THE IMPACT OF DIGITAL MEDIA ON CHILDREN AND ADOLESCENTS

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OBJECTIVES

- Appreciate the impact of digital media on the lives of children, adolescents and their development
- Discuss the concept of “Digital Citizenship”
- Provide structure to conversations with families around social media use
- Identify tools that provide guidance around digital media use
- Identify red flags for cyber bullying
DIGITAL MEDIA

- What is Digital Media?
- Evolution from “TV time” to “screen time”
- In 1970, children began to regularly watch TV at 4 years of age
- Today, children begin interacting with digital media at 4 months of age.
- Digital media is now a native language for children

https://pediatrics.aappublications.org/content/138/5/e20162593
75% of teenagers own a smartphone
24% of adolescents describe themselves as “constantly connected” to the Internet
50% report feeling “addicted” to their phones.
Most teenagers maintain a “social media portfolio” of several selected sites
# Teens’ Phone, Computer & Console Access

% of all teens who have or have access to the following:

<table>
<thead>
<tr>
<th>Device</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A desktop / laptop computer</td>
<td>87</td>
</tr>
<tr>
<td>A gaming console</td>
<td>81</td>
</tr>
<tr>
<td>A smartphone</td>
<td>73</td>
</tr>
<tr>
<td>A tablet computer</td>
<td>58</td>
</tr>
<tr>
<td>A basic cell phone</td>
<td>30</td>
</tr>
</tbody>
</table>


PEW RESEARCH CENTER
# 73% of Teens Have Access to a Smartphone; 16% Have Only a Basic Phone

% of all teens who have or have access to the following types of cell phones

<table>
<thead>
<tr>
<th></th>
<th>Smartphone</th>
<th>Basic phone only</th>
<th>No cell phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>All teens</td>
<td>73%</td>
<td>15%</td>
<td>12%</td>
</tr>
<tr>
<td><strong>Sex</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boys</td>
<td>71</td>
<td>16</td>
<td>13</td>
</tr>
<tr>
<td>Girls</td>
<td>74</td>
<td>14</td>
<td>12</td>
</tr>
<tr>
<td><strong>Race / ethnicity</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>White, non-Hispanic</td>
<td>71</td>
<td>17</td>
<td>12</td>
</tr>
<tr>
<td>Black, non-Hispanic</td>
<td>85</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>Hispanic</td>
<td>71</td>
<td>15</td>
<td>14</td>
</tr>
<tr>
<td><strong>Age</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13-14</td>
<td>68</td>
<td>14</td>
<td>18</td>
</tr>
<tr>
<td>15-17</td>
<td>75</td>
<td></td>
<td>8</td>
</tr>
<tr>
<td><strong>Sex by age</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boys 13-14</td>
<td>64</td>
<td>16</td>
<td>19</td>
</tr>
<tr>
<td>Boys 15-17</td>
<td>75</td>
<td>16</td>
<td>8</td>
</tr>
<tr>
<td>Girls 13-14</td>
<td>72</td>
<td>11</td>
<td>17</td>
</tr>
<tr>
<td>Girls 15-17</td>
<td>76</td>
<td>16</td>
<td>8</td>
</tr>
<tr>
<td><strong>Household income</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&lt;$30K</td>
<td>61</td>
<td>22</td>
<td>17</td>
</tr>
<tr>
<td>$30K-$49,999</td>
<td>67</td>
<td>16</td>
<td>18</td>
</tr>
<tr>
<td>$50K-$74,999</td>
<td>78</td>
<td>12</td>
<td>12</td>
</tr>
<tr>
<td>$75K+</td>
<td>78</td>
<td>13</td>
<td>9</td>
</tr>
<tr>
<td><strong>Parent educational attainment</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Less than high school</td>
<td>60</td>
<td>21</td>
<td>19</td>
</tr>
<tr>
<td>High school</td>
<td>72</td>
<td>15</td>
<td>13</td>
</tr>
<tr>
<td>Some college</td>
<td>76</td>
<td>12</td>
<td>12</td>
</tr>
<tr>
<td>College+</td>
<td>76</td>
<td>16</td>
<td>9</td>
</tr>
<tr>
<td><strong>Urbancy</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Urban</td>
<td>73</td>
<td>16</td>
<td>11</td>
</tr>
<tr>
<td>Suburban</td>
<td>74</td>
<td>14</td>
<td>12</td>
</tr>
<tr>
<td>Rural</td>
<td>68</td>
<td>16</td>
<td>15</td>
</tr>
</tbody>
</table>


Note: Percentages marked with a superscript letter (e.g., ) indicate a statistically significant difference between that row and the row designated by that superscript letter, among categories of each demographic characteristic (e.g., age).
AAP POSITION ON MEDIA USE IN SCHOOL AGED CHILDREN AND ADOLESCENTS 2016

- Prioritize Exercise and Sleep
- Family Plans and Communication
- Continued research into risks and benefits
VIDEO

CASE 1

- 7 year old WCE both parent and child are on phones
FAMILY MEDIA PLAN

Digital citizenship is the norms of appropriate, responsible technology use.
9 THEMES OF DIGITAL CITIZENSHIP

- Commerce: electronic buying and selling of goods.
- Literacy: process of teaching and learning about technology and the use of technology.
- Etiquette: electronic standards of conduct or procedure.
- Rights & Responsibilities: those freedoms extended to everyone in a digital world.
- Health & Wellness: physical and psychological well-being in a digital technology world.

http://www.digitalcitizenship.net/
16 year old female presents to primary care with complaints of insomnia, dropping grades, loss of appetite and increased irritability.

Besides a full ROS, FH, PE etc., What else do you want to know?

Assume normal labs, no organic disease.
Teens say social media helps strengthen friendships, provide emotional support, but can also lead to drama, feeling pressure to post certain types of content

<table>
<thead>
<tr>
<th>POSITIVE</th>
<th>NEGATIVE</th>
</tr>
</thead>
<tbody>
<tr>
<td>81% Feel more connected to their friends</td>
<td>45% Feel overwhelmed by all of the drama there</td>
</tr>
<tr>
<td>69% Think it helps teens interact with a more diverse group of people</td>
<td>43% Feel pressure to only post content that makes them look good to others</td>
</tr>
<tr>
<td>68% Feel as if they have people who will support them through tough times</td>
<td>37% Feel pressure to post content that will get a lot of likes and comments</td>
</tr>
</tbody>
</table>

Note: Respondents who did not give an answer or gave other responses are not shown.
Source: Survey conducted March 7–April 10, 2018.
“Teens’ Social Media Habits and Experiences”
PEW RESEARCH CENTER
SOCIAL MEDIA 101
FROM THE PERSPECTIVE OF A 16 YEAR OLD

- Snapchat
  - Can be private and public
  - One of the main ways peers and friends communicate
  - Group stories - with a known group
  - Public location stories
SOCIAL MEDIA 101
FROM THE PERSPECTIVE OF A 16 YEAR OLD

- Instagram
  - Rinsta - real account, how you want to be seen, an image; all about the likes
  - Finsta - separate account, anonymous, friends know who you are but who you trust
  - Low Key - separate account, rant, talk about feelings with close friends

- Facebook - for old people, school communication
An aggressive, intentional act or behavior that is carried out by a group or an individual, using electronic forms of contact, repeatedly and over time against a victim who cannot easily defend him or herself.

- Negative effects on health, social and academic life
- Bullies and victims report higher levels of depression and lower self esteem
- Victims higher risk for SI and attempts

https://www.cdc.gov/violenceprevention/youthviolence/bullyingresearch/index.html
Positive, causal impact of cyberbullying on non-fatal and fatal suicidal behaviors.

Cyberbullying laws lead to decreases in cyberbullying victimization (7.1%).

Cyberbullying increases suicide attempts by 8.7 percentage points.

Stronger effects of cyberbullying on female (than male) non-fatal suicidal behaviors.

1% drop in cyberbullying decreases fatal suicide rates by 11 per 100,000 population.

Nikolaou 2017 Journal of Health Economics 2017 Vol 56 pg 30-46
CASE 2

- After talking with parents, they are concerned about her isolation and screen time.
- With her parents outside the room it is disclosed that a former friend had been posting negative photos and comments on their Finsta account about her and now “everyone has seen it and talking about it.”
- How would you counsel this adolescent?
- What would you share with the parents?
HEADSSS (Social Media)
Motivational Interviewing
Emotional resilience
Recognition bullying is often anonymous
Awareness of school resources, bullying/equity coordinators
Prevention by digital citizenship teaching
Cyberbullies also have BH needs
SUMMARY

- Anticipatory Guidance
- Family Media Plans
- Social media in your HEADS assessment
- U shaped relationship of digital media with mental health
RESOURCES

- Center on Media and Child Health [www.cmch.tv](http://www.cmch.tv)
- Bullying and Cyberbullying Prevention and Advocacy Collaborative (BACPAC) - Boston Childrens Hospital