Teens and Technology: The Good, The Bad, and The Ugly

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Speaker Introduction

• Dr. Lisa Militello is an assistant professor at The Ohio State University in the Martha S. Pitzer Center for Women, Children and Youth. Her research focuses on exploring how digital health behavior change interventions such as mobile or mHealth voice technology that may be used to promote health and wellness in children and families, particularly with regard to social determinants of health.

Disclosures

• THANK YOU for having us
• No disclosures to report
• Feel free to Tweet about our discussion
  • @lkmilitello (Lisa)
  • @AprnPsych (Liz)
  • @NAPNAP
  • #TeensandTech
  • #cyberbullying

“Look for the helpers. You will always find people who are helping.”
– Fred Rogers

Learning Objectives

• Recognize at least three of the most common forms of technology used by adolescents
• Define one negative aspect of adolescent media use
• Identify at least one positive aspect of adolescent media use

BACKGROUND

• 95% of all Americans now own a cell phone of some kind,
  • ~77% smartphones
  • ~75% of U.S. adults own desktop/laptop computers
  • ~50% own tablets
  • ~20% own e-readers
  • ~46% of US adults reported using voice assistants with their phones

IMPACT FACTOR
Children Use Technology

- Technology Use in Kids <8 years
  - 2011
    - 41% mobile device (iPhone 4 released)
    - <10% tablet
  - Media use in kids <8 years
    - ~2.25 hours/day
    - 5 mins was spent on mobile device

- 2017
  - 95% mobile device (iPhone 8, X)
  - 80% tablet
  - Media use in kids <8 years
    - ~2.25 hours/day
    - 48 mins was spent on mobile device

Teens Use Technology

- Teens 13-17 years
  - 95% of teens have access to a smartphone
  - 45% say they are online “almost constantly”

Social Media - % of U.S. Teens who say they use:
  - YouTube (~videos) 85%
  - Instagram (~photos) 72%
  - Snapchat (~shared messaging) 69%
  - Facebook (~sharing) 51%
  - Twitter (~networking information) 32%

*Teen FB USE:
- 70% from households with less than $30k/annually;
- 36% from households with annual incomes of $75k

Cyberbullying

Source: https://cyberbullying.org/bullying-laws
Is Cyberbullying Worse than Tradition Bullying?

- Certain types of cyberbullying lead to greater emotional distress
  - When an adult is involved as perpetrator
  - When pictures are posted
  - When the bullying carries over into traditional bullying
- Suicidal ideation
  - More prevalent from cyberbullying versus traditional bullying
- School Violence
  - Eight times more likely to bring a weapon to school

(Likely) Ineffective Coping Strategies

- Ignoring
- Confronting the bully
- Telling an unhelpful adult
- Taking away electronic devices

You can’t change how other people think or what they say, but you can choose how you react to them.

(Likely) Effective Coping Strategies

- Validate the experience
- Enhance self-esteem
- Confronting the bully
  - Using effective communication
- Taking time off social media/video games
  - Scheduling pleasurable activities in the interim
- Telling a helpful adult
  - To help problem solve
- Block/report the bullying to authorities

THE BAD
Challenges

Pediatric Health Care Provider vs Parents
Are we sometimes at odds on media use & behaviors?
Recommended vs Actual
- TV frequently left on in background/TV in children’s rooms
- Media use before bedtime
- As parents, are we role-modeling healthy digital behaviors?

Clinical pearl: non judgmental and PRACTICAL in our approach

For whatever reason, technology seems to be attached to guilt a lot.

Suggest
- Designate media free times (e.g. dinner, driving), locations in home (e.g. bedrooms)
- Communicate about online safety – vague

Clinical pearl: time in the car is a great opportunity for dialogue

Children and Teens Digital Legal Rights

- Special Considerations
  - HIPAA
  - COPPA
  - Privacy
  - Safety

- Consider nuance between information control vs privacy
- Consider: how adults, parents, grandparents share information about their kids

THE GOOD

Rely on the Science

Rely on the Underlying Principles
- Self Regulation
- Flexible regulation of cognition, behavior, and emotion
- Child development – particularly vulnerable during
  - Preschool years
  - Adolescents
- Co Regulation
- Supportive process between adult caregivers and children fostering the development of self-regulation
- Treatments to Support Self-Regulation
  - Cognitive Behavioral Therapy (CBT)
  - Mindfulness

Leverage the Science with Technology

- Self Regulation vs Co Regulation (underlying science)
- Adults VS TEENS
- Treatments to Support Self-Regulation
  - Cognitive Behavioral Therapy (CBT)
  - Mindfulness
- Can we deliver CBT and/or Mindfulness via Mobile Apps?
  - YES *esp adjunct to clinical/in-person treatment
  - Nearly two-thirds of teens/youth adults used mobile apps for their health mental health needs or turn to Internet

JOINT MEDIA ENGAGEMENT

- Joint media engagement (JME)
- Spontaneous and designed experiences using media together
- Engage both the parent & the child
- Consider the of child/teen developmental needs
  - Content
  - Delivery
  - Design
- Resources
  - Joan Ganz Cooney Center
  - Center for Media & Child Health
  - Common Sense Media
Awareness and Opportunity

- Social media tends to be a signal or amplifier of mental health concerns in teen's lives
- People who have mental health problems use technology to try to help
  - Con: same population also reports more challenges using technology
- Benefits to mental health associated with technology/social media


Clinical Practice Guidelines UPDATED

AAP Guidelines (10/2016)
- <18 months, avoid screen media other than video chatting
- 18-24 months, introduce and watch with children (co-viewing)
- 2-5 y.o. 1 hour/day, co-viewing w/ adult
- >6 y.o. consistent limits on time and type of media

AAP Bright Futures- updated 2017 to include social media

Similarly, more data on social media allow for expanded coverage, such as the guidance in recent AAP statements on media use in children and adolescents, and the new family media use plan.

Clinical Practice Guidelines - CHALLENGES

Recommended vs Actual

AAP BRIGHT FUTURES
Family Media Plan

POLL EVERYWHERE:
- How many knew of this TOOL?
- How many actually use this in practice?
- Time to use this in practice?
- How many believe patients/families will use this?

How do PATIENTS FIND/CHOOSE APPS?

Data from: 30 focus group participants, 77% female, ages 21-72 years (M 43.3, SD 14.3)

- Social Media
- Independent Searches
- Friends & Family
- Medical Providers (appeared low on the list)
  - EBP vs missed opportunity?
- Key finding: people look to “trusted sources” to locate technologies to support health
  - “Trusted” may vary depending on the user
  - e.g. teen may consider peer “trusted”

Evidence-based Practice

3 Questions to Ask Before Downloading Apps for Kids

- Does it connect different experiences?
- Does it allow your child to learn and grow?
- Does it encourage communication?

How PsyberGuide Works

Web design: Radica, Inc.
Clinical review: Schiller et al, 2016
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Resources for Online Safety

- Academic/medical experts
  - Common sense media
  - Joan Ganz Cooney center
  - Michael Rich “mediatrician” Center for Media & Child Health

- Commercial
  - Bark (“I’ve noticed they market the worst things happening online; it could scare parents so they don’t ever let their kids online – which is also not the intent”) https://www.bark.us/
  - Disney circle (haven’t tried it, but has Disney influence/bias)
  - Life 360 – to stay connected

- Personal experience
  - As always, talk to your kids. Have good communication and they’ll share with you
  - If they have Apple iPhone – check/set up parental settings on screen time
  - I can demo this to a smaller group if interested

Resources for Clinicians

- Common Sense Media
  - https://www.commonsensemedia.org/
- CTrex http://reviews.childrenstech.com/ct/home.php
- Mental health app clearinghouse/PsyberGuide https://psyberguide.org/
- iMedical apps - PROVIDER/CLINICIAN FOCUSED
  - https://www.imedicalapps.com/specialty/pediatrics/
- NAPNAP - http://www.dbmhresource.org/resources.html
- UK NHS Apps – repository development in progress
  - https://apps.beta.nhs.uk/ *note, no ped category
- Gray literature
  - https://www.thetechadvocate.org/8-must-medical-apps-parents/