Digitally Enhanced & Socially Detached

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Tackling Teenaged Troubles

- Social media and:
  - Sexuality
  - Developing relationships
  - Bullying
  - Healthy vs. Unhealthy Behaviors
The Upside of Technology

- Convenience
- Advanced learning
- Efficiency
- Connectability
The Slippery Slope

- Anonymity
- Accountability
- Privacy
- Credibility
- Toxicity
Forms of Technology

- Facebook
- Texting
- Video chats
- MySpace
- Twitter
- Chat rooms
Healthy Emotional & Physical Development

- Cradle to Grave
- A Safe Haven & Secure Base
- Adaptability & Cohesiveness
Teenage Texting Trends

- 75% of all teenagers own a cell/smart phone
- 1/3 of all teenagers text more than 100x per day
- 15% tap out more than 200 texts per day
- Over half of teens prefer text messaging as a means of communication with peers
- Only 38% of teens initiate conversations with peers by cell phone
- 33% have face-to-face conversations (Pew, 2009)
Texting Gone Wrong

- Hyper-texters are more likely to:
  - Have tried cigarettes
  - Binge drink
  - Use illicit drugs
  - Fight physically
  - 3.5 times more likely to have sex
  - 90% more likely to have an excess of at least 4 partners
  - Indicative of anxiety, depression, poor emotional regulation
Sexting

- 30-40% of teens send/receive sexually charged messages
  - suggestive language
  - nude or semi-nude pictures
Hollow Networking

- 11.5% of teens spend more than 3 hours per day on facebook or other social networking sites

- Hyper-networkers are:
  - 62% more likely to smoke cigarettes
  - 69% more likely to binge drink
  - 69% more likely to have sex
  - 84% more likely to have tried illicit drugs
CyberBullying

- Use of coercion and/or intimidation to inflict feelings of fear and/or inferiority upon another person
- Trolling
- 30% of teens are bullied or use bullying behavior
Megan Meier

- Victim of cyberbullying by peer and peer’s mother
Generation XXX

- 65-70% of males surveyed have favorable view of pornography
- 35-40% of females
- 89% view pornography within last year
- 15% view daily
- 30% multiple times per week
Females are more likely to meet someone online and pursue a sexual encounter

Males are more likely to favor impersonal sexual experiences with internet pornography

Pornography use correlates with:

- Depression
- Anxiety
- Low self worth
- Multiple sexual partners
- More negative views of commitment/marriage
Fighting the Good Fight

- Teach, Don’t Preach
- Nurture
- Seek opportunities to inspire and motivate
- Encourage, don’t praise
- Stay in the Know
- Get involved
- Be your child’s advocate