

THE DARKSIDE OF TECHNO-EDUCATION

What are our devices doing to us?

JONATHAN MASTERS
WIDERLENSPRODUCTIONS.COM

1

WE ARE DOPAMINE ADDICTS

- THIS IS THE REASON FACEBOOK INTENTIONALLY ONLY HAD A "LIKE" BUTTON FOR SO LONG.
- EVEN NOW, MOST IMPULSE BUTTONS ON SOCIAL MEDIA ARE POSITIVE.
- MANY APPS FOLLOW VEGAS MODEL: BRIGHT COLORS, NOISE, YOU GET SOMETHING WHEN YOU PLAY.



Sean Parker

"SOCIAL VALIDATION FEEDBACK LOOP"

<https://www.youtube.com/watch?v=87jrd4gKs>

6

TECH HAS MADE LIFE EASIER


- WE CAN COMMUNICATE FASTER THAN EVER BEFORE.
 - CELL PHONES
 - EMAIL
 - TEXT MESSAGING
 - GROUP MESSAGING
 - VIDEO CONFERENCING
- KNOWLEDGE IS AT THE TIPS OF OUR FINGERS (LITERALLY).
 - "SIRI . . ."
 - "ALEXA . . ."
 - "OK GOOGLE . . ."
- SO IS SHOPPING.
 - 82% OF AMERICAN HOUSEHOLDS HAVE AMAZON PRIME.

<https://www.digitalsocialmedia.com/2019/07/11/82-of-us-who-uses-smart-phones-have-an-amazon-prime-membership/>

2

ERIC BISHOFF

LIFETIME WRESTLING PROMOTER – WCW, WWE



- NEWS AND WRESTLING ARE THE MOST ENDURING AND POPULAR CONTENT.
- "THEY DON'T MAKE YOU THINK; THEY MAKE YOU FEEL." 9:20 – 11:04
- "WHAT IF I TOLD YOU YOU'D ELECT A PROFESSIONAL WRESTLER TO BECOME PRESIDENT." 12:54 - END

<https://www.youtube.com/watch?v=2R2t6t4UUG>

7

SO . . .

- WHY DO WE HAVE SO MANY DEVICES?
- WHY DO WE GIVE DEVICES SO MUCH OF OUR TIME?
- WHY (WHEN WE KNOW IT'S UNHEALTHY) DO WE CONTINUE TO USE THEM (SOMETIMES EVEN MORE)?
- IT WAS DESIGNED THAT WAY.

5

Men's Health WEIGHT LOSS FITNESS SEX HEART HEALTH VALENTINE'S DAY

It should come as no surprise that our phones stress us out. Multiple studies have shown that excessive smartphone use can lead people to experience brain changes that are linked to depression and anxiety. Although smartphone addiction is not classified as an official disorder in the latest edition of the DSM, internet addiction in general is listed as a disorder in need of further research, as well as an issue of "significant public health importance."

But even though our phones make us miserable, we literally can't handle being away from them. One study found that when people could hear their phones ringing but couldn't answer them, their levels of the stress hormone cortisol spiked; another found that up to 90% of people feel "phantom vibrations," and that we can go into "panic mode" when our phones are on low battery. There's even a term for this: nomophobia, or the irrational fear of being without your smartphone.

"It's a double-edged sword: constantly being on your phone is torture, but not being on your phone is worse."

I Gave Up My Phone for a Few Hours a Day, and It Changed My Damn Life
By: Cassie Shortsleeve

Nomophobia = Fear of being w/o your smartphone

8

WHY PERSIST?!?!?

- FOMO – FEAR OF MISSING OUT
 - FEAR OF MISSING A FAMILY EMERGENCY
 - FEAR OF MISSING A TIMELY / WITTY REPLY
 - FEAR OF MISSING WHAT HE SAID
 - FEAR OF MISSING WHAT SHE WORE
- FEAR OF NOT KNOWING
- FEAR OF BEING LEFT OUT
- WEAPONIZES ON OUR NATURAL DESIRE TO CONNECT SOCIALLY.

9

How does the media hack our brain?

INSIDER

Experts say we're hardwired to become fascinated with true-crime cases like Gabby Petito's

Charlotte Colombo
Sun, September 26, 2021, 8:00 AM

Style People

Katharine McPhee Teams with Bra Brand MINDD on New Collection: It's 'Unlike Anything Out There'

"It's comfortable, it's beautiful, and it's designed for women who are D+ and above without compromising the way it looks," McPhee tells PEOPLE of her partnership with the intimates...

12

BRAIN HACKING

"Tech companies are in a race to the base of the brain."

June 11, 2017

<https://www.youtube.com/watch?v=qwAMTQ2mUE> stop at 4:40

10

Joan Hill
Thursday at 9:25 PM

For those of you on my feed who are trashing Cardi B for representing a political voice a) she probably scored higher than you on the US History regents exam and was in my AP gov't class b) you're not nearly as busy as her, and what have you done to advance political discourse in this country? c) She has a national platform and is using it to speak about things that are important... why can't we respect that? d) STFU and take a seat.

Like Comment Share

CLICK BAIT

Cardi B's High School History Teacher Advises Detractors to 'STFU and Take a Seat'

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FEELINGS HAPPEN FASTER

- AMYGDALA
 - PART OF BRAIN STEM
 - FIRST TO DEVELOP / EVOLVE
 - CONTROLS SURVIVAL
 - FEAR / ANGER & SEX
- HYPOCAMPUS
 - CONTROLS MEMORY
- PREFRONTAL CORTEX
 - LAST TO DEVELOP (THROUGH AGE 25)
 - HIGHER LEVEL THINKING
 - LEARNING
 - REASONING / DECISION MAKING
 - IMPULSE CONTROL

11

Garbage in; Garbage out.

Decision Fatigue

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SIDE EFFECT = EXTREMISM

- WE ARE NATURALLY **SELF-PRESERVATIVE / SELF-CENTERED**
- **CONFIRMATION BIAS**
 - WE TEND TO SEARCH FOR ANSWERS THAT PROVE OUR POINT.
- RELATIVISM
 - YOUR TRUTH AND MY TRUTH DON'T CONFLICT AND CAN COEXIST.
- EASY ANSWERS MADE IN A SNAP (IMPULSE).

- OPPOSED BY . . .
 - JUDEO-CHRISTIAN FOUNDATION
 - KANTIANISM
 - UTILITARIANISM
 - MINDFULNESS (TRUE BUDDHISM)
 - TAO TE CHING (ANCIENT CHINESE BOOK OF WISDOM)
- ALL REQUIRE HIGHER LEVEL THINKING.

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TO WHAT END?

Most Android apps are sending data to Facebook even if you don't have an account

Kylie Jenner made me do it: How social media is crushing your financial well-being

Jessica Dickler
CNBC
CNBC October 30, 2019

18

BUT IS ALL SOCIAL MEDIA REALLY GARBAGE???

“TEENS BLAME INSTAGRAM FOR INCREASES IN THE RATE OF ANXIETY AND DEPRESSION”

“32% OF TEEN GIRLS SAID WHEN THEY FEEL BAD ABOUT THEIR BODIES, INSTAGRAM MADE THEM FEEL WORSE”

DOES FACEBOOK IGNORE INSTAGRAM'S TOXIC SIDE? TODAY

The research we have seen is that using social media apps to connect with other people . . .

can have positive mental health benefits

THE WALL STREET JOURNAL

6% OF AMERICAN TEEN USERS WHO REPORTED SUICIDAL THOUGHTS TRACED THE DESIRE TO KILL THEMSELVES TO INSTAGRAM

DOES FACEBOOK IGNORE INSTAGRAM'S TOXIC SIDE? TODAY

Facebook's own internal research.

https://www.youtube.com/watch?v=okbrC7mXRbQ

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We assist companies to take our money

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Steve Dent · Associate Editor
Mon, September 27, 2021, 7:46 AM

Facebook has **announced** that it's "pausing" its **Instagram Kids** project in order to "work with parents, experts and policymakers to demonstrate the value and need for this product." The announcement follows criticism from 44 state attorneys general who asked Facebook to **abandon** the project, and a request from Democratic lawmakers for **more detail** about the project.

17

STAT THAT!!!

CATCH PROBABILITY 16.9%

← Amazon Web Services

LIVE YOUR BET LIFE

Live in-game betting.

20

amazon Try Prime

- 82% OF AMERICAN HOUSEHOLDS HAVE PRIME.
- TRACKING OUR BUYING DATA AND PATTERNS TO REFRESH HOMEPAGES BASED ON ALGORITHMS.
- PUT PRODUCTS IN COOKIES WHEN YOU LEAVE SITE.
- TRACK SALES DATA FROM BUSINESS "PARTNERS" TO BUY OR BANKRUPT THEM.
- 50% IN ALL ONLINE \$ SPENT ON AMAZON.
- 2017 AMAZON PAID \$0 CORPORATE TAXES.
- CURRENTLY, TRACK WORKER'S PRODUCTIVITY AND FIRES VIA ALGORITHM **W/O HUMAN CONTACT**.

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THESE SIX COMPANIES ARE:

GE Notable Properties: COMCAST NBC UNIVERSAL PICTURES FOCUS FEATURES	NEWS-CORP Notable Properties: FOX WALL STREET JOURNAL NEW YORK POST	DISNEY Notable Properties: ABC ESPN PIXAR MIRAMAX MARVEL STUDIOS	VIACOM Notable Properties: MTV NICK JR BET CMT PARAMOUNT PICTURES	TIME WARNER Notable Properties: CNN HBO TIME WARNER BROS	CBS Notable Properties: SHOWTIME SMITHSONIAN CHANNEL NFL.COM JEOPARDY 60 MINUTES

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AMAZON'S AD CAMPAIGN

Janelle Henderson
and I'm an Area Manager

"When you walk into an Amazon fulfillment center, it's like walking into the chocolate factory, and you won a golden ticket."

My name is Ricardo...

Victor Daniel
Mechatronics & Robotics Apprentice

22

MUST RUNS
Tilling Local News 2:49-3:46

Meredith Levian
Executive Vice President of Advertising
The New York Times Co.

"Good Native Advertising is just not meant to be tricky. It's meant to be publisher sharing its storytelling with a marketer."

"Hopefully we get to a point where our revenue is so significant that we can do puppies and Iraq"
-Sam Zell, Tribune Corp.

<https://www.youtube.com/watch?v=GvNYOzGog&t=977s>

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Traditional media is warping our minds too

CONSOLIDATION

1983	2011
In 1983, 90% of American media was owned by 50 companies	In 2011, that same 90% is controlled by 6 companies

23

Nike's Political Contributions

Private Business using political tensions for profit.

NFL AND NIKE SIGN 8-YEAR CONTRACT FOR UNIFORMS

26

YouTube Restores Ads on Logan Paul's Channels, but He's Still in a Penalty Box

The 22-year-old comedy vlogger became a lightning rod for critics when he posted a video on Dec. 31 showing a person who died from a suicide (which he subsequently deleted). In a Feb. 5 video, Paul shot a Taser at a dead rat — precipitating YouTube's decision to pull ads from his channels.

\$\$\$ 18,817,262 \$\$\$

\$\$\$ 17,940,730 \$\$\$

Actor Jake Paul's video was likely already breaking YouTube's community rules. Earlier this month, the actor filmed himself driving blindfolded.

Money over Morals

Money
 "Bird Box" challenge" and other dangerous YouTube pranks banned

By Washington Post, adapted by Newsies staff
 10/22/2019

MOVED TO TIK TOK

27

DALAI LLAMA

- OUR REACTION TO AN EVENT DICTATES OUR EMOTIONAL IMPACT.
- EMOTIONS EFFECT MOOD. MOOD EFFECTS TEMPERAMENT.
- CHANGING OUR REACTIVE EMOTION
 - CAN CHANGE OUR MOOD
 - CAN CHANGE OUR TEMPERAMENT
 - E + R = O EVENT + REACTION = OUTCOME

• DESTRUCTIVE EMOTIONS BY DR. DANIEL GOLEMAN

31

SEPTEMBER 24 The Los Angeles County Sheriff's Department

2017 RESCUE MISSIONS
 Source: Los Angeles County Sheriff's Department

↑ 38% SINCE 2013

CBS THIS MORNING

Very little accountability because the technology develops faster than our understanding & caution.

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HOW DO WE FIX IT?

- SUBSCRIBE TO A PERIODICAL.
- PUT APP ICONS IN A FOLDER (OFF HOME SCREEN)
- NO CELL PHONE ZONES (GET IT OUT OF YOUR POCKET)
 - PUT A BOWL IN THE KITCHEN & EVERYONE IN HOUSE DEPOSITS IT (EVEN GUESTS)
 - LEAVE IT IN THE CAR WHEN YOU GO OUT.
 - MOVIE, DINNER, CONCERT, CHURCH . . .
 - LEAVE IT IN YOUR DESK, OFF OR UNABLE TO BE ALERTED.
 - USE OFFICE PHONE TO BE ALERTED **ICE**.
 - LESS DEVICES = LESS STRESS
- TAKE THE 24-HOUR CHALLENGE.
- WAIT UNTIL 8TH .ORG

The Washington Post
The Switch
France bans smartphones in school
 By Hamza Shaban
 July 31, 2018

32

"Public Health Risk"

"There are correlations between pornography use and mental and physical illnesses; difficulty forming or maintaining intimate relationships; unhealthy brain development and cognitive function [and] deviant, problematic, or dangerous sexual behavior."

States, including Florida, tackle a different threat to teens: pornography

Christopher Wilson Editor, Yahoo! News • March 15, 2018

SEXUAL

As survivors of the Stoneman Douglas shooting pecked the gallery of Florida's statehouse last month to see how their legislators would vote on potential gun control legislation, the legislators had something else on their minds altogether.

4% 😊 66% 😡 30% 😞

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FLIP PHONES FOR KIDS

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Are we good people?

- MOST OF US CONSIDER OURSELVES AND OUR KIDS "GOOD PEOPLE" WITHOUT EVER DEFINING THOSE QUALITIES OR EVALUATING IF WE TRULY HAVE THEM.
- WE AREN'T GOOD PEOPLE:
 - WAR, RAPE, MURDER, TERROR, RACISM, SELF-CENTERED, GREED, LYING, CHEATING, STEALING, GLUTTONY, LUST, SLOTH, PRIDE, ANGER/RAGE, SELF-RIGHTEOUSNESS.
- EACH OF US HAS SUCCEMBED TO THESE IN A FORM.
 - WE WANT TO BELIEVE OUR GOOD ACTIONS OUTWEIGH THE BAD. (I'M A GOOD PERSON)
- WHEN WE KNOW HOW MUCH WE TRULY IMPACT EACH OTHER, IT CAN CRIPPLE US.
 - PUSHING DOWN BELIEFS TO "GET ALONG" OR "DON'T ROCK THE BOAT"
 - LETTING KIDS PICK THEIR NAME AND GENDER TO "NOT MESS THEM UP."
- CHILDREN ARE NOT "BORN GOOD" / "NATURALLY GOOD."



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Obedience / Punishment – Birth to 2ish

- MOST CRUCIAL STAGE; WHERE CONNECTIONS (BOTH NEURAL AND RELATIONAL) ARE FIRST MADE.
- **ZERO, ZeRO, ZERO TECH TIME!!!**
 - BRAINS ARE NOT DEVELOPED ENOUGH TO PROCESS.
 - LEADS TO ATTENTION PROBLEMS.
- BEST PRACTICES:
 - TALK, TALK, TALK TO YOUR KID, (20,000 WORDS A DAY)
 - PLAY, PLAY, PLAY ON THE FLOOR.
 - ALL KIDS NEED MODELING TO TRY SOMETHING NEW.
 - READ, READ, READ TO YOUR KIDS, (1,000 BOOKS BY KINDERGARTEN)



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TikTok challenge leads to ransacking of suburban Chicago school bathrooms



Karen Ann Cullotta, Chicago Tribune
September 15, 2021 · 3 min read

California burger joint bans customers under 18 from dining without parents, saying young people threw fries at staff and stuck candy to the ceiling

Zahra Tayeb
Six, September 25, 2021, 10:58 AM

CULTURE

Internet Backs Wedding Photographer Who Deleted Bride and Groom's Pictures

BY JACK BERTSCHER ON 9/19/21 AT 12:34 PM EDT

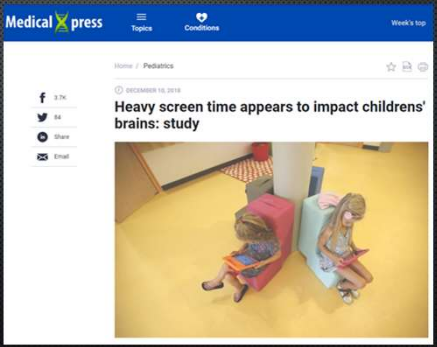
I spend \$725 a month on chores I could do myself, and it's one of the best money decisions I've ever made

Share with the SM apps causing problem.

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"Nine and ten-year old kids spending more than seven hours a day using such devices show signs of premature thinning of the cortex, the brain's outermost layer that processes sensory information."

"the concern that investigators like I have is, that we're sort of in the midst of a natural kind of uncontrolled experiment on the next generation of children."



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Kolberg's Theory on Moral Development Based on Piaget's Cognitive Development Theory

Level/Stage	Age Range	Description
I: Obedience/Punishment	Infancy	No difference between doing the right thing and avoiding punishment
I: Self-Interest	Pre-school	Interest shifts to rewards rather than punishment – effort is made to secure greatest benefit for oneself
II: Conformity and Interpersonal Accord	School-age	The "good boy/girl" level. Effort is made to secure approval and maintain friendly relations with others
II: Authority and Social Order	School-age	Orientation toward fixed rules. The purpose of morality is maintaining the social order. Interpersonal accord is expanded to include the entire society
III: Social Contract	Teens	Mutual benefit, reciprocity. Morally right and legally right are not always the same. Utilitarian rules that make life better for everyone
III: Universal Principles	Adulthood	Morality is based on principles that transcend mutual benefit.

The Psychology Notes Headquarters - <http://www.PsychologyNotesHQ.com>

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Attachment theory



- CHILDREN NEED 1 DEFINED CAREGIVER THAT THEY CAN CONSISTENTLY BOND WITH.
- THIS CREATES A SAFE BASE FROM WHICH TO EXPLORE THE WORLD.
- WITHOUT THIS, KIDS GROW TO BECOME INSECURE AND NEEDY.
- ATTACHMENT CANNOT BE FOSTERED IF PARENT OR CHILD IS STARING AT A SCREEN!!!!

<https://www.youtube.com/watch?v=WJ0owYX0XGg>

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Self-Interest (MINE) - Preschool



- "EFFORT IS MADE TO SECURE GREATEST BENEFIT FOR ONESELF."
- SELFISHNESS IS NATURAL.
 - **WE** NEED TO MEET THE NEEDS OF KIDS.
 - **WE** NEED TO TEACH SHARING & SELF-CONTROL.
- KIDS WILL TANTRUM IF THEY FIND IT BENEFITS.
 - PARENTS MUST OUTLAST KIDS ON WHAT'S IMPORTANT.
 - A STITCH IN TIME SAVES NINE.
 - STANFORD MARSHMALLOW TEST.
- BEST PRACTICES:
 - CONTINUE READING; BE CONSCIOUS OF MESSAGES.
 - START ASKING EMPATHETIC QUESTIONS ABOUT ACTIONS.
 - LIMIT SCREENS (LESS THAN HOUR A DAY).
 - SCREEN MESSAGES: NO SASSY OR DEFIANT CHARACTERS IF YOU DON'T WANT KIDS TO ACT THAT WAY.

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Don't (Necessarily) Follow the Pack



- FIGHT THE TREND TO GIVE KIDS PERSONAL VIDEO GAMES AND/OR TABLETS / PCs.
 - WHEN YOU OPEN THAT FLOODGATE, YOU WILL HAVE DIFFICULTY STEMMING IT FROM THE PUSH OF YOUR FAMILY AND KIDS.
- WAITUNTIL8TH.ORG
- BE THE "FUN" HOUSE!
 - HAVE TANGIBLE TOYS OR A PLAN TO PLAY.
 - PARKS, BIKES, SCOOTERS, SPORTS, SIDEWALK CHALK, LEGOS, SQUIRT GUNS, SLIP 'N' SLIDE, IMAGINARY PLAY.
 - ZOO, LIBRARY, POOL, FREE CONCERT.
 - COACH AN ACTIVITY.
- BEST IF YOU'RE OFF YOUR PHONE TO SUPERVISE / INTERACT. (MODELING)

46

"Hook 'em early" = tantrums in stores.

Methods marketers use to reach young kids:

Hooking them young. Getting the product in front of a target audience as much as possible strengthens a company's ability to capture consumers "from the cradle to the grave." Think cartoon characters on diapers.

Dividing and targeting genders. Brands try to establish a preference for gendered toys as early as possible. The sooner your child has a desire for "boy" toys or "girl" toys, the sooner he or she becomes a customer. That opens the door for even more gendered products.


Developing taste preferences. Junk-food marketing to kids is a \$2 billion-per-year industry. Cartoon characters appear on cereal boxes, toys appear inside boxes, and characters shill for brands on TV -- for example, Mr. and Mrs. Potato Head advertise potato chips. *And it works.*

WHAT DID MY SON ASK FOR FOR HIS 4TH BIRTHDAY?

<https://www.commonssensemedia.org/marketing-to-kids/what-is-the-impact-of-advertising-on-kids>

44

Authority and Social Order – Late Elementary




- THE PROOF IS IN THE PUDDING.
 - YOUR EFFORTS AT MAKING A MORAL FOUNDATION WILL BECOME APPARENT.
 - KIDS WILL EITHER INVEST FOR THE BETTERMENT OF SOCIETY OR UNFULFILLED KIDS WILL START PUSHING BACK.
 - SCREENS EXACERBATE THIS BECAUSE CONTENT SCALES TOWARD THE EXTREME TO GET ATTENTION.
 - KIDS WILL MIMIC INFLUENCE(R)S.
- BEST PRACTICES:
 - CLOSELY MONITOR WHO YOUR KIDS ARE "FOLLOWING."
 - "SHOW ME YOUR FRIENDS; I'LL SHOW YOU YOUR FUTURE."
 - DEVICES IN PUBLIC AREAS. CAN BE CHECKED ANYTIME.
 - FAMILY . . . GAME, DINNER, MOVIE, WALK, BIKE RIDE, HIKE.
 - GET KIDS IRL.
 - IF YOU HAVEN'T ALREADY, INTRODUCE CHORES (ALLOWANCE).

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Conformity & Interpersonal Accord – Early Elementary

- "EFFORT IS MADE TO SECURE APPROVAL AND MAINTAIN FRIENDLY RELATIONSHIPS WITH OTHERS."
- TEACHERS, SCHOOL, AND ESPECIALLY PEERS START TO CONTRIBUTE TO DEVELOPMENT AS MUCH (OR MORE) THAN GUARDIANS.
 - IT'S A MATTER OF QUANTITY AND QUALITY OF TIME SPENT.
- KIDS MAY SEE A DIFFERENCE BETWEEN HOME VALUES AND SOCIAL VALUES.
 - PARENTS NEED A RATIONALE / EXPLANATION FOR WHY WE DO THINGS A CERTAIN WAY.
- BEST PRACTICES:
 - ASK QUESTIONS ABOUT SCHOOL, FRIENDS, AND PLAY.
 - ASK HOW HE/SHE FELT ABOUT SITUATION.
 - HELP KIDS UNDERSTAND MOTIVATORS OF OTHERS (EMPATHY) AND HOW THEY CAN ACT / REACT NEXT TIME.



45

If I can't be the GOAT, why try?

- KIDS ABSORBED IN THE MESSAGING OF MEDIA WILL GET EASILY FRUSTRATED UNLESS WE ARE THERE TO COACH THEM TO THE NEXT STEP.



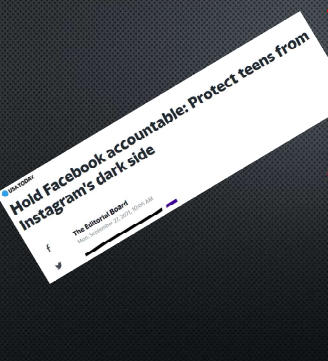
48



Social Contract - Teens

- "MUTUAL BENEFIT; MORAL VS. LEGAL; UTILITARIAN."
- WELL DEVELOPED KIDS WILL START TO WEIGH THE BENEFITS FOR EVERYONE. (EMPATHY)
 - KIDS WILL START TO NOTICE THE EVILS OF THE WORLD AND ATTEMPT TO INSERT THEMSELVES INTO THE ACTION STEPS.
 - SOCIAL JUSTICE.
- MALDEVELOPED KIDS WILL TAKE ON ROLL OF "OUTSIDER."
 - DRASTIC CHANGES IN MOOD, FRIENDS, APPEARANCE, INTERESTS.
 - MARKERS OF MENTAL UNWELLNESS AND PRECURSOR TO SUICIDE.

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"We make body image issues worse"

- An internal Facebook presentation noted, "We make body image issues worse for one in three teen girls."
- The same presentation said, "Teens blame Instagram for increases in the rate of anxiety and depression. This reaction was unprompted and consistent across all groups."
- Facebook's own research from March 2020 stated, "The tendency to share only the best moments, a pressure to look perfect and an addictive product can send teens spiraling toward eating disorders, an unhealthy sense of their own bodies and depression."

Suicide, depression and anxiety

Facebook's research isn't the first to raise alarm bells about links tying social media to heightened risk of suicide, depression and anxiety among teen girls. In the 2018 book "The Coddling of the American Mind," Greg Lukianoff and Jonathan Haidt argued that the mental health of kids ages 12 to 17 entered a precipitous decline in the years after social media became available on smartphones.

USA TODAY's opinion newsletter: Get the best insights and analysis delivered to your inbox

The news was particularly bad for girls. Depression rates had nearly doubled between 2010 and 2018, according to the [National Survey on Drug Use and Health](#) conducted by the Department of Health and Human Services. The [Centers for Disease Control and Prevention's fatal injury statistics](#) reveal the suicide rate for girls had nearly doubled, too. And boys weren't immune to the effect. Other researchers reached the same

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Don't give up / Don't lose touch!!!

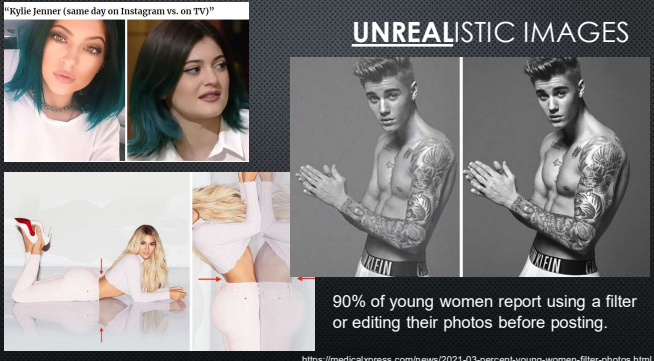
- BEST PRACTICES:
 - BECOME A FAN.
 - ENCOURAGE KIDS' POSITIVE PURSUITS & EXPRESSION.
 - COLLABORATE ON TECH AND OTHER LIMITS
 - KIDS CAN HAVE INPUT, BUT YOUR DECISION IS FINAL.
 - MAKE EXPECTATIONS AND CONSEQUENCES EXPLICIT.
 - WORK THROUGH WHY SOME ACTIONS MAY NOT BENEFIT THEM OVER TIME.
 - TEACH WISDOM, DISCERNMENT, PERSPECTIVE.
 - USE CURRENT EVENT EXAMPLES.



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"Kylie Jenner (same day on Instagram vs. on TV)"

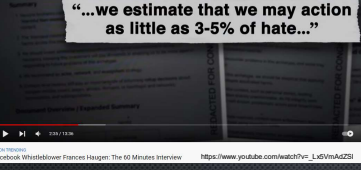
UNREALISTIC IMAGES



90% of young women report using a filter or editing their photos before posting.

<https://medicalxpress.com/news/2021-03-percent-young-women-filter-photos.html>

53



"...we estimate that we may action as little as 3-5% of hate..."

Explain that business prioritizes Profits Over People

- "FACEBOOK'S OWN RESEARCH SAYS AS THESE YOUNG WOMEN BEGIN TO CONSUME EATING DISORDER CONTENT, THEY GET MORE AND MORE DEPRESSED, AND IT ACTUALLY MAKES THEM USE THE AP MORE."
- **SOCIAL-MEDIA ESSENTIALLY AMPLIFIES THE WORST OF HUMAN NATURE.**

- "IT'S EASIER TO INSPIRE PEOPLE TO ANGER THAN IT IS TO OTHER EMOTIONS."
- "FACEBOOK HAS REALIZED THAT IF THEY CHANGE THE ALGORITHM TO BE SAFER, PEOPLE WILL SPEND LESS TIME ON THE SITE, THEY'LL CLICK LESS ADS, **THEY'LL MAKE LESS MONEY.**"

51

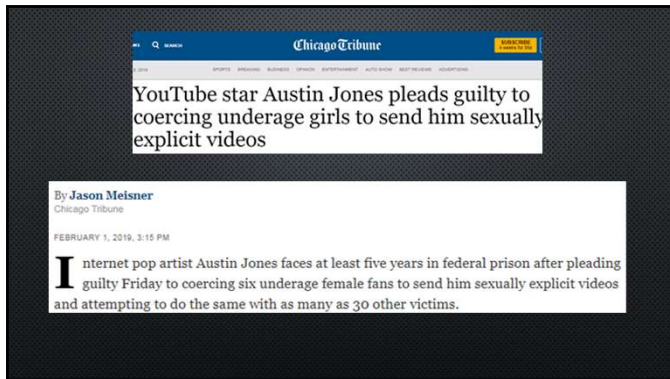
States, including Florida, tackle a different threat to teens: pornography



"Public Health Risk"

"There are correlations between pornography use and mental and physical illnesses; difficulty forming or maintaining intimate relationships; unhealthy brain development and cognitive function [and] deviant, problematic, or dangerous sexual behavior."

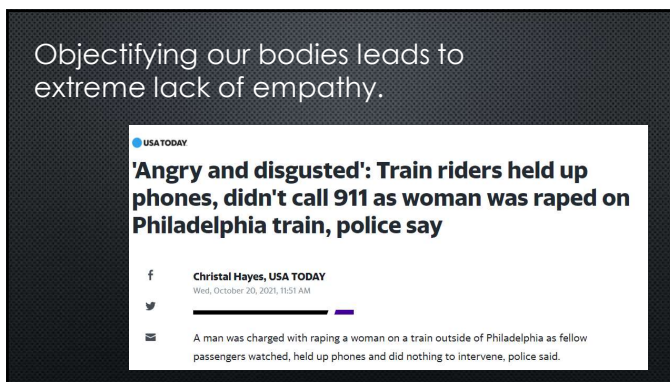
54



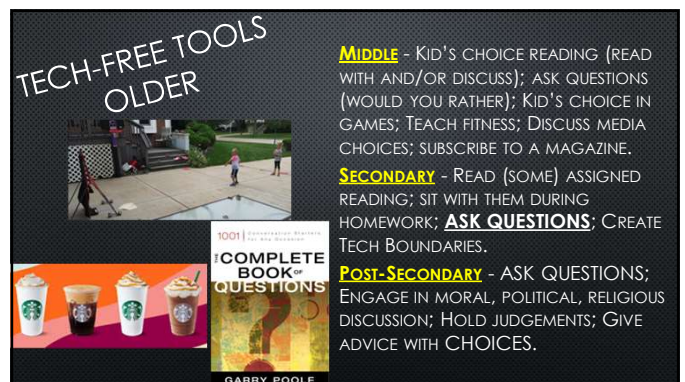
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