Such a nasty teen.

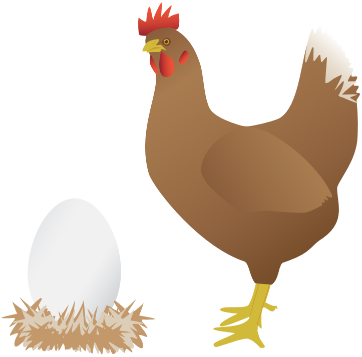
What the tech industry doesn't want you to know about teen aggression.

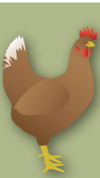
Which came first? Internet Aggression or Internet Addiction?

The 'ole chicken or egg first debate.

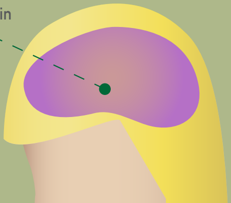
Scientific studies can not conclude if the internet causes aggressive behavior in people, or if aggressive people seek out the internet (or more factors).

One study cited the possibility that some "people with poor social skills don't have any friends, so they spend a lot of time on the Internet and can't resolve conflicts in non-aggressive ways."





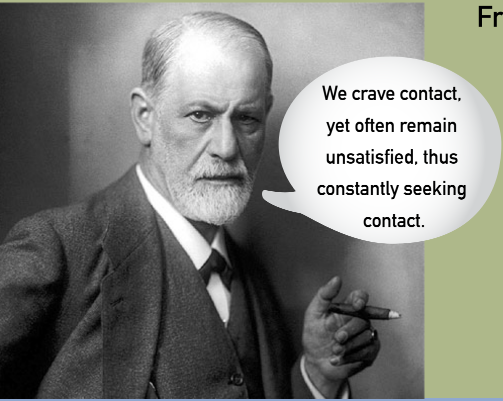
Internet Addiction



How addictive behaviors begin:

The reward center for the brain is stimulated by an action, smell, even monetary reward, and releases dopamine (a neurotransmitter) in the nucleus accumbens. The positive outcome, or pleasure, reinforces the behavior, thus driving people to repeat the behavior to seek pleasure.

“In the brain, pleasure has a distinct signature: the release of the neurotransmitter dopamine in the nucleus accumbens, a cluster of nerve cells lying underneath the cerebral cortex (see illustration). Dopamine release in the nucleus accumbens is so consistently tied with pleasure that neuroscientists refer to the region as the brain's pleasure center.”


We crave contact, yet often remain unsatisfied, thus constantly seeking contact.

Freud disagrees...

(Yes, Freud was long gone before the internet) *but*, Freud was always looking to explain what humans were lacking to understand their behaviors and pshychology. His ideas can be used to explain why social media can become addicting to some.

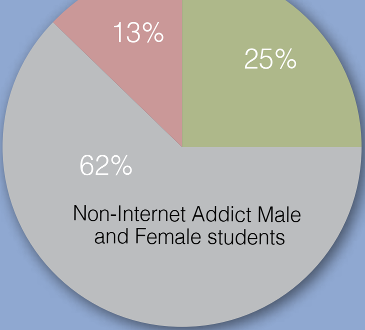
Taiwanese study on internet addiction:

Of 9,405 teen participants, 25% males and 13% of females were considered “internet addicts” based on the study’s criteria (right). “Addict” has been defined to have six or more symptoms of nine criteria.

(Pssst! Take the quiz.)

Check All That Apply:

☐ Pre-occupation
☐ Uncontrolled impulse
☐ Usage more than intended
☐ Tolerance



☐ Withdrawal
☐ Impairment of Control
☐ Excessive Time and Effort Spent on the Internet
☐ Impairment of Decision Making Ability
☐ Impaired Function Based on a Diagnostic Interview

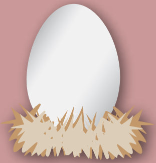
☐ Score — If you scored a 6 out of 9 or greater, you're an addict.

The Onion

ONN
0:36 / 3:09
EATENS TO MAKE "BLOOP" A WORD EVERYONE HAS TO USE NOW
OBAMA CRIES AFTER READING COMMENT THREAD ON YAHOO!

https://www.youtube.com/watch?v=MGXSPf9b-xI

Satirical video on teen behavior and addiction to technology.



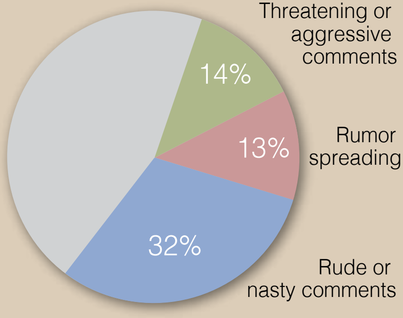
Internet Aggression

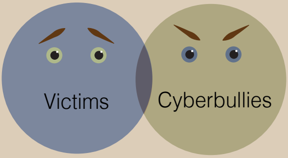
What Defines Aggression?

The CDC defines (Electronic) Aggression as, “any type of harassment or bullying that occurs through e-mail, a chat room, instant messaging, a website (including blogs),* or text messaging.” Basically, any form of non-face-to-face bullying over any digital platform.

*And social media.

Cyberbullying Behaviors





3rd Offense:
Detention

Bullies are more likely to:

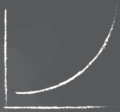
1. Engage in other risky behaviors
2. Other forms of aggression
3. Believe that bullying peers and encouraging others to bully peers are acceptable behaviors.
4. Perpetrate face-to-face aggression.

Victims of bullying are:

1. At an increased risk of becoming a bully. 7% to14% of surveyed youth reported being both a victim and a perpetrator of electronic aggression.
2. Have poor parental monitoring and to have weak emotional bonds with their caregiver.
3. Use alcohol and other drugs, receive school detention or suspension, skip school, or experience in-person victimization.

Rise in Cyberbulling and Internet Addiction

It all adds up...



Old computers < New computers

Smartphone > Phone

More affordable and sophisticated technology

Variety of products and brands!
Smartphones, tablets, laptops.
Apple vs. P.C.

Greater availability of technology

Many households and classrooms no longer have just one or two computers. Nowadays, it is not uncommon for a person to havemultiple devices!

Children are exposed to devices at a young age (at home and school) and are technically proficient by the time they are teens.

Integration of technology in the classroom and at home

New media: the internet

New + different medium than previous media:

1. Interactive
   - * No longer just watch or read, but participate.
   - * Interact with objects represented by other people.
2. Few Limitations
   - * No physical or geographical boundaries for meeting new people.
   - * Searching for information is quick and easy.
3. Targeting
   - * Commercial market targets teens.

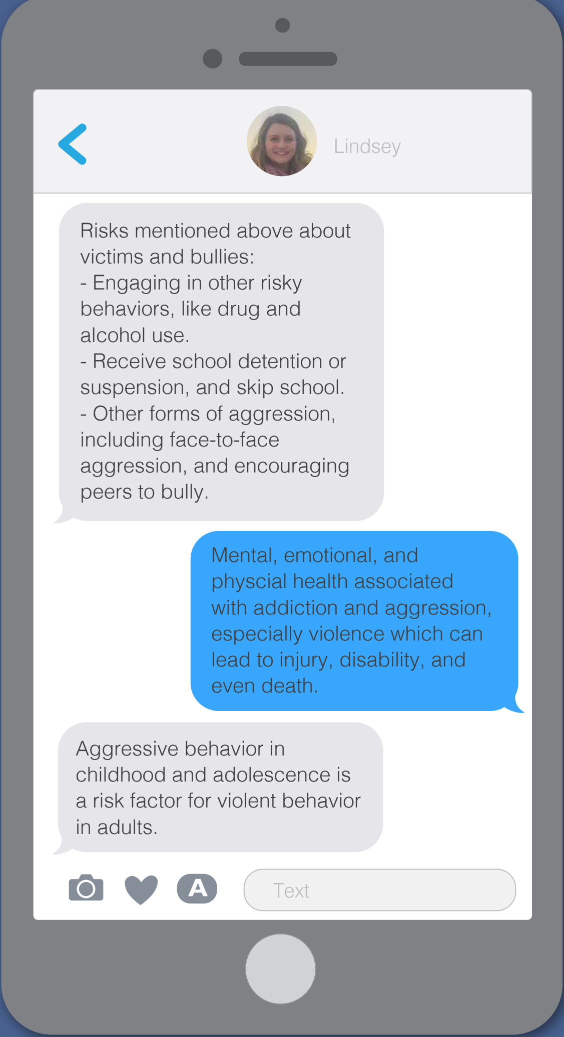
Many social media sites no longer have age requirements to join or use the sites allowing teens to access sites that were previously considered more for adults.

New platforms

+

Rise in internet addiction and aggression

Future Risks



Risks mentioned above about victims and bullies:
- Engaging in other risky behaviors, like drug and alcohol use.
- Receive school detention or suspension, and skip school.
- Other forms of aggression, including face-to-face aggression, and encouraging peers to bully.

Mental, emotional, and physcial health associated with addiction and aggression, especially violence which can lead to injury, disability, and even death.

Aggressive behavior in childhood and adolescence is a risk factor for violent behavior in adults.

Prevenion Strategies

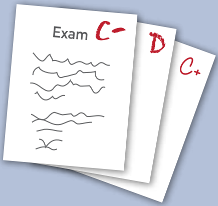
It's not too late to make changes!
Making small steps for a big outcome.

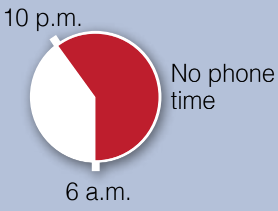
1. Talk with your teen

Actaully speak with them. Showing interest in a teen's life by talking and listening to them makes a big difference. Consistent talking can lead to openness and trust to talk about tough topics like their acadmic and social lives.

3. Be on the lookout

Even if you feel that your teen is not at risk, still keep an eye out for possible signs of addiction or aggression in other aspects of their lives like changes in grades, attitudes and behaviors, lack of previous interests, etc.



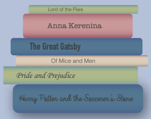


2. Develop rules

Set boundaries like determining acceptable websites and social media sites, or daily alloted usage times.

4. Non-tech interests

Encourage your child to develop other interests that don't involve technology, like playing sports, reading (physical books), go outdoors, etc.



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The Onion: Brain Dead Teen Only Capable of Rolling Eyes and Texting, To Be Euthanized.<https://www.youtube.com/watch?v=MGXSPf9b-xI>

Lindsey Johnson IDT 534 Final Project: Teen Aggression and Technology "Such a nasty teen"

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