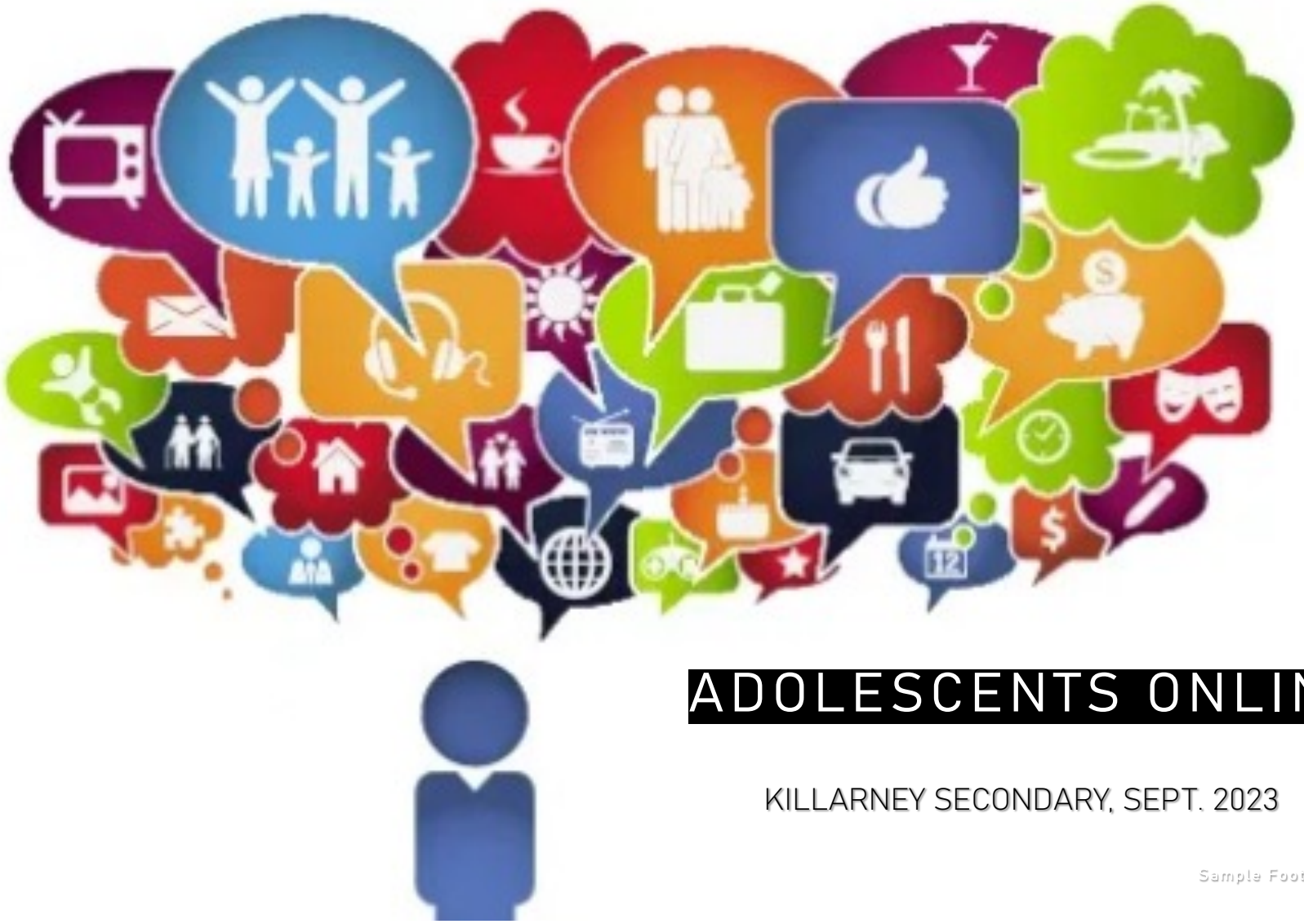


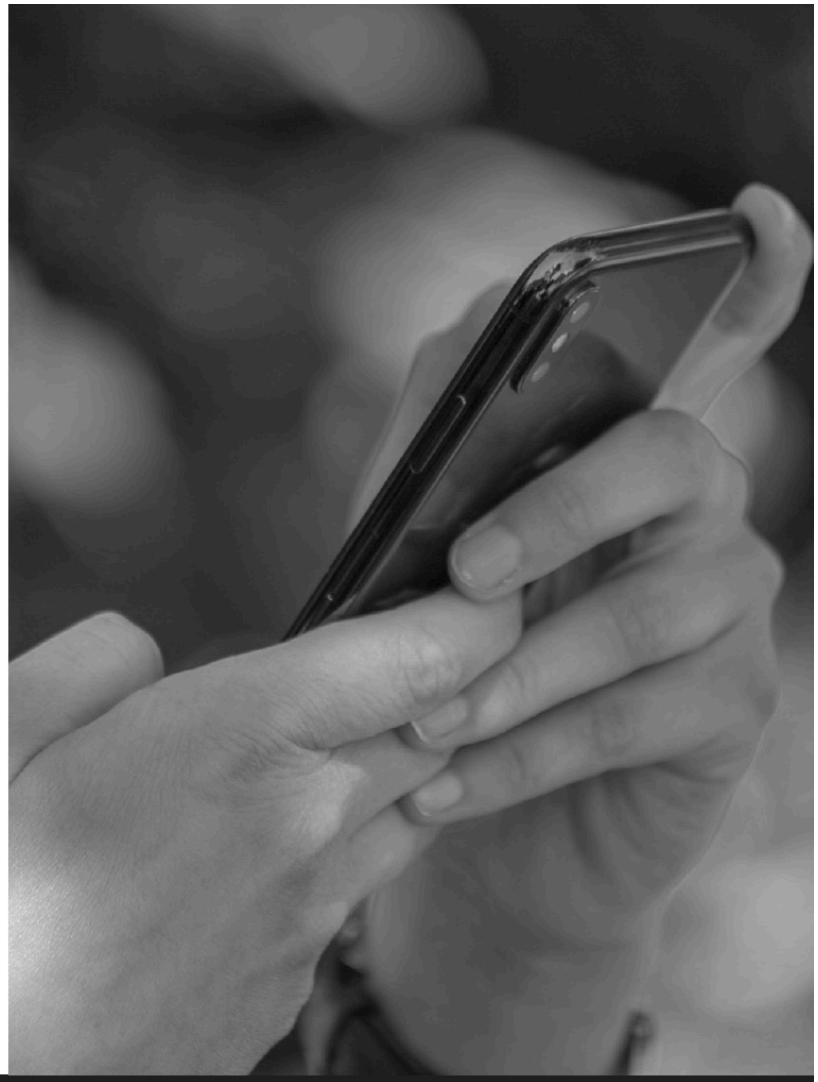
ADOLESCENTS ONLINE

KILLARNEY SECONDARY, SEPT. 2023

CyberTeens: What The Research Tells Us

Dr. Jenna Shapka

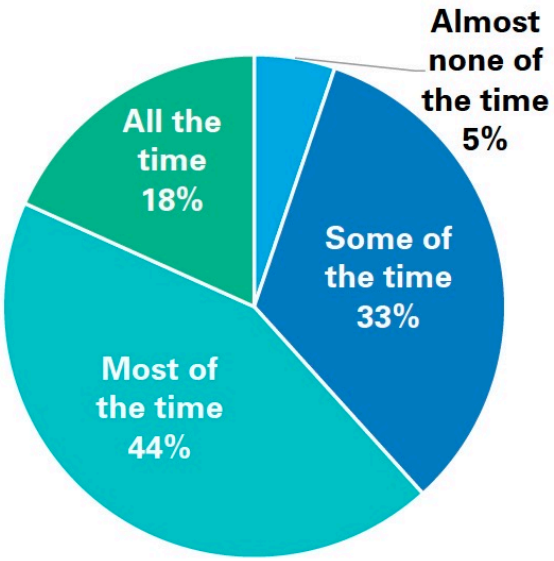
THE UNIVERSITY OF BRITISH COLUMBIA



Three Take-Aways from Today

1. Spending a lot of time online does not necessarily mean kids are addicted to their devices.
2. Screen time does not necessarily lead to poorer mental health outcomes.
3. Daily battles over screentime can be harmful for parents and teens.

Screentime vs Smartphone Addiction



Smartphone Addiction at KSS:

- **Only 10% of students met the criteria for Smartphone Addiction** (compulsive use of smartphones to the point they interfere with one's life)

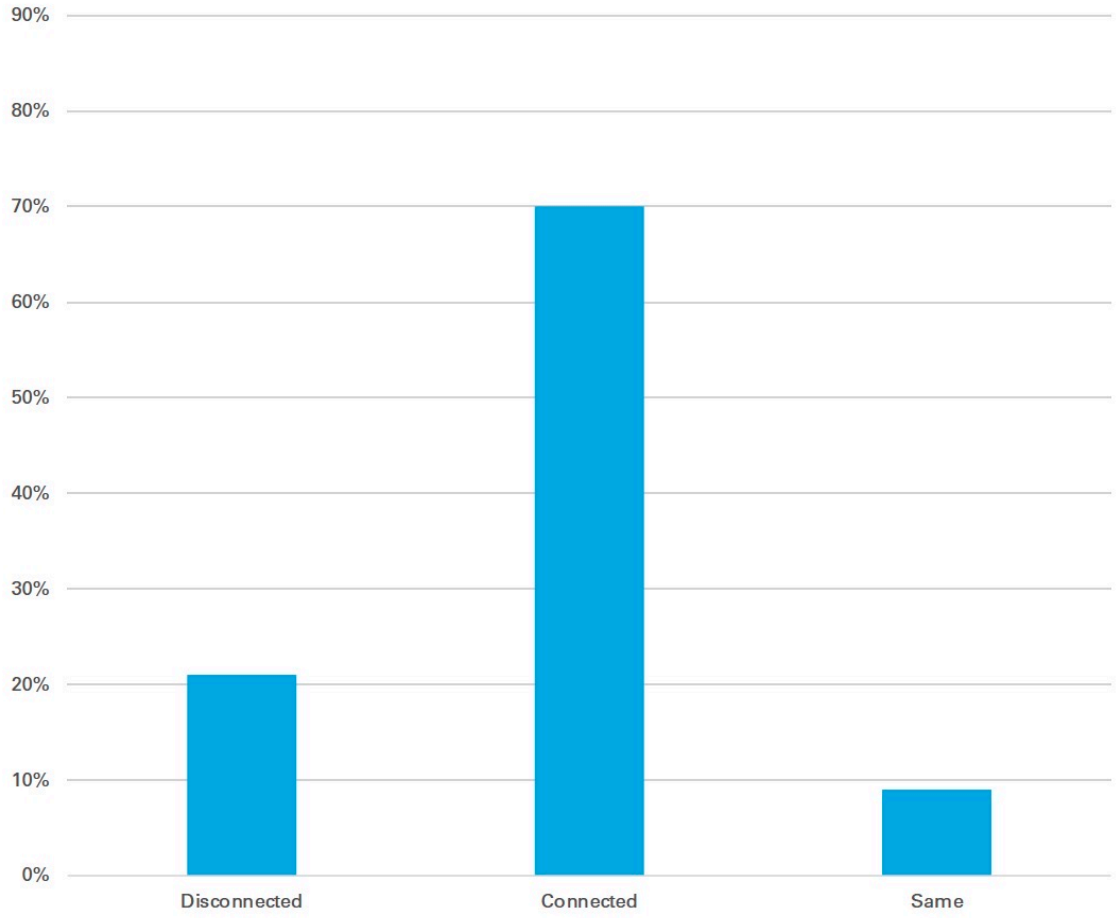
COVID-19 & Social Isolation

Social needs are amplified during adolescents

COVID-related isolation stifled teens need to connect with others

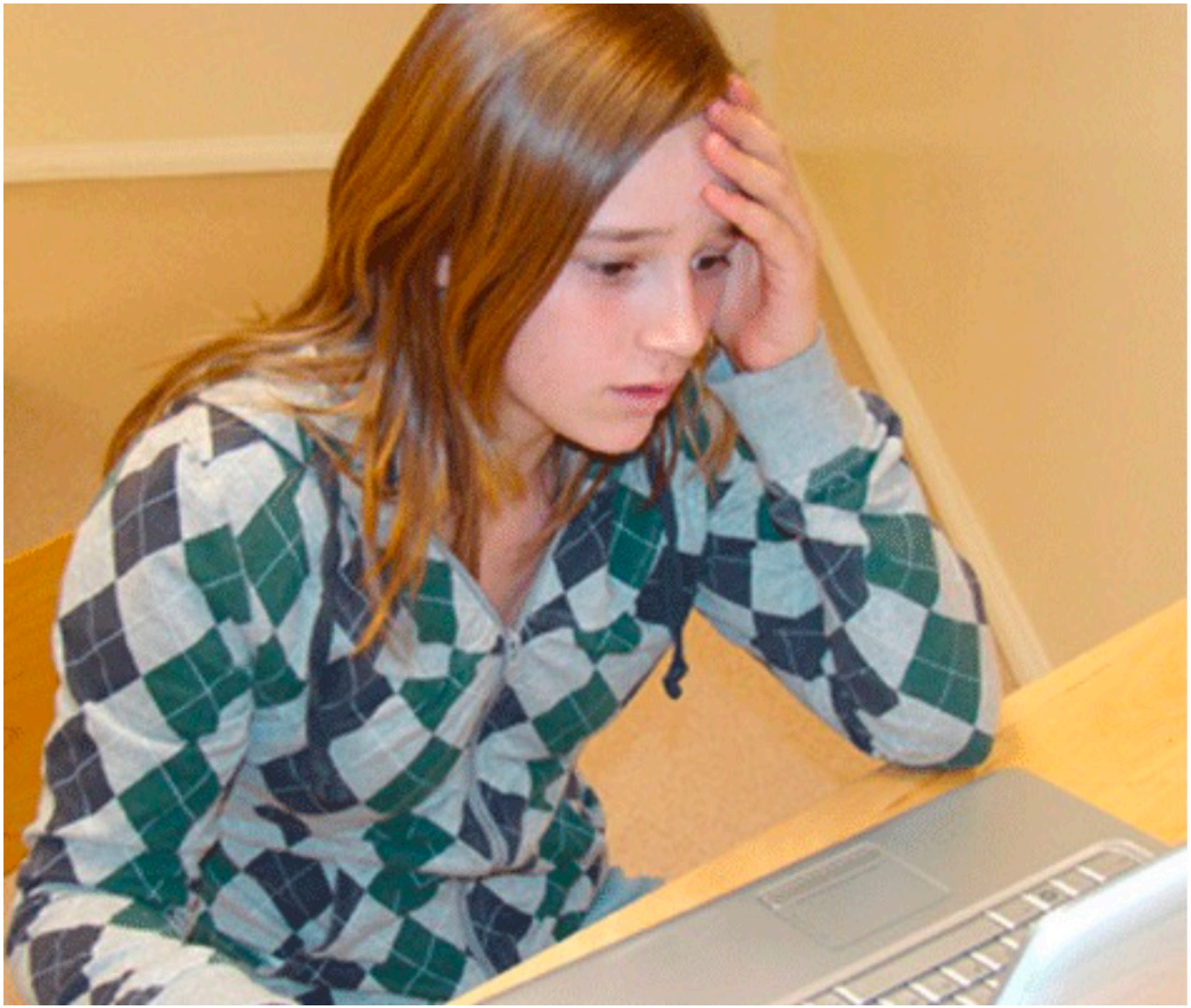
Connecting with others 2021

When asked to describe, in their own words, how they were getting along and connecting with others since the start of this school year:



49% mentioned the importance of technology

Not only does spending time online not lead to Internet addiction, but technology benefitted kids during the pandemic

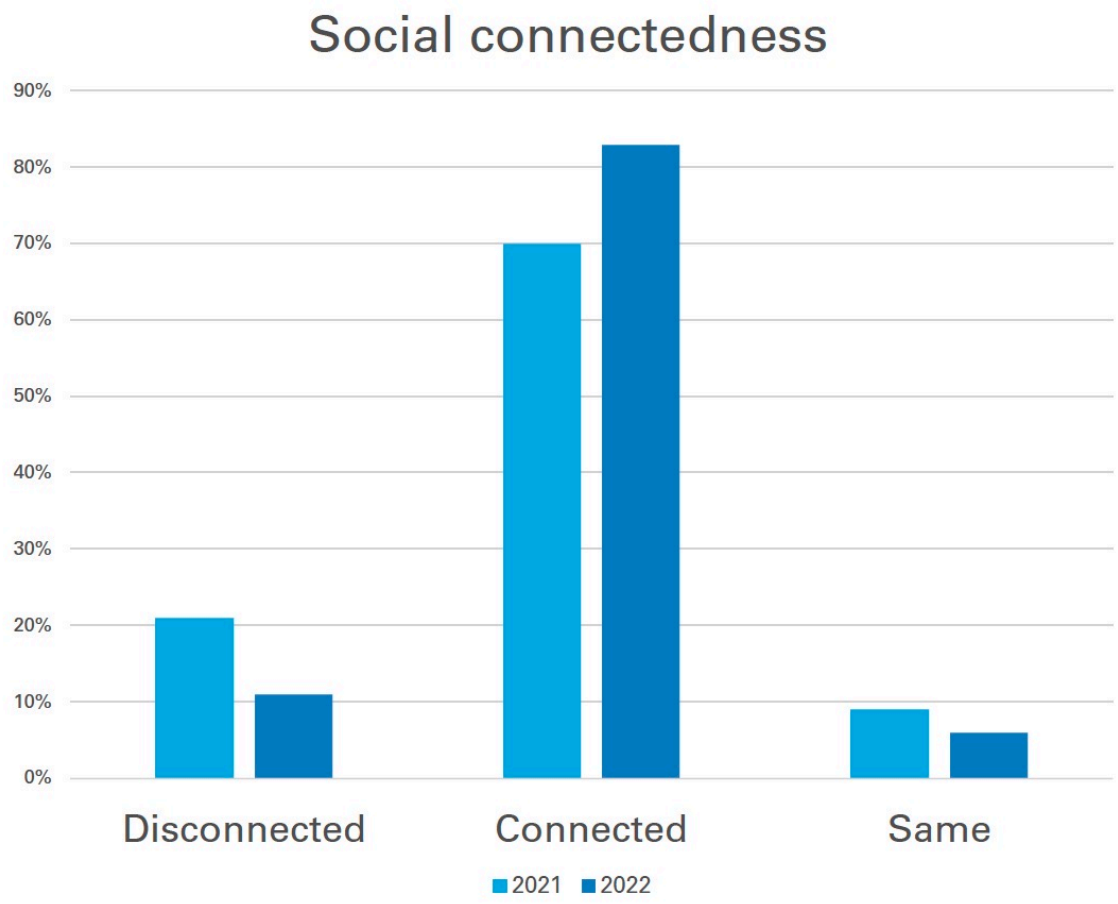


Screen time and Mental Health outcomes

Although studies find links between technology engagement and mental health, the impact is exceedingly small.

Connecting with others 2021 and 2022

When asked to describe, how they were getting along and connecting with others since the start of this school year:



Profile of the Socially Disconnected Teens

More struggles with mental health (anxiety, depression, stress)

Poor relationships with friends and family

Lower sense of school belonging

Socially Disconnected Youth

Grade 11 boy:

Ever since COVID-19, the quality of my school experience has decreased. This is due to the not only classes and school systems, but the ability to connect with others within the past few years. I feel that I no longer want to make any more friends or get myself out there as I am accustomed to being by myself at home with my devices.

Household Battles about Screen

Parenting from a place of fear leads us to be overcontrolling

Kids resist this control – they want autonomy over their personal lives

Outcome: Damage the parent/child relationship and technology-use goes underground or they don't come to us for help

The most powerful tool to support your teen online is the relationship you have with them.

Thank You!

CyberTeens Report: https://dctech.ecps.educ.ubc.ca/cyberteens-w3-report/

ONLINE EXPLOITATION

- ONLINE CONSUMPTIONS OF ADOLESCENTS' ATTENTION

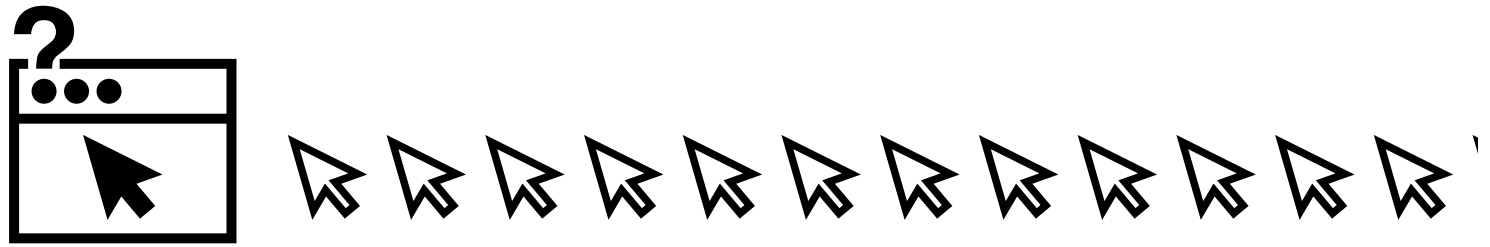
Safe and Caring School Department

Todd Schleyer (he/him/his)

Vancouver School Board

tschleyer@vsb.bc.ca

What is online child exploitation?



Why are youth vulnerable?

- They are less cautious when using technology
- They may be embarrassed or afraid to tell someone
- They want to be liked and fit in
- They may be ill-prepared to deal with complex situations
- They may not fully understand what is happening in the situation

Your kids need to know

Where online grooming happens

- Social media apps
- Dating apps
- Online communities
- Text messages or online chats
- Online games where users message or talk to each other
- Livestreaming apps

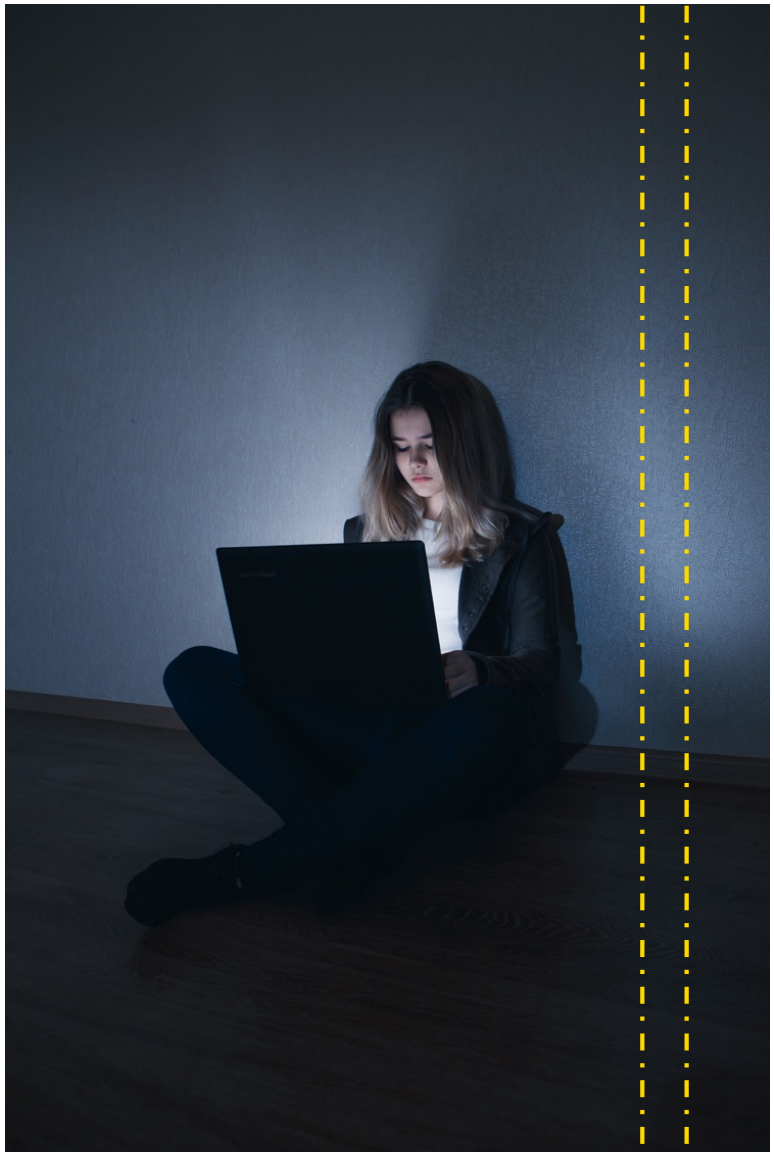
How can they protect themselves?

What are we referring to?

Your kids need to know
What it is

What your children are learning:

As you spend more time online, you might come across pictures, videos, or other content that is not good for youth to see – content that might have even been meant to be private. This includes violence, sexual videos and images.



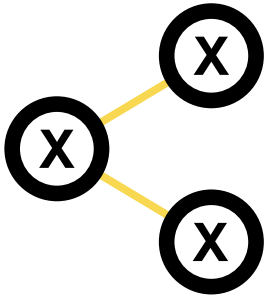
Your kids need to know

Where they might see them

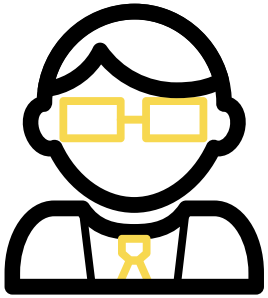
- In a web search
- On an unrelated website
- On an app or social media
- While watching videos
- In online games
- In a text, chat or email

What kids should do

If they come across disturbing content?



Don’t share it

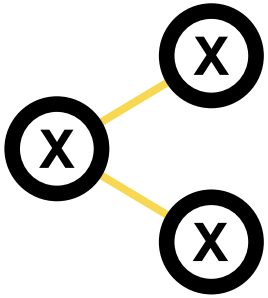


Tell a safe adult

Contact police if images or videos appear to involve someone under 18

What kids should do

If it is sent to them



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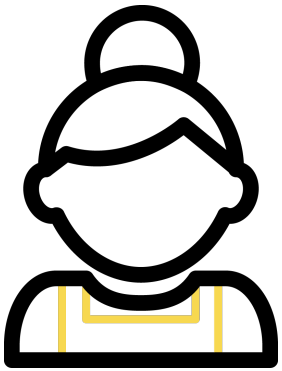
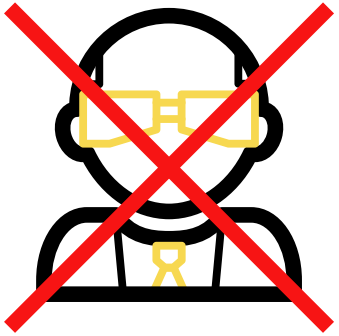


Tell a safe adult



Break off contact

Your kids need to know
what to do if they are worried

1. Immediately block and stop all communication
2. Refuse to give in to threats by sending more images or paying money
3. Keep the correspondence to show those who can help
4. Ask for help from parents, teachers, or another safe adult
5. Report it to Cybertip.ca or the police
6. Get help removing it from the internet at **NeedHelpNow.ca**

What are we seeing at Killarney?

- CyberTeens Deeper Dive:
- Approximately 85% of students are doing just fine!
- Keep it up!

What about the 15%? Popularity & Social Focussed Group

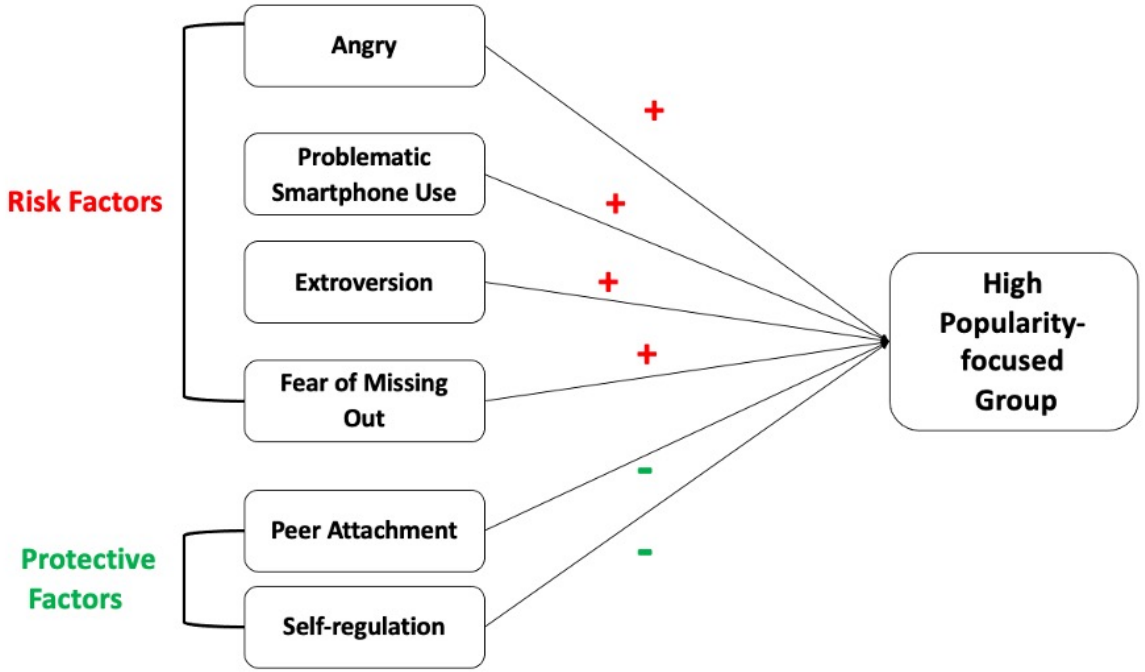
Popularity Focussed group

- Prioritizing social power and visibility

Social Preference Focussed group

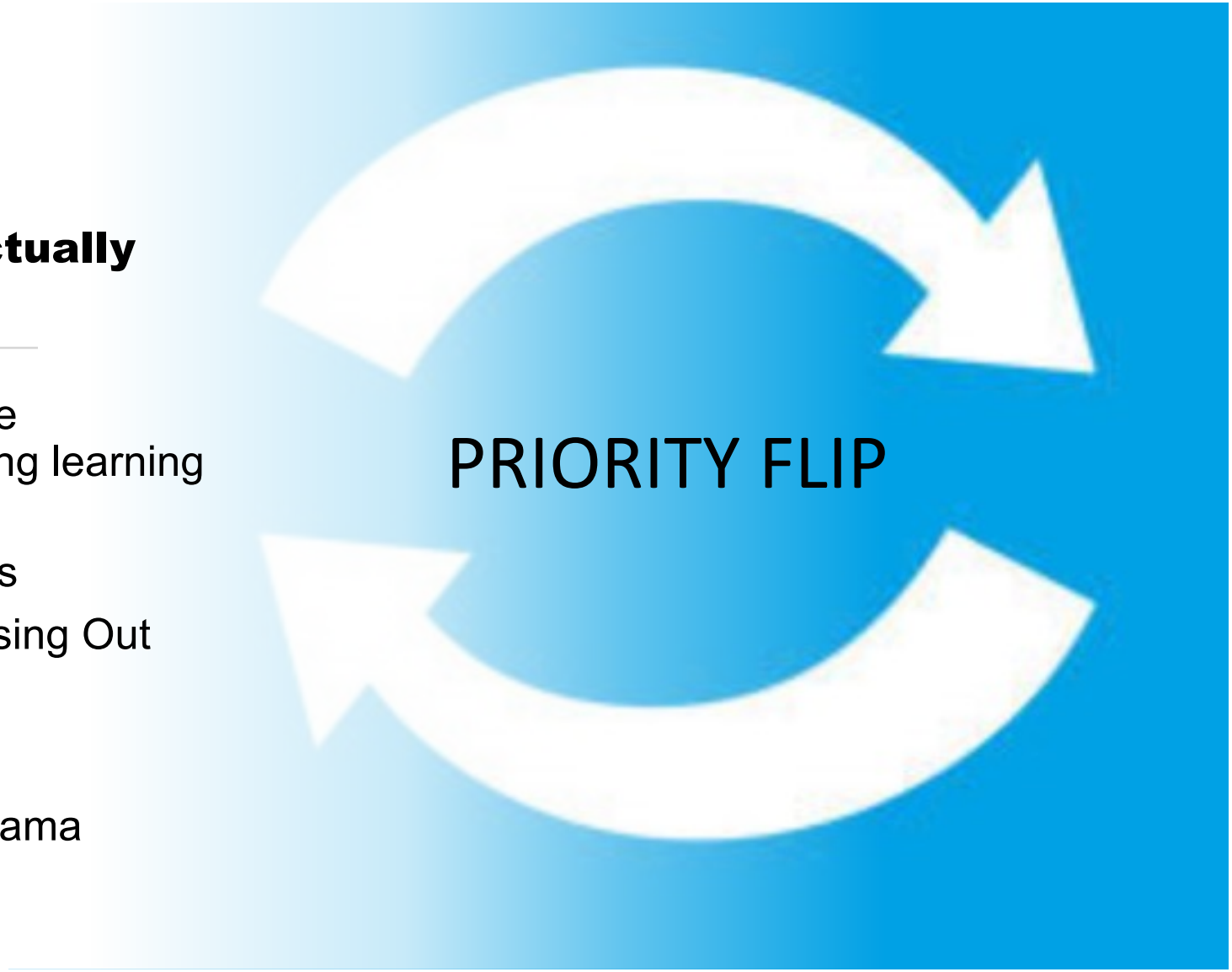
- Prioritizing “fitting in”

- Risk Factors >>>>>>>>>>



What does that actually look like?

- Texting to meet in the halls/washroom during learning time
- Endless hand shakes
- FOMO - Fear of Missing Out
- Group gatherings
- Vandalism/mischief
- Distracting gossip/drama



Killarney School Goal: Connection

- School/Grade wide events to support
  - Connection to Oneself
    - Priorities, Goals, Love
  - Connection to Peers
  - Connection to Staff
  - Connection to School Community

BALANCE

OPEN
DIALOGUE

GO SLOW
&
TO GO FAST

SLEEP SCHEDULE

ACTIVITIES WITH OTHERS

ACTIVITES WITH OTHERS

HELP
TIPS
ASSISTANCE
GUIDANCE
SUPPORT
ADVICE

Resources

Available resources

Canada.ca/child-exploitation
The official Government of Canada page for OCSE information and resources

Cybertip.ca
Canada's tip line to report online child sexual exploitation

KidsHelpPhone.ca
Confidential help for Canadian youth by phone, text or chat

NeedHelpNow.ca
Assistance for youth dealing with shared sexual images or videos

erase|Report It

Anonymous reporting tool for students

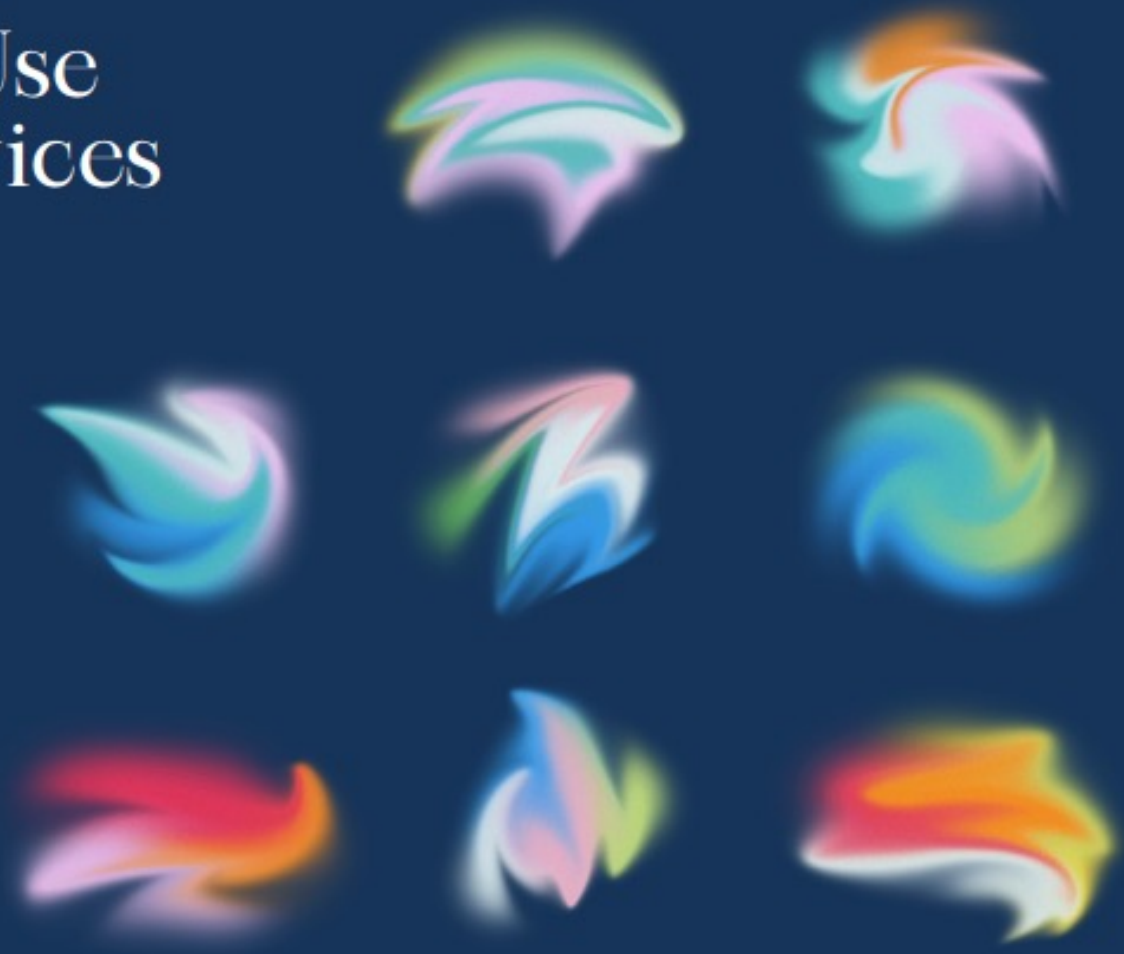
erase | EXPECT RESPECT & A SAFE EDUCATION

If you see something...
Please say something...
And we will do something!

Youth Substance Use & Prevention Services

For parent/family support:

RENITE GOSAL
Parent / Family Cultural Diversity Engagement Specialist

604-828-1159
RENITE.GOSAL@VCH.CA

SACY
SUPPORTING AND CONNECTING YOUTH