

Katey McPherson

Resources, book
recommendations,
digital protection



**CHILDHOOD ADVOCATE &
EDUCATION CONSULTANT**



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"Kids These Days"

How Big Tech and Social Media Have Changed Childhood And Our Families

Katey McPherson

**“Oh, wow, yah,(sigh)
this generation of
kids these days.....”**

CHILDHOOD 2.0

**DIFFERENT THAN ANY OTHER GENERATION
DON'T REMEMBER LIFE WITHOUT INTERNET**

Academic Pressue starting in Pre-K
"The Performance Arms Race"

Removal of rough and tumble play/sedentary lifestyles

Neurotoxin enriched foods

We have told students EVERYTHING is bullying

Constant Media Stream 24/7

iGEN

Dr. Jean Twenge, 2014

LOCUS OF CONTROL OVER TIME

C O P I N G & R E S I L I E N C Y S K I L L S



Post-Columbine and 9/11-"Thin (parental) internal veils of terror"

A photograph of two young girls, one with dark hair and one with light hair, both wearing white shirts. They are outdoors, holding a smartphone together to take a selfie. The background shows a paved area, trees, and a building.

2,000

**A TYPICAL AMERICAN
CHILD WILL HAVE 2,000
PHOTOS OF THEMSELVES
BEFORE AGE 2**

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WHAT PEOPLE SEE

WHAT PEOPLE SEE

THE ICEBERG ILLUSION

ETHOS OF COMPARISON

PERSISTENCE
FAILURE
SACRIFICE
DISAPPOINTMENT

DEDICATION
HARD WORK
GOOD HABITS



NULL
FR
SVR

Generator
new_assignment
active_assignment
generator
assigner
control_generator
cartridge

Professor
new_assignment
new_assignment
active_assignment
generator
assigner
control_generator
cartridge

Consumers
Queue
Refresh
Repeat
Skinner
Whitelist

Responders
Cartridge
Assignment
Plot

**“He can’t go out and
play, he might get
kidnapped...”**

TEASING

Bonding

Feel liked

Don't feel put down

Will stop if asked

Annoying

Doesn't know how you feel

"I was just joking."
"Relax!"

Malicious

Teased for insecurities

"Uptight"
threatened to end friendship

Relentless and public

Conflict vs Bullying

Conflict:

Like a common cold

- ☑ Don't like it
- ☑ Can't cure it

Bullying:

Like pneumonia

- ☑ Serious
- ☑ Potentially dangerous
- ☑ Long-lasting damage

A herd of elephants is shown in a savanna landscape. The elephants are walking through tall, dry grass. There are several trees and bushes scattered throughout the scene. The background shows a hilly, open landscape under a clear sky. The overall tone is natural and somewhat somber due to the dry vegetation.

TRANSFORM

VS.

TRANSMIT

**HUMANS TRANSFORM PAIN
OR
TRANSMIT PAIN**



i_hatehaidden Stop telling me to take this down. She is a bitch and deserves to die and go to hell. She is the ugliest girl I have ever meet and She will never have a boyfreind. Trey andersn even dropped her for sage. Fuck Her I hope she kills herself



i_hatehaidden I hope she kills herself

View all 5 comments

makennarjacobs what's really wrong with you? my heart is sinking.

makennarjacobs i don't know how you could THINK that this would be the right thing to do. think about what you've

Haiden 😏 >

everyone's talking ab me

Text dad. I'm at Haley. You should go talk to the counselor



she's telling all of them



iMessage



This is getting really
old please stop

Btw your fat and ur
ugly, you have big **[REDACTED]**
teeth. You have thin
[REDACTED] ass damaged hair, your
arm looks like you have
[REDACTED] fucking cancer and
your not fit at all, you
look like a rat

You would never
become a model or
anything, stop saying u
"almost" were a model
cause your **[REDACTED]**
ugly



DIGNITY

● PRACTICE HOW TO NAVIGATE FLUIDLY AMONGST GROUPS LIKE THE REAL WORLD

● SOCIAL JUSTICE CHAMPIONS

MEDIA/TECH LITERACY

SOCIAL COMPETENCE

RESPECTUS - MUTUAL ADMIRATION
FOR ANOTHER

DIGNITAS - INHERENT WORTH

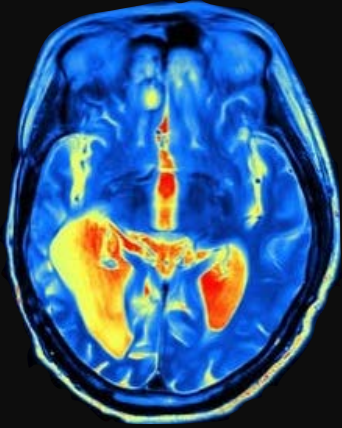
dignity vs. respect

BULLYING - A POWER DIFFERENTIAL AND THE SILENCING OF ONE'S VOICE

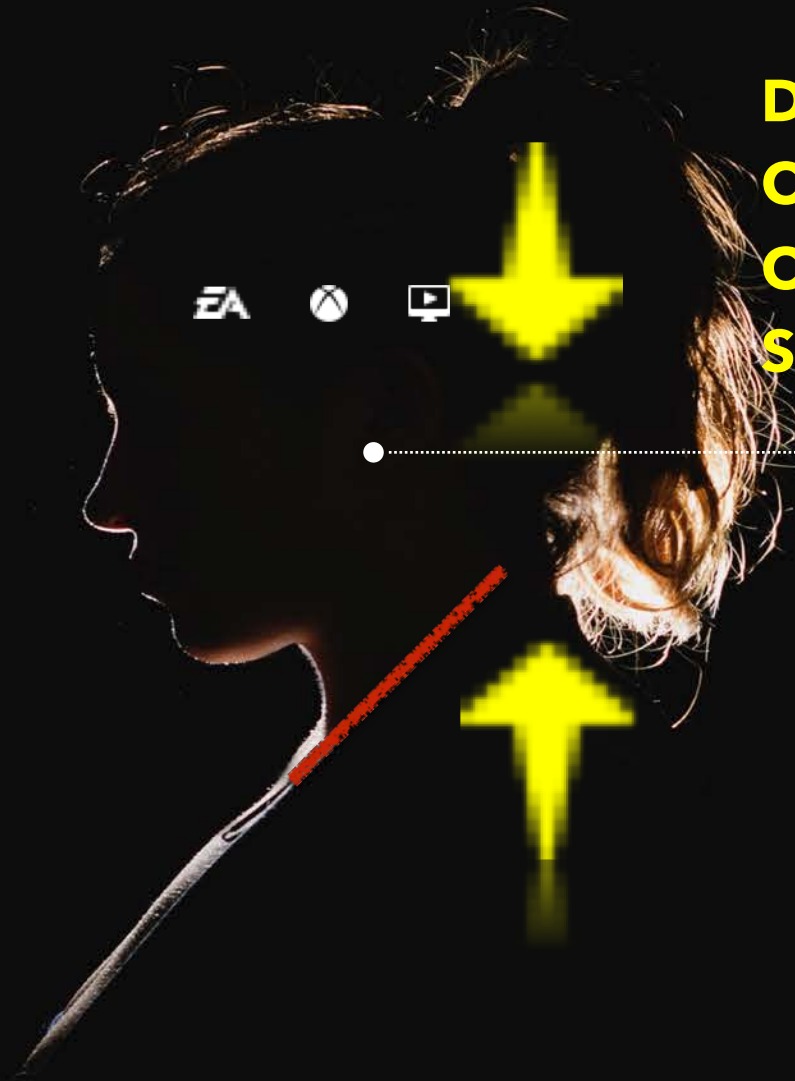
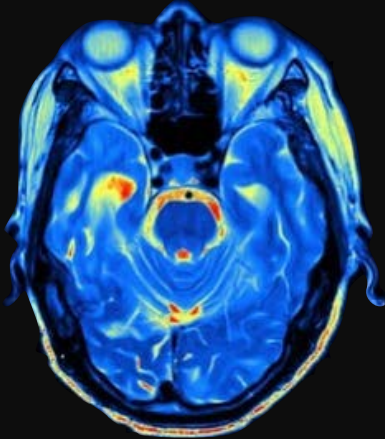
Rosalind Wiseman, 2010



Vegetables/Rewards



Candy/Risks/Harms



DOPAMINE
CORTISOL
OXYTOCIN
SEROTONIN



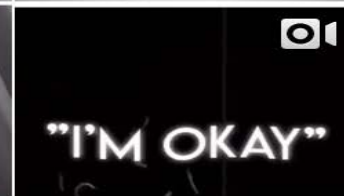
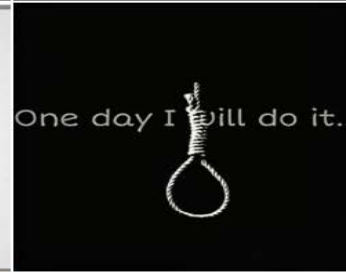
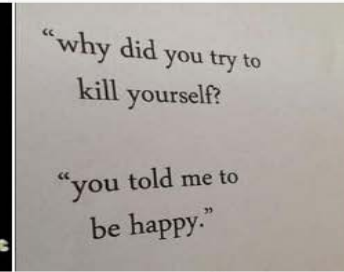
#killmyselfplease



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#thinspogirl



Krystal
@aholickrystal

HOW TO LOSE WEIGHT QUICKLY

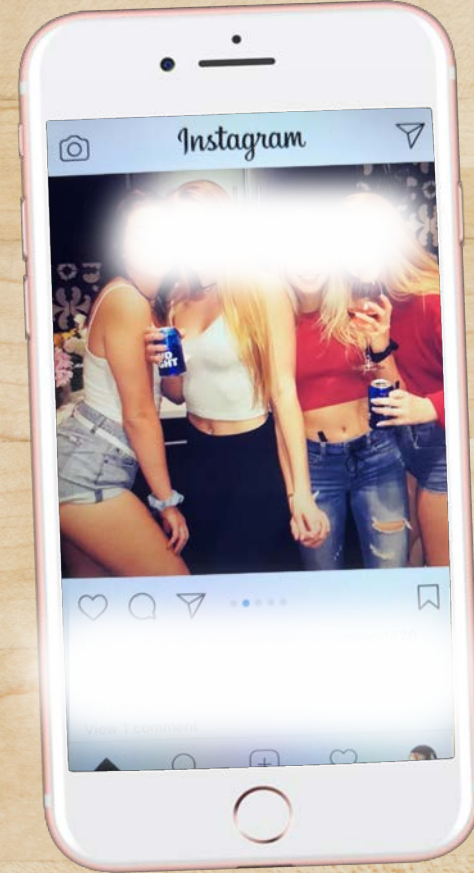
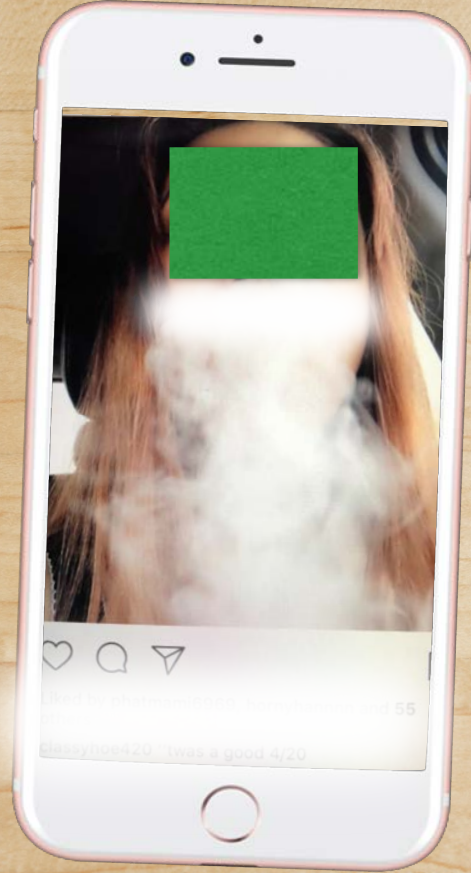


18:01 · 16 Dec 18 · Twitter for Android





Ana stands for anorexia, Annie means anxiety, Bella means borderline, Sophie means schizophrenia and Sue stands for suicidal



Public Health Model

**WELL
BEING**

recognize

DISTRESS

respond

CRISIS

refer

refer



acute

LIFE CRISIS

15 MINUTES TO 2 WEEKS FROM IDEATION TO COMPLETION
MOST HAPPEN SAME DAY AS THE CRISIS
CARING ADULTS/CONNECTION TO CARE
RESTRICTION OF ACCESS TO MEANS

Verizon 11:04 AM 94%

mobile.twitter.com

TIGERHOODS

TIGERHOODS Retweeted
Kyle Berry @kyle_ber... · May 10, 2015
I'm usually in a pretty good mood up until I see a wood paneled pt cruiser
3 68 167

TIGERHOODS @m... · May 11, 2015
when a girl asks to be just friends its basically telling you to fuck off
43 94

TIGERHOODS @... · May 10, 2015
life has fallen apart in front of my own eyes and its all my fault
6 279 390

TIGERHOODS Retweeted
Jay @uncurve · May 10, 2015
S/O to the girls who swallowed my babies Happy Mothers Day to you 😂
2 125 228

TIGERHOODS Retweeted
CkFree As a Bird ... · May 10, 2015

acute

LIFE CRISIS

15 MINUTES TO 2 WEEKS FROM IDEATION TO COMPLETION
MOST HAPPEN SAME DAY AS THE CRISIS
CARING ADULTS/CONNECTION TO CARE
RESTRICTION OF ACCESS TO MEANS



A woman with long brown hair is carrying a young child on her back. They are in a grassy field with trees in the background. The sun is low on the horizon, creating a warm, golden glow and lens flare effects. The woman is wearing a light blue long-sleeved shirt and dark pants. The child is wearing a striped shirt and light-colored pants.

NATURE

MOVEMENT

PHYSICAL TOUCH

CONNECTION

3 THINGS WE ALL NEED

HEALTHY

PROTECT SLEEP

Less than 9% of secondary students are getting the recommended 8-12 hours of sleep
(Center for Disease Control, November 2019)

In a study of 23,000 9-12th grade students each hour of lost rest was associated with a 38% increase in the risk of feeling sad or hopeless and a 58% increase in suicide attempts
(Journal of Youth and Adolescence Study, February 2015,
"Sleepless in Fairfax: The Difference One More Hour of Sleep Can Make",

Family Screen Time Contract

1. I understand that as a minor, I am still on my parent/guardian's telephone service provider contract, and as such have an obligation to meet my parent/guardian's expectations of behavior regarding the use of my cellular phone and/or data plan.
2. I will be responsible for the monthly payment of my data plan for the duration of the service provider contact to the extent that my parent/guardian expects me to be.
3. I will uphold our family values and represent my family with dignity while using my cell phone for communications and Internet use.
4. I will not display any personal information on my social media profiles and/or communications, including full names, dates of birth, locations of home or school, etc.
5. I will not transmit (send or receive) any media (texts, pictures or videos) that violates our family values or any state laws.
6. If I receive any media that violates our family values or any state laws, I will report it immediately to one of the adult signers of this contract.
7. I will agree to the installation and use of any parental control software applications should my parent/guardian decide to use such.
8. I will not permit younger siblings or children to use the Internet without specific permission from my parent/guardian.
9. I will not meet anyone in person that I only know from Internet contact without specific permission from my parent/guardian.
10. I will not use my cell phone to engage in any harassing, threatening or otherwise illegal behavior. I understand that ignorance of the law is not an excuse.
11. I will disclose all user names and passwords for all accounts accessible by my cell phone to only my parent/guardian and to no one else.
12. I understand that violation of any of the terms of this contract may result in the loss of my cell phone and data plan privileges until my parents/guardians restore such privileges, but that I will continue to be responsible for payment of my data plan as determined above (see #2).

Adult Parent/Guardian Signature

Date

Adult Parent/Guardian Signature

Date

Minor's Signature

Date

LANDING PAGE

YOU: RESTRICTER, ENABLER, MENTOR

TANDEM PARENT/CHILD GOALS:

IDENTIFY DIGITAL CANDY VS. VEGETABLES


LITERATE IN THE USE OF MEDIA AND TECH

CHILDREN:

SELF-GOVERNED AND DIGNIFIED

CREATOR OF A RESPONSIBLE DIGITAL FOOTPRINT

The Self-Driven Child



The SCIENCE *and* SENSE of
GIVING YOUR KIDS MORE
CONTROL OVER THEIR LIVES

WILLIAM STIXRUD, Ph.D.,
and NED JOHNSON

The *New York Times* Bestselling Author of
The Wonder of Boys and *The Minds of Boys*

MICHAEL GURIAN

SAVING OUR SONS

A New Path for Raising Healthy and Resilient Boys



With Special Sections on Motivating Boys
and Managing Their Technology Use



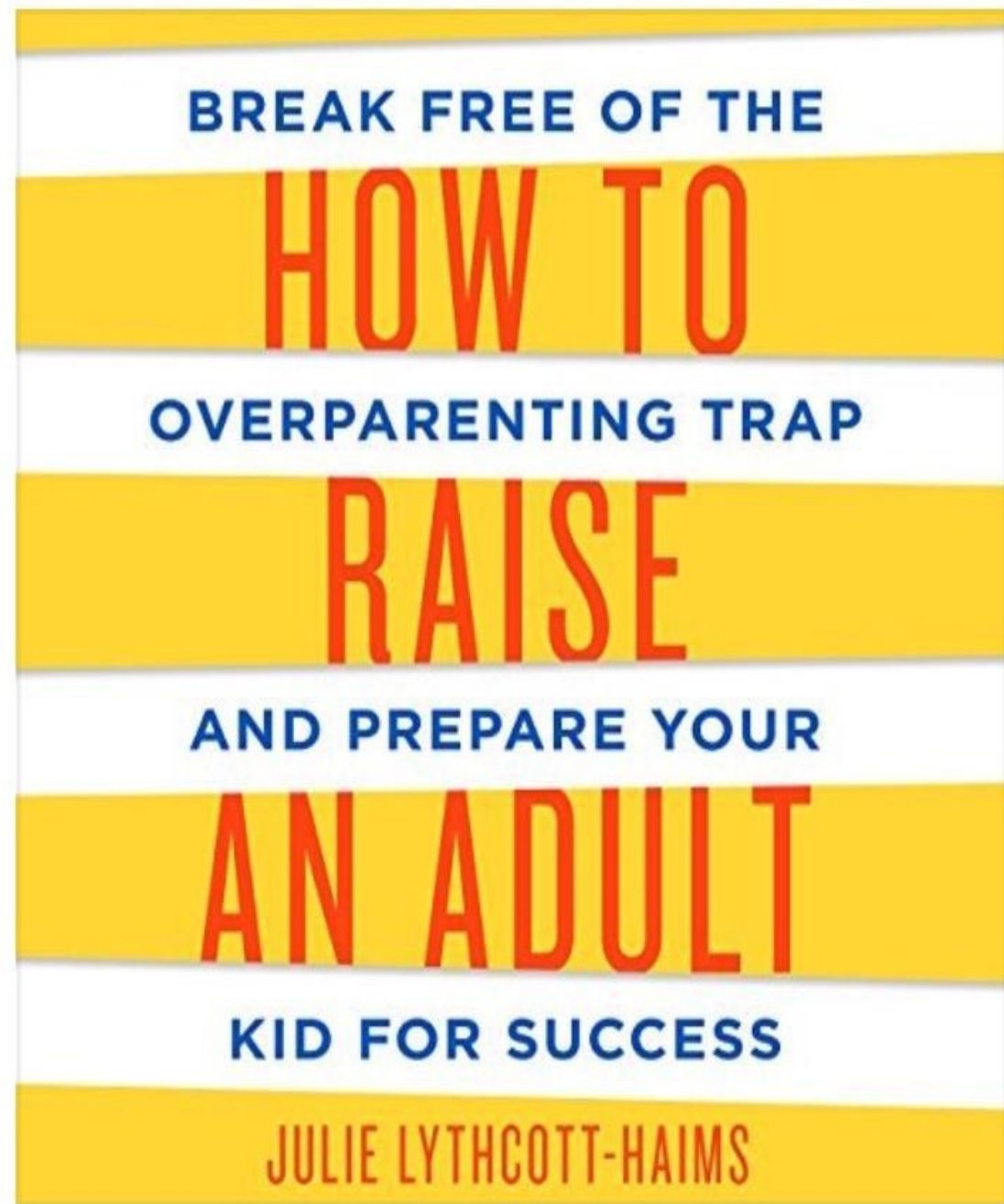
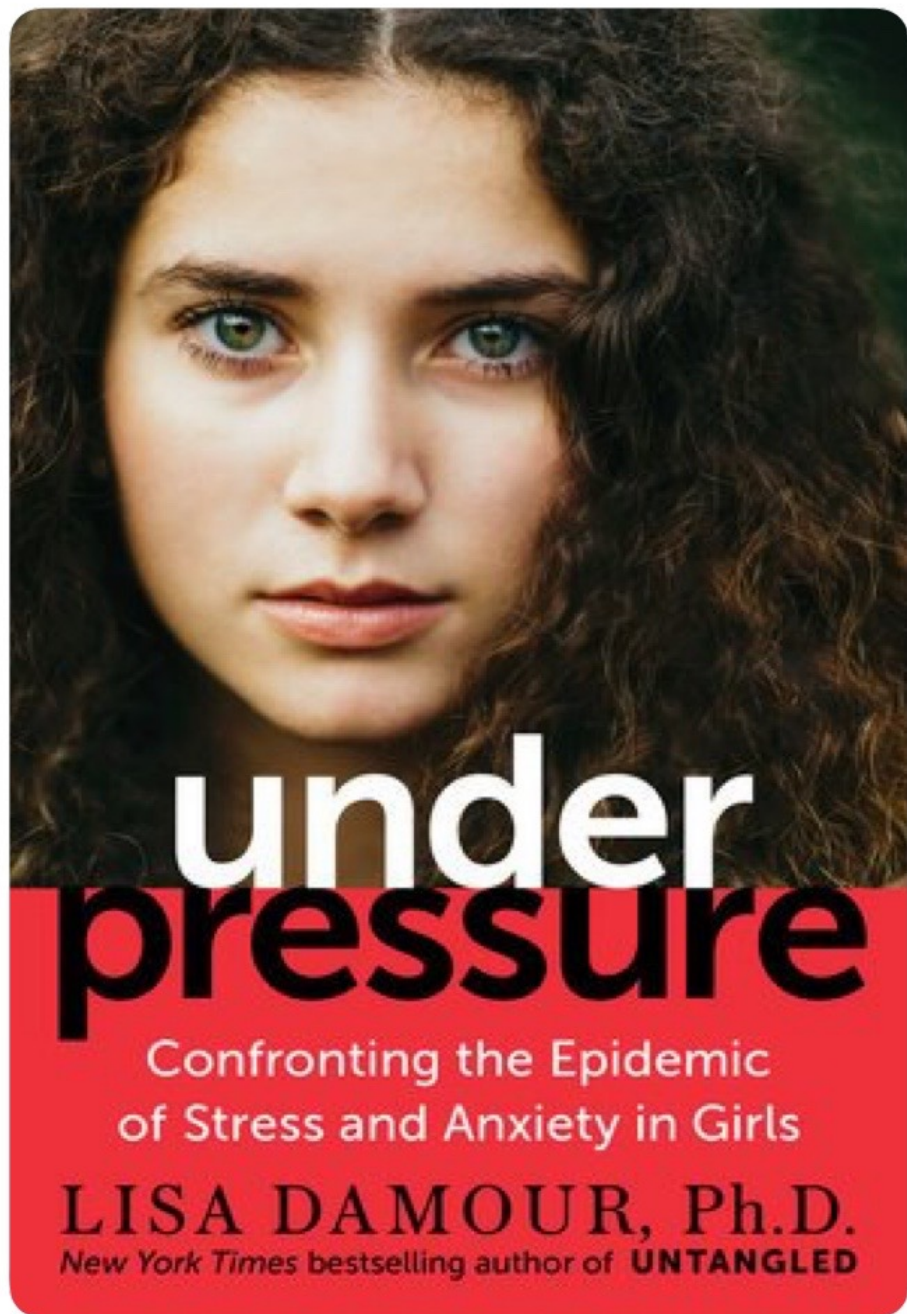
untangled

GUIDING TEENAGE GIRLS
THROUGH THE
SEVEN TRANSITIONS
INTO ADULTHOOD

Lisa Damour, Ph.D.

"For years people have been asking me for the 'girl equivalent of
Raising Cain,' and I haven't known exactly what to recommend. Now I do."
—MICHAEL THOMPSON, Ph.D., co-author of *RAISING CAIN*

Read by the Author • An Unabridged Production





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