

# Such a nasty teen.

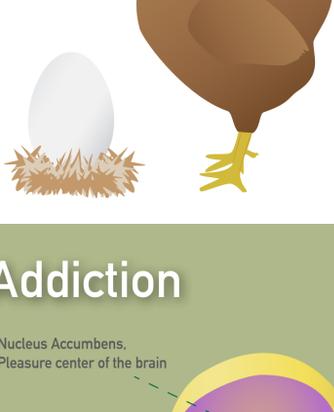
What the tech industry doesn't want you to know about teen aggression.

## 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."

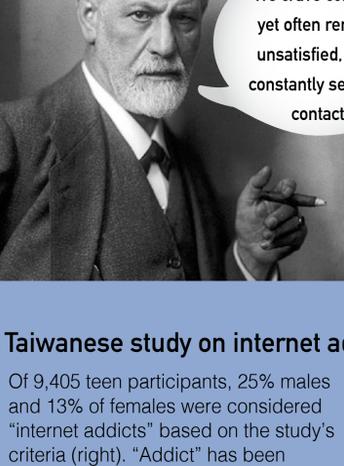


## Internet Addiction

### 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."



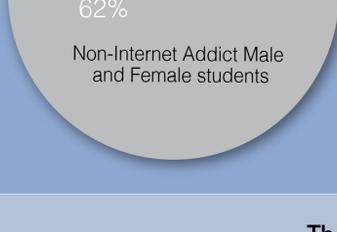
**We crave contact, yet often remain unsatisfied, thus constantly seeking contact.**

**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 psychology. 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

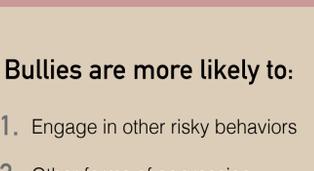


Satirical video on teen behavior and addiction to technology.

## 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

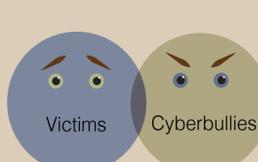


### Bullies are more likely to:

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:

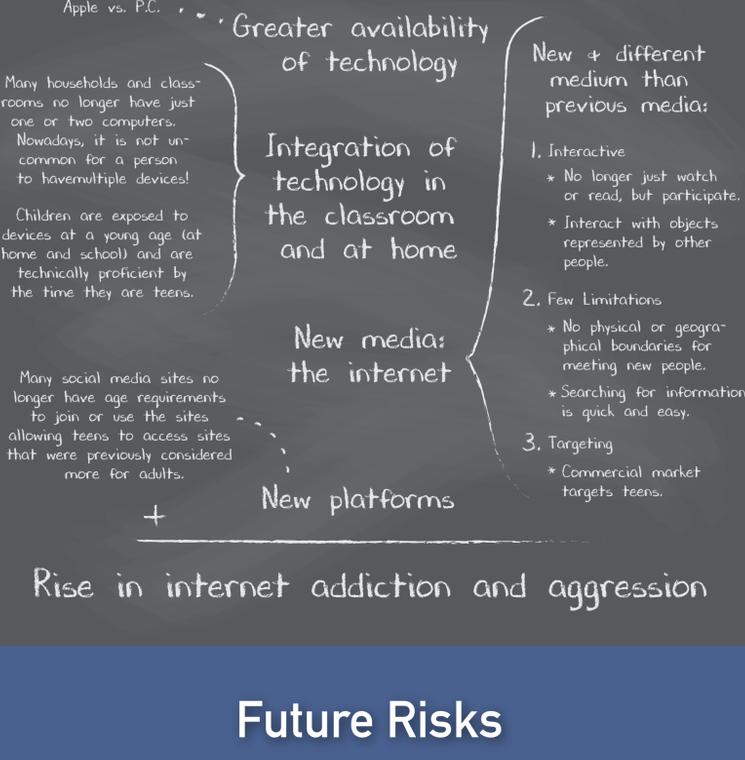
1. At an increased risk of becoming a bully. 7% to 14% of surveyed youth reported being both a victim and a perpetrator of electronic aggression.
2. Have poor parental monitoring and to have weak emotional bonds with their caregiver.
3. Use alcohol and other drugs, receive school detention or suspension, skip school, or experience in-person victimization.



3rd Offense: Detention

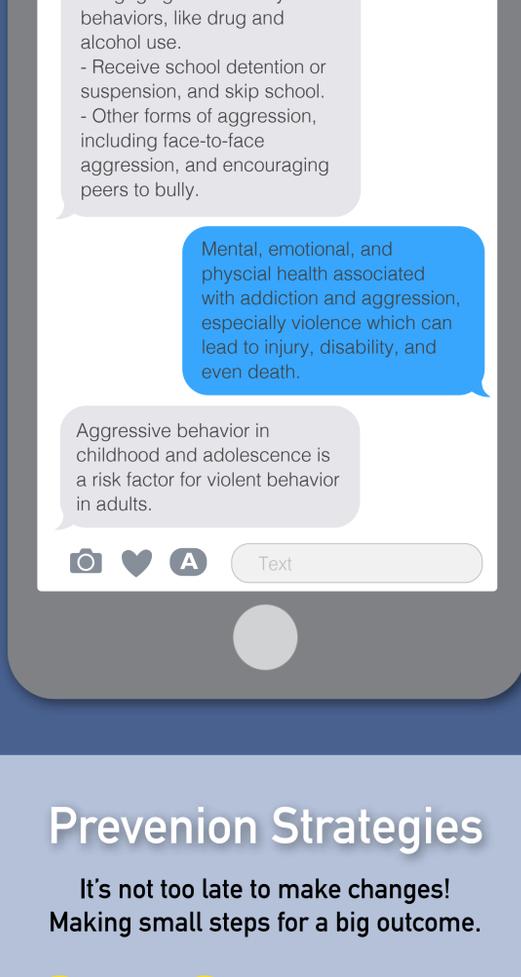
## Rise in Cyberbullying and Internet Addiction

It all adds up...



## Rise in internet addiction and aggression

## Future Risks



## Prevention Strategies

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

1. **Talk with your teen**  
Actually 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 academic and social lives.
2. **Develop rules**  
Set boundaries like determining acceptable websites and social media sites, or daily allotted usage times.
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.
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.



### Citations

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The Onion: Brain Dead Teen Only Capable of Rolling Eyes and Teasing. To Be Euthanized. <https://www.youtube.com/watch?v=MGXSP19b-xt>

Lindsey Johnson IDT 534 Final Project: Teen Aggression and Technology "Such a nasty teen" Free use images, or Lindsey's own.