



# The New Digital Age: Where are our youth going and why we should care

Jessica Pater, PhD  
Parkview Research Center  
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<https://www.jesspater.com/presentations>

# Youth are hyper-connected

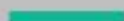


# Adolescent / Young Adult Tech Use



92% of teens are online daily, 24% report being online "almost constantly"

Pew Teens, Social Media 2015



## Teen Utilization (2018)



Pew Teens, Social Media 2018

## Typical Social Media Portfolio



Pater et al, 2015



Prior work has validated this population is using social platforms to promote risky behaviors.

Pater et al, 2015





# Life During COVID



# Technologies Used to Connect



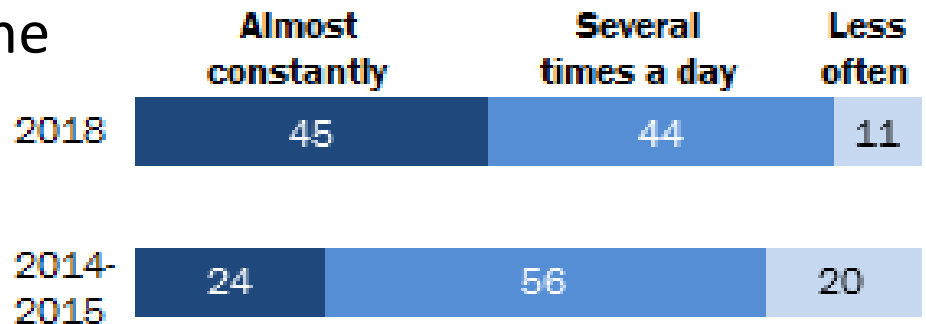
# Points of Connection





# Youth as Power Users

- 95% of teens use or have access to a smartphone
- 88% use or have access to a computer at home
- 75% of females & 92% of males have access to a gaming console
- 89% report being online daily
  - 45% report being online “constantly”





# Youth as Power Users

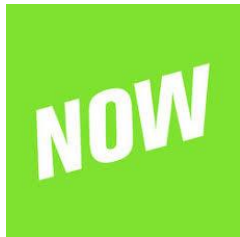
## Nearly one in five teenagers is spending 4 hours or more online every day

How many minutes, if any, would you say that you spend online (e.g., browsing the internet, watching videos, playing games, chatting with friends, etc.) in a typical day? (%)

■ Children (ages 8 - 12)

■ Teens (ages 13 - 17)





yubo  
Make new friends





# ***The Classics***

Twitter

Tumblr

Facebook



# ***The New Class***

Pinterest  
Instagram  
Musical.ly  
TikTok  
YouTube  
SnapChat





**yubo**  
Make new friends



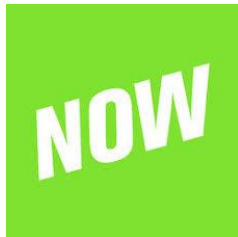
# ***Dating***

Yubo

Tindr

Bumble

MeetMe



yubo  
Make new friends



# ***Less Known Chat & Streaming***

Monkey  
Omegle  
Holla  
Houseparty  
YouNow  
LiveMe

# Popular Chat

GroupMe

Look

WhatsApp

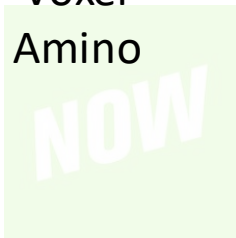
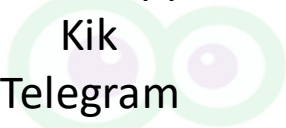
Kik

Telegram

WeChat

Voxer

Amino



yubo  
Make new friends



# ***New Wave***

Whisper



**yubo**  
Make new friends

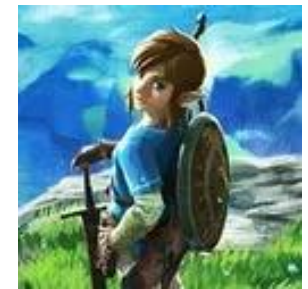




# ***Info Sharing***

Ask.FM









# Behavioral and Emotional Impacts



# Depression/Anxiety

**LIFE**  
WELLNESS

## Heavy Technology Use Linked to Fatigue, Stress and Depression in Young Adults

*What can we, as individuals, do to protect our health from the negative impact of the ubiquitous technology in our society? Quite simply, turn it off, and get some good sleep.*

By David Volpi, M.D., P.C., F.A.C.S., Contributor  
08/02/2012 01:50pm ET | Updated October 2, 2012



Tracy A. Dennis-Tiwary Ph.D.  
More Than a Feeling

## Can't Fight This Feeling: Technology and Teen Anxiety

Why we must move beyond "is there" to "how" digital tech impacts teen anxiety.

Posted Dec 11, 2017

### MENTAL HEALTH

## The Risk Of Teen Depression And Suicide Is Linked To Smartphone Use, Study Says

December 17, 2017 · 8:05 AM ET  
Heard on Weekend Edition Sunday



LULU GARCIA-NAVARRO



# Overuse / Addiction

- Uncontrollable urge to use technological devices such as computers, smartphones, and gaming systems.
  - Includes video gaming, pornography, gambling, shopping, social media, texting, etc.
- Technology abusers are likely to have underlying health issues such as anxiety, insomnia, depression, and impulsiveness.
- Impacts an estimated 6-10% of population.

# Impacts of Overuse

- Physical impacts: carpal tunnel syndrome, insomnia, vision problems, and weight gain/loss
- Mental impacts: struggle with daily activities like home and work/school duties, challenges socializing in the physical world.
- Technology abusers are likely to have underlying health issues such as anxiety, depression, and impulsiveness.
- Impacts an estimated 6-10% of population.

# Cyberbullying

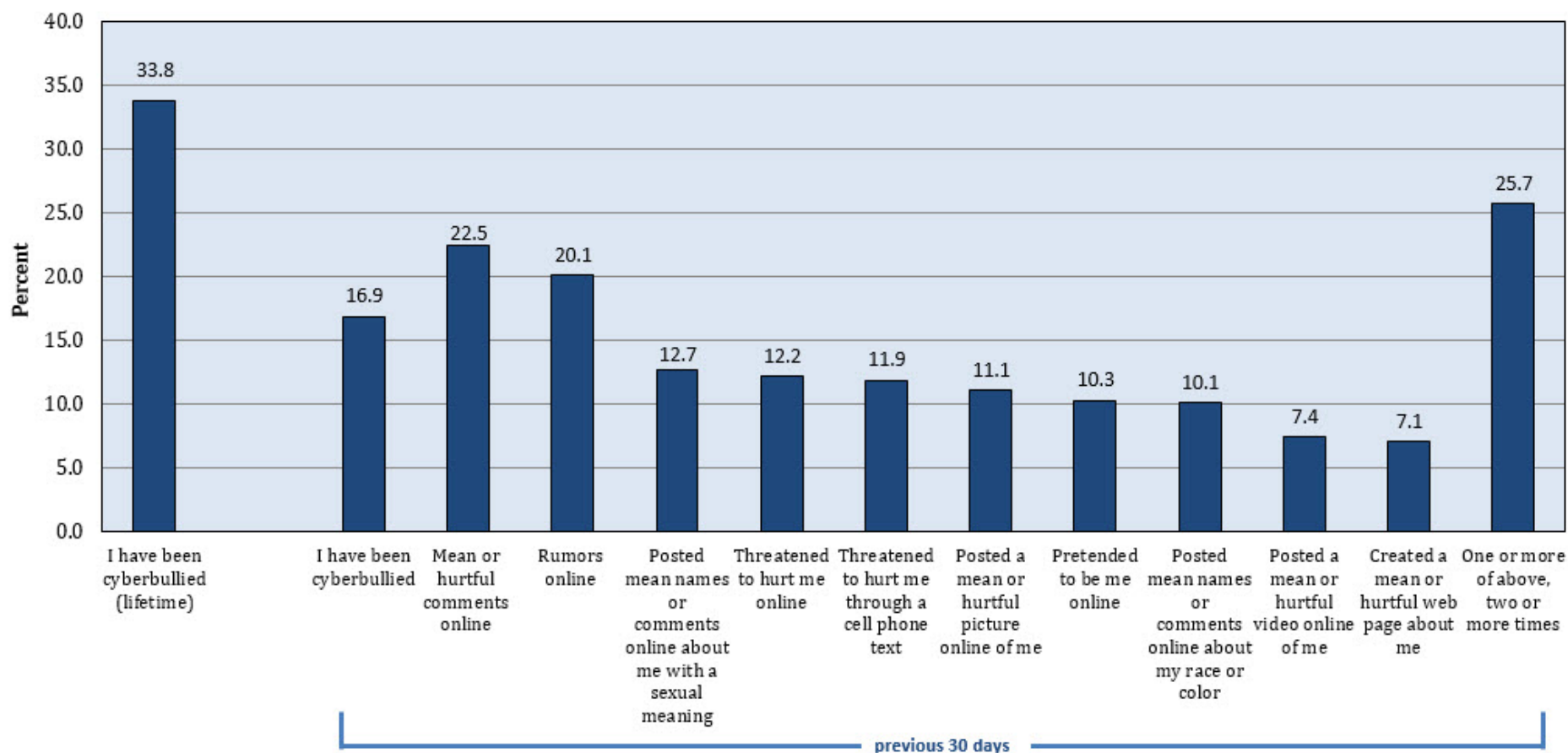
Bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content.



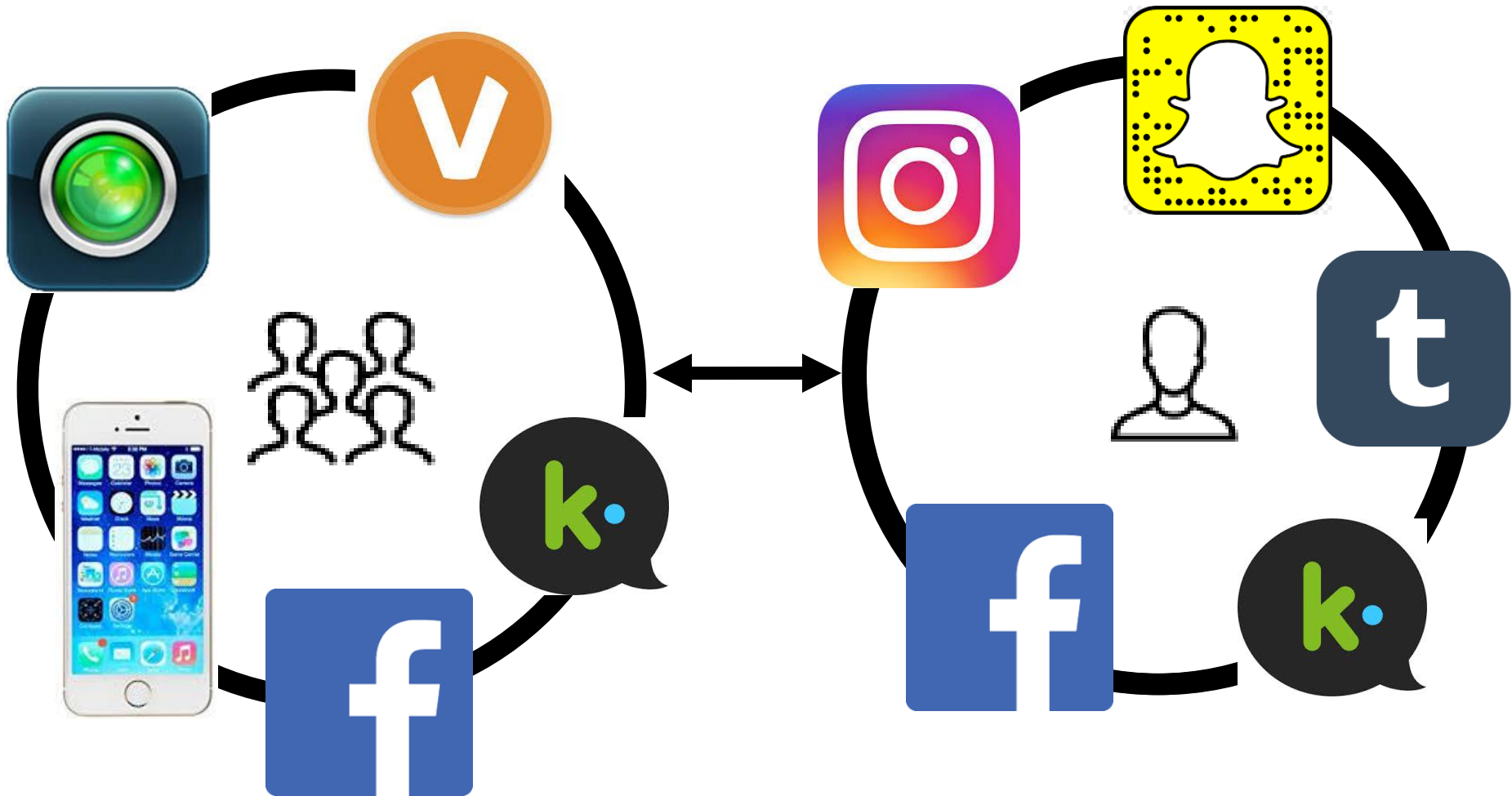
# Cyberbullying Victimization

N=5,707

Nationally-representative sample of 12-17 year old middle and high school students in the U.S.

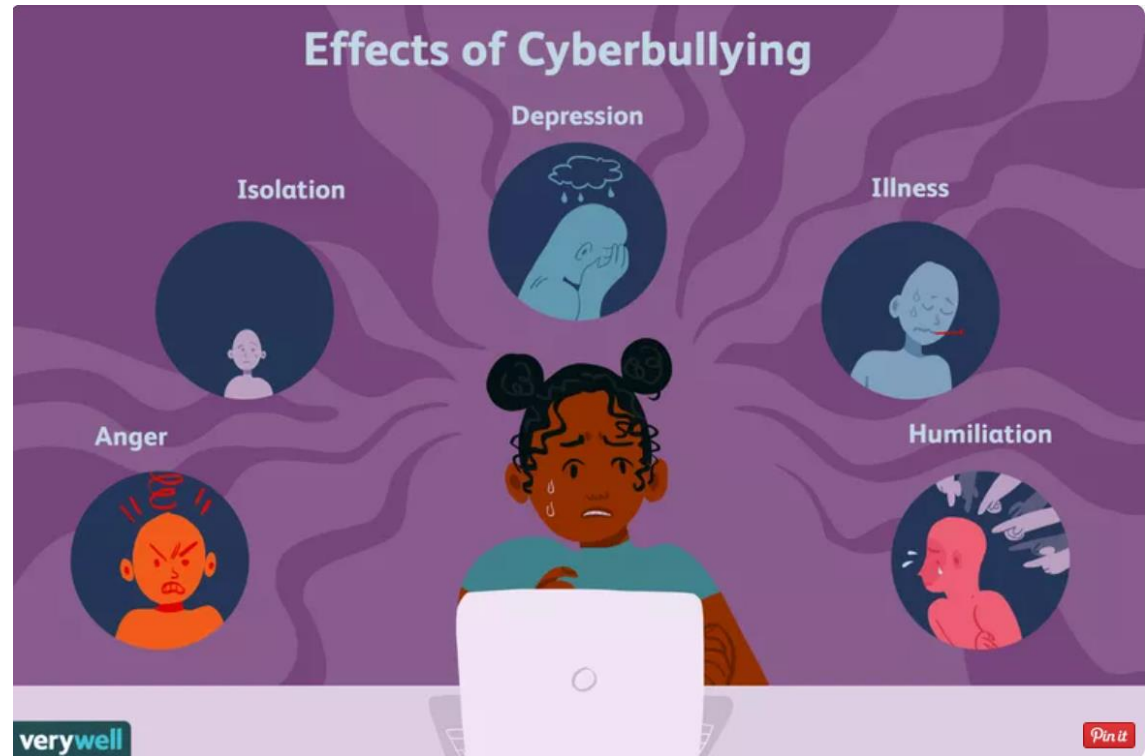


# Networked Use



# Impacts of Cyberbullying

- Overwhelmed
- Powerless
- Humiliated
- Worthless
- Vengeful
- Disinterested
- Isolated
- Physically sick
- Depressed
- Suicidal



# Mental Health Impacts

- 41% Developed social anxiety
- 37% Developed depression
- 26% Had suicidal thoughts
- 25% Engaged in self-harm
- 14% Developed an eating disorder
- 9% Began abusing alcohol or drugs

# Warning Signs of Cyberbullying

- Uneasy, nervous or scared about going to school or going outside
- Nervous or jumpy when texting or using social media
- Upset or frustrated after going online or gaming
- Unwilling to discuss or share info about their online accounts or activity
- Unexplained weight loss/gain, headaches, stomach aches or trouble eating
- Trouble sleeping at night or sleeping during the day
- Loss of interest in favorite hobbies or activities
- Quick onset of antisocial or depression

# Inappropriate Texting

“Sexy Texting” or “Sexting”

The sending, receiving, or forwarding sexually explicit messages, photographs, or images, primarily between mobile phones, of oneself to others. It may also include the use of a computer or any digital device



# Sexting Statistics

Research shows that teens 12 -17 (Madigan 2017):

- 1 in 4 received sexually explicit texts and emails
- 1 in 7 are sending sexts
- 1 in 9 are forwarding sexts without consent
- 1 in 12 have had sexts they've sent forward without their consent

# Warning Signs of Sexting

- Being secretive or anxious about their phones
- Deleting histories
- Overreacting when you pick up their phone
- Crying, isolation, and a change in grades or behavior which maybe the result of public ridicule from exposure to sexting

# Sexting Consequences

- **FELONY** – Production of Child Pornography
- **FELONY** – Transmission of Child Pornography
- **FELONY** – Possession of Child Pornography
- Across the US, teens and minors accused of sexting of or to another minor can be charged with a felony or a misdemeanor

# Self-Harm

- Self harm is the intentional and direct injuring of one's body *without* the intent to commit suicide
  - Often begins with feeling angry, frustrated, or emotional pain
  - Can stimulate the body's pain killing hormones and provide temporary relief/uplifted mood
  - Also used as a way to feel pain – escape feelings of emotional numbness
  - Followed by shame and guilt
  - Very difficult cycle to break

# Self-harm statistics

- 17% of all people will self-harm during their lifetime
- Average age of first self-harm episode, 13 years old
- 45% of people use cutting as their method of injury
- Only 50% will seek help for their self-harm, usually from friends and family.
- Individuals who have engaged in 20 or more self-harm behaviors are 3.5 times more likely to attempt suicide



# Self-harm Warning Signs

- Scars or scabs
- Unexplained cuts, scratches, bruises or other wounds, often on the wrists, arms, thighs, or torso that are explained as the result of an accident
- Wearing clothes that cover up the skin, even in hot weather
- Impulsive and unstable behavior
- Feelings of hopelessness or worthlessness
- Difficulties with relationships
- Social withdrawal
- Avoiding situations in which they need to reveal skin such as swimming and locker rooms

# Eating Disorders

- Illnesses in which the people experience severe disturbances in their eating behaviors and related thoughts and emotions. People with eating disorders typically become pre-occupied with food and their body weight.
  - Anorexia Nervosa
  - Bulimia Nervosa
  - Binge Eating Disorder
  - Pica
  - Rumination
  - Avoidant/Restrictive Food Intake Disorder

# Eating Disorders



1 in 5 American  
will deal with  
disordered  
eating in their  
lifetime

ANAD

Anorexia has  
the highest  
mortality rate  
of any  
psychiatric  
disorder



62 Minutes

Arcelus, Mitchell & Wales, 2011



90% of people  
who engage in  
self harm begin  
during their teen  
or pre-adolescent  
years

Gluck, 2012



Sullivan, 1995

## Integration: Self-harm Online



The use of hashtags allow ED communities to integrate into popular social media platforms, making them more ubiquitous and accessible

Pater et al, 2016  
Chancellor et al, 2016

# Eating Disorder Warning Signs

- Dramatic weight loss/gain
- Dressing in layers to hide weight fluctuations or to stay warm
- Makes frequent comments about body
- Denies feeling hungry
- Withdrawn and secretive
- Thinning of hair
- Dry skin and nails
- Feeling cold all the time and/or dizzy



# Online Gambling

- 4-5% of teens 12-17 meet one or more criteria of having a gambling problem
  - Another 10-14% are at risk for developing an addiction
- 60-80% of high school students report having gambled for money during the past year
- Males are more likely than women to gamble and experience gambling problems

# Online Gambling Risk Factors

- Private, unlimited access to internet
- Having immediate family members who gamble
- Starting to gamble at an early age
- Frequent use of “free-to-play” areas on gambling websites
- Boredom/Loneliness
- Strong sensation seeking tendencies
- Impulsivity

# Warning Signs of Gambling

- Selling personal belongings
- Borrowing money and not paying it back
- Steals and lies
- Has large amounts of money that can't be explained
- Appears distracted and anxious, can be moody or depressed
- Withdraws from their regular social groups and activities
- Spends hours on online gaming sites

# Resources


- [Common Sense Media](#)
  - Buying Guides (video, games, music)
  - Resource Guides (e.g. cellphones, safety, cyberbullying, etc.)
  - Broken into different age-ranges
- [Internet Safety 101](#)
- [Childnet International](#)
- [FTC OnGuard Online](#)
- [iKeepSafe](#)
- [ConnectSafely](#)







# Tips for Online Presence


- Are your Friends REAL?
- Use Privacy Controls
- Google/PeekYou yourself
  - If you see something not right, tell a trusted adult
- Set boundaries for what personal data you share
- Follow the 3P's
  - If you don't want your parent(s), principal, or the police to see it, think twice about posting.




[www.waybackmachine.org](http://www.waybackmachine.org)

 INTERNET ARCHIVE



SIGN UP | LOG IN  UPLOAD

ABOUTCONTACTBLOGPROJECTSHelpDONATE  JOBSVOLUNTEERPEOPLE

INTERNET ARCHIVE

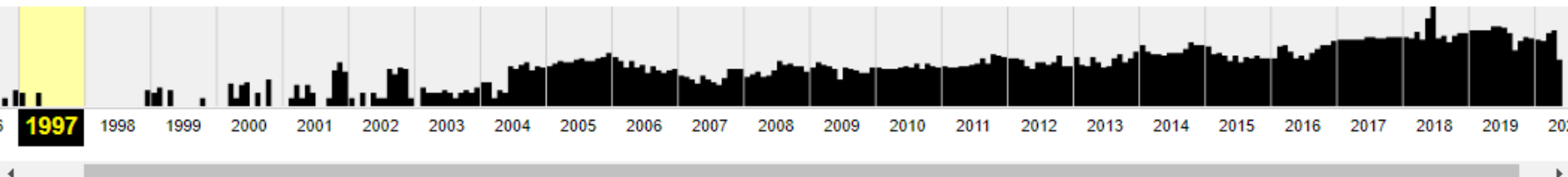
DONATE

WayBackMachine

Explore more than 431 billion [web pages](#) saved over time

Calendar · Collections <sup>beta</sup> · Changes <sup>beta</sup> · Summary · Site Map

Saved **38,263 times** between [October 29, 1996](#) and [May 6, 2020](#).



5 1997 1998 1999 2000 2001 2002 2003 2004 2005 2006 2007 2008 2009 2010 2011 2012 2013 2014 2015 2016 2017 2018 2019 2020

[www.peakyou.com](http://www.peakyou.com)

The screenshot shows a web browser window with the URL [peakyou.com](http://peakyou.com). The browser's address bar and tabs are visible at the top. The website's header features the "peakyou" logo in blue and green. Below the logo, the main heading reads "People Search Made Easy", followed by the tagline "Find friends, relatives and colleagues across the Web." The background of the page is a black and white photograph of a diverse group of people smiling and looking at a laptop. At the bottom, there is a search bar with three input fields: "First Name", "Last Name", and "Location" (which includes a dropdown arrow). To the right of these fields is a green button with a magnifying glass icon. Above the search fields, the labels "Name" and "Username" are visible, with "Name" being the active tab.

peakyou

## People Search Made Easy

Find friends, relatives and colleagues across the Web.

Name Username

First Name Last Name Location

Search



**Jessica Parsons White**

January 3, 2006 · 🧑

○ Allowed on timeline ▼

The former girls of holmes... I love you girls!! —  
Jessica Pater, Susannah Spears and Keri Foss

📍 Tag Photo

📍 Suggest Location



Like



Comment



Share



Write a comment...



**myspace**

🔍 Search

DISCOVER

🔥 Featured

🎵 Music

📺 Videos

👤 People



**Jessica Pater**

Photos

Connections

Mixes

# Thank you!

[Jessica.Pater@parkview.com](mailto:Jessica.Pater@parkview.com)

[www.jesspater.com](http://www.jesspater.com)



@jesspater