

RSA®Conference2018

San Francisco | April 16 – 20 | Moscone Center

SESSION ID: SEM-M06

CYBER SMART EDUCATION SEMINAR

Erica Pelavin, LCSW, PhD

Co-Founder
My Digital TAT2



#RSAC



The Psychology of Technology

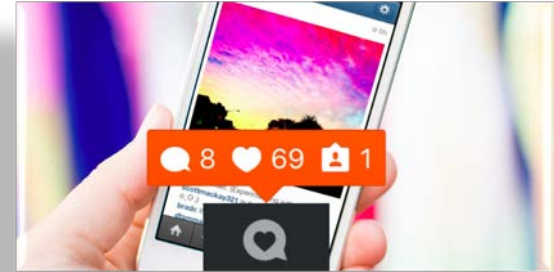
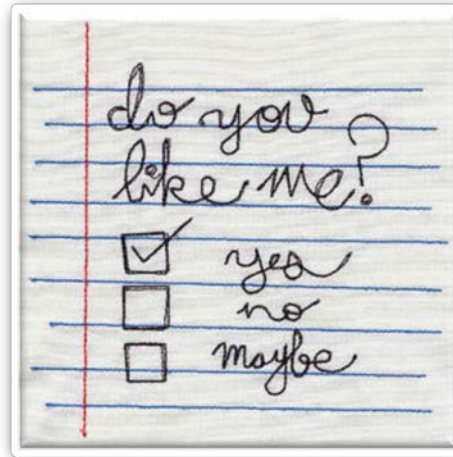


#RSAC



THE ONLY WAY TO MOVE FROM MANAGER TO CONSULTANT IS TO BE CURIOUS NOT FURIOUS

The Importance of Being Liked





“ Your online reputation is kind of a trailer to your movie. You have to make people interested enough to watch.”

-10th grade student

-

We All See Things Differently



Your Personal Relationship with Technology and Social Media?



- What message does this image convey?
- Check in with your emotions. What are they telling you?
- What are connections you can make to your own life?



Student Responses Tell Us A Lot

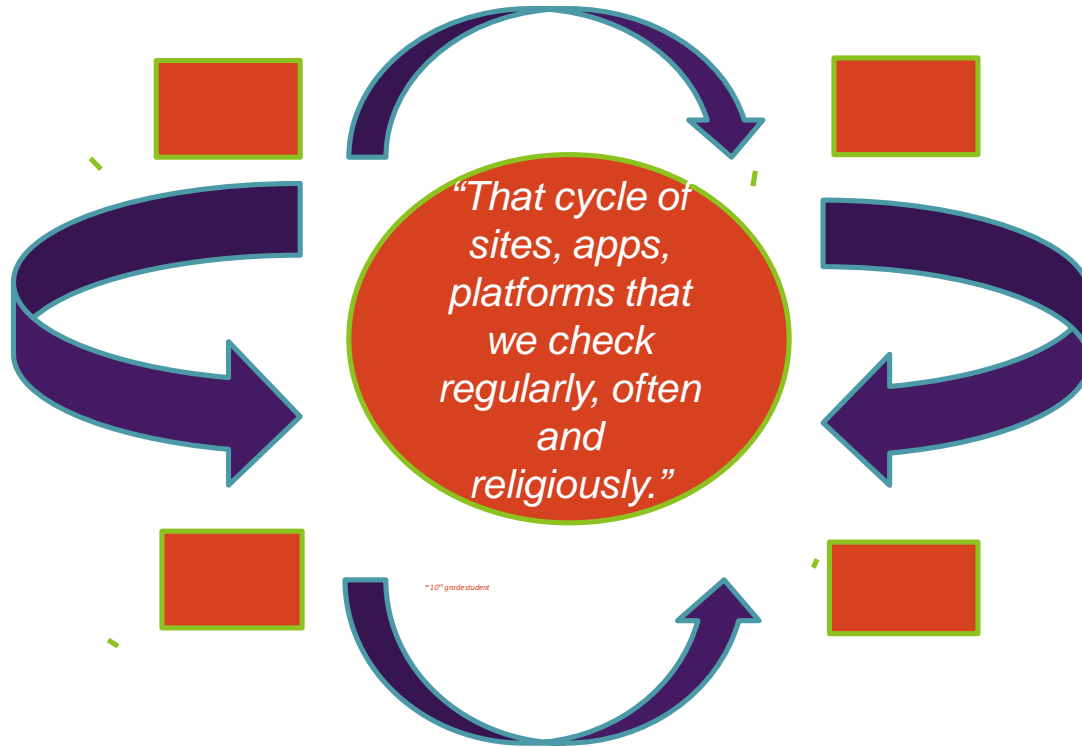


- **Escapism**- “A quick fix”, “a cure”, “a way of numbing the pain”
- **Habit Forming** “We need them as supplements”
- **As an upper** “Can be useful when you are feeling down” “A form of medicine”
- **Not all pills are alike** – “You don’t always know what you are getting into”. Looks can be deceiving.

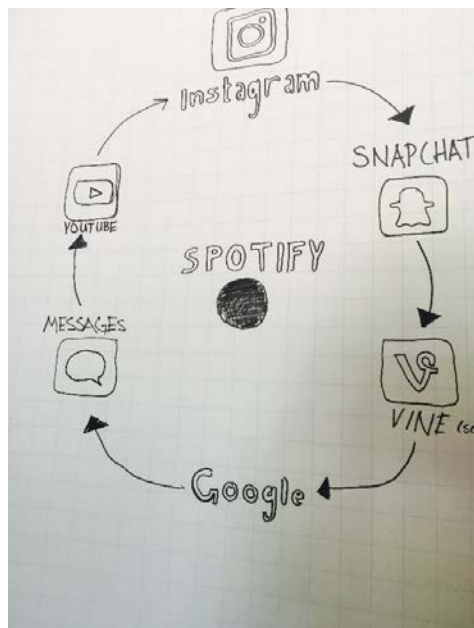


- **Looks negative on the surface** but have to dig deeper to understand the value
- **Explore Identity:** The screen helps you to be someone else, take on a new persona
- **Addictive Quality:** “It is not great for you but you can’t stop”
“The high only lasts a short time” “Have to take more pills to continue the happiness”
“You don’t know what you are getting by diving into social media”

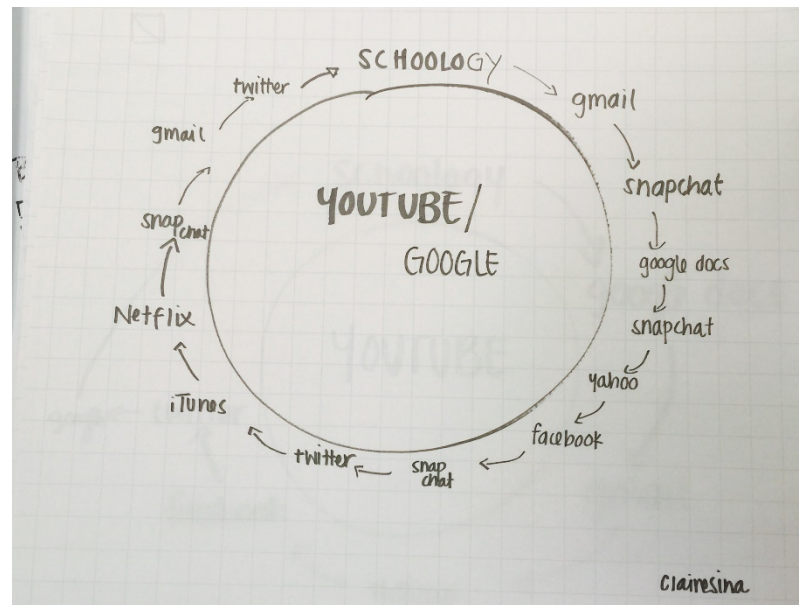
The Tech Loop



Boy Age 15



Girl Age 15



Psychological Responses to Social Media



**IT GETS
BETTER
PROJECT**
WWW.ITGETSBETTER.ORG

;

- Allows teens to divulge parts of themselves they may hide offline
- Provides a platform to process anxiety, find others with similar struggles or interests
- Can lead to group cruelty, self harm and risk taking

- **Not listening** to voice messages.
- **Overwhelmed** by group texts.
- By texting, they can control the direction of the conversation and “E-void” if they don’t want to connect
- These “weaknesses” of conversation teach the skills of negotiation, reading emotion, of facing the complexity of confrontation.



Expectation For Immediate Response



- Increasingly anxious when they do not receive an immediate response from a text.
- “Allowable response time” is getting shorter and shorter.
- Text and worry- “Are they hurt, mad, injured, avoiding me?”



Knowing Your Child



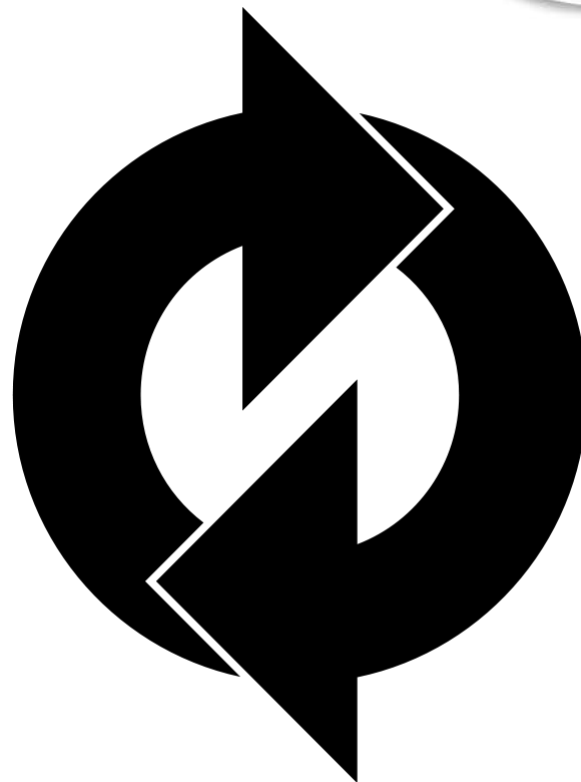
- If a student is **struggling in the “real world,”** with self esteem, gender identity, body image, they may carry that struggle into their online lives.
- The same is true for passions and interests.
- Guiding principal: Does it close down their world or open it up?



From Unconscious to Conscious Looping



- What did you notice about your loop?
- What are you constantly checking?
- What stays on in the background?
- Do you check more after a post?
- Is there an emotion attached to it?
- Are you ever free of the loop?



Some of the Challenges



Sleep

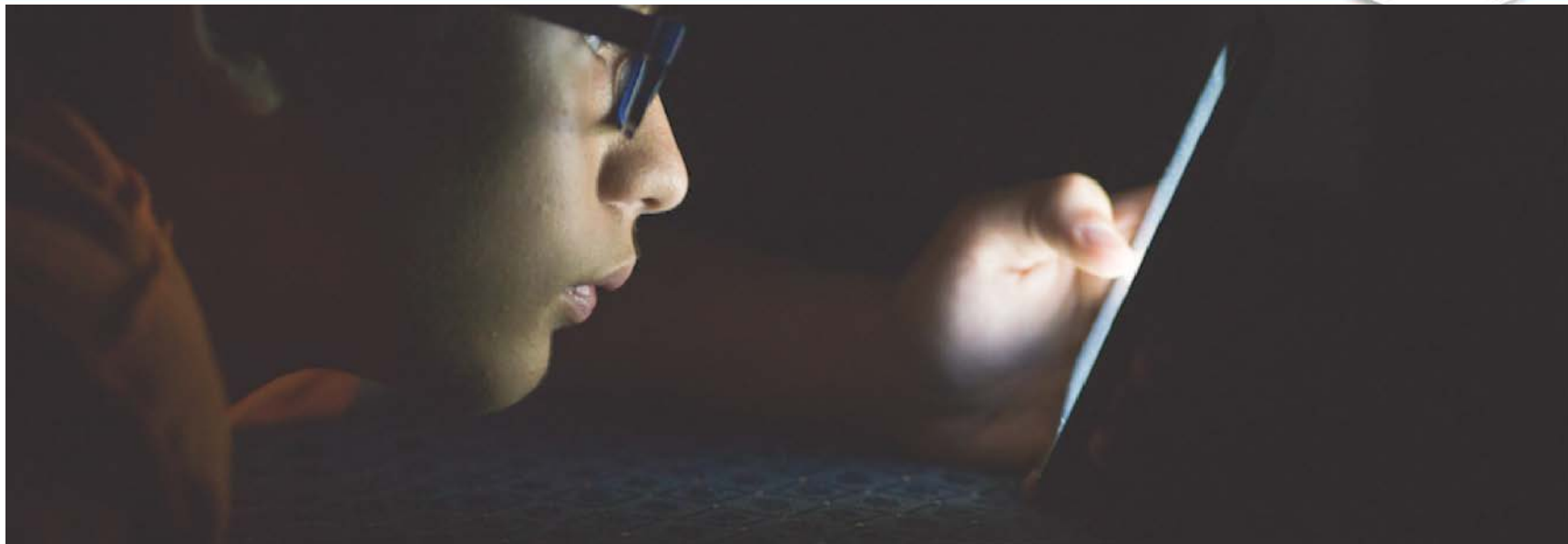
Distracted parenting

Attachment

Inappropriate Content

Hate Speech

Wired and Tired



“My friend was sleeping over and we couldn’t fall asleep. We Googled how to fall asleep, and it said, ‘get off your device’.”
-4th grade boy

Comin to School With Digital Hangovers



Multitasking/task switching in the last hour before going to sleep.

The content itself can over-stimulate the mind and emotions.

Even for kids who just sleep with devices in bedroom, the lights and sounds affect the body's natural timing and alertness.



Second Hand Digital Use



- Kids are sensitive to and impacted by digital use in their environment.
- Siblings and parents digital use is effecting sleep.
- We are having a hard time having a deep conversations or concentrating.
- We are all feeling ignored and lonely.



Digitally Distracted Parenting



An experiment entitled “Still Face Experiment” shows how babies react when they do not manage to interact with their mothers.



Digitally Distracted Parenting



“When my Dad get’s home at 6:30, I go downstairs to say hi. He’s on his phone and doesn’t see me. I come down again later and he is on his device. There’s never a good time to get his attention.” 6th grade student

We looked depressed

No Modeling of appropriate expression

Lack of connection

Talking Back to Tech Use



Exposure to Porn: Having the Porn Talk



Start simply and without shame inducing comments. **Don't be reactive**

No one should look that way. Bodies are surgically and hormonally enhanced, and exaggerated by the way they're photographed.

Porn stars aren't meant to look real
Porn sex isn't real, either

Real sex comes with emotions

Sending Sexts can have long term consequences

Online Hate



“I am seeing an increase in hate sites and tension at my school- we all are.”
-HS student from summer advisory group, July 2017



In Real Life #Be Strong





We aim to create a kinder digital culture