

Our Youth And The Use Of Today's Technology



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- Ergonomics
- Social Media And Youth
- Tech In The Classroom
- Gaming
- + and - Of Using Technology
- Mistakes Parents Make
- Tips For Parents



How Much Does The Human Head Weigh?



Ergonomic Computer Use



Social Media

- Applications they favor
- Statistics



Applications Teens Use Today

- YouTube



- Instagram



- Snapchat



- Facebook



- Twitter



- Tumblr



- Reddit



YouTube



YouTube is a video sharing service where users can watch, like, share, comment and upload their own videos.

The video service can be accessed on PCs, laptops, tablets and via mobile phones.

- Users can search for and watch videos
- Create a personal YouTube channel
- Upload videos to your channel
- Like/Comment/share other YouTube videos
- Users can subscribe/follow other YouTube channels and users
- Create playlists to organize videos and group videos together

Instagram



- Instagram is a free photo and video sharing application available on Apple iOS, Android and Windows Phone.
- People can upload photos or videos to the Instagram server and share them with their followers or with a select group of friends.
- They can also view, comment and like posts shared by their friends on Instagram.
- Anyone 13 and older can create an account by registering an email address and selecting a username.

Snapchat



- Snapchat is a mobile messaging application used to share photos, videos, text, and drawings.
- It's free to download the app and free to send messages using it. It has become hugely popular in a very short space of time, especially with young people.
- There is one feature that makes Snapchat different from other forms of texting and photo sharing:
 - **the messages disappear from the recipient's phone after a few seconds.**

Facebook



Facebook is a website which allows users, who sign-up for free profiles, to connect with friends, work colleagues or people they don't know, online.

It allows users to share pictures, music, videos, and articles, as well as their own thoughts and opinions with however many people they like.

- Users send “friend requests” to people who they may – or may not – know.
- Facebook has over 1 billion users
- Once accepted, the two profiles are connected with both users able to see whatever the other person posts.
- “Facebookers” can post almost anything to their “timeline”, a snapshot of what is happening in their social circle at any given time, and can also enter private chat with other friends who are online.

Twitter



Twitter is a social networking site that relies on micro-blogging for communication.

A blog is a regularly updated website or web page, typically run by an individual or small group, that is written in an informal or conversational style.

- By typing short, 140 character messages(tweet) users can communicate with their followers and get information spread around.
- Used by main stream media as well as average individuals to communicate about important issues, random issues, or just about what they're doing at any time.

Reddit



- Reddit is what is lovingly known as the front page of the internet.
- It's a place where millions of people go every day to discuss politics, post memes, find porn, and share every odd thought that's ever occurred to them in the shower.
- No matter who you are or what you're into, Reddit has a place for you. From social justice warriors to men's rights activists and conspiracy theorists, all are accounted for.
- Many first-timers stare at the front page and wonder how to use Reddit.

What Are Teens Using?

2018 Pew Research Center Survey



YouTube, Instagram and Snapchat are the most popular online platforms among teens

% of U.S. teens who ...

Say they use ...

Say they use __ most often

YouTube

85%

32%

Instagram

72

15

Snapchat

69

35

Facebook

51

10

Twitter

32

3

Tumblr

9

<1

Reddit

7

1

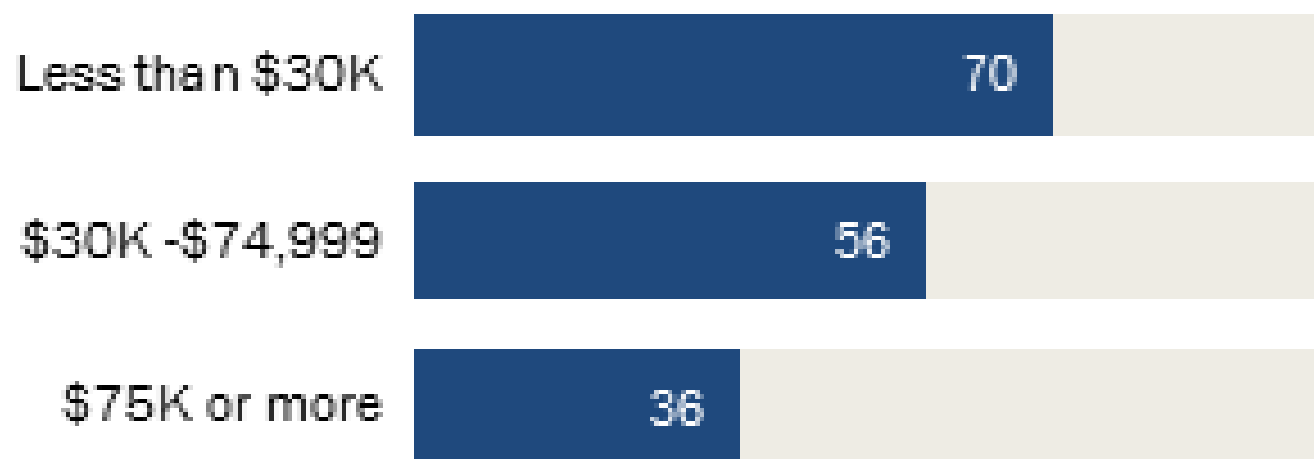
None of the above

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Lower-income teens are more likely than teens from higher-income households to use Facebook

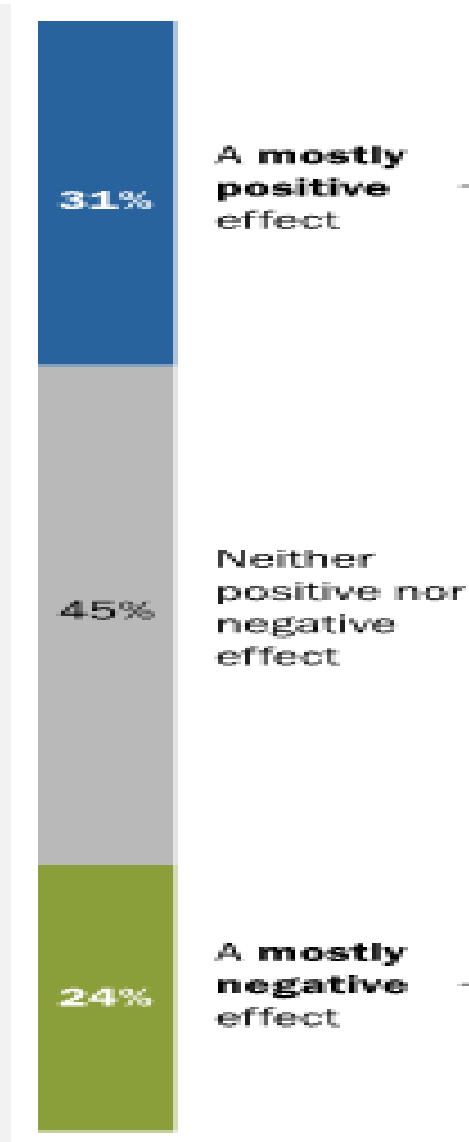
% of U.S. teens, by annual household income, who say they use Facebook



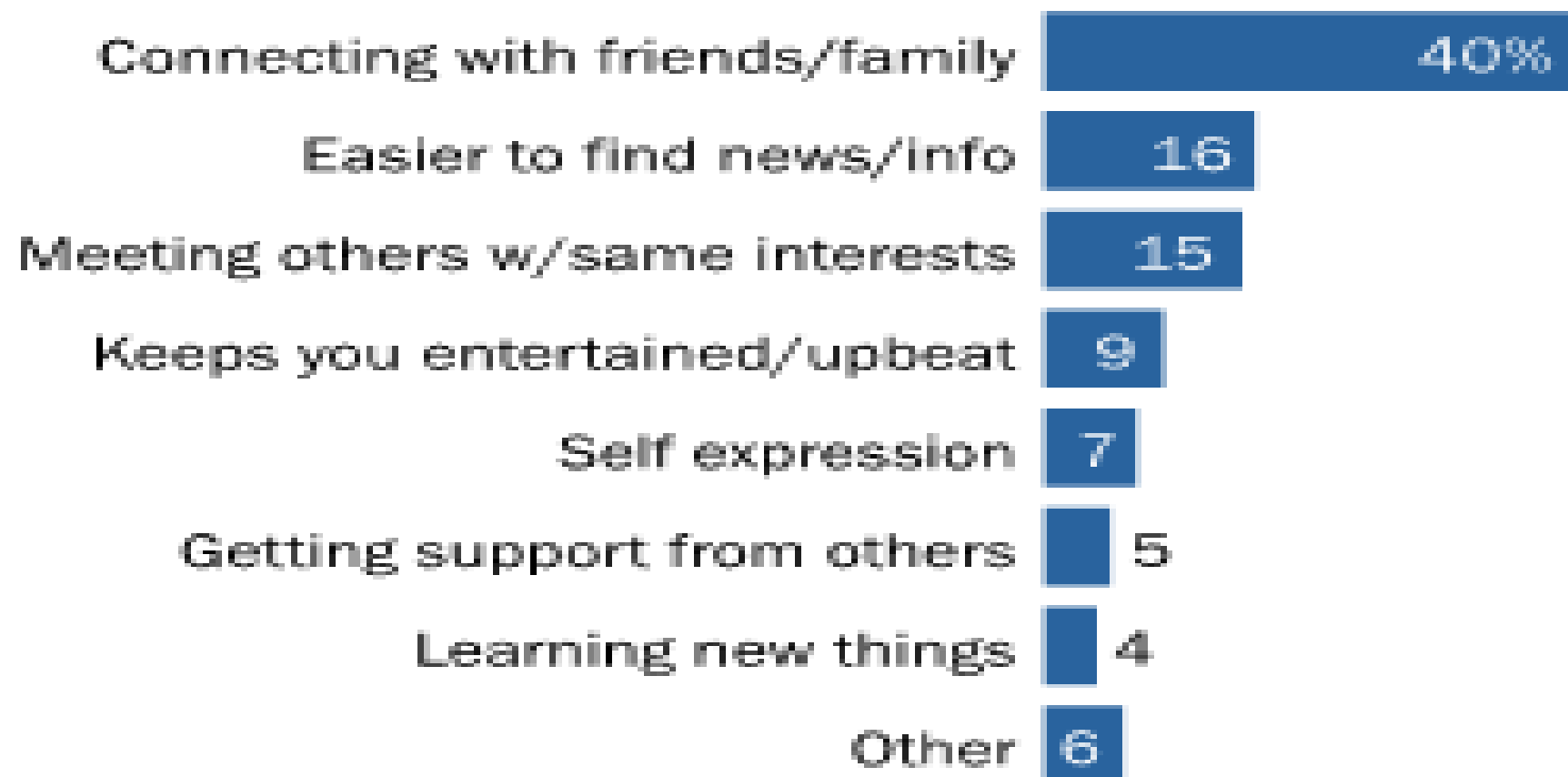
Source: Survey conducted March 7-April 10, 2018.
"Teens, Social Media & Technology 2018"

PEW RESEARCH CENTER

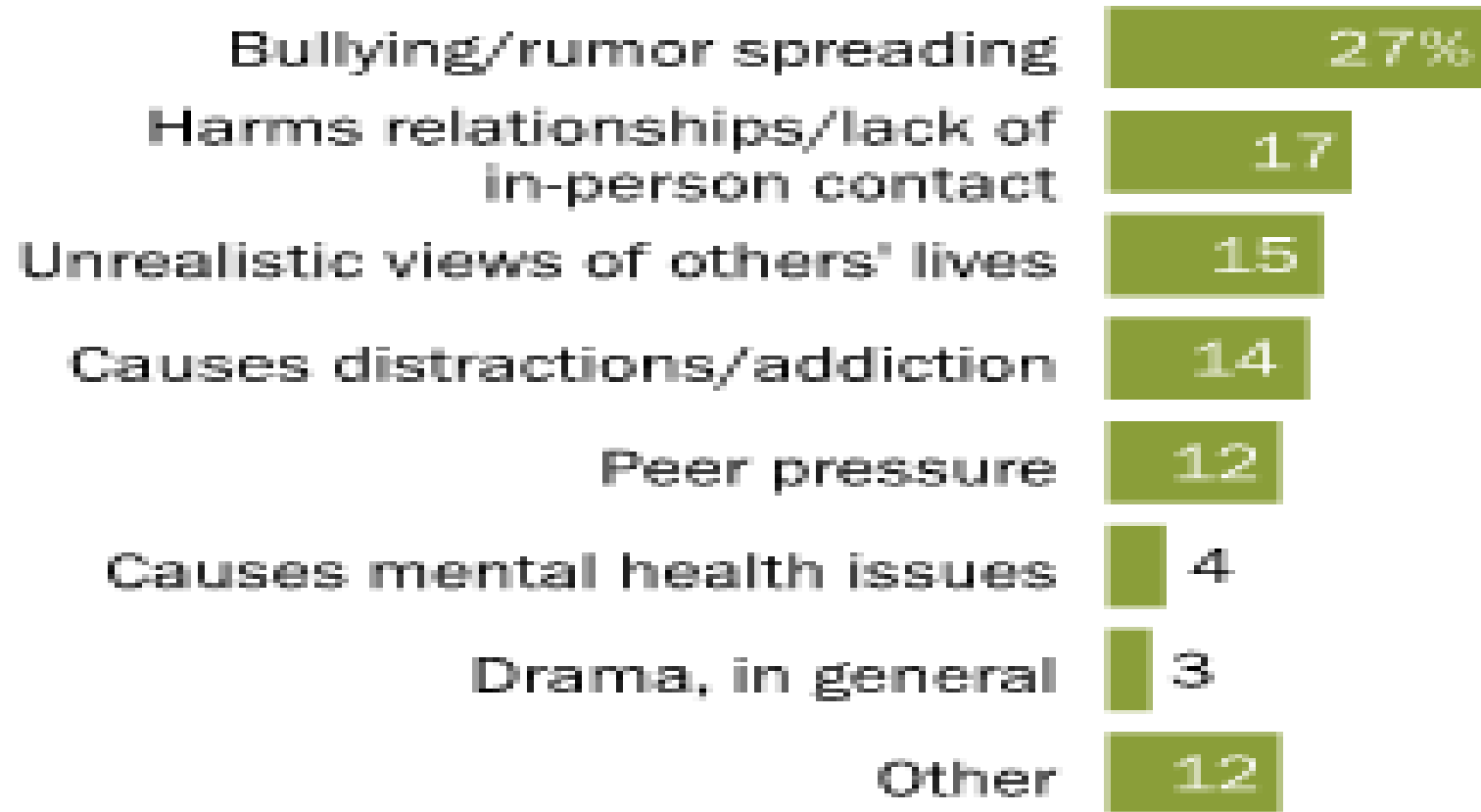
Teens have mixed views on social media's effect on people their age; many say it helps them connect with others, some express concerns about bullying



*Among those who said mostly positive,
% who give these as the main reasons*

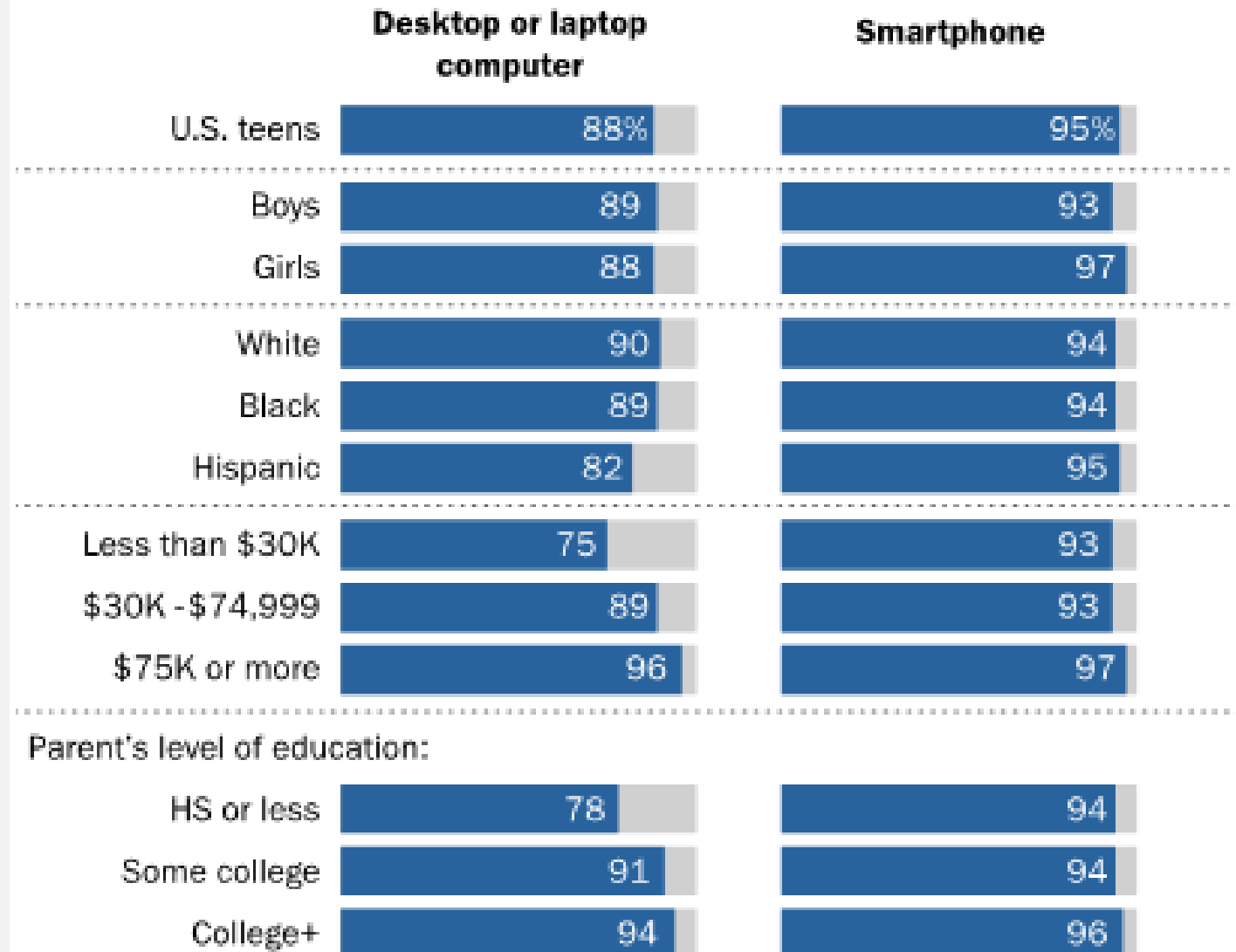


*Among those who said mostly negative,
% who give these as the main reasons*



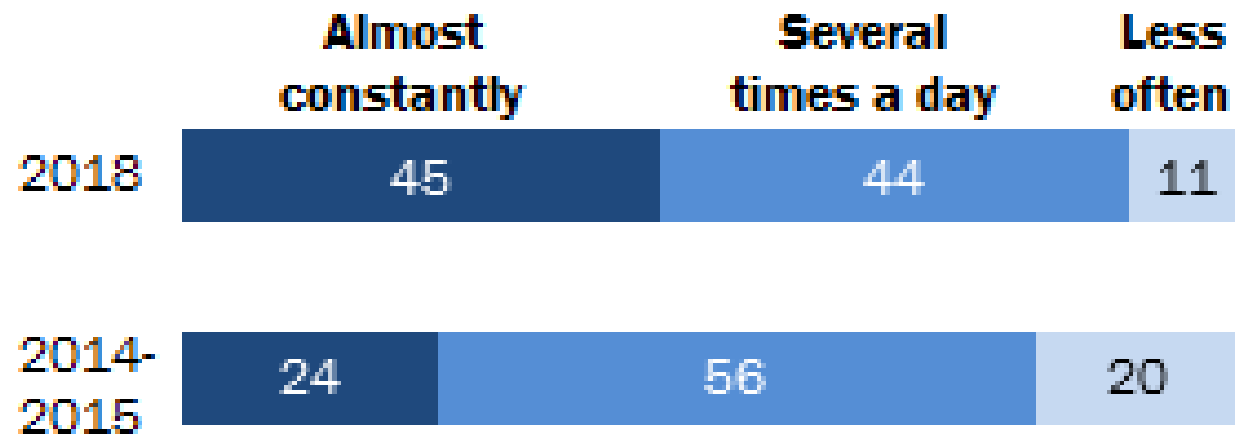
Smartphone access nearly ubiquitous among teens, while having a home computer varies by income

% of U.S. teens who say they have or have access to a ____ at home



45% of teens say they're online almost constantly

% of U.S. teens who say they use the internet, either on a computer or a cellphone ...



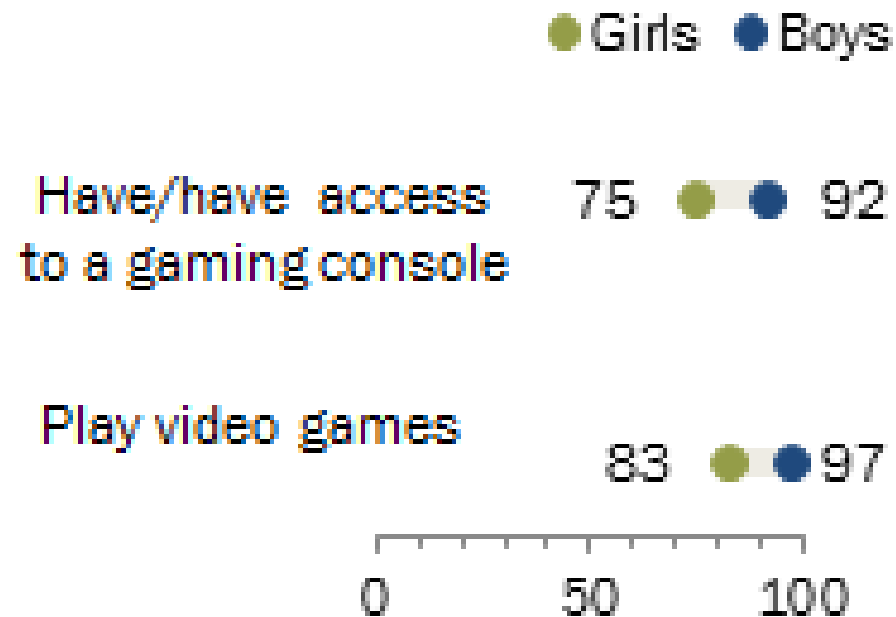
Note: "Less often" category includes teens who say they use the internet "about once a day," "several times a week" and "less often."

Source: Survey conducted March 7-April 10, 2018. Trend data from previous Pew Research Center survey conducted 2014-2015.

"Teens, Social Media & Technology 2018"

Most teen boys and girls play video games

% of U.S. teens who say they ...



Source: Survey conducted March 7-April 10, 2018.

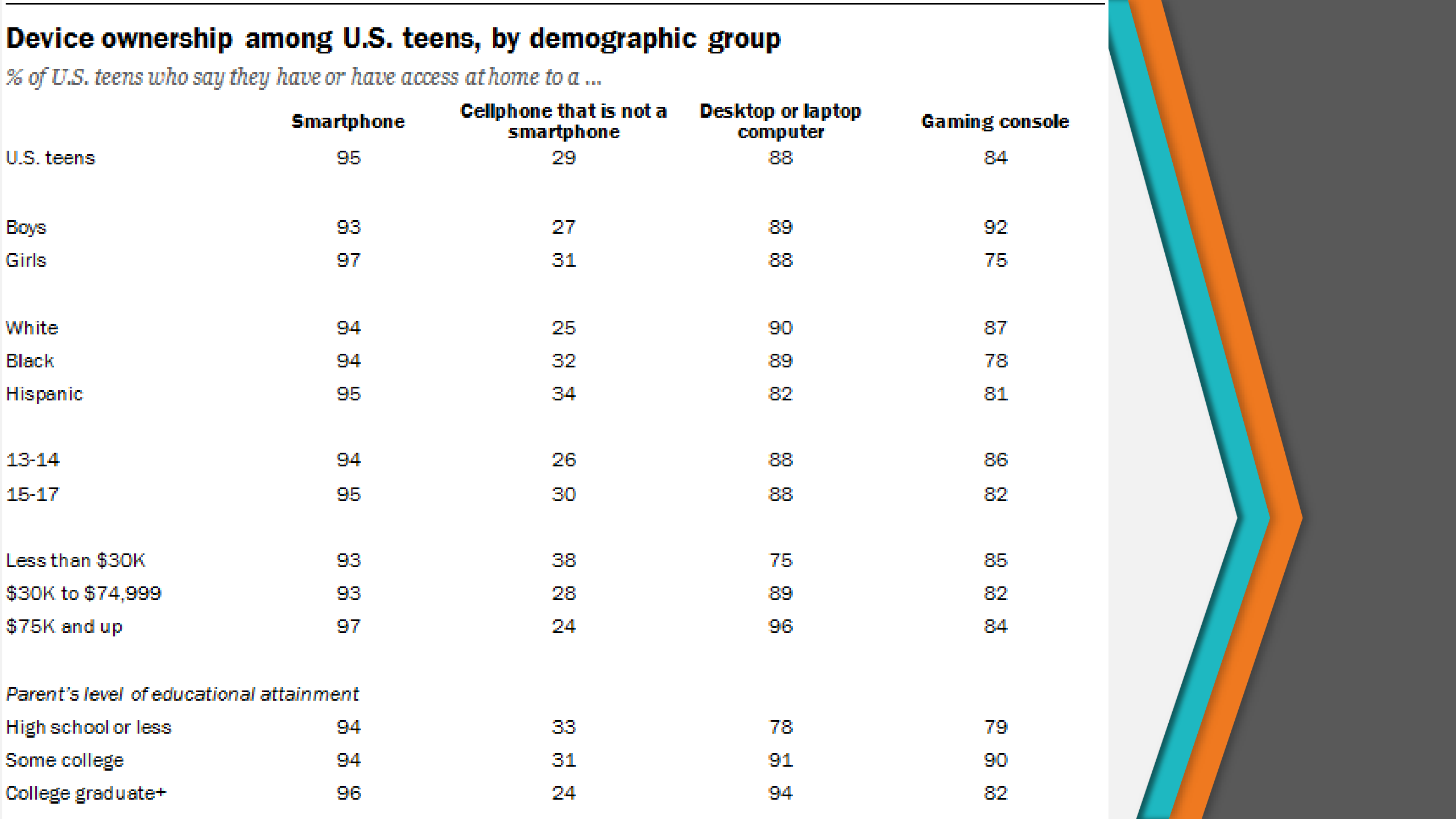
"Teens, Social Media & Technology 2018"

PEW RESEARCH CENTER

Online platform use among U.S. teens, by demographic group

% of U.S. teens who say they use ...

	YouTube	Instagram	Snapchat	Facebook	Twitter	Tumblr	Reddit
U.S. teens	85	72	69	51	32	9	7
Boys	89	69	67	49	33	9	11
Girls	81	75	72	53	32	9	4
White	86	73	72	48	33	10	8
Black	79	72	77	57	29	11	5
Hispanic	85	72	64	58	36	7	7
13-14	84	63	63	47	24	7	4
15-17	86	78	74	54	38	11	9
Less than \$30K	86	74	77	70	40	10	10
\$30K to \$74,999	84	72	71	56	30	8	4
\$75K and up	85	71	64	36	30	11	8
Parent's level of educational attainment							
High school or less	85	73	73	65	35	12	6
Some college	87	73	74	61	37	9	7
College graduate+	84	71	63	33	27	8	8



Conclusions

- Facebook is no longer the dominant online platform among teens
- Teens have mixed views on the impact of social media on their lives
- Vast majority of teens have access to a home computer or smartphone
- A growing share of teens describe their internet use as near-constant
- A majority of both boys and girls play video games, but gaming is nearly universal for boys.
- Girls favor social media applications

Technology In The Classroom



5 Key Benefits of *Technology* in the classroom...

1. The Students Know It Already...
2. Technology Allows Students To Have Meaningful Learning Experiences.
3. Technology Provides Constructive Learning.
4. Technology Provides The Students To Learn Old Lessons In New Ways.
5. Technology In The Classroom Provides Ample Opportunity To Assess Your Students

10 Best Educational Websites for Kids (elementary school)

1. [Curious World](#)

2. [PBS Kids](#)

4. [ABCmouse.com](#)

3. [National Geographic Kids](#)

5. [Funbrain](#)

6. [Babytv.com](#)

7. [Agnitus.com](#)

8. [FarFaria](#)

9. [BrainPOP](#)

10. [Spatulatta](#)

Kahn Academy [kahn Academy](#)

26 Great Educational Sites

1. Best for Young Readers: [Scholastic Kids](#)
2. Best for Finding Books: [Book Wizard](#)
3. Best for Craft Projects: [Crayola For Educators](#)
4. Best Way to Start the Day: [Daily Starters](#)
5. Best for Writing: [Education Northwest](#)
6. Best Online Dictionary: [Wordsmyth](#)
7. Best Math Games: [National Library of Virtual Manipulatives](#)
8. Best for Geography: [Google Earth](#)
9. Best for History: [EDSITEment](#)
10. Best for Science: [National Science Teachers Association](#)
11. Best for Current Events: [Scholastic News](#)
12. Best for Middle School: [Underlined](#) (Launching in 2018)
13. Best for Virtual Trips: [Smithsonian Education](#)
14. Best Multimedia Tool: [Glogster](#)

Kahn Academy [kahn Academy](#)

26 Great Educational Sites

15. Best for the Interactive Whiteboard: [SMART Exchange](#)

16. Best for Interactive Whiteboard Help: [Promethean Planet](#)

17. Best for Online Classroom Workspaces: [Wikispaces Classroom](#)

18. Best for Video Clips: [TeacherTube](#)

19. Best for Moviemaking: [PowToon](#)

20. Best Standards Help: [Common Core State Standards Initiative](#)

21. Best for Tough Topics: [Teaching Tolerance](#)

22. Best Professional Development On the Go: [Annenberg Learner](#)

23. Best for Your Career: [National Education Association](#)

24. Best for Tough Topics: [Teaching Tolerance](#)

25. Best of Facebook: [Scholastic Teachers](#)

26. Kahn Academy [kahn Academy](#)

Best Online Universities

1. Embry-Riddle Aeronautical University – Worldwide -Daytona Beach, FL
2. Arizona State University - Tempe, AZ
3. Ohio State University--Columbus - Columbus, OH
3. Oregon State University -Corvallis, OR
5. Pennsylvania State University--World Campus (tie) -University Park, PA
6. University of Florida -Gainesville, FL
5. University of Illinois--Chicago - Chicago, IL
6. Colorado State University--Global Campus - Greenwood Village, CO
7. University at Buffalo--SUNY - Buffalo, NY
8. University of North Carolina - Wilmington - Wilmington, NC
9. University of Oklahoma - Norman, OK

Computer Games



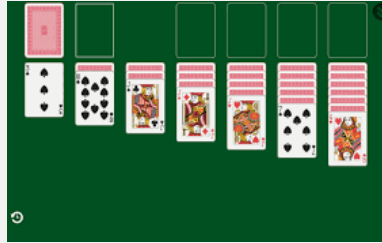
Computer Games



- Provide Entertainment And Fun,
- Improves Hand/Eye Coordination
- Improves Problem-solving Skills.
- Each Game Has Its Own Strategy, Action And Fantasy That Make Each Game Unique

Types Of Computer Games

- Card Games (Solitaire, Blackjack, Bridge)



- Fighting (Street Fighter, Body Slam)



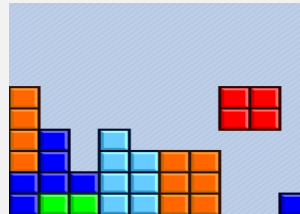
- Board Games (Chess, Monopoly)



- Action - Shoot them up (Space Invaders, Doom)



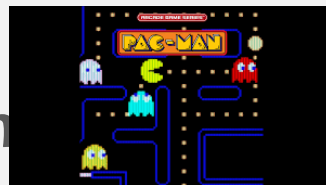
- Puzzles (Jigsaw, Tetris)



- Adventure - adventure story (Raiders, Zork)



- Maze (Pac-Man, Doom)



Types Of Computer Games

- Role Playing (RPG) you are a character in the game -Ultima, Diablo



- Massively Multiplayer Online (MMO) (Everquest, Ultima online)



- Strategy (Chess, Warcraft)



- Sports Football, Soccer, Golf



- Simulation (Sim City, Flight Unlimited)



The + & -'s Of Technology And Our Youth



The +/-'s Of Technology And Our Youth

- Physical Health
- Social
- Mental Health



Physical Health

- Positive effects
 - Exercise
 - Socialize
 - Improves eye hand coordination
- Negative effects
 - Obesity.
 - Lack Of Proper Nutrition
 - Muscle and joint pain
 - Poor Posture
 - Sleep deprivation
 - Strained vision
 - Hearing loss
 - Heart trouble



Social health

The Positive Side

- Socializing
- Group Gaming



The Negative Side

- Loss Of Real Friends
- Socially Isolating
- Being Bullied
- Predators



Mental Health (Positive Effects)

- Memory Improvement
- Social Media – The Positive Interactions
- More Information About The World
- Creativity
- Decision-making And Problem Solving Skills



Mental health (negative effects of technology)

- Failing memory
- Emotional instability
- Sleep deprivation
- Addiction
- Depression



Mental health (negative effects of technology)

- 24/7 stress



- FOMO – fear of missing out



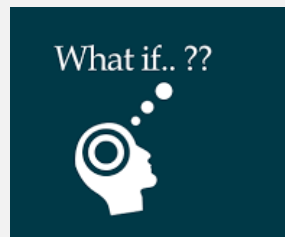
- Incivility



- Anxiety



- Insecurity



Game Addiction

- Compulsive video gaming is a modern-day psychological disorder that experts tell WebMD is becoming more and more popular.
- Currently, there is no single universally agreed upon definition of video game addiction.
 - There is no set number of hours one must play in order to be considered addicted to video games.
- Video game addiction refers to excessive play which results in negative emotional, social, relational, educational, or career - related consequences.
- Video game addiction may also be defined as a serious loss of control over gaming that leads to significant harm for the player in the real world.
- Males are more likely to be addicted to games.
- Females are more likely to be addicted to Social media.

Game Addiction Signs

- Significant negative impact on work performance, school achievement, and / or interpersonal relationships
- Spending most of one's free time playing video games
- Frequently playing video games for six to eight hours non-stop
- Loss of interest in social activities
- Avoidance of personal responsibilities or commitments so that gaming can continue - Often staying up very late to play video games which regularly leads to feeling very fatigued the next day

Game Addiction problems

- Emotional
 - Depression, Loneliness, Anger, Shame
- Financial
 - Spending Large Sums Of Money On Computers Games, Computer Equipment
- Health
 - Neglect Personal Hygiene, Sleep Habit Issues, Lack Of Proper Meals, Obesity
- Social
 - Social Isolation, Depression, Loneliness
- Family
 - Family Conflict, Verbal And Physical Aggression,

Mistakes Parents Make With Technology



1. Not Setting Limits on Technology
2. Not Having Enough Family Activities without Technology
3. Parents are also Tech Addicts

Tips For Parents

1. **Make Your Own Family Media Use Plan. (Time For Study, Bed, Tech, Chores)**
2. **Treat Media As You Would Any Other Environment In Your Child's Life. (Set Limits And Know Children's Friends)**
3. **Set Limits And Encourage Playtime.**
4. **Screen Time Shouldn't Be Alone Time.**
5. **Be A Good Role Model.**
6. **Know The Value Of Face-to-Face Communication.**
7. **Limit Digital Media For Your Youngest Family Members (18 To 24 Months)**

Tips For Parents (continued)

8. Don't use technology as an emotional pacifier
9. Create Tech-free Zones And Times.
10. Apps For Kids – Do Your Homework.
11. It's Ok For Your Teen To Be Online. But Control Where They Can Go. (Net Nanny and who are their friends)
12. Warn Children About The Importance Of Privacy And The Dangers Of Predators And Sexting.
13. Remember: Kids Will Be Kids.

Stop Tech Addiction Before It Starts

Questions?



“A child is a person who is going to carry on what you have started. They are going to sit where you are sitting and, when you are gone, attend to those things which they think are most important. You can create all the policies you please, but how they are carried out depends on them.

“They will assume control of your cities, states, and nations. They are going to move in and take over your churches, schools, universities and corporations . . . The fate of humanity is in their hands.”

Abraham Lincoln