

# Working With Teens in the 21st Century

Social Media, Bullying and Threats to Safety

# Part I: Boom of Social Media

- MySpace launched in 2000, kicking off the age of social media, digital communication and having an online presence
  - MySpace is a social media platform where one has a “profile” which users tailor to their own personal style. Users can “friend” other users, building a platform where they share their interests in music, sport and activities with their friends.
- Following MySpace, dozens of other social media websites popped up, including today’s four most popular: Facebook (2004), Twitter (2006), Instagram (2010), Snapchat (2011)

# Rise of the Smartphone

Not only was there a boom in social media in the 2000s but there was also a boom in the ways to access it. The first iPhone was released in 2007 and has continuously been updated and re-released with a subsequent 13 models of the phone. The iPhone has allowed users to access all forms of social media in the form of “apps” at any time of the day or night, resulting in *massive* exposure and consumption of social media.

Teens lack the self control and awareness to limit their time of these websites. Nine hours a day??

As of 2018, 82% of teenagers have an iPhone. Not counting those who have non-iPhone smart phones.

And most parents are not monitoring nor restricting their kids use of their phone and of social

# Most Popular with Teenage Population

- Facebook remains to date the largest social media platform to exist with 2.23 billion active users.
- Instagram--800 active million users
- Snapchat-- 150 million active users
- Twitter-- 140 million active users

Percentages of teens that are using the apps

How has access to social media changed communication?

# Social Media's effect on social skills

Oversharing on social media, no privacy

Tremendous undevelopment of social skills like basic face to face communication

texting / instant messaging has reduced communication from words, facial expressions, body language and tone of voice to words on a screen

Loss of personal intimate experience of communication

# Social Media's effect on mental health

Social media and anxiety/depression

Body image issues

Comparison... “highlight reel” vs. reality-- self esteem issues

## Part II: Cyber Bullying

How social media and digital communication has changed bullying

No longer ends when you leave school grounds

Three way calling, screenshotting, online trolling, incessant texting, prank calling, photoshop

Bullying transitioned from physical to mental

Challenging kids sense of self worth



# Part III: Threats to Physical Safety

Post 9/11

School shootings, concert shootings, mass attacks, bombings etc.

Increased security everywhere you go

## So... How do we work with this population?

-- Tailor social media feeds to be more positive. If your social media feed is making you feel poorly about yourself, change it