Keeping Up With New Digital Trends: Elementary, Middle and High School Students

Gloria Moskowitz-Sweet, PPSC, LCSW
Erica Pelavin, Ph.D, LCSW
Angela Lee, Ph.D Student, Stanford University
Today’s Agenda

- Share new findings from our 2019 research with 5th grade students, San Bruno Unified School District - Angela Lee
- Explore new digital trends from middle and high school students - Erica Pelavin
- Evaluations
The cycle of sites, apps, and platforms that we check regularly, often, and religiously.”
- 10 grade student

Recognizing our Loop
The psychology of social media users who seek cosmetic surgery procedures to look more like their filtered versions.
**Identity or Hate Based Harassment**

When players become targets of harassing behaviors on the basis of their identity, including but not limited to their gender, gender identity, sexual orientation, race/ethnicity, religion.
“Find a partner, take turns sharing your last sexual experience.”
Digital Trends: What we have learned from the voices of children and teens
Lessons from the Field:
Results from a study with San Bruno SD

- Understanding children’s digital lives requires close partnerships with the communities that support them
  - Schools
  - Parents
  - Student voices
- We partnered with Stanford to conduct a study with 170 students from San Bruno
Lessons from the Field: Results from a study with San Bruno SD

- How does technology use and mindset about technology use affect how kids think about their relationship to their parents?
Kids’ tech use varies by day
Kids’ tech use relative to their perceptions of parents’ tech use
Kids’ perceptions of their own vs. their parents’ tech skills
Technology mindsets

- Mindsets are core assumptions that shape our understanding of concepts in the world.

- "Tool mindsets" view people as being able to use technology as tools to achieve goals.

- "Addiction mindsets" view people as helpless to the negative influence of technology.
Technology mindsets

- Kids thought they were significantly more addicted than their parents were.

- However, they thought both their parents and them used tech as a tool.
Clinicians, educators, and parents are on the “front lines” of being exposed to new trends in children and teens’ technology usage.

Research is lagging far behind!

However, pace of teen adoption of new media is faster than any one of us can identify and address.

- Need to work together to bridge research and practice
- Creating “best practices” informed by research and teen perspectives
Using Social Media to Connect and Understand Clients

Erica Pelavin, LCSW, Ph.D
Is there an “It” site?

► “More platforms are a good thing. You can express yourself in different ways and use them for different things”
   - 10th grade student

► Code Switching
Every time large amounts of people get on an app it can get sexualized and mean. Rule 34

Apps disappear and resurface with a new name or a different twist.

Get curious. Try it on. Watch it to connect and understand value to the client.
Something On The Internet For Everyone

Where do you spend most of you time online?

- Mukbang
- Meme Accounts
- Coming Out Communities- Gaybees
- Fitness Gurus
- Gaming Communities
- Support Communities
- Fan Fiction
- Activism Opportunities
- Satisfying and ASMR Videos & Role Play
Instagram

- Private and Public
- Form of connection and expression/theme
- Barometer of popularity - A “Like for a Like”
- Can be used for retaliation, exclusion, and sending “Blimes”
- Plandid
- Live video and comments with an ephemeral feature - as soon as video ends, it disappears
Snapchat

- Replacing text
- Real time stories can cause jealousy and sadness
- Steaks and Scores
- Used as a news source
- Ephemeral appeal can cause impulsivity
- Screenshots can be used for revenge
- Snapchat Dysmorphia “Can I look like my filtered picture?”
Tik Tok

- A social media app to create videos, usually by lip-synching and or dancing along with popular songs
- Anyone can make a video about anything. Music, beauty, talent, food, challenges
- Some Videos feature self harm, sexualized images or recruitment videos and can be triggering or enticing
- Enable digital wellness feature to alert time spent on app
- TikTokers getting exposed
VSCO

• Allows user to capture photos and edit them using preset filters and editing tools
• Aimed at artsy photographers
• Acts like a low-pressure Instagram
• VSCO Girl both a person and a meme
• VSCO X provides huge collection of filters and tools for a monthly fee
• Can edit on VSCO and post on Instagram
REDDIT

- Known as the Front Page of the Internet
- Aggregates interesting news, articles, events, and people’s thoughts and perspectives
- A breaking news source
- You can choose to participate in a conversation to express your honest opinion
- Everyone can find a “Subreddit” that interests them
- The posts that have the post “upvotes” are presented on the Front-Page
YouTube

A form of escape
Takes responsibility away from parent
Tutorials
News Source
Can help clients relate to a personal journey or challenge
App that you sign into using your Snapchat credentials. Once you’re logged in, you use the app to ask for anonymous feedback.

The user doesn’t know who’s weighing in, and there’s not a way to find out at that moment.

Like Sarahah and YikYak. Disputes and arguments teens and preteens get into tend to burn brighter and last longer with the fuel of anonymous feedback apps.

Ask the client if they have heard of this app and what they think?
A speed dating-Chatroulette hybrid. Users get matched with a random person from around the world. The two have 15 seconds to video chat.

If they like talking to one another they can decide to extend their chat time.

Each user has to tap “time” to keep chatting.

Users can also decide to add the stranger as a friend. Once they have a friend added, there’s the option to chat them, send photos and play games like “truth or dare.”
Streamers stream games
Fans, swag, commentators
Can make money
Learn from Streamers
It's part blogging platform and part social networking service, letting users create and post their own original content.

Written entries, photographs, video clips or links to other Web sites.

Images can be triggering.
Similar to Slack

Targeted at gamers
Voice Chat

Provides a sense of community

Chat rooms specific to your community

Youtuber and Streamers make to bring fans to
Meditation Apps

- Calm
- [Another Meditation App Logo]
Enter Their World

- Watching them every day
- Who do they admire and why?
- What is the focus of the content they provide?
- Do they Donate? Subscribe?
- Why do they like it?
A Youth Informed Perspective:
Young people are an integral part of the solution
Understand

“I want a digital life away from them.”

“Not everything I do on my phone is a waste of time.”

“Technology has a lot of positive effects on my life.”

“Technology is not the enemy.”
“That I’m being safe.”

“That not everything you see on social media is true.”

“I know more about technology than they do, even though they work in data and privacy.”

“I do a lot of things that don’t involve my screen.”
Believe

“I can be face-to-face with people even when I use technology a lot.”

“Not everyone you meet online is a pedophile.”

“I’m not talking to a girl.”
“Giving me looks whenever I watch stupid videos.”

“Following my friends.”

“Taking pictures of me and posting on Facebook.”

“Sharing without my permission.”

“Telling me to stop watching NetFlix when you are on YouTube non-stop.”

“ Asking who I’m texting.”

“Invading my privacy when I get notifications.”
“Laughing sometimes when I send them memes.”

“Checking with me when posting/tagging.”

“Trying to learn more about technology and social media.”

“Trying to keep me safe.”
Evaluations

Thank you for your participation, questions, discussion, and amazing energy!