



**Rivertown
Communications Inc.**

Screen Safe

Understanding Screen
Addiction and how to help
kids stay safe online

| | |
|--|-----|
| Social media addiction is not a classified mental disorder in the DSM5. | T/F |
| Internet gaming disorder is included in DSM5, although more research is needed. | T/F |
| The use of social media can trigger a release of the neurotransmitter dopamine, which creates a pleasurable neurological effect. | T/F |
| The use of social media, when unrelated to coursework content, produces a negative effect on academic performance in classroom settings. | T/F |
| The presence of internet addiction (IA) is statistically significant as a co-morbidity in drug and alcohol addiction. | T/F |
| Depression and obsessive behavioral disorders can be associated with internet addiction. | T/F |
| Snapchat is currently the main social media site for teenagers. | T/F |
| The SCL-90-R, the Patient Health Questionnaire, and the seven-item Generalized Anxiety Disorder can be used to assess associated psychiatric symptoms and further comorbid disorders. | T/F |

Pre-Test
Check your understanding

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!**



Brain regions

- cortex (reasoning)
- Broca's area (producing language)
- Wernicke's area (understanding language)
- nucleus acumbens (pleasure)
- limbic system (emotions)
- visual cortex (sight)
- (movement)

- 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 teen brain

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

Rivertown Communications, Inc.

5

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

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."

Rivertown Communications, Inc.

6

Internet Gaming Disorder



Compulsive Use

Compulsively play computer or video games online while ignoring other interests



Impairment

Experience clinically significant impairment or distress as a result of excessive Internet gaming



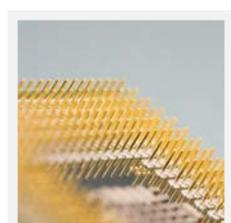
Academics Decline

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



Addiction

The brains of gamers who are deeply engrossed with their favorite game show similar patterns to those of drug addicts.



Withdrawal

Experience symptoms of withdrawal if they are not able to access online games



Internet Gaming Disorder (IA)

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

Some psychiatrists have argued that internet addiction shows the features of:

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



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

NAME OR LOGO

9

Apps

DEFINE THE TECHNOLOGY

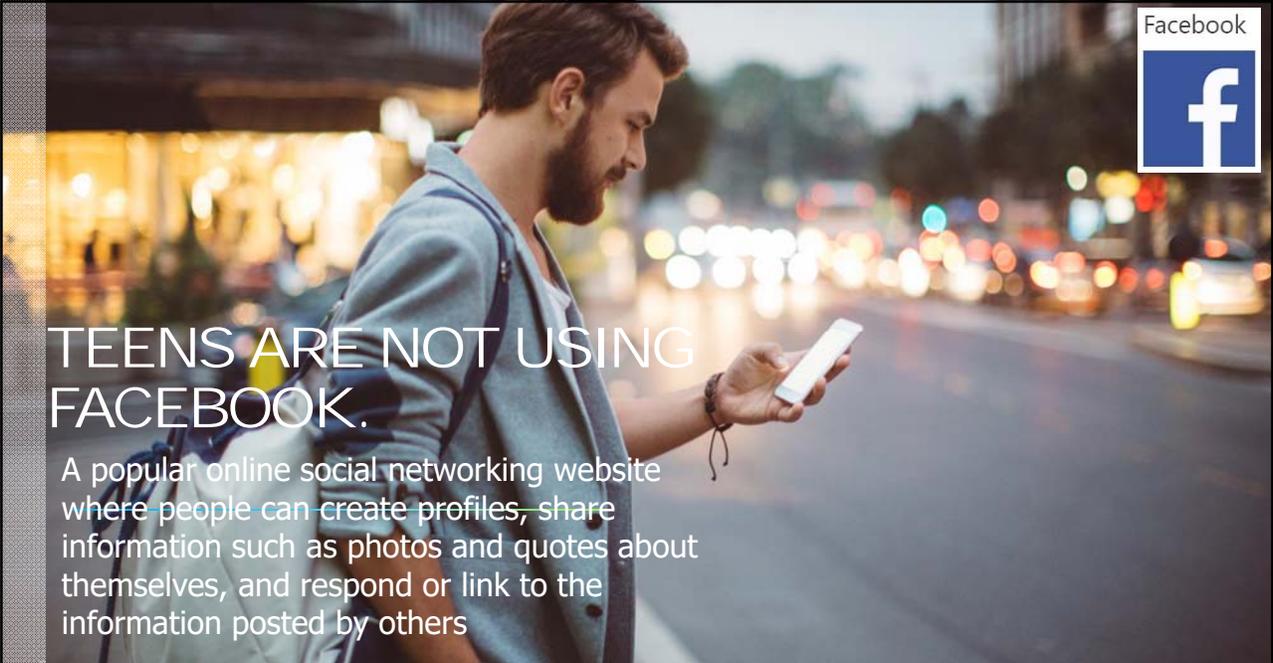
- Problem Apps (how to remain current?)
- Understand current trends and apps being used by teens – how they are using them and why



Rivertown Communications, Inc.

NAME OR LOGO

10



Facebook



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

Rivertown Communications, Inc.

NAME OR LOGO

11



Twitter



MOST TEENS DO NOT USE TWITTER

An online news and social networking service on which users post and interact with messages known as "tweets".

Rivertown Communications, Inc.

NAME OR LOGO

12

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.

Snapchat



TAKE PHOTOS



RECORD VIDEO



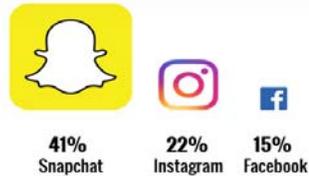
ADD TEXT AND DRAWINGS

Social media use among teens has increased dramatically.



Teens overwhelmingly choose Snapchat as their main social media site.

Percent of teens who say they use each social media site the most:



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

- 57%** of all teens agree that using social media often distracts them when they should be doing homework.
- 54%** of teen social media users agree that it often distracts them when they should be paying attention to the people they're with, compared to 44% in 2012.
- 29%** of teen smartphone owners say they've been woken up by their phones during the night by a call, text, or notification.
- 42%** of teens agree that social media has taken away from time they could spend with friends in person, compared to 34% in 2012.

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



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
App



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

- 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

- 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

- 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 [QoVoo](#). 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



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 Snorting Challenge
- The Cold Water Challenge
- The Fire Challenge
- The Ghost Pepper Challenge

VIDEO GAMES

- Fortnite Battle Royale
- Grand Theft Auto
- Minecraft
- Battlegrounds
- Rainbow 6 Seige
- Rocket League
- League of Legends
- Call of Duty
- Super Mario Odyssee
- Counter-Strike
- God of War



Rivertown Communications, Inc. 27



49%

OF ALL YOUNG PEOPLE HAVE BEEN
BULLIED ONLINE

How prevalent is Cyber-bullying?

Rivertown Communications, Inc. 28

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



Cyber Bullying is under-reported.





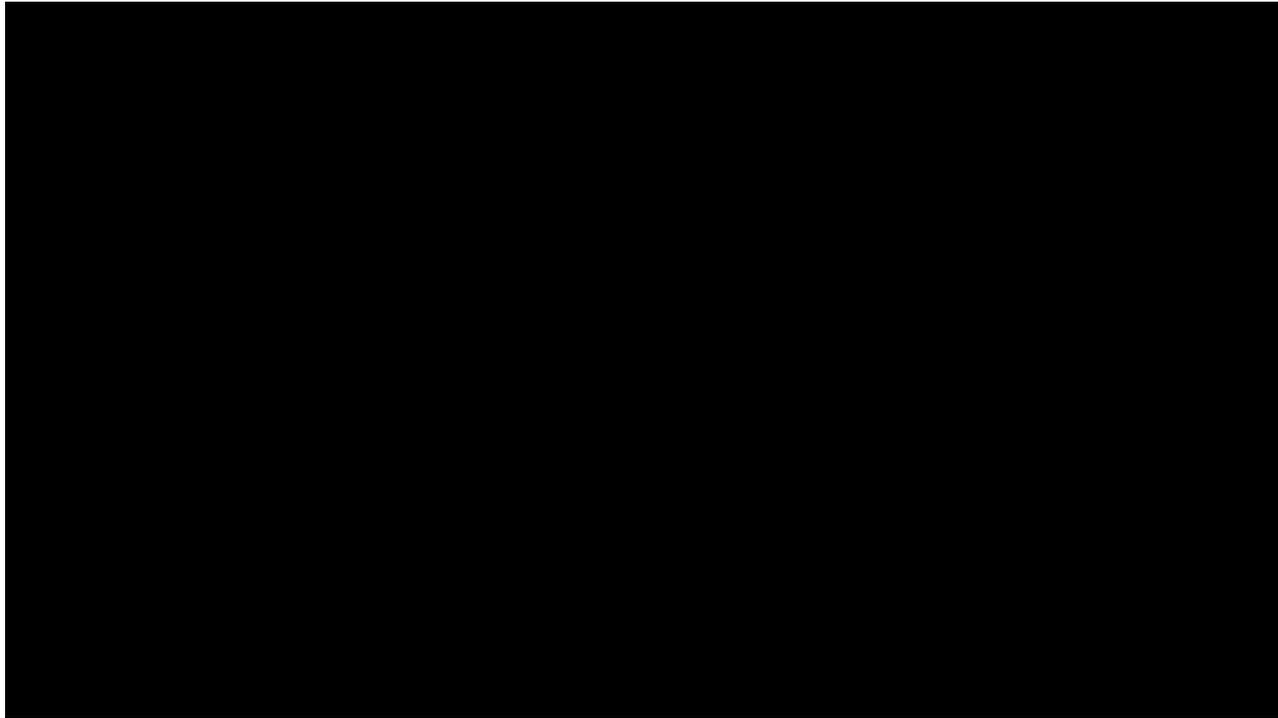
- In recent years the mental health community has become increasingly interested in the impact that modern technology has on our lives - both positive and negative.

This Photo by Unknown Author is licensed under CC BY.

So, how much is too much?

What are the signs of overuse?

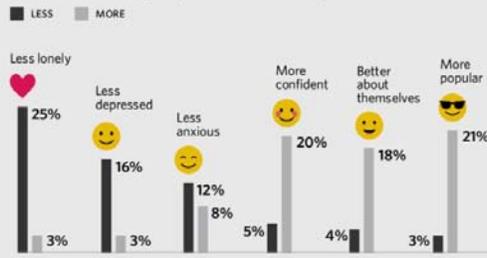




What teens say...

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

Social media users who say using social media makes them feel "more" or "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.



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

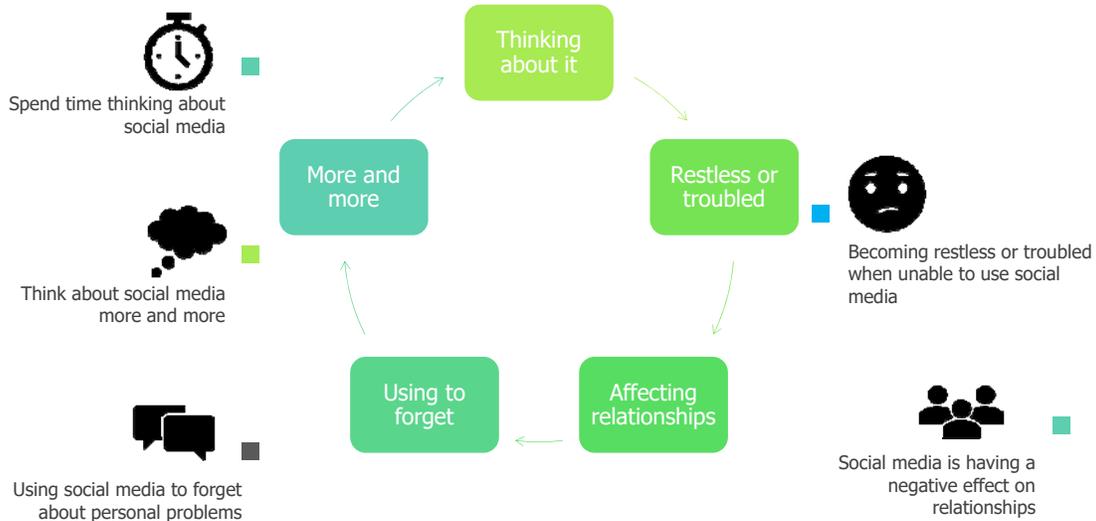
When a teen doesn't feel like he fits in, going online to socialize means he has access to a larger world than is available at school.



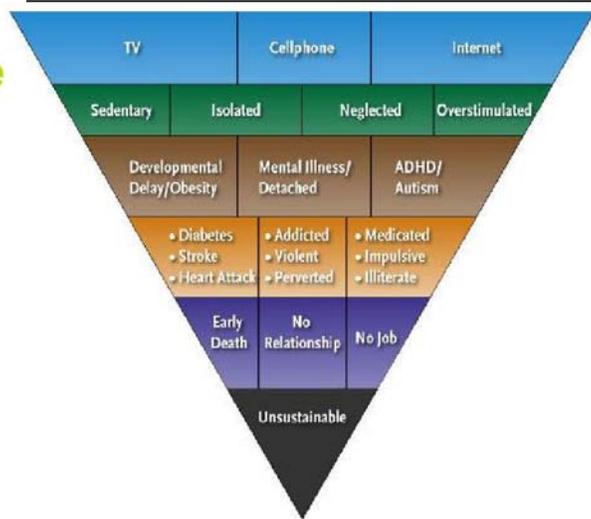
Addiction

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



On The Flip Side



Virtual Futures

©Copyright ZoneIn Programs Inc. 2012 www.zonein.ca

Rivertown Communications, Inc.

41

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.

Rivertown Communications, Inc.

42

Parent's contract



As a parent or guardian granting cell phone privileges,



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.



I agree I will periodically talk with my child about his or her use of the cell phone.



I will set reasonable consequences if any of the above rules are broken.

Rivertown Communications, Inc.

43

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.

Rivertown Communications, Inc.

44

Our Team



Robb Jacobs

CEO

Rivertown Communications, Inc.



Julie Jacobs

MS, D.Div, RN

Senior Pastor, Frontier Fellowship/RCMI



Jessica Wong,

CPP

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



Our Team (cont.)



Julie Hertzog

Director

PACER's National Bullying Prevention Center



Vijay Dixit

Chairman

Shreya R. Dixit Memorial Foundation, TZD Member



Monty Lawrence

Graphic Designer

Graphic designer/illustrator and video producer



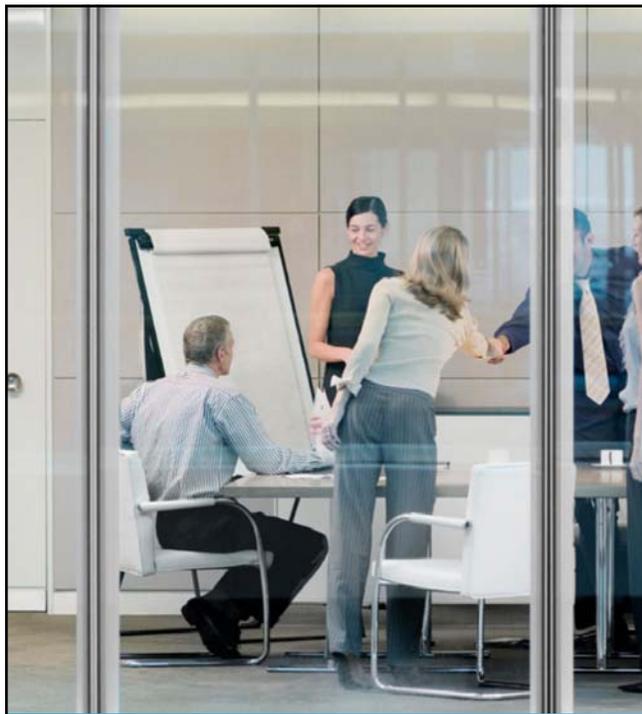
Jeff Olson

Instructor
Normandale Community College, Instructional Designer

| | |
|--|-----|
| 1. Social media addiction is not a classified mental disorder in the DSM5. | T/F |
| 2. Internet gaming disorder is included in DSM5, although more research is needed. | T/F |
| 3. The use of social media can trigger a release of the neurotransmitter dopamine, which creates a pleasurable neurological effect. | T/F |
| 4. The use of social media, when unrelated to coursework content, produces a negative effect on academic performance in classroom settings. | T/F |
| 5. The presence of internet addiction (IA) is statistically significant as a co-morbidity in drug and alcohol addiction. | T/F |
| 6. Depression and obsessive behavioral disorders can be associated with internet addiction. | T/F |
| 7. Snapchat is currently the main social media site for teenagers. | T/F |
| 8. The SCL-90-R, the Patient Health Questionnaire, and the seven-item Generalized Anxiety Disorder can be used to assess associated psychiatric symptoms and further comorbid disorders. | T/F |

Post-Test

Check your understanding



Thank You

 Julie Jacobs, MS, D.Div, RN
 +1 651.283.5116
 julie@rivertown-inc.com
 <http://www.screensafe.org>

Cited Sources

Contributors:

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

Julie Hertzog - Director of PACER’s National Bullying Prevention Center

Jeff Olson– Instructor, Normandale Community College, Instructional Designer,

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:

Kuznekoff et al. . (2013). *Communication Education* v. 62, 233-252 .

CommonSenseMedia. (2018). *Social Media, Social Life*. Common Sense Media.

Conrad, B. D. (2013). *Video game addiction will appear in DSM-5 as Internet Gaming Disorder*. American Psychiatric Association (APA).

NAME OR LOGO

Cited Sources (cont.)

Delaney Ruston, M. A. (2017). *Screenagers Survey* . MyDocs.

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

Ravizza et al . (2014). *NON-ACADEMIC INTERNET USE IN THE CLASSROOM IS NEGATIVELY RELATED TO CLASSROOM LEARNING REGARDLESS OF INTELLECTUAL ABILITY*. *Computers & Education* v.78, 109-114 .

Ref: Dietz, S. &. (2014). *TEXTING AS A DISTRACTION* . *Computers and Human Behavior* v. 36, 163-167 .

Ronald Pies, M. (2009). *Should DSM-V Designate “Internet Addiction” a Mental Disorder?* Psychiatry MMC.

Rosen, L. D. (2011). *AN EMPIRICAL EXAMINATION OF THE EDUCATIONAL IMPACT OF TEXT MESSAGE-INDUCED TASK SWITCHING IN THE CLASSROOM: EDUCATIONAL IMPLICATIONS AND STRATEGIES TO ENHANCE LEARNING* . *Psychology Today*.

Soat, M. (2015). *Social Media Triggers a Dopamine High*. American Marketing Association Marketing News.

StarTribune. (2017). *Pornography Generates More Revenue than MLB*. Minneapolis: Star Tribune.

Wöfling K1, B. M. (2013). *Comorbid internet addiction in male clients of inpatient addiction rehabilitation centers: psychiatric symptoms and mental comorbidity*. PubMed, US National Library of Medicine National Institutes of Health .

Wolpert, S. (2016). *The Teenage Brain on Social Media*. Los Angeles: UCLA.

Rivertown Communications, Inc.

NAME OR LOGO

50

| | |
|---|-----------------|
| <p>CEU CERTIFICATION</p> <p>The following individual, _____, participated in 1.5 credit hours of training:</p> <p style="text-align: center;">SCREEN-SAFE: UNDERSTANDING SCREEN ADDICTION</p> <p>And completed a Pre and Post test reviewing their understanding of the content material.</p> <p><u>October 12, 2018</u></p> <p style="text-align: right;">Presented by: Dr. Julie Jacobs, MS, D.Div, RN Rivertown Communications, Inc. Stillwater, MN 55082 651-283-5116 julie@rivertown-inc.com www.screensafe.org</p> | |
| Rivertown Communications, Inc. | NAME OR LOGO 51 |