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Pitfalls and Opportunities for Growing up in the Digital Age

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* Thank you for your interest in this presentation. Please note this presentation is a more recent version of the American Psychological Association presentation titled "Digital adolescence: Myths and truths about growing up with technology". Analyses included herein are preliminary. More recent, finalized analyses may be available by contacting CIPHR for further information.



Technology is ubiquitous



Image from: <http://www.computernewsme.com/2011/04/social-media-essential-to-it-service-management-ovun/>

Demographics of teen internet users

Below is the percentage of teens in each group who use the internet, according to our July 2011 survey. As an example, 95% of teen girls use the internet.

	% who use the internet
Total teens	95
Boys	96
Girls	95
Race/ethnicity	
White, Non-Hispanic	97
Black, Non-Hispanic	95
Hispanic	88
Age	
12-13	92
14-17	97
Household income	
Less than \$30,000/yr	93
\$30,000-\$49,999	91
\$50,000-\$74,999	96
\$75,000+	99

Source: The Pew Research Center's Internet & American Life Project 2011 Parent/Teen Digital Citizenship Survey, conducted from April 19 to July 14, 2011. n = 799 teens ages 12-17 and a parent or guardian. Interviews were conducted on landlines and cell phones, in English and Spanish.

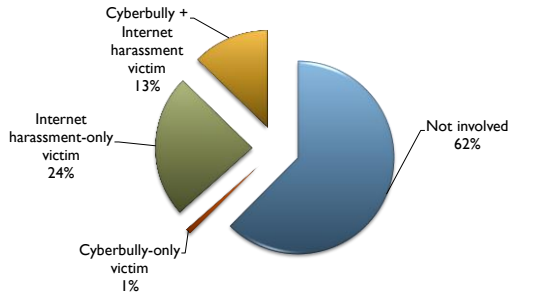
pewineternet.org

Online activity

	% of teen internet users in the U.S. who do the following activities online -	Survey month/year
Use an online social networking site like MySpace or Facebook	80	July 2011
Go online to get news or information about current events or politics	62	September 2009
Buy things online, such as books, clothing, or music	48	September 2009
Share something online that you created yourself, such as your own artwork, photos, videos or videos	38	September 2009
Have a video chat conversation with other people using applications like Skype, GoogleTalk or iChat	37	July 2011
Look online for health, dating, or physical fitness information	31	September 2009
Pinpoint and upload videos	27	July 2011
Take material you find online like songs, text or images and remix it into your own artistic creation	21	September 2009
Look for information online about a health topic that's hard to talk about, like drug use, sexual health, or depression	17	September 2009
Use Twitter	16	July 2011
Create or work on your own online journal or blog	14	September 2009
Stream video live to the internet for other people to watch	13	July 2011
Visit virtual worlds such as Club SecondLife or Habbo Hotel	8	September 2009

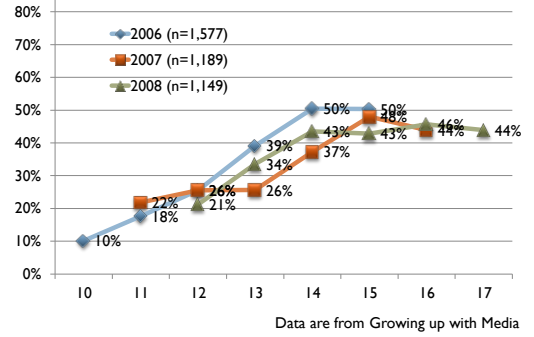
Source: The Pew Research Center's Internet & American Life Project 2011 Parent/Teen Survey, April 19 - July 14, 2011. n=799 teens ages 12-17 and a parent or guardian.

Overlap of cyberbullying and Internet harassment victimization



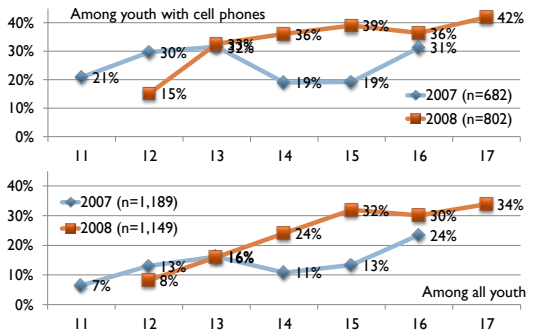
Data are averaged from Growing up with Media, 2007 and 2008, n=2338 observations (1588 youth)

Internet harassment victimization rates over time



Data are from Growing up with Media

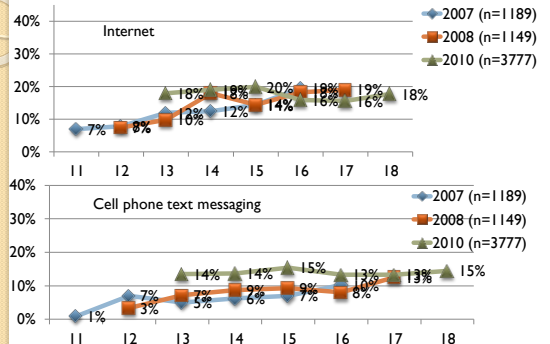
Text messaging harassment victimization rates over time



Data are from Growing up with Media

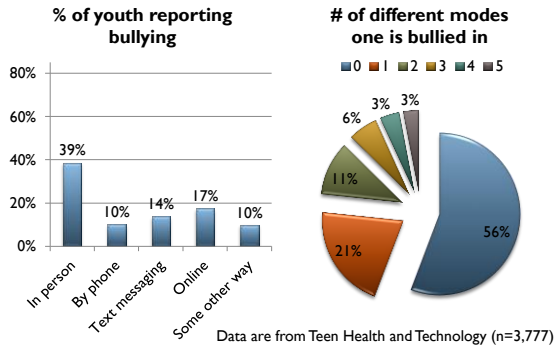
In press, Pediatrics, Ybarra, Mitchell, Korchmaros; National trends in exposure to and experiences of violence on the Internet among U.S. children

Bullying victimization rates over time

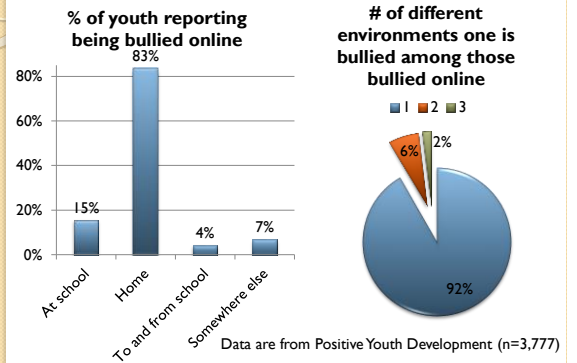


2006, 2007 data are from Growing up with Media (in press, Pediatrics) 2011 from Teen Health and Technology

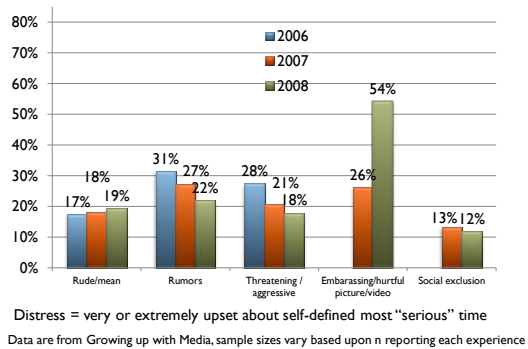
Cyberbullying is inescapable (?)



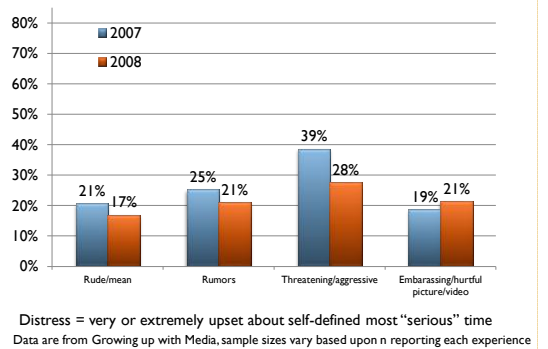
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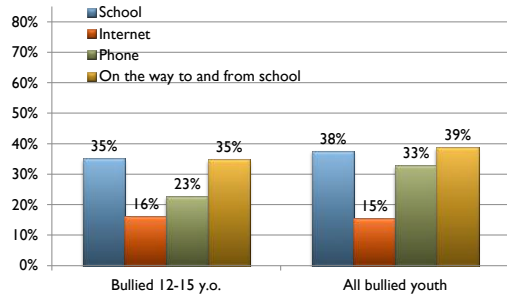
Distress among 12-15 year olds reporting harassment online



Distress among 12-15 year olds reporting harassment via text messaging



A comparison of distress among youth bullied across environments and modes



Distress = very or extremely upset about self-defined most "serious" time

Data are from Growing up with Media 2007 and 2008, sample sizes vary based upon n reporting each experience

Psychosocial issues for victims

- Interpersonal victimization / bullying offline (Ybarra, Mitchell, Espelage, 2007; Ybarra, Mitchell, Wolak, Finkelhor, 2006; Ybarra, 2004)
- Depressive symptomatology and suicidal ideation (Ybarra, 2004; Mitchell, Finkelhor, Wolak, 2000; The Berkman Center for Internet & Society, 2008; Hinduja & Patchin, in press)
- Alcohol use (Ybarra, Mitchell, Espelage, 2007)
- Social problems (Ybarra, Mitchell, Wolak, Finkelhor, 2006)
- School behavior problems (Ybarra, Diener-West, Leaf, 2007)
- Poor caregiver-child relationships (Ybarra, Diener-West, Leaf, 2007)

Psychosocial issues for perpetrators

- Interpersonal victimization and perpetration (bullying) offline (Ybarra, Mitchell, Espelage, 2007; Ybarra & Mitchell, 2007; Ybarra & Mitchell, 2004)
- Aggression / rule breaking (Ybarra, Mitchell, Espelage, 2007; Ybarra & Mitchell, 2007)
- Binge drinking (Ybarra, Mitchell, Espelage, 2007)
- Substance use (Ybarra, Mitchell, Espelage, 2007; Ybarra & Mitchell, 2007)
- Poor caregiver child relationship (Ybarra, Mitchell, Espelage, 2007; Ybarra & Mitchell, 2004; Ybarra & Mitchell, 2007)
- Low school commitment (Ybarra & Mitchell, 2004)

CyberBullying: Recap

Cyberbullying (bullying online) affects between 17% of youth each year; harassment affects about 38%

- More than **4 in 5** youth who use the Internet are ***not* cyberbullied**

About 1/3 of bullied and harassed youth are very or extremely upset

- 2/3 bullied and harassed youth are less affected

Bullying is most commonly an in-person experience.

- For a concerning minority (12%), bullying is ubiquitous (in person, online, via text)

Internet victimization is **not increasing**

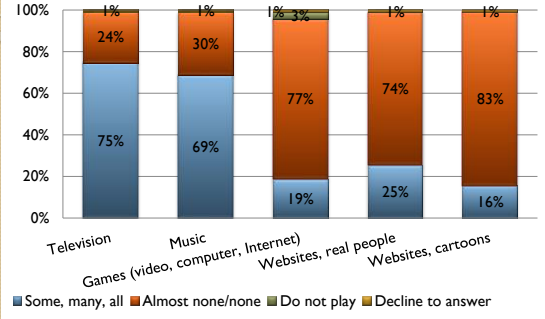
- Text messaging victimization may be increasing...

Technology is a hotbed of sex



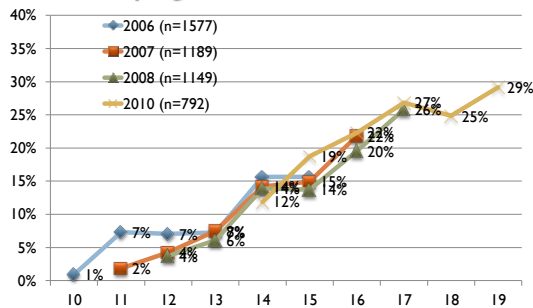
Image from: Chan Lowe <http://blogs.trb.com/news/opinion/chanlowe/blog/2009/02/sexting.html>

Exposure to sexual material by medium



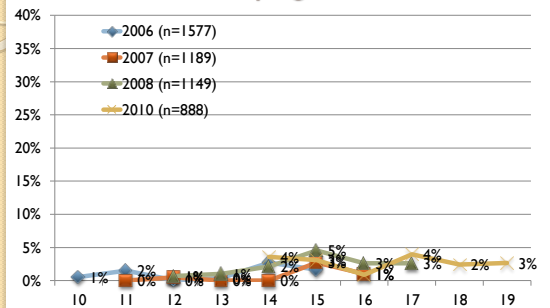
Data from the Growing up with Media survey, 2008 & 2010 (18 y.o. and younger) n=1913 observations, 1588 youth

Wanted exposure to x-rated material online by age



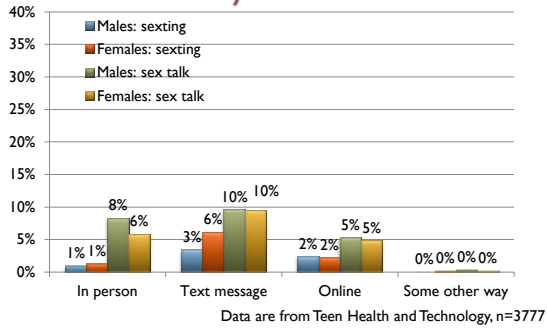
Data from the Growing up with Media survey

Wanted exposure to violent x-rated material online by age

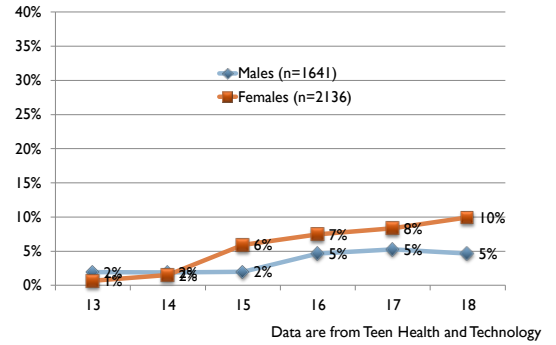


Data from the Growing up with Media survey

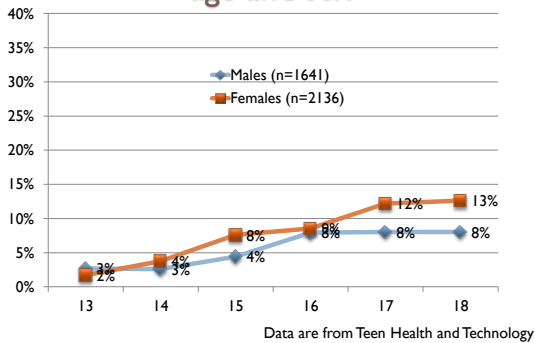
Putting it into context: “Sexting” versus sex talk by mode and youth sex



“Sexting” by age and sex



“Sexting” (across all modes) by age and sex



‘Sexting’ related to other sexual behaviors

Sexual behaviors	No sexting (n=3,588)	Sexting (n=189)	aOR (95% CI)
Current romantic partner	22%	50%	2.8 (2.0, 3.9)
Kissed	47%	89%	8.2 (5.1, 13.1)
Fondled	29%	83%	10.2 (6.8, 15.4)
Oral sex	17%	70%	10.4 (7.3, 14.9)
Sex with a toy or finger	17%	70%	10.1 (7.1, 14.3)
Vaginal sex	17%	65%	7.8 (5.5, 11.1)
Anal sex	4%	23%	5.6 (3.7, 8.3)

aOR = adjusted for biological sex, age, race, Hispanic ethnicity, and survey experience indicators (i.e., privacy when completing the survey and self-reported honesty). Data from Teen Health and Technology

Technology is filled with sex: Recap

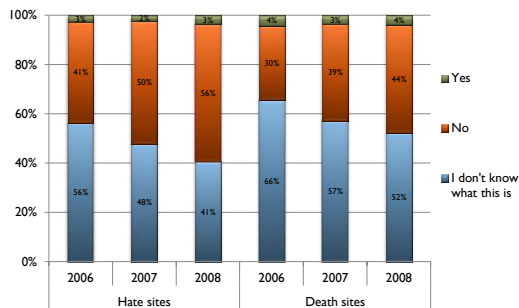
- Compared to TV (75%) and music, (69%) the Internet is among the least common exposures of sexual material (16-25%)
- Less than 1 in 20 youth (5%) have 'sexted' via text messaging in the past year
 - Youth are sharing sexy photos online (2%) and in person (1%) too
 - It is related to increased age, and other sexual behaviors → maybe in most cases, it's another way to express one's sexual self?

A few more things to know about new technology



Image from: <http://thatsnotcool.com>

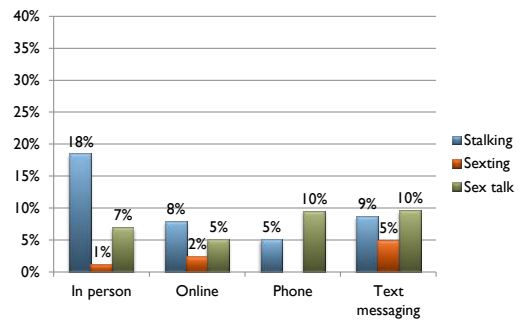
Knowledge is not enough



Data from the Growing up with Media survey, n=1,588

In press, Pediatrics, Ybarra, Mitchell, Korchmaros: National trends in exposure to and experiences of violence on the Internet among U.S. children

Focusing on adolescent health (not media) issues: Stalking vs. "sexting"



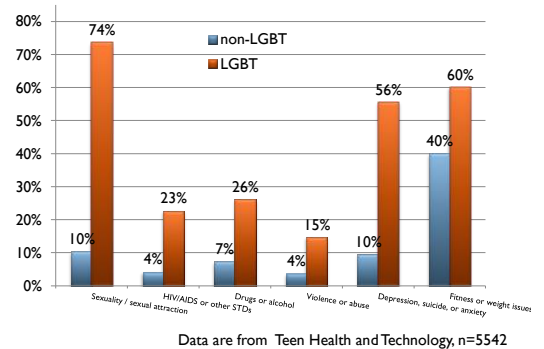
Stalking data from Growing up with Media, 2010 (n=888); Sexing/sex talk data from Teen Health and Technology (n=3777)

Benefits of technology: Teaching healthy behaviors

- Physical health: Dance Dance Revolution
- Healthy behaviors: Sesame Street's Color me Hungry (encourages eating vegetables)
- Disease Management: Re-Mission (teaches children with cancer about the disease)

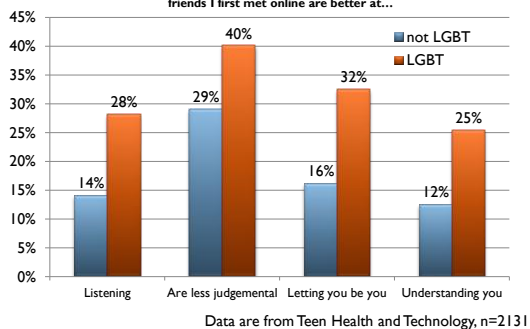
(as described by My Thai, Lownestein, Ching, Rejeski, 2009)

Benefits of technology: Access to health information



Benefits of technology: Social support for LGBT youth

Compared to friends I first met in-person / "offline",
friends I first met online are better at...



Too much technology? Or is everything kinda pretty much okay...?



Image from: <http://impostor.files.wordpress.com/2008/11/brainmachine.jpg>



Acknowledgements

Growing up with Media: This survey was supported by Cooperative Agreement number U49/CE000206 from the Centers for Disease Control and Prevention (CDC). The contents of this presentation are solely the responsibility of the authors and do not necessarily represent the official views of the CDC. I would like to thank the entire Growing up with Media Study team from Center for Innovative Public Health Research, Harris Interactive, Johns Hopkins Bloomberg School of Public Health, and the CDC, who contributed to the planning and implementation of the study. Finally, we thank the families for their time and willingness to participate in this study.

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