

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

Generation XXX

- 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