

What the Tech?

**The Impact of Digital Media on Kids' Social & Emotional Development
Fostering Empathy, Learning, & Wise Choices**

Thursday, January 26, 2012

Sponsored by **Rape Treatment Center** Santa Monica-UCLA Medical Center

RESEARCH AND OTHER RESOURCES

More information about each resource follows this listing:

Usage by Teens

Pew Internet & American Life Project

Teens, Social Network Sites & Mobile Phones: What the research is telling us (Slides, 2011)

<http://pewinternet.org/Presentations/2011/Dec/COSN.aspx>

Teens and Mobile Phones (2010)

<http://pewinternet.org/Reports/2010/Teens-and-Mobile-Phones.aspx>

Social Media and Young Adults (2010)

<http://pewinternet.org/Reports/2010/Social-Media-and-Young-Adults.aspx>

Teens, Video Games, and Civics (2008)

<http://pewinternet.org/Reports/2008/Teens-Video-Games-and-Civics.aspx>

Common Sense Media

Zero to Eight: Children's Media Use in America (2011)

<http://www.commonsensemedia.org/research/zero-eight-childrens-media-use-america>

The Joan Ganz Cooney Center at Sesame Workshop

Always Connected: The new digital media habits of young children (2011)

<http://www.joanganzcooneycenter.org/Reports-28.html>

Kaiser Family Foundation

Generation M2: Media in the Lives of 8- to 18-Year-Olds (2010)

<http://www.kff.org/entmedia/mh012010pkg.cfm>

Northwestern University Center on Media and Human Development

**Children, Media and Race: Media Use Among White, Black,
Hispanic and Asian American Children** (2011)

<http://web5.soc.northwestern.edu/cmhd/wp-content/uploads/2011/06/SOCconfReportSingleFinal-1.pdf>

Cyberbullying and Online Abuses

Alice Marwick and danah boyd

The Drama! Teen Conflict, Gossip, and Bullying in Networked Publics (2011)

http://papers.ssrn.com/sol3/papers.cfm?abstract_id=1926349

American Association of University Women (AAUW)

Crossing the Line: Sexual Harassment at School (2011)

<http://www.aauw.org/learn/research/crossingtheline.cfm>

Harvard Education Letter

Stopping Sexual Harassment in Middle School (2011)

<http://www.hepg.org/hel/article/518>

Pew Internet & American Life Project

Teens, kindness, cruelty on social network sites (2011)

<http://pewinternet.org/Reports/2011/Teens-and-social-media.aspx>

Cyberbullying 2010: What the Research Tells Us (2010)

<http://pewinternet.org/Presentations/2010/May/Cyberbullying-2010.aspx>

Teens and sexting (2009)

<http://pewinternet.org/Reports/2009/Teens-and-Sexting.aspx>

UNH Crimes against Children Research Center (CCRC)

Unwanted Online Sexual Exposures Decline For Youth (2011)

http://www.unh.edu/news/cj_nr/2011/dec/lw15ccrc.cfm

Concerns About Teen Sexting Overblown (2011)

http://www.unh.edu/news/cj_nr/2011/dec/lw05sexting.cfm

The Internet, Youth Safety and the Problem of “Juvenoia” (2011)

<http://www.unh.edu/ccrc/pdf/Juvenoia%20paper.pdf>

Digital Ethics and Digital Citizenship

Global Kids, GoodPlay, and Common Sense Media

Meeting of Minds: Cross-Generational Dialogue on the Ethics of Digital Life (2009)

<http://www.macfound.org/atf/cf/%7Bb0386ce3-8b29-4162-8098-e466fb856794%7D/DML-FOCUS-DIALOGUE-REPORT-0910.PDF>

GoodPlay Project and Project New Media Literacies

Our Space: Being a Responsible Citizen of the Digital World (2011)

<http://www.goodworkproject.org/practice/our-space/>

Young People, Ethics, and the New Digital Media: A Synthesis from the GoodPlay Project (2009)

http://dmlcentral.net/sites/dmlcentral/files/resource_files/Young_People_Ethics_and_New_Digital_Media.pdf

MacArthur Foundation Digital Media and Learning

New Study Shows Time Spent Online Important for Teen Development (2008)

http://www.macfound.org/site/c.lkLXJ8MQKrH/b.4773437/k.3CE6/New_Study_Shows_Time_Spent_Online_Important_for_Teen_Development.htm

Other Books and Media Resources

Now You See It: How the Brain Science of Attention Will Transform the Way We Live, Work, and Learn (2011) Cathy Davidson

<http://www.cathydavidson.com>

Welcome to Your Child's Brain: How the Mind Grows from Conception to College (2011) Sandra Aamodt and Sam Wang
<http://www.welcometoyourbrain.com>

Reality Is Broken: Why Games Make Us Better and How They Can Change The World (2010) Jane McGonigal
<http://realityisbroken.org>

Public Broadcasting System (PBS)

Is Technology Wiring Teens to Have Better Brains? (January 5, 2011)
http://www.pbs.org/newshour/bb/science/jan-june11/digitalbrain_01-05.html

Digital Nation: Life on the Virtual Frontier (February 2, 2010)
<http://www.pbs.org/wgbh/pages/frontline/digitalnation>

Growing Up Online: Just how radically is the Internet transforming the experience of childhood? (2008)
<http://www.pbs.org/wgbh/pages/frontline/kidsonline>

Inside The Teenage Brain (January 31, 2002)
<http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/view>

RESEARCH AND OTHER RESOURCES – additional information about the above resources

Usage by Teens

Pew Internet & American Life Project

Teens, Social Network Sites & Mobile Phones: What the research is telling us (Slides, 2011) – 95% of US teens are online and 75% own a cell phone. At least 80% of teens use social networking sites, but just 16% use Twitter. 80% of parents with a child who uses social networking have friended their child online.
<http://pewinternet.org/Presentations/2011/Dec/COSN.aspx>

Teens and Mobile Phones (2010) – Text messaging has become the primary way teens reach their friends, surpassing face-to-face contact, email, instant messaging, and voice calling. Teen girls ages 14-17 average 100 text messages a day, or more than 3,000 per month. However, calling is still the preferred mode for reaching parents.
<http://pewinternet.org/Reports/2010/Teens-and-Mobile-Phones.aspx>

Social Media and Young Adults (2010) – Blogging by teens has dropped to 14% as social networking sites have gained teen users. 73% of online teens use social network sites. 24% of teens are still on MySpace. However only 8% of teens were using Twitter in 2009 [this has increased to 16% in 2011].
<http://pewinternet.org/Reports/2010/Social-Media-and-Young-Adults.aspx>

Teens, Video Games, and Civics (2008) – 99% of boys and 94% of girls play video games, and more than half play them every day. Almost a third play games rated for audiences older than they are. Teens who take part in social interaction related to the game, such as commenting on websites or contributing to discussion boards, are also more engaged in civic and political activities.
<http://pewinternet.org/Reports/2008/Teens-Video-Games-and-Civics.aspx>

Common Sense Media

Zero to Eight: Children's Media Use in America (2011) – Computer use is becoming more prevalent among young children. 22% of 5-8-year-olds and 12% of 2-4-year-olds use a computer every day. Half (52%) of all children ages 5-8 now have access to one of the newer mobile devices at home – either a smartphone, a video iPod, or an iPad or other tablet device – and half of all 0-8 year-olds have played a console video game.
<http://www.common sense media.org/research/zero-eight-childrens-media-use-america>

The Joan Ganz Cooney Center at Sesame Workshop

Always Connected: The new digital media habits of young children (2011) – Children ages 2-5 watch more than 3.5 hours of television in an average day. Sesame Workshop found that children ages 5-9 spend 1.75 hours per day watching TV, and an additional 1.25 hours watching videos, for a total of about three hours each day. On a typical weekday, 71% of children ages 5-9 in the wealthiest households (earning more than \$100,000) use the Internet, compared with 51% of children in households earning less than \$50,000.
<http://www.joanganzcooneycenter.org/Reports-28.html>

Kaiser Family Foundation

Generation M2: Media in the Lives of 8- to 18-Year-Olds (2010) – Using 2009 data, Kaiser Foundation found that 8- to 18-year-olds were devoting an average of 7 hours and 38 minutes to using entertainment media across a typical day (more than 53 hours a week). Because they spend so much of that time multitasking, they actually managed to pack a total of 10 hours and 45 minutes worth of media content into those 7.5 hours.
<http://www.kff.org/entmedia/mh012010pkg.cfm>

Northwestern University Center on Media and Human Development

Children, Media and Race: Media Use Among White, Black, Hispanic and Asian American Children (2011) – Minority youth ages 8-18 consume an average of 13 hours of media content a day – about 4.5 hours more than their white counterparts. They spend one to two additional hours each day watching TV and videos, approximately an hour more listening to music, up to an hour and a half more on computers, and 30 to 40 minutes more playing video games.
<http://web5.soc.northwestern.edu/cmhd/wp-content/uploads/2011/06/SOCconfReportSingleFinal-1.pdf>

Cyberbullying and Online Abuses

Alice Marwick and danah boyd

The Drama! Teen Conflict, Gossip, and Bullying in Networked Publics (2011) – In a study across 165 interviews, most teens did not recognize themselves in the “bullying” rhetoric used by parents, teen advocates, and mental health professionals. By using the term “drama” rather than terms such as gossip, bullying, or arguing, teens attempt to protect themselves from the social and psychological harm involved in accounting both for the pain they feel and the pain they cause others.
http://papers.ssrn.com/sol3/papers.cfm?abstract_id=1926349

American Association of University Women (AAUW)

Crossing the Line: Sexual Harassment at School (2011) – This report found that 48% of 7th through 12th graders experienced peer sexual harassment in the past year, and 30% experienced peer sexual harassment online via Facebook, text, email or other means. 87% of students who had this experience said it had negatively affected them.
<http://www.aauw.org/learn/research/crossingtheline.cfm>

Harvard Education Letter

Stopping Sexual Harassment in Middle School (2011) – A study in 30 New York middle schools found that a combination of classroom-based and building-wide interventions such as posters and student-drawn maps of campus sexual harassment “danger zones” reduced sexual harassment as much as 34% in 6 months.
<http://www.hepg.org/hel/article/518>

Pew Internet & American Life Project

Teens, kindness, cruelty on social media sites (2011) – Most American teens who use social media say that in their experience, people their age are mostly kind to one another on social network sites. Just 15% of teens say they have been the target of online meanness and 19% have been bullied. Teens rely most heavily on parents and peers for advice about online behavior and coping with challenging experiences.
<http://pewinternet.org/Reports/2011/Teens-and-social-media.aspx>

Cyberbullying 2010: What the Research Tells Us – Cyberbullying is defined as online harassment repeated over time. 32% of online teens have experienced some form of online harassment. Girls (38%) report more of these experiences. School remains the most common place where youth have bullying experiences.
<http://pewinternet.org/Presentations/2010/May/Cyberbullying-2010.aspx>

Teens and sexting (2009) – Sexting is nominal although it increases by age. Older teens (17-year-olds) are more likely to have sent sexts (8%) than younger teens (4%). 17% of teens who pay all of the costs associated with their cell phones send sexts versus 3% of all other teens.
<http://pewinternet.org/Reports/2009/Teens-and-Sexting.aspx>

UNH Crimes against Children Research Center (CCRC)

Unwanted Online Sexual Exposures Decline For Youth (2011) – The percentage of youth receiving unwanted online sexual requests declined from 13% in 2005 to 9% in 2010. Youth experiencing unwanted pornography exposure declined from 34% to 23% over the same period.
http://www.unh.edu/news/cj_nr/2011/dec/lw15ccrc.cfm

Concerns About Teen Sexting Overblown (2011) – The study found that 2.5% of youth surveyed have participated in sexting in the past year, and only 1% involved images that potentially violate child pornography laws.
http://www.unh.edu/news/cj_nr/2011/dec/lw05sexting.cfm

The Internet, Youth Safety and the Problem of “Juvenoia” (2011) – David Finkelhor of UNH uses the term “juvenoia” to describe the exaggerated fear about the influence of social change on children. His view is that parents and lawmakers can be so worried about protecting children that they can fail to distinguish between real threats and phantom ones, leading in some instances to panic and legislation that overreaches and goes too far.
<http://www.unh.edu/ccrc/pdf/Juvenoia%20paper.pdf>

Digital Ethics and Digital Citizenship

Global Kids, GoodPlay, and Common Sense Media

Meeting of Minds: Cross-Generational Dialogue on the Ethics of Digital Life (2009) – Age-related findings clarified that adults need to help youth think about online life in moral and ethical ways and about how to act as moral and ethical digital citizens, especially with regard to the five areas where digital dilemmas can occur: identity, privacy, authorship and ownership, credibility, and participation.
<http://www.macfound.org/atf/cf/%7Bb0386ce3-8b29-4162-8098-e466fb856794%7D/DML-FOCUS-DIALOGUE-REPORT-0910.PDF>

GoodPlay Project and Project New Media Literacies

Our Space: Being a Responsible Citizen of the Digital World (2011) – Through a curriculum of role-playing activities and reflective exercises, high school students are engaged to consider the ethical responsibilities of other people, and whether and how they behave ethically themselves online.
<http://www.goodworkproject.org/practice/our-space/>

Young People, Ethics, and the New Digital Media: A Synthesis from the GoodPlay Project (2009) – Part of Howard Gardner's GoodWork Project at the Harvard School of Education, the GoodPlay project explores the ethical character of young people's activities in new digital media vis-à-vis five areas: identity, privacy, authorship and ownership, credibility, and participation.

http://dmlcentral.net/sites/dmlcentral/files/resource_files/Young_People_Ethics_and_New_Digital_Media.pdf

MacArthur Foundation Digital Media and Learning

New Study Shows Time Spent Online Important for Teen Development (2008) – Learning today is becoming increasingly peer-based and networked, and this team of researchers identified two distinctive categories of teen engagement with digital media: friendship-driven and interest-driven. Youth using new media often learn from their peers, and notions of expertise and authority are being redefined.

http://www.macfound.org/site/c.1kLXJ8MQKrH/b.4773437/k.3CE6/New_Study_Shows_Time_Spent_Online_Important_for_Teen_Development.htm

Other Books and Media Resources

Now You See It: How the Brain Science of Attention Will Transform the Way We Live, Work, and Learn (2011) *Cathy Davidson*

Using cutting-edge research on the brain, the author shows how “attention blindness” has produced one of our society's greatest challenges: while we've all acknowledged the great changes of the digital age, most of us still toil in schools and workplaces designed for the last century. Davidson introduces visionaries whose groundbreaking ideas – from schools with curricula built around video games to companies that train workers using virtual environments – will open the doors to new ways of working and learning.

<http://www.cathydavidson.com>

Welcome to Your Child's Brain: How the Mind Grows from Conception to College

(2011) *Sandra Aamodt and Sam Wang*

Neuroscientists Sandra Aamodt and Sam Wang explain the facets and functions of the developing brain from birth to adolescence. Discussing subjects such as sleep problems, language learning, gender differences, and autism, they dispel common myths and help readers know when to worry, how to respond, and, most important, when to relax.

<http://www.welcometoyourbrain.com>

Reality Is Broken: Why Games Make Us Better and How They Can Change The World

(2010) *Jane McGonigal*

Videogames consistently provide the exhilarating rewards, stimulating challenges, and epic victories that are so often lacking in the real world. TED speaker and game designer Jane McGonigal suggests that gamers are expert problem solvers and collaborators because they regularly cooperate with other players to overcome daunting virtual challenges. Her account describes the fast-growing genre of games designed for socially positive ends.

<http://realityisbroken.org>

Public Broadcasting System (PBS)

Is Technology Wiring Teens to Have Better Brains? (January 5, 2011)

Neuroscientists, including Dr. Jay Giedd, describe how teens' immersion in digital media helps their brains adapt for a multi-tasking future. Video gamers have better vision, attention, and certain aspects of cognition, such as multitasking, visual short-term memory than their non-playing counterparts.

http://www.pbs.org/newshour/bb/science/jan-june11/digitalbrain_01-05.html

Digital Nation: Life on the Virtual Frontier (February 2, 2010)

FRONTLINE offers a multi-platform web and video project examining the impact that constant connectivity has on current and future generations. The interactive website includes streaming of the broadcast episode, viewer stories submitted via YouTube, and digital workshops for parents and educators.

<http://www.pbs.org/wgbh/pages/frontline/digitalnation>

Growing Up Online: Just how radically is the Internet transforming the experience of childhood? (2008)

FRONTLINE takes viewers inside the worlds that kids are creating online, and explores some of the important questions this raises about good choices online, cyberbullying, and education.

<http://www.pbs.org/wgbh/pages/frontline/kidsonline>

Inside The Teenage Brain (January 31, 2002)

This FRONTLINE report chronicles how scientists are finding some new explanations for why adolescents behave the way they do. Yet, the key consensus among the experts is that the most beneficial thing for teenagers is good relationships with their parents.

<http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/view>