

## Social Media

### Statistics

2.34 billion people have an social media account (31% of the world's population)  
 Only 3.2 billion have access to the internet (73% of those that have access have social media)  
 79% of the US population have social media profiles  
 98% of 18-29 years old use the internet  
 25% of all age groups have been called offensive names online  
 YouTube 85%, Instagram 72% and Snapchat 69%  
 95% of teens now report access or ownership of a smartphone  
 89% are constant or several times a day user up from 80% 2015  
 50% teenage girls are near constant users  
 Average age of first porn exposure is 8




### Positive

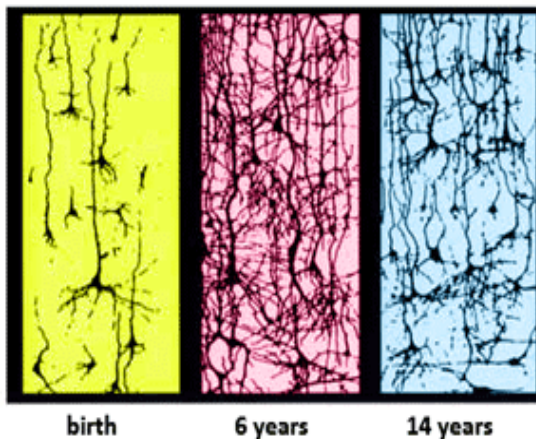
81% feel more connected to their friends  
 69% think it helps teens interact with a more diverse group  
 68% feel as if they have people who will support them through tough times

### Negative

45% feel overwhelmed by all of the drama  
 43% feel pressure to only post content that makes them look good to other  
 37% feel pressure to post content that will get a lot of likes and comments

### Neural Network

Center on the Developing Child  HARVARD UNIVERSITY

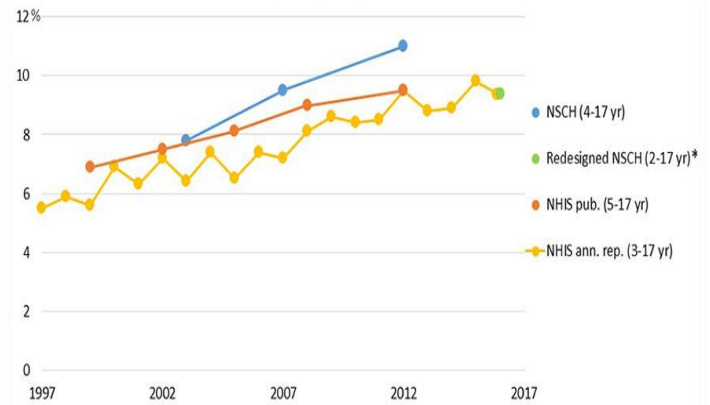


Source: Shonkoff, J. P. (2008) \*\*

We become what we do! What we do becomes more organized and what we do not do gets pruned at a very early age. This is why teenagers are so vulnerable to addiction.

**Correlated findings**

Since 2006 (Introduction of the I Phone)  
ER visits have doubled  
ADHD diagnosis has risen  
A quarter have driver's license (half did in 1983)  
Texting is favorite mode of communication 2018  
compared to face to face 2012  
20% (2007) versus 33% (2015) report being lonely

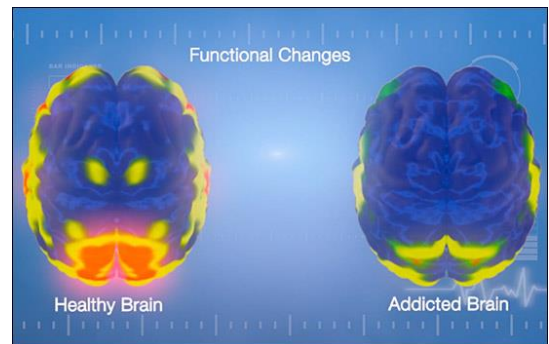


**Concerns**

Suicide is the second leading cause of death (Accidents #1)  
90% of depressed/anxious teens seek help online  
Heavy use and passive are the highest risk factors  
34% experience cyberbullying or which 30% have suicidal thoughts  
More likely to share over a smartphone rather than a larger screen  
30% of girls and 20% of boys suffer from anxiety disorders  
Students can check their phone over 100 times a day  
The media companies are tapping into the reward centers (Dopamine) to engineer software that will keep you on the technology longer leading to heavy usage and improved chances for addiction

**Addiction Signs**

1. Unsuccessful attempts to reduce or stop
2. Loss of interest in previous hobbies
3. Continuation despite problems
4. Jeopardized or lost a relationship, job or opportunity
5. Preoccupation (being absorbed by gaming)
6. Withdrawal (irritability, restlessness and sadness)
7. Tolerance (increase playing to feel satisfied)
8. Escape
9. Deceiving others (lying, sneaking)



**What you can do**

Harm reduction model (not abstinence) – not all apps are the same. May be addicted to one app but not others.  
Use personal inventory (on the website under tools)  
Track screen time (healthytime.org)  
Set limits but there is not a standard (Too much of one thing is not a good thing)  
Increase protective factors (more friends, active, sleep)  
Outpatient Therapy  
Online gamers anonymous (Projectknow.com)  
Last resort residential therapy (Camp Unplugged, restart)