



SMARTPHONES & SOCIAL MEDIA

Tuesday 30 July 2024

Mark Case, Deputy Head of College



SMARTPHONES & SOCIAL MEDIA

1. 3 Key Impacts on Social & Emotional Development of Young People
2. A Quiz & A Short History Lesson
3. The Data is In....
4. Why is Social Media More Harmful for Girls?
5. How Old is Old Enough?
6. The Public Debate Has Shifted
7. A Proposal
8. 10 Objections – and My Response
9. What Next?
10. Resources & Questions



1. REAL WORLD CONNECTIONS

Importance of Face-to-Face, Synchronous Interaction

Face-to-face interaction is essential for the development of social skills and emotional intelligence in adolescents. Real-life interactions allow individuals to learn important nonverbal cues and empathize with others on a deeper level.

False Sense of Connection

Social media can create a false sense of connection, leaving adolescents feeling isolated despite having many online 'friends'.



2. VALIDATION & SELF-WORTH

Social media often leads to a reliance on external validation, rather than fostering a stable sense of self-worth, which can ultimately lead to anxiety and depression.

Adolescents need to learn to value themselves for who they are, rather than relying on external validation.

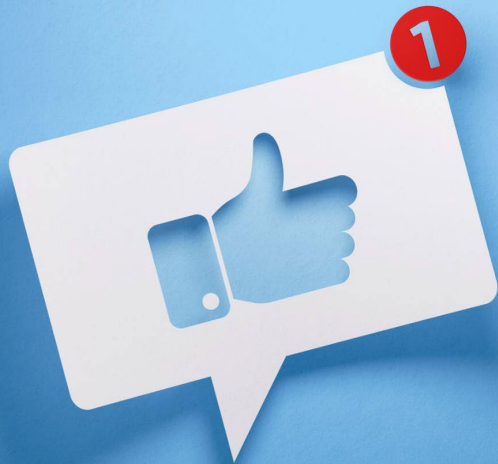




Figure 6.4. Beauty filters can make you as perfect as you want to be, which then increases the pressure on other girls to improve their beauty. (Source: Josephine Livin, @josephinelivin, on Instagram.)³⁷

3. SOCIAL COMPARISON & EMOTIONAL REGULATION

Curated Content

The constant exposure to curated images and unrealistic standards on social media can lead to feelings of inadequacy and anxiety.

Negative Amplification & Concept Creep

Social media can amplify negative emotions and create a sense of disconnection from others – NB 'Influencers'

**COMPARISON
IS THE THIEF
OF JOY.**

Theodore Roosevelt



SMARTPHONES & MENTAL HEALTH

- Significant increase in mental health issues among adolescents from 2010 to 2015
- Rapid adoption of smartphones and social media
 - 2007: iPhone “the first smartphone”
 - 2008: Facebook launches an app for iPhone
 - 2009: Facebook introduces the “like” button
 - 2010: iPhone 4 released
 - Instagram launches as an app

THE DATA IS IN....

Daily Social Media Users (U.S. Adolescents)

Percent of high schoolers using social media "nearly every day"

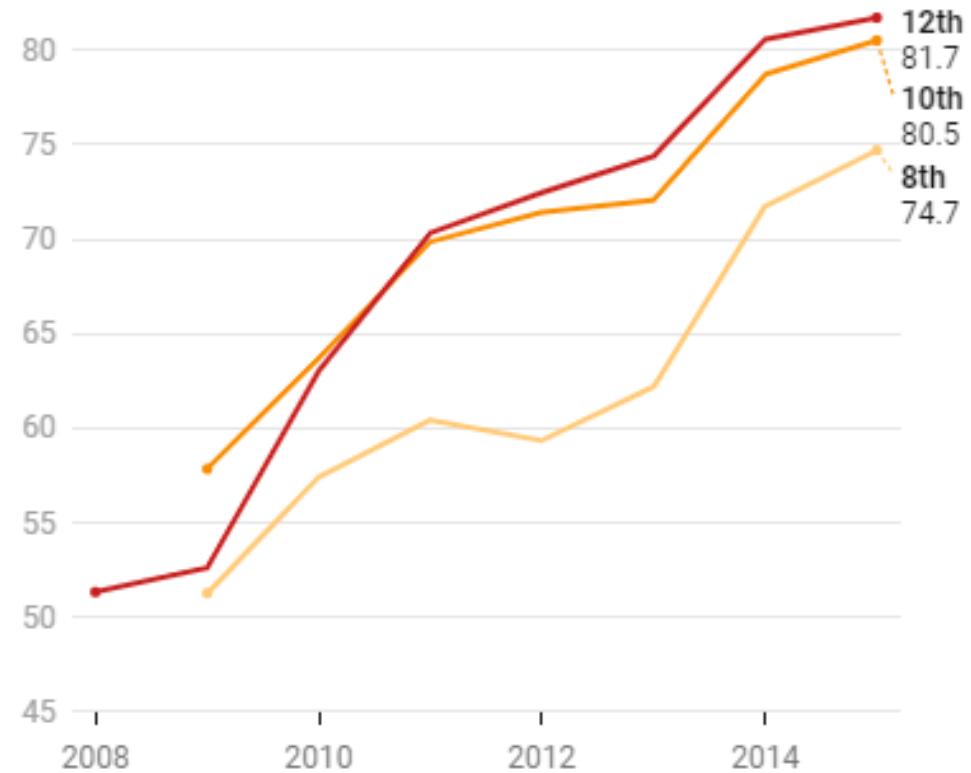


Chart: Zach Rausch • Source: [Monitoring the Future](#) • [Get the data](#) • [Embed](#) • [Download image](#) • Created with [Datawrapper](#)

Major Depression Among Teens

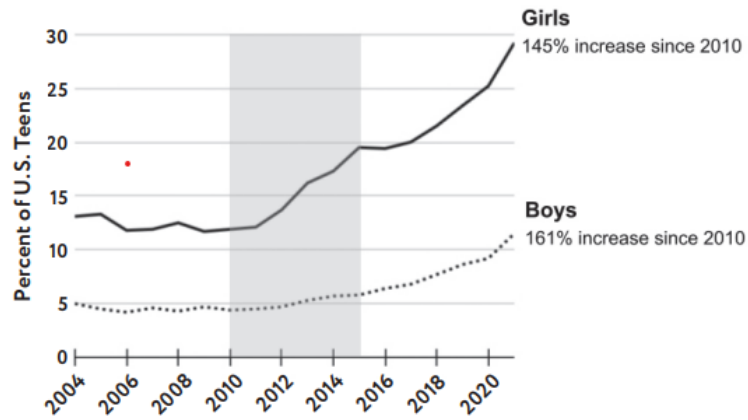


Figure 1.1. Percent of U.S. teens (ages 12–17) who had at least one major depressive episode in the past year, by self-report based on a symptom checklist. This was figure 7.1 in *The Coddling of the American Mind*, now updated with data beyond 2016. (Source: U.S. National Survey on Drug Use and Health.)³

Anxiety Prevalence by Age

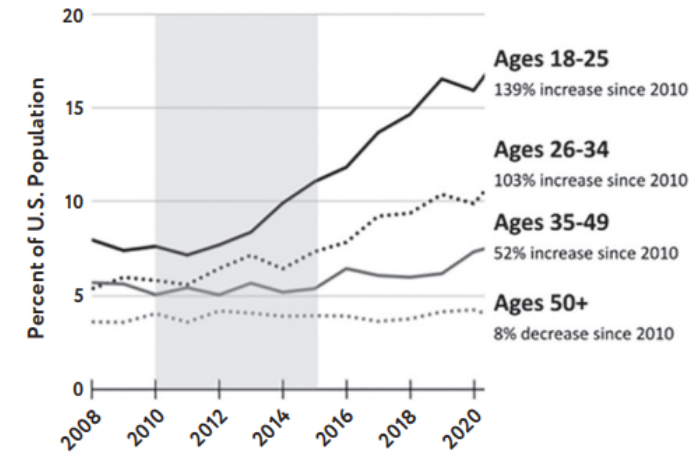


Figure 1.3. Percent of U.S. adults reporting high levels of anxiety by age group. (Source: U.S. National Survey on Drug Use and Health.)¹¹

Emergency Room Visits for Self-Harm

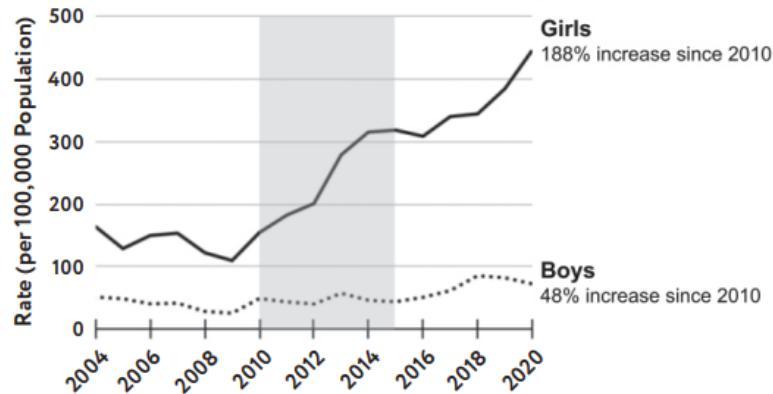


Figure 1.4. The rate per 100,000 in the U.S. population at which adolescents (ages 10–14) are treated in hospital emergency rooms for nonfatal self-injury. (Source: U.S. Centers for Disease Control, National Center for Injury Prevention and Control.)²⁰

Teens Who Get Less Than 7 Hours of Sleep

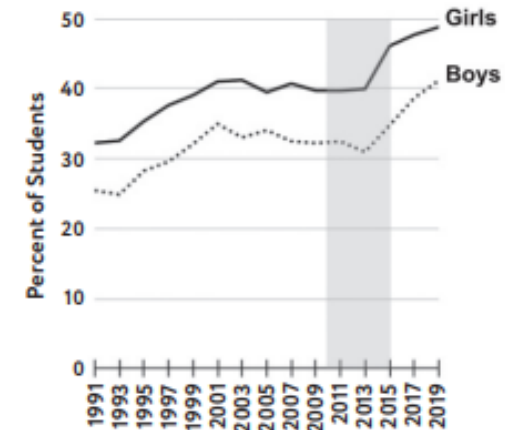


Figure 5.2. Percent of U.S. students (8th, 10th, and 12th grade) who get less than seven hours of sleep on most nights. (Source: Monitoring the Future.)³³

Self-Harm Episodes, U.K. Teens

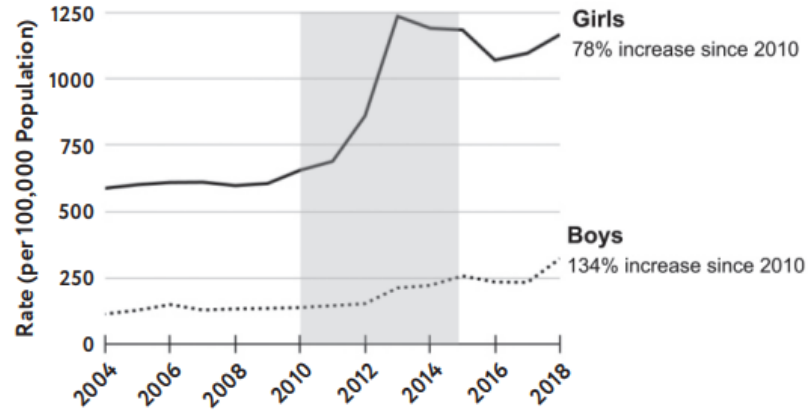


Figure 1.9. U.K. teens' (ages 13–16) self-harm episodes. (Source: Cybulski et al., 2021, drawing from two databases of anonymized British medical records.)⁵¹

High Psychological Distress, Nordic Nations

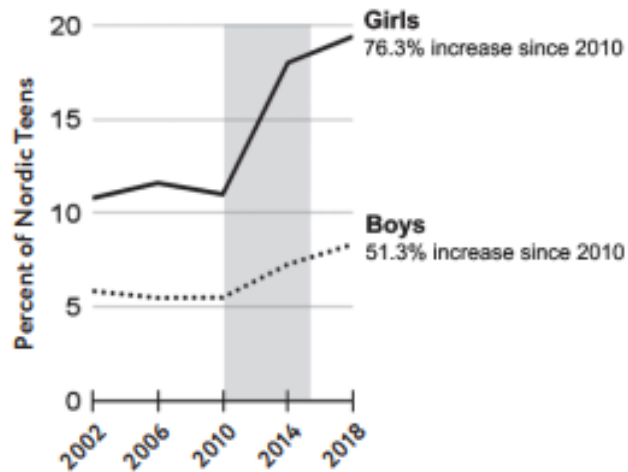


Figure 1.11. Percent of Nordic teens with high psychological distress (ages 11–15). (Source: Data from the Health Behavior in School Age Children Survey.)⁵⁶

Mental Health Hospitalizations, Australia

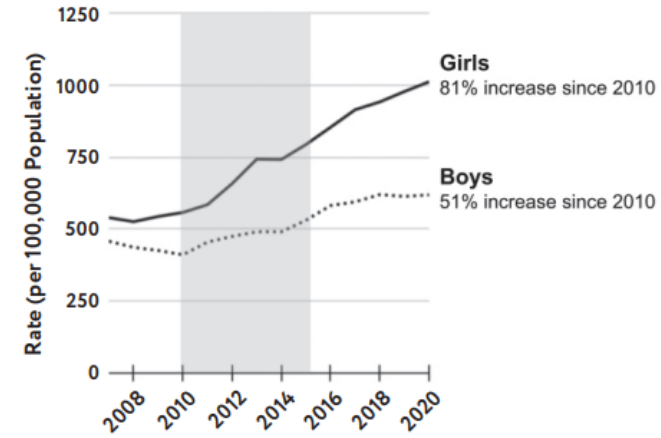


Figure 1.10. Rate at which Australian teens (ages 12–24) were kept in hospitals overnight for mental health reasons. (Source: Australia's Health 2022 Data Insights.)⁵³

Alienation in School, Worldwide

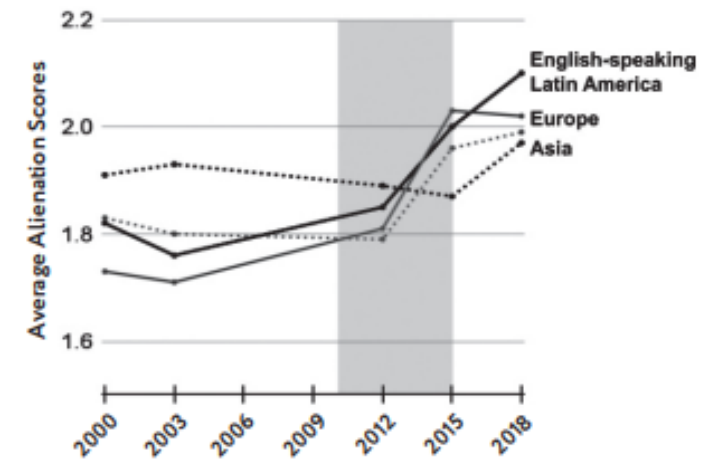
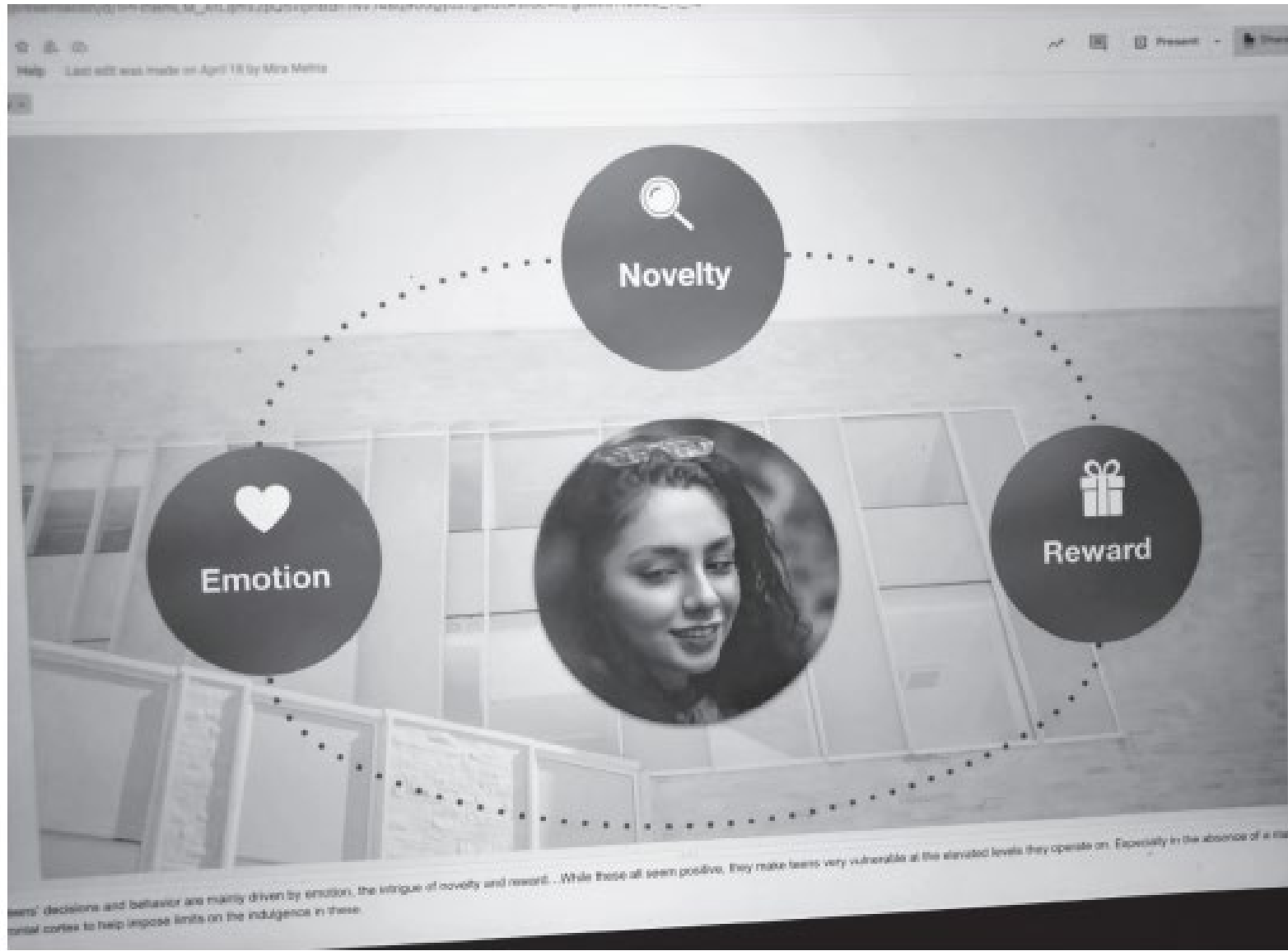


Figure 1.12. Worldwide school alienation scores over time (age 15). Note that the increase in school loneliness occurs in all regions other than Asia, mostly between 2012 and 2015. (These questions were not asked in the 2006 and 2009 surveys.) Scores range from 1 (low alienation) to 4 (high alienation). (Source: Twenge, Haidt et al.)



WHY IS SOCIAL MEDIA MORE HARMFUL FOR GIRLS?

Integrate

“Communion” / “Agency”

Individuate



1. Visual social comparison & perfectionism
2. Aggression is more relational
3. More easily share emotions and disorders
4. Predation & harassment



"It's been so nice getting to interact with you for these past six years. Here's your first device."

Figure 12.1. H. Lin, in *The New Yorker*.¹⁷

A glowing green padlock is centered on a dark blue background with a complex circuit board pattern. The padlock has a bright, shimmering green glow, and the background features intricate white and blue lines representing circuit traces and data paths.

CHILDREN'S ONLINE PRIVACY PROTECTION ACT 1998 (COPPA)

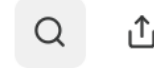
- US law applies to websites and online services that collect information from children under 13 years old
- Operators must obtain verifiable parental consent before collecting, using, or disclosing personal information from children
- The law also requires operators to post a clear and comprehensive privacy policy on their website
- Purpose was to protect private information of children
- **13 has nothing to do with whether social media is appropriate for that age**

Eton bans smartphones for Year 9 pupils and gives them Nokia 'bricks' instead

The school will provide children aged 13 and 14 with Nokia 'bricks' instead under policy which will take effect in September

By Alex Barton
8 July 2024 • 11:00am

After Babel



How to Delay the Age at Which Kids Get Smartphones

A smartphone-free childhood is easier than you think.



MELANIE HEMPE
APR 03, 2024

264

98

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5 Reasons Parents Should Delay Getting Smartphones For Their Kids

Jesse Pines Contributor
Expert in healthcare innovation and wellness.

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Apr 8, 2024, 07:00am EDT

Updated Apr 11, 2024, 10:16am EDT



Smartphone use is linked to several negative health outcomes in children including depression, ...
[+] GETTY IMAGES

Kids delight when they get their first smartphone with newfound access to texting, social media and unlimited apps. Parents justify the purchase with their real-time ability to communicate and perpetual knowledge of their child's whereabouts. Yet many have buyer's remorse months later when their kids—heads buried in their iPhones—become unresponsive to basic human interaction.

JONATHAN
HAIDT

The Anxious Generation



How the Great Rewind
of Childhood is Causing
an Epidemic of Mental

WHAT AGE?

- Haidt believes minimum age for social media accounts should be 16
- Young teens are in a critical developmental stage
- Most vulnerable ages for social media's negative impact on mental health are 11 to 13 for girls and 14 to 15 for boys

*THERE IS ONLY ONE REASON WHY
YOUR CHILD WANTS A SMARTPHONE*



Everyone else
is getting one!

PROPOSAL

That parents/carers agree to not provide their children with a smartphone before at least the end of Year 8.



10 OBJECTIONS

OBJECTION #1

There is evidence that social media is beneficial for young people

OBJECTION #2

I have already promised my
child a smartphone

OBJECTION #3

My child is mature for their age and I
can trust them to self-regulate

OBJECTION #4

My child needs a smartphone as they love listening to music

OBJECTION #5

My child needs a smartphone so that I can use a tracking app to know where they are

OBJECTION #6

I can give my child a smartphone, but limit or prevent them from using social media apps

OBJECTION #7

My child needs a smartphone so we can communicate via text and voice calls

This article is more than 2 months old

The 'boring phone': stressed-out gen Z ditch smartphones for dumbphones

The feature-free phone, launched at Milan design week, is the latest device to tap into young people's concerns about attention-harvesting and data privacy



📷 Tech sales executive Piers Garrett, 27, says he has a coffee and reads a book in the morning, rather than scrolling through his phone. Photograph: Andy Hall/The Observer

James Tapper and Aneesa Ahmed

Sat 27 Apr 2024 09:00 EDT

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Alternative Phones

1. **Nokia 3310** - The revamped Nokia 3310 is a modern take on a classic design. Known for its durability and long battery life, this phone offers basic calling and texting capabilities, a simple camera, and even the nostalgic Snake game. It also features a basic web browser and FM radio, making it a practical choice for those who need minimal connectivity.

2. **Light Phone 2** - Designed for minimalism, the Light Phone 2 offers only the most essential features: calling, texting, and a simple navigation tool. It lacks social media, email, and internet browsing, promoting a distraction-free experience.

3. **Punkt MP02** - The Punkt MP02 is a high-quality minimalist phone with voice calls, SMS, and 4G LTE for basic internet use. Its sleek design and emphasis on durability make it ideal for those seeking a distraction-free experience.

4. **Cat B35** - A rugged option, the Cat B35 is water and dust-resistant, perfect for outdoor adventures. It offers calling, texting, and basic internet access, providing a reliable device for tough environments.

Source: [Alternatives to smartphones in Australia: Safer, smarter choices for kids | Wait Mate](#)

OBJECTION #8

My child has a smartphone – it's too late
to go back

WHAT IF THE HORSE HAS BOLTED...

1. Establish Clear Boundaries for Daily Screen Time

- Ensure a balanced routine for children
- Include physical activities, homework, and family time

2. Lead by example by balancing your own technology use

- Children are more likely to follow healthy tech habits if they see their parents doing the same

3. Monitoring Online Activities

- Parents can better monitor their children's online activities



OBJECTION #9

My older child[ren] had smartphone at their age, so it is not fair to treat this child differently

OBJECTION #10

They have access to a laptop, so can access social media anyway. Having a smartphone won't make that much of a difference

ONLINE RESOURCES

eSafety Commissioner

I want help with →

Key topics: Educators Parents Young people Kids Women Seniors First Nations Communities Industry

Need help dealing with violent or distressing online content? [Learn more](#)

Parents | Issues and advice | Are they old enough?

Issues and advice

- Sending nudes and sexting
- Parental controls
- Online porn
- Are they old enough?**
- The hard-to-have conversations

Are they old enough?

How to navigate key online milestones for your child.

Parents and carers play a key role in guiding their children as they first encounter the online world and begin to learn through exploration, play and social interaction.



USA



Australia



UK

Oxley Online Safety Hub
Trusted digital safety advice for caregivers

About Staff Parent

Reviews Help Social media Screen time Gaming Smartphones Bullying More



Social media

The Risks of Social Media Therapy

Young people are using social media platforms to discuss and self-diagnose mental health issues. What you should know about this potentially risky trend.

Most Recent



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Our Age Rating: 11+



Entertainment
YouTube
Our Age Rating: 10+



Social Media
Snapchat
Our Age Rating: 14+

The Anxious Generation

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FREE THE ANXIOUS GENERATION



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Your Ally in Social Media Safety Monitoring



WHAT NEXT?

1. Be informed
2. Talk with other parents
 - Listen without judgment – every family's circumstance is unique
 - We all want what's best for our children
 - Parents have been put in an impossible situation
3. Decide what is right for you and your family....
 -Remembering there is strength in numbers



THE FUTURE OF THE BRAIN, THE BRAIN OF THE FUTURE

Baroness Susan Greenfield CBE, FCRP (Hon)

6.30pm

Wednesday 28 August 2024

Oxley College, Burradoo

<https://www.trybooking.com/CTPNY>



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THINKING CRITICALLY > EXPLORING IDEAS THAT MATTER