored and lonely.
An experiment entitled “Still Face Experiment” shows how babies react when they do not manage to interact with their mothers.
Digitally Distracted Parenting

“When my Dad gets home at 6:30, I go downstairs to say hi. He’s on his phone and doesn’t see me. I come down again later and he is on his device. There’s never a good time to get his attention.” 6th grade student

We looked depressed

No Modeling of appropriate expression

Lack of connection
Talking Back to Tech Use
Start simply and without shame inducing comments. **Don’t be reactive**

**No one should look that way.** Bodies are surgically and hormonally enhanced, and exaggerated by the way they’re photographed.

Porn stars aren’t meant to look real
Porn sex isn’t real, either

Real sex comes with emotions

Sending Sexts can have long term consequences
Online Hate

“I am seeing an increase in hate sites and tension at my school- we all are.”
-HS student from summer advisory group, July 2017
In Real Life #Be Strong
We aim to create a kinder digital culture