**Pre-Test**
Check your understanding

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Dopamine, a neurochemical known as the “reward molecule”

Dopamine Reward Zone
Understanding the Impact of technology on the developing teen brain

Our kids are at RISK... YOU can help!
○ Social media usage is a dopamine gold mine. “Every time we post, share, ‘like,’ comment or send an invitation online, we are creating an expectation…”

○ The 32 teenagers, ages 13-18, were told they were participating in a small social network similar to the popular photo-sharing app, Instagram.

The teen brain

“We feel a sense of belonging and advance our concept of self through sharing.”

UCLA study

“When the teens saw their own photos with a large number of likes, we saw activity across a wide variety of regions in the brain.”
# Internet Gaming Disorder

<table>
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<th>Impairment</th>
<th>Academics Decline</th>
<th>Addiction</th>
<th>Withdrawal</th>
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<td>Compulsively play computer or video games online while ignoring other interests</td>
<td>Experience clinically significant impairment or distress as a result of excessive Internet gaming</td>
<td>Experience a significant negative impact on their academic or work performance due to the amount of time they spend playing online video or computer games</td>
<td>The brains of gamers who are deeply engrossed with their favorite game show similar patterns to those of drug addicts.</td>
<td>Experience symptoms of withdrawal if they are not able to access online games</td>
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Some psychiatrists have argued that internet addiction shows the features of:

- **Excessive use**
- **Withdrawal phenomena**
- **Tolerance**
- **Negative repercussions**

**Internet Gaming Disorder (IA)**

Identified in Section III of DSM 5 as a condition warranting more clinical research
Assessment

In rehabilitation centers, a regular screening for IA is recommended to identify patients with this (non-substance-related) addiction and supply them with additional disorder-specific treatment.

Psychosocial symptoms, especially depression
Obsessive-compulsive symptoms
Interpersonal sensitivity
Additional mental disorders

Apps

DEFINE THE TECHNOLOGY

- Problem Apps (how to remain current?)
- Understand current trends and apps being used by teens – how they are using them and why
TEENS ARE NOT USING FACEBOOK.

A popular online social networking website where people can create profiles, share information such as photos and quotes about themselves, and respond or link to the information posted by others.

MOST TEENS DO NOT USE TWITTER

An online news and social networking service on which users post and interact with messages known as "tweets".
THE NUMBER ONE CURRENT TEEN APP IS…

A video messaging application created by Evan Spiegel, Bobby Murphy, and Reggie Brown when they were students at Stanford University.

Social media use among teens has increased dramatically.

They’re being distracted from other important things and their friends.

Graphic courtesy of Screenagers
MORE APPS TEENS USE:

**INSTAGRAM**
- An online photo sharing service. It allows you to apply different types of photo filters to your pictures with a single click, then share them with others.

**YouTube**
- A popular video sharing website where registered users can upload and share videos with anyone able to access the site. These videos can also be embedded and shared on other sites.

MORE APPS TEENS USE

**After School**
- After School: An iOS and Android social network mobile application that allows users in a defined network, currently high schools, to share anonymous text-based posts and images with others.

**High There**
- The #1 Cannabis Social Networking App with Millions of downloads.
MORE APPS TEENS USE

**Whisper**
- A proprietary iOS and Android mobile app available without charge, which says that it allows users to send messages anonymously, and to receive replies.

**Kik**
- Kik Messenger, commonly called Kik, is a freeware instant messaging mobile app from the Canadian company Kik Interactive, available free of charge on iOS and Android operating systems.

MORE APPS TEENS USE

**WhatsApp**
- WhatsApp Messenger is a freeware and cross-platform messaging and Voice over IP service. The application allows the sending of text messages and voice calls, as well as video calls, images and other media, documents, and user location.

**YouNow**
- YouNow is a live broadcasting service where users stream their own live video content or interact with the video streams of other users in real time.
MORE APPS

Periscope
- Periscope is a live video streaming app for Android and iOS developed by Kayvon Beykpour and Joe Bernstein and acquired by Twitter before launch in 2015.

Triller
- Triller is used to Create AI (Artificial Intelligence)-powered Videos.

MORE APPS

musical.ly
- Musical.ly App is a social media platform for people to reach their favorite songs lists and get updated with the information of the music personnel.

Ask.fm
- Ask.FM, where the world wants to know about you. Ask and answer questions openly or anonymously...
**MORE APPS**

- **Flinch**
  - Flinch is a Video Chat app by the makers of OoVoo. The premise of this app sounds fun – it's basically the digital version of a staring contest. The first person who smiles, loses the game. While the technology behind the app is impressive, parents should know that kids using Flinch can stare down with complete strangers.

- **Bee**
  - Bee is an Instagram app that allows you to connect with international users, primarily for career connections, and professional services.

**MORE APPS**

- **Talk**
  - Talk (to someone) bills itself as the world’s best anonymous social app, meaning you can talk to people anonymously.

- **Tumblr**
  - Tumblr is a microblogging and social networking website founded by David Karp in 2007, and owned by Oath Inc. The service allows users to post multimedia and other content to a short-form blog.
MORE APPS

Tinder
○ Tinder is a location-based social search mobile app that allows users to like or dislike other users, and allows users to chat if both parties swiped to the right. The app is often used as a hookup app.

MYLOL
○ MyLOL boasts that it is the Number 1 social networking (dating) app for teens in the US, Australia, UK and Canada. They are proud to have more than 300,000 members all around the world, and encourage teens to “Join now and meet thousands of teenagers like you.”

AND LAST BUT NOT LEAST...

Blue Whale
○ Blue Whale, also known as Blue Whale Challenge, is a social network phenomenon dating from 2016 that is claimed to exist in several countries. It is a “game” reportedly consisting of a series of tasks assigned to players by administrators over a 50-day period, initially innocuous before introducing elements of self-harm and the final challenge requiring the player to commit suicide...
Identifying destructive use

**Non-academic use impacts learning**
- Research shows that non-academic use of the internet, such as accessing Snapchat on a cell phone, negatively impacts learning, regardless of intellectual ability.

**Texting lowers scores**
- A related 2014 study compared correct answers on a lecture quiz between students who were randomly assigned to text message during a lecture and those who were not. Those who text messaged throughout the lecture scored significantly lower on the quiz.

Access during class

Decreased learning

**Other Online Trends and Games**
- Truth or dare
- Tide Pod Challenge
- Blue Whale Challenge
- Momo Suicide Game – WhatsApp, Minecraft
- Kylie Lip Challenge
- Condom Challenge
- Duct Tape Challenge
- The Cinnamon Challenge
- The Choking Game
- Car Surfing Challenge
- The Salt and Ice Challenge
- The Snoring Challenge
- The Cold Water Challenge
- The Fire Challenge
- The Ghost Pepper Challenge
How prevalent is Cyber-bullying?

49%

OF ALL YOUNG PEOPLE HAVE BEEN
BULLIED ONLINE
Cyber Bullying is under-reported.

Less than 10% tell their parents.

Teens fear telling their parents when they have been cyber-bullied because they believe they will lose their phone.
In recent years the mental health community has become increasingly interested in the impact that modern technology has on our lives - both positive and negative.

So, how much is too much?

What are the signs of overuse?

Are we addicted?
What teens say...

Teens are much more likely to say social media has a positive rather than a negative effect on how they feel.

- Less lonely: 25% (Less) vs. 3% (More)
- Less depressed: 30% (Less) vs. 3% (More)
- Less anxious: 12% (Less) vs. 8% (More)
- More confident: 20% (More) vs. 4% (Less)
- Better about themselves: 18% (More) vs. 3% (Less)
- More popular: 21% (More) vs. 3% (Less)

Teens think they’re being manipulated.

- 72% of teens believe that tech companies manipulate users to spend more time on their devices.

Rivertown Communications, Inc.
Let’s talk about... Distracted driving
What are the risks?

**Engagement**
The focus becomes the digital world and the person is less engaged in the physical world of relationships.

**Social anxiety**
Teenagers with social anxiety and they use the social media sites to find validation and companionship missing in their real life or the physical world.

**Fitting in**
When a teen doesn't feel like he fits in, going online to socialize means he has access to a larger world than is available at school.

**Addiction**
Teenagers who struggle with addiction, whether to substances or another type of behavior, are at a greater risk for becoming addicted to social media.

The signs of social media overuse

Thinking about it

More and more

Using to forget

Restless or troubled

Affecting relationships

Spend time thinking about social media

Think about social media more and more

Using social media to forget about personal problems

Becoming restless or troubled when unable to use social media

Social media is having a negative effect on relationships
How can someone get help?

**Treatment**
Treatment for internet addiction disorders include inpatient, outpatient, aftercare support, and self-help groups.

**Family Support**
Treatment options may include family counseling, support groups, and educational workshops for addicts.

**Moderation**
The focus is on moderation and controlled use of the Internet.

**Strategies**
Strategies address the underlying problems in a person’s life creating the need to use the Internet as a way of escape.

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**Building Foundations**

- **Sustainable**
- **Optimal Development**
- **Attends & Learns**
- **Strong/Coordinated**
- **Secure/Regulated**
- **Calm/Focused**
- **Vestibular/Proprioception**
- **Tactile/Attachment**
- **Parasympathetic**
- **Move**
- **Touch**
- **Connect**
- **Nature**

**Parental Controls Corrective Actions**

- **SCREEN SAFE**
  - Provide healthy, safe guidelines and rules for teens and their technology use.
On The Flip Side

Virtual Futures

Contracting for responsible use

- Parental controls are part of the way we help keep our kids safe

- As a child given cell phone privileges, I agree I will follow all school rules about cell phone use.
- I will answer my phone if my parent calls, or return the call immediately if I'm in a restricted use area.
- I will not use my cell phone to share photos that could embarrass me or others now or in the future.
- I will not share photos of other people without their permission.
- I will not talk or send text messages about people in a way that hurts them or their reputation.
- I will not pass along or give any other support to a hurtful message sent to me about someone else.
- I will not download, add, or subscribe to anything on my phone without my parents' or guardians' permission.
- I will not disable any parental controls on my phone.
- If I'm uncomfortable with anything on my phone, I'll talk to my parents or guardians about it.
- I will not talk to or text with anyone I don't know.
- I will tell my parents if a stranger keeps trying to contact me.
- I will not use my phone to arrange meetings with anybody I don't know.
- I will stay within my plan's usage limits and review my usage with a parent or my guardian if I go over those limits.
Parent’s contract

As a parent or guardian granting cell phone privileges,
I agree I will periodically talk with my child about his or her use of the cell phone.

I will not take away my child’s cell phone if my child comes to me about a problem concerning content or contact on a phone unless my child is in danger or has disregarded family rules. Instead, we will work together to try to solve the problem and to make sure my child makes good choices.

I will periodically revisit these rules as my child matures and cell phone technology evolves.

Enroll in SCREEN SAFE Training

- eLearning program developed by Rivertown Communications, Inc., in collaboration with Hazelton Betty Ford, Toward Zero Death, and Pacer Cyber-bulling
- Regular updates through a Focus Group of Teens from the Twin Cities area
- Student version of Screen Safe, which, when completed, provides student certification to stay safe online.
Our Team

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Rivertown Communications, Inc.

Julie Jacobs
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Senior Pastor, Frontier Fellowship/RCMI

Jessica Wong,
CPP
CPP Director of Business Development and Patient Care Network at the Hazelden Betty Ford Foundation

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PACER's National Bullying Prevention Center

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Chairman
Shreya R. Dixit Memorial Foundation, TZD Member

Monty Lawrence
Graphic Designer
Graphic designer/illustrator and video producer

Jeff Olson
Instructor
Normandale Community College, Instructional Designer
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Thank You

Julie Jacobs, MS, D.Div, RN

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🌐 [http://www.screensafe.org](http://www.screensafe.org)
Cited Sources

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Vijay B. Dixit, Chairman; Shreya R. Dixit Memorial Foundation; Building Distraction-free Driver Communities. Author of: “One Split Second-The Distracted Driving Epidemic; How It Kills and How We Can Fix It.”

Bibliography:


Cited Sources (cont.)


Dr. Kimberly S. Young, P. (2016). Social Media Addiction: Assessment and Treatment. Psychiatry Online.


CEU CERTIFICATION

The following individual, ________________________________, participated in 1.5 credit hours of training:

SCREEN-SAFE: UNDERSTANDING SCREEN ADDICTION

And completed a Pre and Post test reviewing their understanding of the content material.

October 12, 2018

Presented by:
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