


# IS TECHNOLOGY DESTROYING OUR YOUNG PEOPLE AND WHAT CAN SCHOOLS DO ABOUT IT?

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Child and Adolescent Psychologist




# OVER THE YEARS, THERE HAVE BEEN WARNINGS ABOUT TECHNOLOGY

1968



2001 a space odyssey

# MOVIES WHERE MACHINES KILL HUMANS



## STEPHEN HAWKING DIED ON 14 MARCH 2018

### Stephen Hawking's final warning to humanity

14 March 2018 0:20pm

he called for **technology to be controlled** in order to prevent it from destroying the human race, and said humans need to find a way to identify potential threats quickly, before they have a chance to escalate and endanger civilisation.

# MY FIRST EXPERIENCE OF THE DOWN SIDE OF THE WEB AS A PSYCHOLOGIST


**FEBRUARY 1994**

- Year 8 co-ordinator had rung a local cop at Doncaster Police Station in Melbourne
- A group of year 8 girls had fallen out
- The leader of the group had visited a local adult sex chat room and posted an ad
- "if you want free sex please contact this girl... name, address and phone number supplied"




**LEADING SENIOR CONSTABLE SUSAN MACLEAN**

- A stream of men came knocking on her door
- Family had to temporarily relocate to a motel
- The psychological impact on this girl and her family was devastating



Senior Leading Constable Susan MacLean

**WHAT HAS HAPPENED SINCE?**



**Schools report big rise in school cyberbullying**

Bethany Watt | The West Australian  
Friday, 13 April 2018 8:05AM

- 265 complaints of cyberbullying from children and teenagers so far this financial year.
- It is a **28 per cent increase** on the 206 complaints received in the same period last year.

**MAY 2<sup>ND</sup> 2018**

**The Daily Telegraph**

**KIDS**

**Aussie kids being stalked and harassed online at alarming levels**

Lanel Scarr, Senior Writer, News Corp Australia Network  
May 2, 2018 9:11 pm  
Subscriber only





- **1 in 4 Aussie kids** under the age of 12 are being stalked, harassed and abused online
- **24%** of kids aged 8 to 12 received unwanted contact from strangers online in 2017
- **42%** of all 13 to 17-year-olds in 2018
- **Half** of young Australians do not tell parents when contacted
- **12%** would report abuse to websites

## CYBER BULLYING



Brodie Panlock  
September 2006

## MORE TRAGIC OUTCOMES



Allen Halkic  
February 2009



Sheniz Erkan  
January 2012



Paige Rose  
June 2012




Amanda Grennan  
August 2017




Amy Dolly Everett  
January 2016

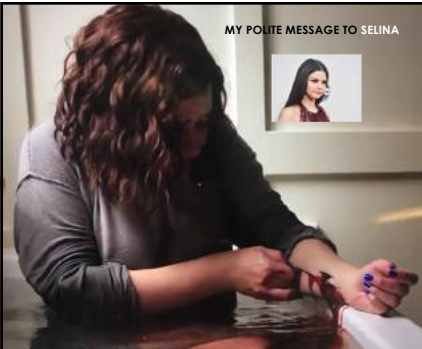
## OTHER DIGITAL TOXINS



**Did 13 Reasons Why Spark a Suicide Contagion Effect?**  
A new study reveals that internet searches for suicide skyrocketed in the weeks of the show's release.



### MY POLITE MESSAGE TO SELINA



- SHOWING GRAPHIC DEPICTIONS OF SUICIDE IS NOT BRAVE, IT'S IGNORANT AND DANGEROUS
- PEOPLE DO NOT LIVE ON THROUGH NOTES OR TAPES OR ANYTHING ELSE LEFT BEHIND AFTER DYING
- SUICIDE IS NOT A WAY TO GAIN POWER OR REVENGE
- THE SHOW WASTES THE OPPORTUNITY TO DISCUSS MENTAL ILLNESS
- SUICIDE IS NOT A WAY OF GETTING EVEN OR RIGHTING WRONGS

## I HAVE BEEN A GREAT ADVOCATE FOR THE USE OF TECHNOLOGY

### Is that a Psychologist in your Pocket? The Use of Smartphone Apps and Web Based Applications in Psychology

**Workshop Overview**

The interest in utilizing the latest technological technology in getting smarter and quicker and the increasing WHO research that technology-related and outcomes, which is what we see in our world - for convenience's sake - meaning they will all be "real world" (2018).

While the media focus has been on the benefits of the technology in the form of cyber bullying, sexting, revenge porn, there is a substantial public health concern and safety issue. While the media focus has been on the benefits of the technology in the form of cyber bullying, sexting, revenge porn, there is a substantial public health concern and safety issue. While the media focus has been on the benefits of the technology in the form of cyber bullying, sexting, revenge porn, there is a substantial public health concern and safety issue.



**Workshop Details**

**Who should attend:** Counselors, psychologists, students

**When:** Friday, 7 November, 9:30am - 12pm (one session only)

**Where:** UNCSA East Campus, Conference Centre (1st floor)

**Workshop Fee:** \$100 (includes GST)

**Register Now**  
Payment in US dollars by PayPal

**Register Now**  
Payment in US dollars by cheque or PayPal

**Game is all class**

Minecraft sweeps into our schools

"We use it to teach geography, mapping and location and things that affect us globally, like sustainability."

Ms Martin said her students had been divided into teams responsible for issues including transport, energy and farming and spent up to five hours a week building communities in the digital worlds. "The kids are able to explore concepts they couldn't otherwise explore in real life," she said.

## HOW IS THE MENTAL HEALTH OF OUR STUDENTS IN 2018?

### GENERAL CONSENSUS

Young Minds Matter: Prevalence of mental disorders in Australian children and adolescents

- 1 in 7 **primary** school boys have a mild to moderate anxiety and depression
- 1 in 4 **secondary** school boys have a mild to moderate anxiety and depression

Pressure takes big toll on students

**Mental Illness Is Still On The Rise In Australian Youth, Study Shows**

Self-harm among teenage girls up 68% in three years, shows research

Suicide rates for young Australians highest in 10 years, researchers call for new prevention strategies

**Year 12s suicidal over uni**

**Self-harm alarm**

More teenage girls are self harming than ever before – here's why

**Kids' anxiety rising**

One in 10 Australian teens self harming, AIFS research shows

Self-harm rises sharply among tween and young teen girls, study shows

Mental health services 'failing young people'

### FROM LAST MONTH'S PAPER

A new analysis of Victorian emergency department data found mental health presentations had tripled among 10 to 14-year-olds and 15 to 19-year-olds between 2008 and 2015.

Self-harm cases had risen by 53 per cent since 2008-2009 and accounted for 22.5 per cent of mental health presentations.

Source: The AGE Monday May 7<sup>th</sup> 2018 p.3

HEALTH

**Mental Illness Is Still On The Rise In Australian Youth, Study Shows**

And twice as many teenage girls are affected as boys.

**CONCLUSION: TEACHING STAFF ARE CARING FOR ARGUABLY THE MOST VULNERABLE GENERATION OF YOUNG PEOPLE IN THE HISTORY OF AUSTRALIA**

## WHAT IS THE RESULT OF THESE LOW LEVELS OF WELLBEING ON SCHOOLS?

**Australia crashing down international leaderboard for education, falling behind Kazakhstan**

**Pisa results: Australian students' science, maths and reading in long-term decline**

Programme for International Student Assessment scores lowest rank since 2006 age with Kazakhstan's Kazakhstan

**NEWS** 14/10/2017 3:50 PM AEST | 11/10/2017 4:10 PM AEST

**Australia Is Falling Behind When It Comes To Quality Education**

The numbers are in and it doesn't look good.

**Wake-up call: Australian students fall behind Kazakhstan in maths and science rankings**

## SO WHAT IS THE SOLUTION?

**DEC 2017**



**Jean-Michel Blanquer**  
Minister of Education  
Republic of France





**Federal Education Minister Simon Birmingham**

**Calls for smartphone ban in school classrooms**

NATASHA BITAL, The Daily Telegraph  
February 4, 2018, 6:17am

**KIDS** are using phones at school to photograph classmates in change rooms, watch pornography and send suicide taunts.

Federal Education Minister Simon Birmingham yesterday called on schools to ban smartphone use.

"There's almost no reason students shouldn't have their phones switched off and in their lockers while they're at school," he told The Sunday Telegraph.

"Although learning to work with technology is essential, phones can be a distraction from lessons and a platform for bullying, unless schools have the right policies in place."

The Sunday Telegraph can today reveal a spate of sickening cyber-crime among students, who are falling school Wi-Fi filters by using the cellular data on their phones.

- almost no reason students shouldn't have their phones switched off and in their lockers while they're at school
- learning to work with technology is essential, phones can be a distraction from lessons and a platform for bullying

## DON'T THROW THE BABY OUT WITH THE BATH WATER!

## WHY TECHNOLOGY MATTERS TO OUR STUDENTS?

- Their real world is both off and online
- It is how they communicate
- They have never known a world without computers
- It provides them with flexibility and confidentiality
- Removes geographical, attitudinal & financial barriers
- Can enhance learning eg: Fitzroy Primary School

**SEXTS, TEXTS & SELFIES**  
 HOW TO KEEP YOUR CHILDREN SAFE IN THE DIGITAL SPACE  
 SUSAN McLEAN

**PARENT EDUCATION**

“As parents you need to understand your child’s digital world, because their tech skills, together with your maturity, life experience and knowledge are going to make this parenting journey into cyberspace as successful and stress free as possible.”

**Game that** His advice? Parents worried about their son’s obsession should ban it, forcing them to go “cold turkey” in a 90-day detox. That length of time was required to reset the brain. Two parents I know have tried that. In both cases, their teenage sons broke down bawling, pleading for a second chance. In one case, the 14-year-old boy sat screaming in a corner.

**and bawl**

90 million hours globally, devoted to a hobby, and “bowl” because it’s a “bowl” of tears. Richard from three years ago, half of those playing it were girls, but more was, he said. “There’s been any game that this that has caused an easy problem for parents.”

Richard’s parents worried about their son’s obsession should ban it, forcing them to go “cold turkey” in a 90-day detox. That length of time was required to reset the brain. Two parents I know have tried that. In both cases, their teenage sons broke down bawling, pleading for a second chance. In one case, the 14-year-old boy sat screaming in a corner.

Companies that have created the new economy and being built to account for their abuse of privacy. Maybe a lot more than that, they are not in a race for allowing, and encouraging, children to play games. There’s no doubt that would be with a win.

The Age 8/6/18

**A PARENT RESOURCE**  
 supporting future generations

7.3 HOURS average screen time per day

68 PERCENT of children are on screens

ANXIETY EPIDEMIC among children

71 PERCENT of kids are on screens

29 PERCENT of kids are on screens

Educating parents on practical strategies to help manage modern-day issues and challenges affecting today’s youth across both primary and secondary school levels.



Loreto College  
 Co-operation

ALL REPORTS SPECIAL REPORTS SEARCH

**SPECIAL REPORTS**

**NETFLIX'S 13 REASONS WHY**

13 Reasons Why - A Special Report

“Probably for 25 per cent of kids who watch this show, there will be no PTSD. However, the worried about the ones who have pre-existing vulnerabilities.”

**CYBERBULLYING - A Special Report**

“Up to 20% of primary school kids are an social media but they simply do not have the neurological maturity to manage their digital footprint. Parents need to get tough and understand the risks associated with it.”

**CONCLUSION:**

- Mental health of our young people **is not improving**
- We need to demonizing the technology and teach students to use devices in a safe, smart and responsible way
- Acknowledge that other approaches are not working
- Acknowledge the centrality of technology in the lives of young people
- Educate parents