

RSA® Conference 2019

San Francisco | March 4–8 | Moscone Center

BETTER.

SESSION ID: SEM-M02

What Kids are Telling Us about the Digital Landscape

Erica Pelavin, LCSW, PHD

Co- Founder
My Digital TAT2



Who are we?



Take Away: Be Curious not Furious

Switch the mindset and learn from a youth perspective about the digital landscape

Recognize our own reactions and judgements around digital use

Leave with information that will facilitate conversations with teens



What are our kids telling us about the digital landscape



Challenges



In Real Life #BeStrong



An Increase in Toxicity in online environments



Increasing toxicity and thickening of the skin

Impacts mental health and sleep

Encourages slacktivism and desensitization

E-voiding



A tendency to avoid emotional situations by hiding behind the phone



Controlling the conversation and pace

Addiction or Continuous Overuse

Continue to struggle with controlling the device rather than the device controlling them.

Struggling with how to put the pause on their device use.

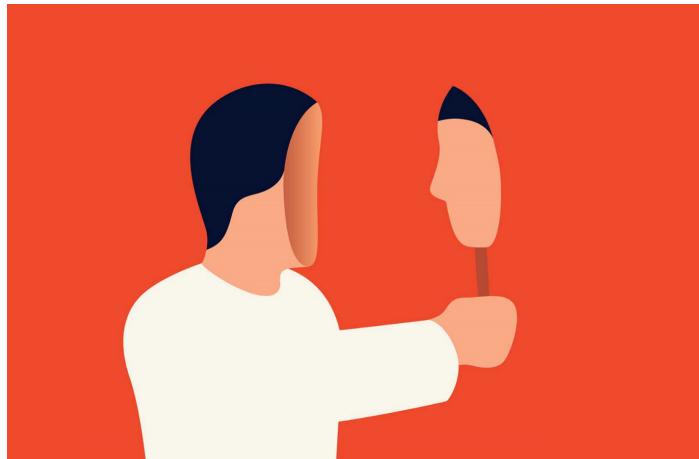
Always on imperative



Echo chambers



Acknowledging that their feeds are echo chambers, which give power and credibility to their own ideas.



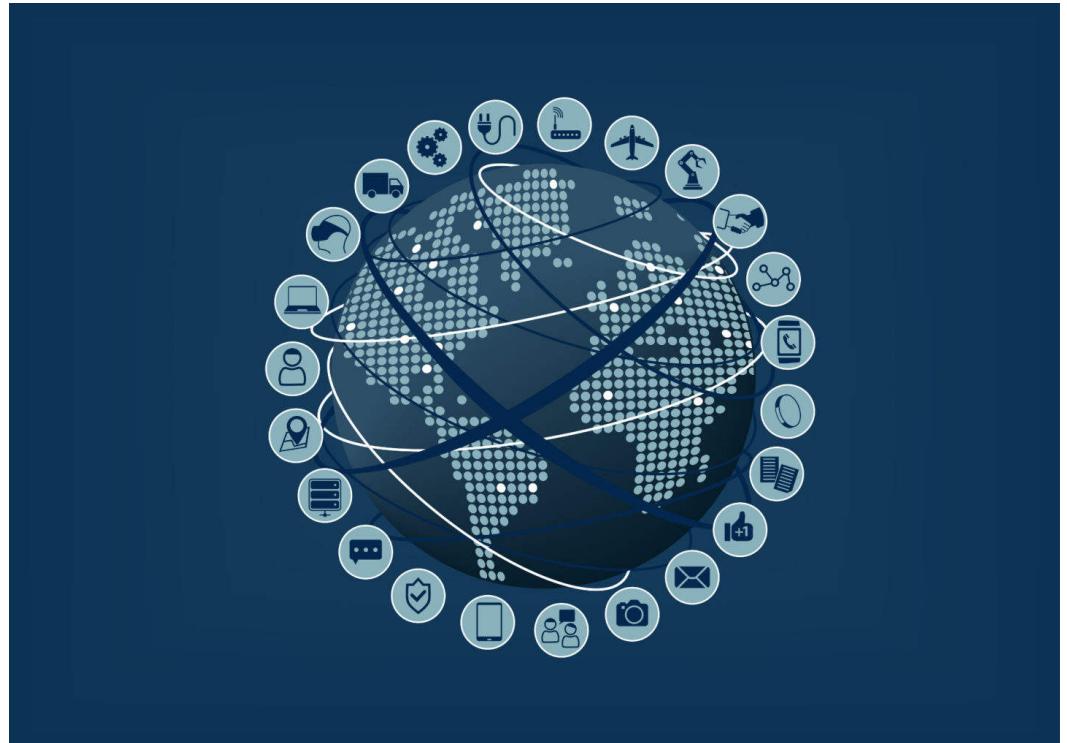
A built in sixth sense about “fake news” and “Phishing”

Benefits



Connection

- Connecting worldwide
- Finding a “tribe”
- Expanding passions and interests
- Code switching
- Broadening Scope of the world
- Access to varying viewpoints



Relationships



Creating a new definition of friendship

LDR's and intimacy

Connecting in an over scheduled world

Balance between being visible and invisible



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

-10th grade student

Comparing themselves to other's highlight reels,
Trying to stay relevant,
Looking for acceptance,
Strategically posting

Finding their tribe



“When I am online I am never alone. My conversations can be playful or can go way deep.”
– 8th Grade Student

Joining communities
Learning social norms
Learning to fail and restart
Pushing back on hate speech



Trying on Identities

“Makes you stand out”

“Creates envy and awe”

“People get noticed for creativity”

“Looks give advantage and can be intimidating”

“Rarity gives clout”

“You to be the person who sticks out or has invested something on looks”

“If you see a basic skin, could be a good target”

“The quality of a skin never diminishes”



Comic Relief: Appeal of the meme

They are relatable. “you can find yourself.”

They bring people together.

They keep up with the times and remind you not to take yourself **too seriously**.

Helps you to be “in the know” about trends and news.

Satisfies the need for instant gratification

It is the new form of cartoons (emojis, jokes, sarcasm)



Daquan
10 billion followers

What Our Teens Say About Anonymity

Allows teens to divulge parts of themselves they may hide offline

Provides a platform to process anxiety, find others with similar struggles or interests

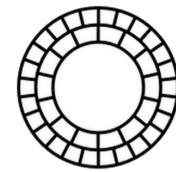
Can lead to group cruelty, self harm and risk taking



;



The Digital Landscape



Instagram

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



Snapchat

- Replacing texts
- Real time stories can cause jealousy and sadness
- Used as a news source
- Ephemeral appeal can cause impulsivity
- Screenshots used for revenge



Streaks and scores

Don't ban the tool: address the behavior



www.mydigitaltat2.org



We aim to create a kinder digital culture