The Digital Life of Teens

Trends, Concerns, and Impacts

Yoon Hyung Choi
Amanda Purington
Facebook Deactivation Agreement


In return, my dad, Paul [redacted], agrees to pay me $50 on 4/15/13 and $150 on 5/26/13. He/she will have access to my Facebook to change the password and to deactivate the account. This will prevent me from re-activating the account in the future. I plan to use the money for the following purposes: [redacted]

Signed and agreed to in full:

[Signature]

Paul [redacted] 2/5/13
Main Themes

Digital Media Usage and Access
How do teens and tweens access digital media?
What do they do online?

Impacts of Media Use
How can media use harm teens?
What are some positive effects of digital media use?

Promoting Digital Literacy
What is digital literacy?
Why do teens need education?
What are some helpful resources?
The Digital Media Generation

Mobile access has changed social media use and other online activities

92% of teens (13 to 17) go online daily; 24% go online “almost constantly”

87% of teens have access to a computer; cell phone (88%), smartphone (73%)

71% of teens use Facebook; Instagram (52%), Snapchat (41%), Twitter (33%)

(Lenhart, 2015)
• 52% of 10-13 year olds have their own cell phone
• 67% would rather get a device (iPad, iPhone, Nintendo Wii U) than a toy
• Regularly visited websites: YouTube (53%), Disney (31%), Google (26%), Facebook (24%)
Access to the Internet

• Digital Divide?
  • Shrinking gap in Internet access between lower and upper income youth
  • 80% (family income < $50k) vs. 91% have access to computer or laptop

• Basic Cellphones vs. Smartphones
  • Lower income teens more likely to own a basic cellphone (39%)
  • African-American teens most likely to own a smartphone (85%)
Access to the Internet

- Site Usage by SES
  - Middle and upper income teens favor Instagram and Snapchat
  - Lower income teens – Facebook most popular

- Gender Differences
  - Girls: visual social media
  - Boys: video games
Q & A Session

We want to hear your thoughts!
• Q: Do these trends “ring true”? Does this reflect what you see with the young people you work with?

• Q: What are some concerns you have heard (from parents, adults, etc.) about media use?
How does digital media use impact youth?

Weighing the positives and negatives
Some Main Concerns

- Privacy
- Bullying
- Online Safety and Sexual Predators
- Addiction and Problematic Use
1) “Teens overshare. They post stupid things online, even their naked pictures!”
   • Teens often restrict visibility of sensitive content
   • Thinking through the social cost of what they post

2) “Being a responsible parent requires me to violate my child’s privacy, especially online”
   • Teens think privacy is a matter of trust
   • Social steganography – hiding in plain sight
Online Safety and “Stranger Danger”

- Safety of their child is a big concern for parents, transfers to online
- Most teens do not come in contact with sexual solicitations online
- Strong correlation between risky online behavior and offline problems
- Teens are more likely to be exposed to inappropriate content (e.g., pornography)
Addiction and Problematic Use

• Growing concern about excessive Internet/social media use and potential harmful effects

• Engagement with technology seen as an “illness” or “addiction” that society must address
“Facebook Depression”

From the American Academy of Pediatrics

Clinical Report

The Impact of Social Media on Children, Adolescents, and Families

Gwenn Schurgin O’Keeffe, MD, Kathleen Clarke-Pearson, MD, Council on Communications and Media

ABSTRACT

Using social media Web sites is among the most common activity of today’s children and adolescents. Any Web site that allows social interaction is considered a social media site, including social networking sites such as Facebook, MySpace, and Twitter; gaming sites and virtual worlds such as Club Penguin, Second Life, and the Sims; video sites such as YouTube; and blogs.

“Depression that develops when preteens and teens spend a great deal of time on social media sites”

“The intensity of the online world is thought to be a factor that may trigger depression in some adolescents.”

(O’Keeffe & Clarke-Pearson, 2011)
Facebook Depression..?

• Facebook depression does not exist!

• No associations between social media use and depression (Jelenchick, Eickhoff, & Moreno, 2012)

• Hard to say that Facebook causes depression

• At best, mixed findings about digital media use and well-being
Negative Effects on Well-Being

• Time spent on social media is not directly related to depression or decreased well-being

• Effects on well-being depend on the interactions that occur on social media

  • Negative interactions with friends increase depressive symptoms (Davila et al., 2012)

  • Positive feedback from friends lead to increased self-esteem and well-being, vice versa for negative feedback (Valkenburg et al., 2006)
Positive Effects on Well-Being

• Online communication stimulates well-being
  • Increases time spent with friends
  • Increases quality of relationships (Valkenburg & Peter, 2007)
• Place for emotional relief
  • Receive social support and advice from friends
  • Chatting on IM decreases emotional distress, improves emotional state (Dolev-Cohen & Barak, 2013)
The Ups and Downs of Digital Life

https://www.commonsensemedia.org/video/modal/2078098
Why Do Teens Use Social Media?

Identity Formation

- Enacting identity online
- Showing different sides of self
- Experimenting with different identities
- Identity through authentic relationships

Social Purposes

- Keeping in touch
- Maintaining social capital
- Private spaces for intimacy with friends

ACT for Youth: Adolescent Development Toolkit
http://www.actforyouth.net/adolescence/toolkit

(boyd, 2014; Kuss & Griffiths, 2011; Livingstone, 2008)
The Appeal of Social Media

Growing up with limited freedom
Decreasing chances for socializing in person due to parental restrictions and highly scheduled lives

Teens are addicted to each other
Inherent need for sociality & need for information – teens are just trying to connect with their peers

Awareness
Teens are often aware of their excessive use, and try to control it!

(boyd, 2014)
Engaged vs. Disengaged Use

- Engaged/active use: direct communication with friends
- Disengaged/passive use: consuming information, browsing, playing games, passing time

- Engaged use is generally associated with increases in well-being, disengaged use with decreases in well-being (Bessière et al., 2008; Burke et al., 2010; Chan, 2015, etc.)
The need to promote digital media literacy

Some recommendations & resources
Digital Literacy

“... having the knowledge and ability to use a range of technology tools for varied purposes…”

“...us[ing] technology to strategically find and evaluate information, connect and collaborate with others, produce and share original content, and use the Internet and technology tools to achieve many academic, professional, and personal goals.”

New York City Department of Education
Digital Literacy

Information literacy

Technology literacy

Digital citizenship

63 Things Every Student Should Know In A Digital World

1. Information Sources
2. Learning Pathways
3. Human Spaces
4. Socializing Ideas
5. Digital Participation
6. Publishing Nuance
7. Applying Technology
8. The Always-On Audience
9. Social Rules
10. Diction
11. Connecting with Experts
12. The Self
13. A Life Built Around Software

In today's 21st century digital economy, libraries play a critical role in providing access to high-speed internet and training to help more Americans compete in today's global work environment.

This is the destination for digital literacy resources and collaboration. Use it to share and enhance the tools necessary to learn computer and Internet skills needed in today's global work environment.

Frequently Used Resources

Basic Computer Skills
A training on basic online skills (computer, email, word processing, and web skills).
Read more

Literacy Center Education Network
Educator resource where parents and teachers can find professionally designed educational material to share with their children. Initially funded by a U.S. Department of Education Small Business...
Read more

In the Community

Colorado State Library
The Colorado State Library, operating under the Colorado Board of Education, is creating a culture of technology engagement through its public computer center project, Bridging the Great Digital Divide...
Read more

OCLC's WebJunction Announces Digital Inclusion Infographic
For the past year and a half, OCLC's WebJunction has been guiding and documenting local leadership teams in... 
Read more
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<tr>
<th>Unit</th>
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<th>Title</th>
<th>Description</th>
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<tr>
<td>1</td>
<td></td>
<td>Rings of Responsibility</td>
<td>Students explore what it means to be responsible to and respectful of their offline and online communities as a way to learn how to be good digital citizens.</td>
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<td>Private and Personal Information</td>
<td>How can you protect yourself from online identity theft? Students think critically about the information they share online.</td>
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<td>The Power of Words</td>
<td>Students consider that they may get online messages from other kids that can make them feel angry, hurt, sad, or fearful. Students identify actions that will make them Upstanders in the face of cyberbullying.</td>
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<td>The Key to Keywords</td>
<td>Students learn strategies to increase the accuracy of their keyword searches and make inferences about the effectiveness of the strategies.</td>
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<td>Whose Is It, Anyway?</td>
<td>Students learn that copying the work of others and presenting it as one's own is called plagiarism. They also learn about when and how it's ok to use the work of others.</td>
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**UNIT 1 ASSESSMENT** - Check out this student-facing, interactive, summative assessment.
## Grades 6 - 8

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<tr>
<td>1</td>
<td></td>
<td>Digital Life 101</td>
<td>Students are introduced to the 24/7, social nature of digital media and technologies, and gain basic vocabulary and knowledge for discussing the media landscape.</td>
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<td>Strategic Searching</td>
<td>Students learn that to conduct effective and efficient online searches, they must use a variety of searching strategies.</td>
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<td>Scams and Schemes</td>
<td>Students learn strategies for guarding against identity theft and scams that try to access their private information online.</td>
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<td>Cyberbullying: Be Upstanding</td>
<td>Students learn about the difference between being a passive bystander versus a brave upstander in cyberbullying situations.</td>
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<td>A Creator’s Rights</td>
<td>Students are introduced to copyright, fair use, and the rights they have as creators.</td>
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| 2    |          | My Media                   | Students review their media habits and the array of media they use on a weekly basis, and reflect on the role of digital media in their lives. |
# Grades 9 - 12

## Unit 1

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<tr>
<td>Digital Life 102</td>
<td>Students test their knowledge of digital media and talk about the role media plays in their lives.</td>
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<td>Oops! I Broadcast It on the Internet</td>
<td>Students are introduced to the benefits of sharing information online and the potential risks of sharing inappropriate information.</td>
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<tr>
<td>Copyrights and Wrongs</td>
<td>Students explore the legal and ethical dimensions of respecting creative work.</td>
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<tr>
<td>Feeling On Display</td>
<td>Students reflect on the different pressures teens face when it comes to editing, posting, and commenting on photos online.</td>
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<tr>
<td>Turn Down the Dial on Cyberbullying and Online Cruelty</td>
<td>Students learn that cruelty can escalate quickly online because people are often anonymous and posts spread quickly.</td>
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Resources

• Pew Research Center: Teens, Social Media, & Technology Overview

• Center for Media Literacy http://www.medialit.org

• Digital Literacy.gov http://www.digitalliteracy.gov

• Common Sense Education’s Digital Literacy & Citizenship Curriculum
  https://www.commonsensemedia.org/educators/curriculum

• Harvard’s Good Play Project
  http://www.thegoodproject.org/projects/good-play-project/
THANK YOU!

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Cornell Social Media Lab
http://sml.comm.cornell.edu/
References


