

# EMOTIONAL/PSYCHOLOGICAL IMPACTS OF TECHNOLOGY ON K-12 STUDENTS

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# THE CONTINUAL EVOLUTION OF TECHNOLOGY





The background features a gradient from red at the top to blue at the bottom, with a starry space-like texture. On the right side, there are several circular technical diagrams, including a large circular scale with numerical markings (90, 100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200, 210) and arrows, and other smaller circular patterns with dashed lines and arrows.

An overview of our technologically changing world!

<https://youtu.be/bTM06NZOyDQ>

# WHY ARE TEENAGERS USING TECHNOLOGY?

Young people use the internet and social media to:

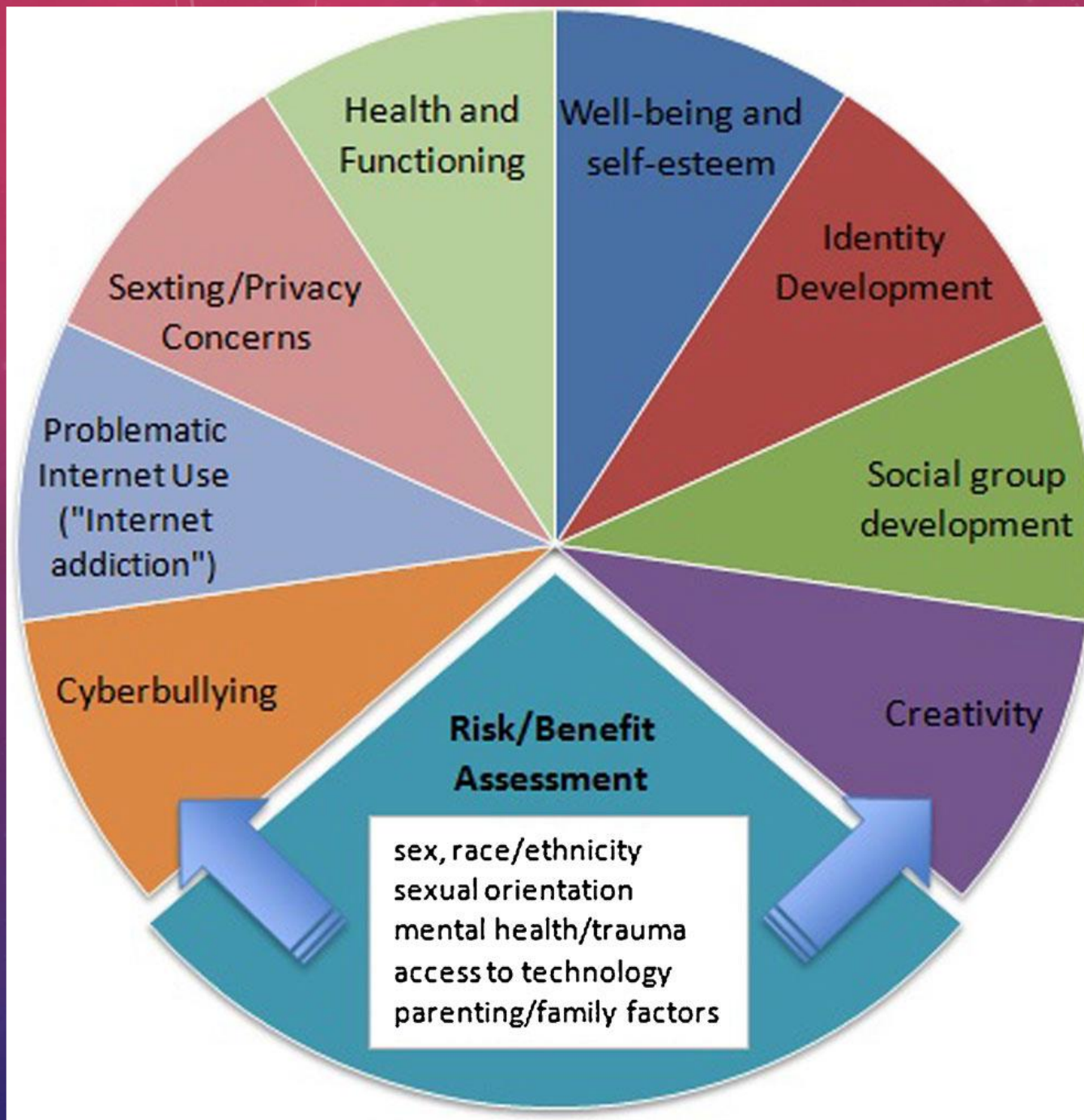
- Connect with, comment on and discuss things with others, through social networking, emailing and online messaging
- Find, create or share interesting photos, videos and articles
- Join or follow interest groups
- Play online games
- Learn more about topics that interest them
- As a study tool for school.

# POTENTIAL BENEFITS OF USING TECHNOLOGY FOR TEENAGERS!

By using the internet, they can:

- easily access information to inform and educate themselves
- maintain and develop supportive relationships
- form their identities (through self-expression, learning and talking)
- promote a sense of belonging and self-esteem through staying connected with friends and being involved in diverse communities.
- develop creativity & freedom of expression
- cultivate problem solving capacities and perseverance
- prepare for technology based jobs in the future by exposure to real-time applications.



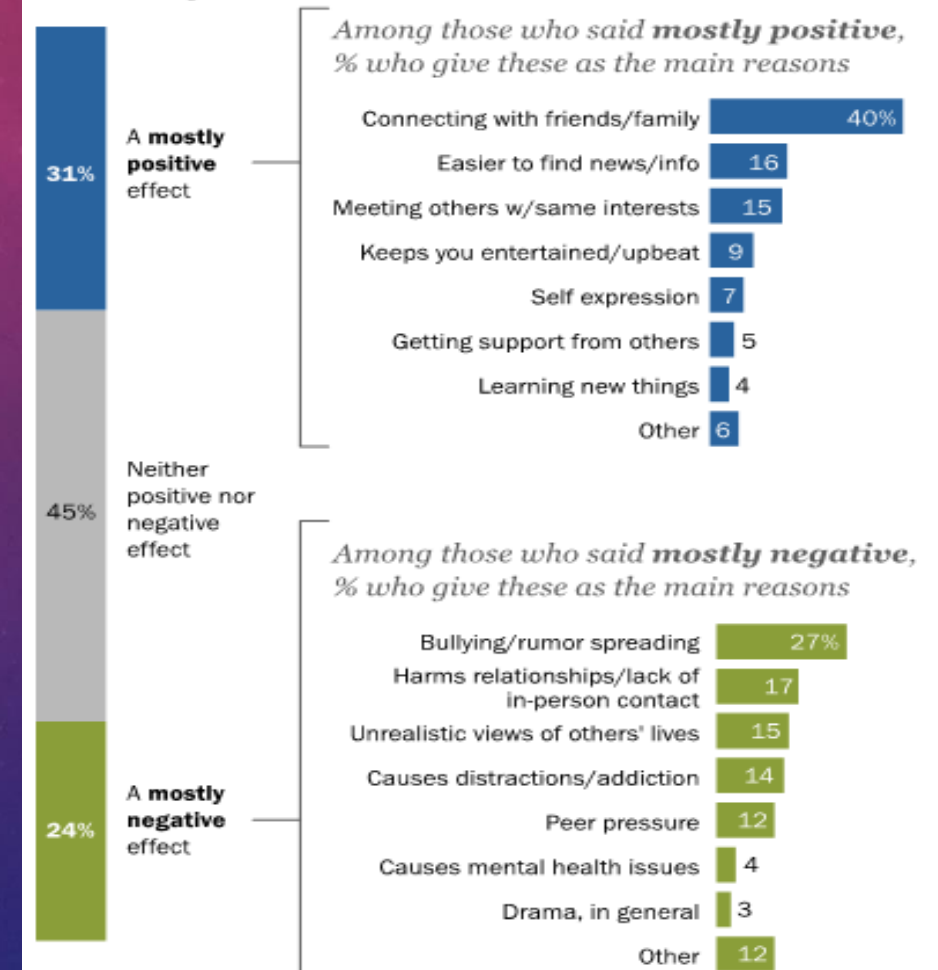


# Do Teens really understand the good, the bad, and the ugly of Social Media?

12% of 13-17 year olds criticize social media for influencing teens to give in to peer pressure, while some express concerns that these sites could lead to psychological issues or drama.

## Teens have mixed views on social media's effect on people their age; many say it helps them connect with others, some express concerns about bullying

% of U.S. teens who say social media has had \_\_\_ on people their own age



Note: Respondents who did not give an answer are not shown. Verbatim responses have been coded into categories, and figures may add up to more than 100% because multiple responses were allowed.

Source: Survey conducted March 7-April 10, 2018.  
"Teens, Social Media & Technology 2018"

# IMPACT OF SOCIAL NETWORKING SITES (SMS) ON CHILD/TEEN PHYSICAL HEALTH

- A. Too much use of media device stimulates cortisol, the “stress” hormone and limits production of melatonin, the “sleep” hormone
- B. Prolonged usage can cause posture issues in the neck and back.
- C. Some studies indicate a link between obesity and prolonged media usage.



# IMPACT OF SOCIAL NETWORKING SITES (SMS) ON CHILD/TEEN MENTAL HEALTH

A. Teen Depression

B. Teen Suicide

C. Non-Suicidal Self Injury (NSSI)

D. Eating Disorders

E. Anxiety

F. Aggression

Note: some debate continues on the actual impact of technology and SMS on health of children and teens. But the evidence seems to substantiate a definite link and common factors related to kids' health and their high levels of technological usage.

# TECHNOLOGY'S IMPACT ON STUDENT SOCIALIZATION

**9 hours per day**  
**time teens spend consuming media**

**5.5 hours per day**  
**time kids ages 8 to 10 spend consuming media**

2015 article in the Washington Post by Hayley Tsukayama

The majority of teenagers use the internet for social networking. This means the way socialization occurs is changing; from three-dimensional socialization to two-dimensional.



# TECHNOLOGY'S IMPACT ON STUDENT SOCIALIZATION

The majority of teenagers use the internet for social networking. This means the way socialization occurs is changing; from three-dimensional socialization to two-dimensional. When two people talk in person, they tune into both spoken and unspoken languages. This can help people feel more connected to others as well as help children develop empathy. This experience with non-verbal language will empower children and teens to navigate their lives more successfully.

Personal interactions provide kids with experience "reading" visual and vocal clues such as:

- Facial expressions
- Eye contact
- Tones of voice
- Body positioning
- Posture

# TECHNOLOGY'S IMPACT ON STUDENT SOCIALIZATION

While the advantages to texting and other technology use is obvious, too much time with socially interactive technologies (SITs) can increase teens' social anxiety and decrease their comfort and confidence during in-person interactions. Text messages also risk being misinterpreted.

Time on social media replaces valuable challenges from fostering friendships or navigating challenging relationships in person.



# TECHNOLOGY'S IMPACT ON STUDENT SELF-PERCEPTION

The constant exposure to pictures which seem to depict “real” lives of others often leads teenagers to develop a skewed perspective of reality. A recent study conducted by the UK stated: *“Since adolescents and young adults can sift through an endless stream of pictures documenting the seemingly perfect lives of their peers, they may perceive their own lives as boring by comparison or feel excluded from the action. These thoughts can cause low self-esteem. Girls in particular may suffer from poor body image by comparing themselves to photos of other women — even if those photos have been edited and enhanced with an artsy filter. According to #StatusOfMind, around 70 percent of 18- to 24-year-old girls would consider undergoing cosmetic surgery to improve the photos of themselves posted online.”*

# SCHOOL COUNSELORS HELPING STUDENTS UNDERSTAND TECHNOLOGY

Adolescents, however, continue to lead in Internet usage across mediums, with older teenagers using social media at higher rates than younger students. Among student populations, 55% of youth between 12-13 years of age use social networking sites, compared to 82% of youth aged 14-17 (Lenhart et al., 2010).

As referenced in:

Mullen, P. R., Griffith, C., Greene, J.H., & Lambie, G. W. (2014). *Social media and professional school counselors: Ethical and legal considerations*. *Journal of School Counseling*, 12(8). Retrieved from <http://www.jsc.montana.edu/articles/v12n8.pd>



# SCHOOL COUNSELORS HELPING STUDENTS UNDERSTAND TECHNOLOGY

- A. Don't assume teens are getting clear guidance at home concerning boundaries with social media/technology.
- B. Be intentional and open a dialogue with your students to discuss the pros and cons of media.
- C. Provide an opportunity for kids to be able to report instances involving cyber-bullying.
- D. Consider hosting a parent-teen workshop on making technology safe.
- E. Other ideas from the group!

The background features a vertical gradient from purple at the top to blue at the bottom. It is filled with soft, out-of-focus bokeh circles in various shades of purple and blue. On the left side, there are faint, semi-transparent technical diagrams. These include a large circular scale with numerical markings from 140 to 260 in increments of 10, and several smaller circular elements with arrows and partial arcs, suggesting a technical or scientific theme.

QUESTIONS & COMMENTS