

***Free Information
Session for Parents***

**HSD Admin Center;
3083 NE 49th Place
Hillsboro OR 97124**

**Social Media
Impact on
Adolescents**

Presenters to Include:

**Hillsboro Police
Department**

**Clinical Psychologist,
Dr. Will Henson**

**HSD Middle School
Principals**

District Staff Q&A

Childcare and Food Provided

Spanish Interpretation Provided

Don't miss the opportunity to learn about social media and the impact it has on your child. What can you do to support? What do you need to be aware of?



Social Media

Social Media Use

33% of 7-9 year olds

50% of 10-12 year olds

95% of older teens have a phone
(among all income brackets)

54% say it would be hard to stop using
social media

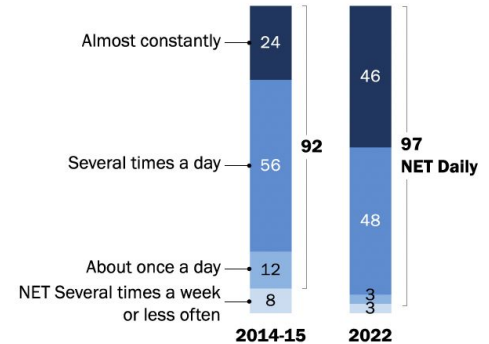
Constant Connection

Teens report extremely high use of the internet, with use rising to half of teens reporting near constant use.

Most popular:
Youtube, Tiktok
Snapchat.

Nearly half of teens now say they use the internet 'almost constantly'

% of U.S. teens who say they use the internet ...



Note: Teens refer to those ages 13 to 17. Figures may not add up to the NET values due to rounding. Those who did not give an answer are not shown.

Source: Survey conducted April 14-May 4, 2022.

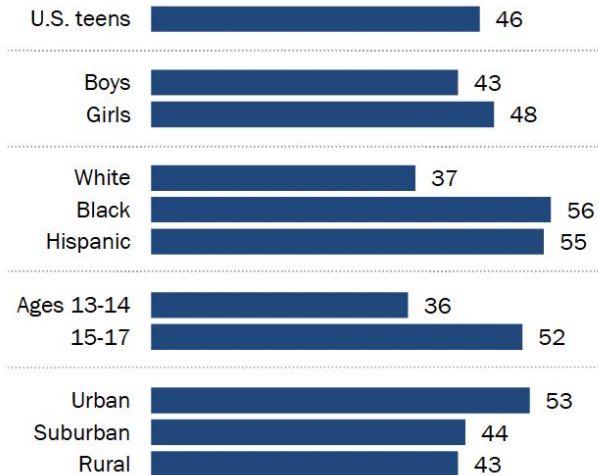
"Teens, Social Media and Technology 2022"

PEW RESEARCH CENTER

Rates vary by gender, race, age, location

Black, Hispanic teens more likely than White teens to say they are online almost constantly

*% of U.S. teens who say they use the internet **almost constantly** either on a computer or a cellphone*





Impacts of Social Media Use

1. Younger children are more likely to have problematic digital behaviors, such as having “online only” friends, visiting sites parents would restrict, and subjecting themselves to online harassment
2. Social media promotes comparison which increases depression even when the comparison is in their favor.
3. High use is associated with irritability, anxiety and decreases self esteem, depression, suicide
4. High screen time is associated with ADHD, behavior problems, inattention, poor health outcomes, cognitive function, poor vision



Specific Dangers

- cyberbullying
- online predators (asking to meet or for pictures)
- Scammers, phishing schemes
- people with extreme viewpoints
- false marketing
- dangerous viral trends
- sharing information and location
- Pornography
- violent/disturbing videos



Dopamine

Your phone is designed to elicit a dopamine response - highly exciting, fast and tailored content. A phone has an algorithm that learns how to keep you online by feeding you content (true or untrue) to keep you viewing ad impressions.

Average Person Phone Use

3.5 hours per day

24.5 hours per week (2 full waking days)

4.375 days per month (half your weekends)

52 days per year (**your whole summer**)



Self-Regulation

Self Regulation = the ability to monitor and regulate your thoughts, feelings and behavior.

Self regulation is learned by

- (a) Adult modeling
- (b) Being alone with your own thoughts

Electronics have disrupted both of these pathways, especially at key developmental ages (toddler, pre-school)

Pandemic was an incubator for self-regulation problems: isolation + inactivity + screen time



What can parents do

1. Talk to your Kids - have discussions with children about their behavior and expectations around computer, phone and social media use early in life. Make sure they understand in an age appropriate way the dangers they can face
2. Limit early access and exposure to screens. Do not use them as baby-sitter, or a way to calm down and deal with feelings.
3. Make a contact around phone/computer and social media use. What are your expectations and bottom lines? Hold to them. What are yours?
4. Model good electronics behavior for your kids, especially your young ones
5. Get your kids involved in things that don't involve being online all the time: sports, clubs, games etc...