

**Facebook is Making
Your Students Meaner
(and what you should do about it)**

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Facebook is Making Your Students Meaner

- Intro: The Technical Generation
- The Brain Development Impacts
- Strategies to Save Your Kids' Social Lives

Our Problem...

Thanks largely to digital technology, students...

- Have less empathy and are meaner
- Don't use good judgement
- Engage in risky activities
- Lack interpersonal skills
- Have increased mental illness
- Are less happy.

Louis CK

Everything's Amazing, Nobody's Happy

My wife's classroom

Who struggles with technology use
during class?

The Solution: The Big Picture Goals

Adults MORE involved in conversation with youth...

- Set LIMITS

- Not a new concept, but seldom practiced
- Understand risks, discuss goals, and co-develop limits

- Teach EMPATHY

- Put more emphasis on character to fill the gap

- Build REAL LIFE COMMUNITY

- “If you can’t stop the train, build another set of tracks.”

Video: Did you know?

Shift Happens

A Little About Me

- McMaster University Instructor
 - Engineering & Social Responsibility
- Leadership Facilitator & Speaker
- Founded The Beanstalk Project
- I like to juggle

My bias — I believe

- It's not just a youth thing...
- People WANT to be involved.
- People ENJOY social interaction.
- Not everyone is affected.
- We're finding our way...

The Beanstalk PROJECT



How we got here...

A short history of
living through
technology

Living
Vicariously
Through
Technology

(it's not a new idea)

ELIZA

Weizenbaum - 1964

The
Experience
Machine

Nozick - 1974

1970's - The Beginning



<http://www.encyclopedia.de/>

1970's and 80's Computer Hackers Emerge...



What we didn't expect:
Humans acting
like computers!

Craig Brod: Technostress

Factual Thinking

Less Creative Ability

Impatient & Quick to Anger

Poor Access to Feelings

Insistence on Efficiency

Insistence on Perfection

Lack of Empathy for Others

Low Tolerance of Ambiguity

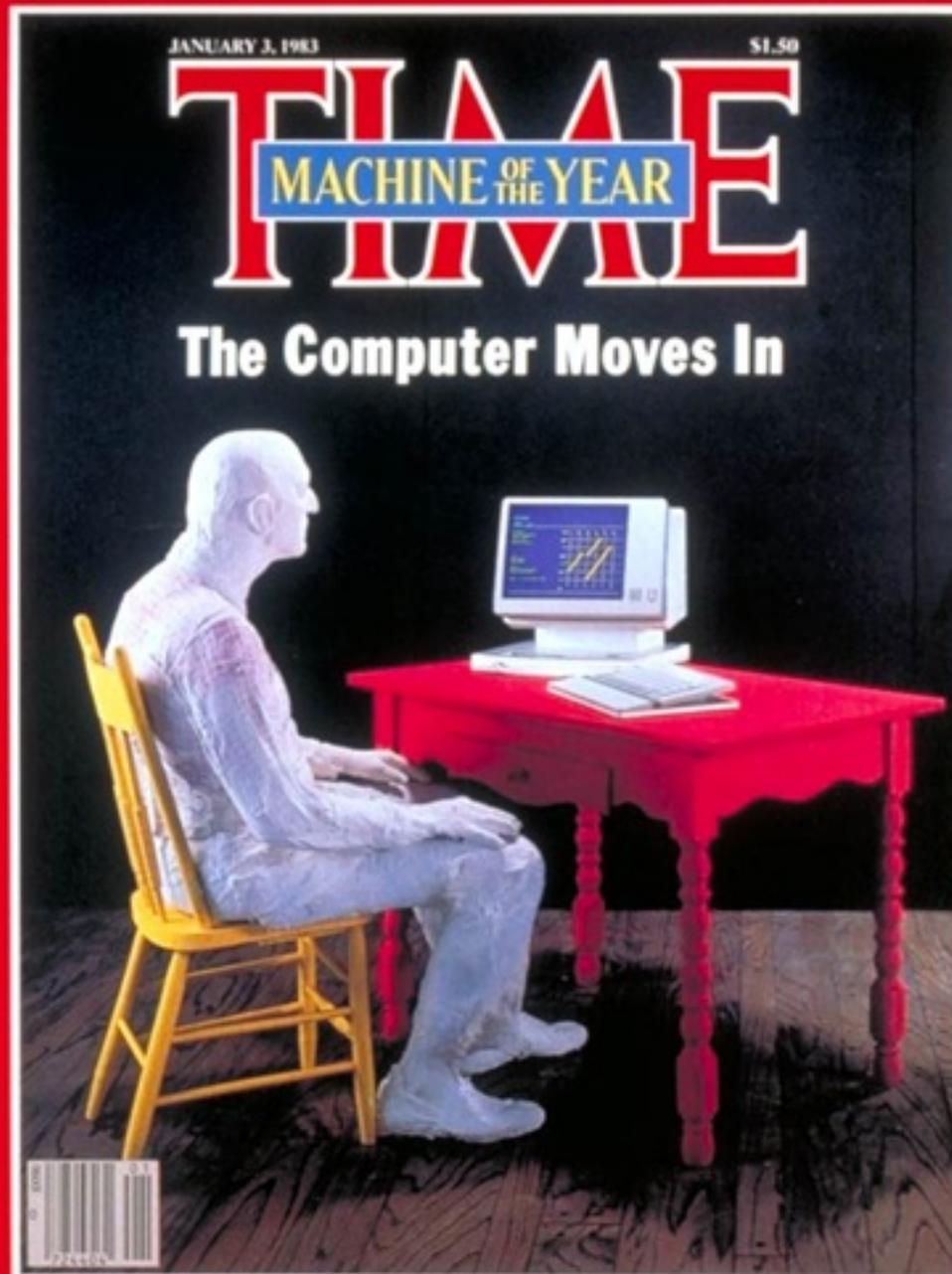


1977

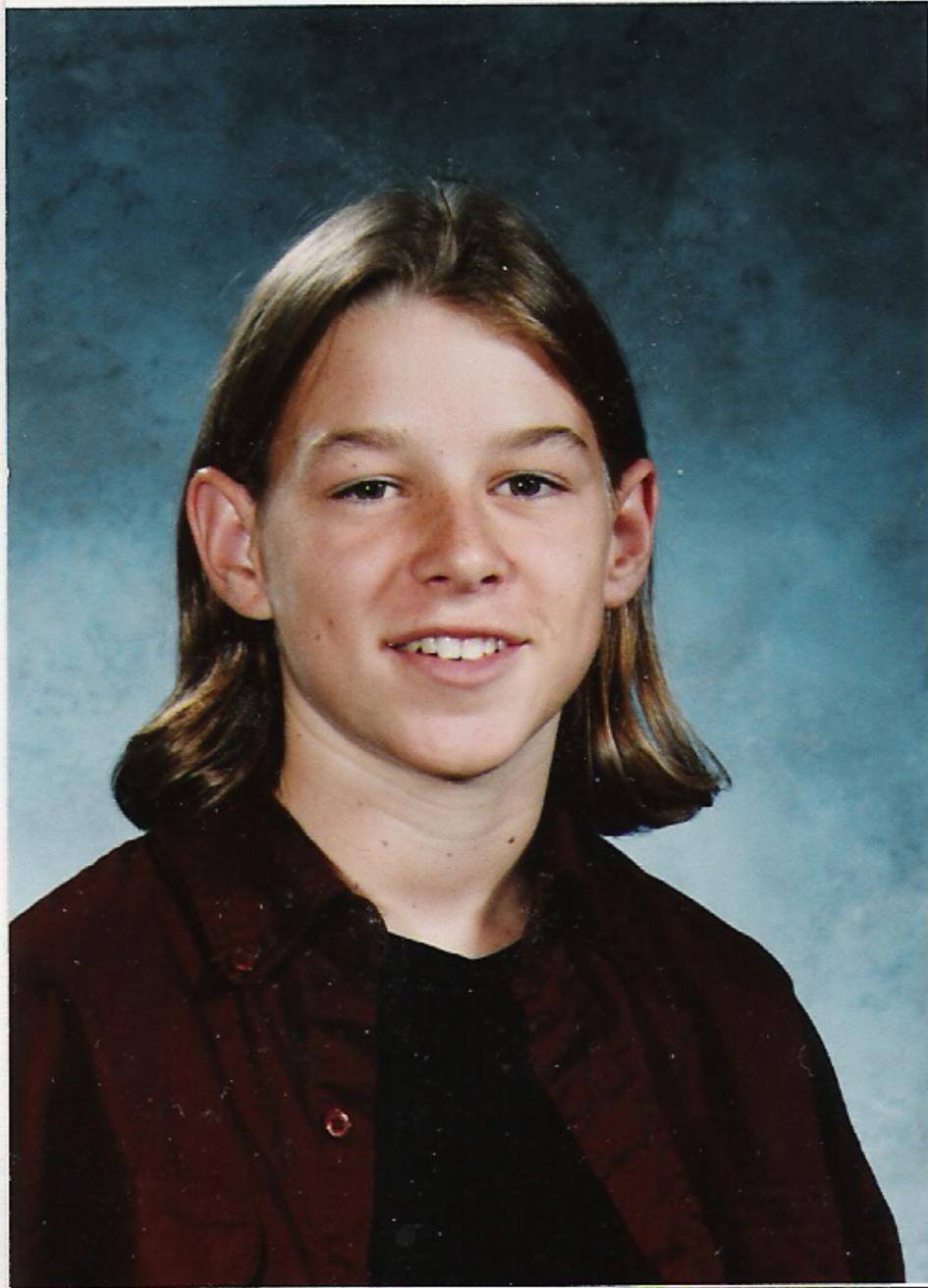
Apple II

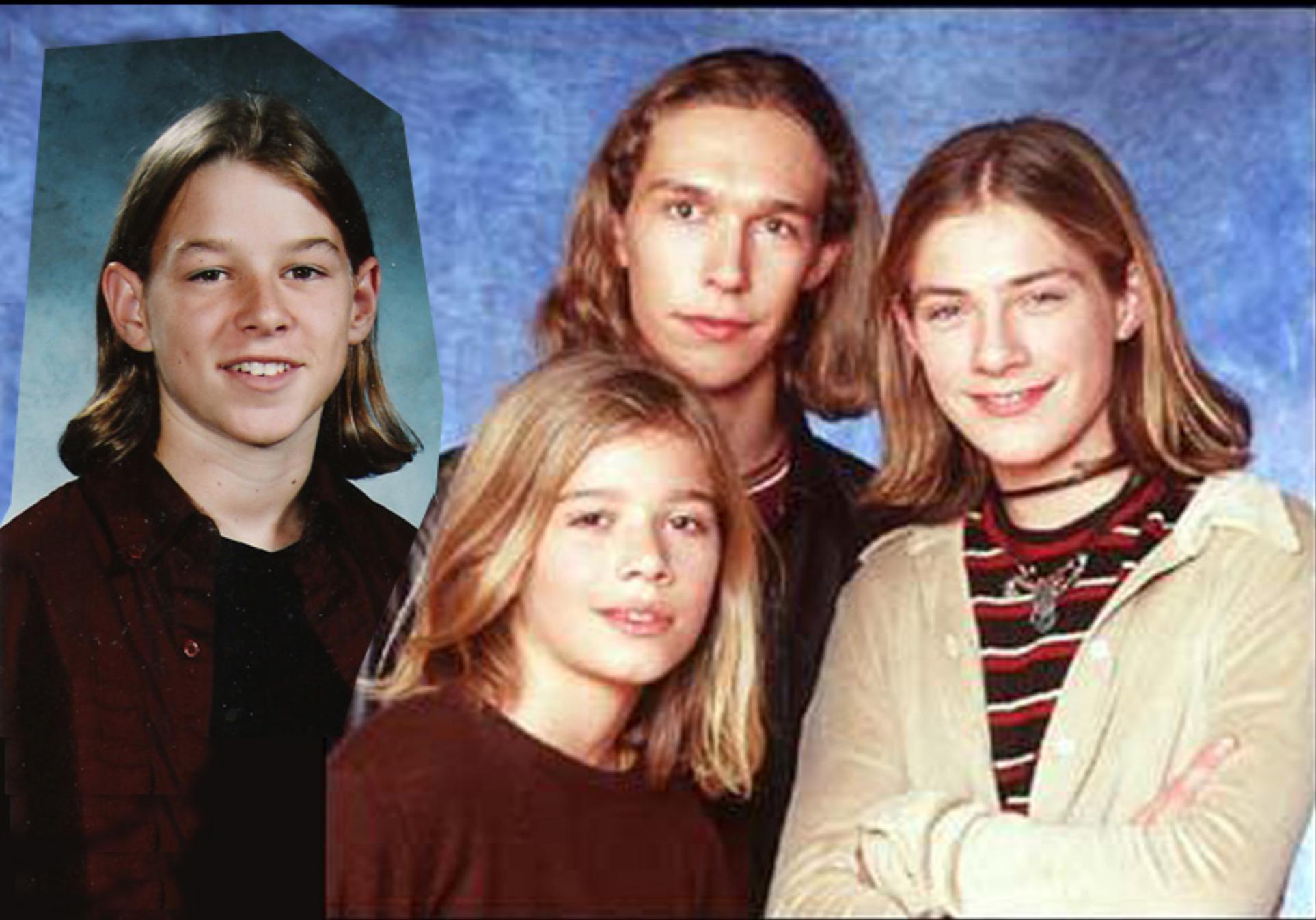
My FIRST
Computer

1982
TIME
Person
Of the
Year











Back



Forward



Reload



Home



Search



Guide



Print



Security



Stop



Bookmarks



Location: about:



Instant Message



Internet



Lookup



New&Cool

Netscape® Navigator 4.04



NETSCAPE

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TIME

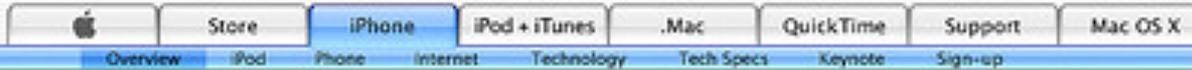
PERSON OF THE YEAR



Yes, you.
You control the Information Age.
Welcome to your world.

2006
TIME
Person
Of the
Year

2007 - iPhone



iPhone



Introducing iPhone

iPhone combines three products — a revolutionary mobile phone, a widescreen iPod with touch controls, and a breakthrough Internet communications device with desktop-class email, web browsing, maps, and searching — into one small and lightweight handheld device. iPhone also introduces an entirely new user interface based on a large multi-touch display and pioneering new software, letting you control everything with just your fingers. So it ushers in an era of software power and sophistication never before seen in a mobile device, completely redefining what you can do on a mobile phone.

-  Widescreen iPod
-  Revolutionary Phone
-  Breakthrough Internet Device
-  High Technology

[Watch the Keynote](#) • [Sign-up to Learn More](#)

2012: More household screens
than household people:

People
“tuning in”
alone



TODAY: Twitter & Instagram vs
facebook and email...



TODAY: ~2/3rds of youth own
tablets

An iPad for every
student?



TODAY: Laptops dominate PCs (since 2008) & reach new low price point



TODAY: Overloaded email inboxes...



Online
but
Disconnected



Janice is listed as single. 12:06am - Comment - Like



Jared [redacted] at 1:06am February 21
you and dad divorced?



Janice [redacted] at 10:27am February 21
I forgot to mention that to you



Changing Language

omg gtg ttyl k?

Changing Language

Ne1 msg KT
@ d/l hw?

Changing Language

```
IMHO idc @ VIP tix,  
NE tix r gr8
```

Changing Laughing

LOL

ROTFL

ROTFLMAOWPIMP

Real Life

Is

More Fun

TODAY

People don't know anything
different

- . The girl on the train.
- . 3 Kids under 5.

But EVERY generation has seen
technical advances...

**Immensely Powerful, Unsupervised, Unchecked,
Immediate, Private, AND - Un-taught.**



The Most Powerful Persuasive Technology Ever?

I'm busy.

You'll just have
to wait.

Everyone's
having so much
fun except me.

Instant
Gratification

Entitlementality

A Commercial

The Media Research

(with thanks to Kathleen Wright)

YOUTH ARE SPENDING LESS TIME TOGETHER,
AND MORE TIME CONNECTING TO MEDIA
SOURCES.

THIS CAUSES 3 THINGS:

- Hindered brain development
- Learned problem solving techniques that are aggressive
- Normalization of aggression

STUDENTS TODAY HAVE LESS EMPATHY – IN
FACT, 40% LESS EMPATHETIC THAN COLLEGE
STUDENTS IN THE 1980S AND 1990S.

The Tipping Point

Malcolm Gladwell (p. 271)

“We have given teens more money so they can construct their own social and material worlds more easily. We have given them more time to spend among themselves — and less time in the company of adults. We have given them e-mail and beepers and most of all cellular phones, so that they can fill in all the dead spots in their day — dead spots that might once have been filled with the voices of adults — with the voices of their peers.”

Kids getting meaner?

86 percent of children between aged 12-15 say that they got **teased or bullied** at school.

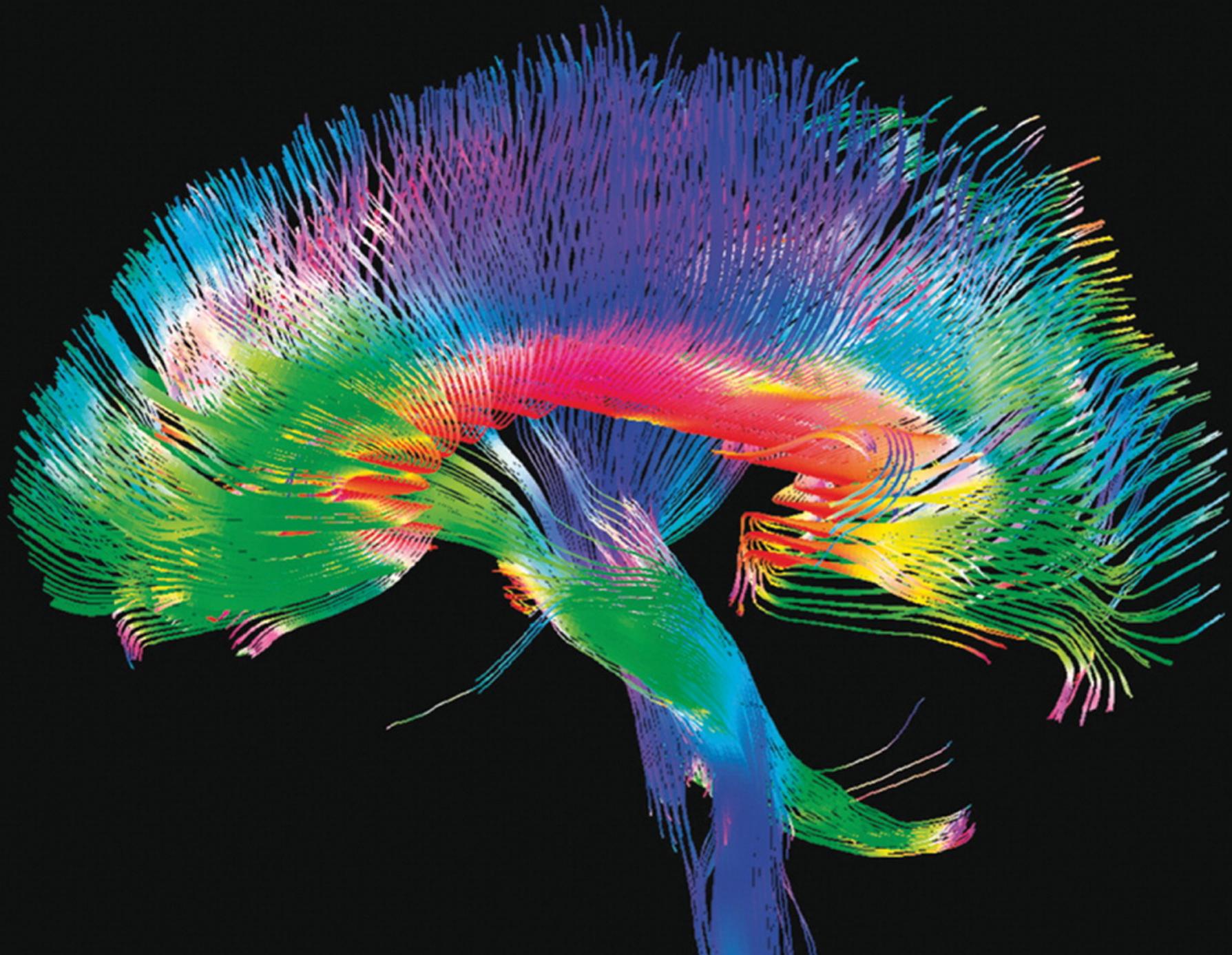
Kaiser Foundation in the US in 2001 (Coloroso, 2002)

Between 1998 and 2003, **66%** more children and youth were being prescribed antidepressants.

Journal of Psychiatric Services (Louv, 2008, p. 49).

In 1999, **one quarter** of all Canadian teenage deaths have been attributed to **suicide**.

(Statistics Canada, 2008).



Pre-Frontal Cortex

Helps us to filter speech and actions. It's responsible for **Empathy & Rational Decisions**

It's developed through “physical movement, tactile, 3-D experiences, problem-solving practice, or opportunities for language expression and skill building” (Grossman & DeGaetano, 1999, p. 58).

High media users (2 or more hours per day) have **hindered development of the prefrontal cortex.**
Average: 8.5 hours/day (Kaiser Family Foundation, 2010)



Walsho

"It keeps me from looking at my phone every two seconds."

Brain Stem

Excessive violence puts brain stem into overdrive. Result? **Fight or Flight Response**

“When children are in constant threat of danger, they become hypervigilant. They continue to monitor their environment for perceived threats even when they are in a safe environment”

Grossman and DeGaetano (1999) p. 60

Sleep Issues

- Screen use before bed..
- Cell phone in the bedroom..
- Added stress of “always available”

What's the Impact?

Youth see “Role Models” choosing aggressive ways to solve problems, and the media rarely shows the actual repercussions for those choices.

By the time an average North American child finishes elementary school they will have witnessed through the media:

8,000 murders and
more than 100,000 other violent acts

People who have “*long-term exposition*” to extremely violent images will have a decreased ability to empathize with those who are hurt. Some people might even start to see violence as pleasurable.
(Donnerstein, Malmuth, and Linz)

Is ANY Media Good?

There ARE excellent media sources that develop compassion and a true vision of the world: news, educational programming, print media.

North American youth are only accessing that media 2-4% of the time.

Does Media REALLY Affect Youth?

Grossman and DeGaetano (1999) explain that since 1982, the amount of television violence that plays every day has increased 750%. During the exact same time, teachers have experienced an increase of aggressive playground acts by 800% (p. 26).

Our Problem...

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- Don't use good judgement
- Engage in risky activities
- Lack interpersonal skills
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- Are less happy.

How to NOT Raise/
Educate/Become a Human
Computer
But instead:

Empathetic, Compassionate
Citizens

Kids & Screen Time

Kids 0-2 years old –
ZERO Screen Time
Recommended by
American Academy of
Pediatrics In Today's
Psychology Today
ANYTHING is better – but
especially
INTERACTION.

Age 4 is critical for
development – more than
other times in life.
Interaction, more than
any other factor, pays
dividends in late teenage
years.
Published in
The Guardian

**Teach about
Ambiguity:**

I never said
she stole my
money.

Teach about Emotions:

- Labelling Emotions
- The 5 Step Apology
- Sensitivity Training

A Whole Bunch of Ideas: Cell Phones

- Limits – be clear & consistent -
DISCUSS WHY
- Model the example you want to see
- Set expectations & follow through

IPAD RULES: BEFORE THE STARTING BELL

1. TURN OFF YOUR NOTIFICATIONS
2. CLOSE ALL NON-SCHOOL RELATED APPS AND PUT THEM IN A SEPARATE FOLDER
3. SET THE "DO NOT DISTURB" OPTION FOR THE SCHOOL DAY
4. MAKE SURE YOUR IPAD IS ON MUTE
5. PLACE YOUR IPAD ON YOUR DESK IN SLEEP MODE
6. TURN OFF ALL ITEMS CURRENTLY DOWNLOADING

THANK YOU FOR YOUR COOPERATION!

A Whole Bunch of Ideas: Cell Phones

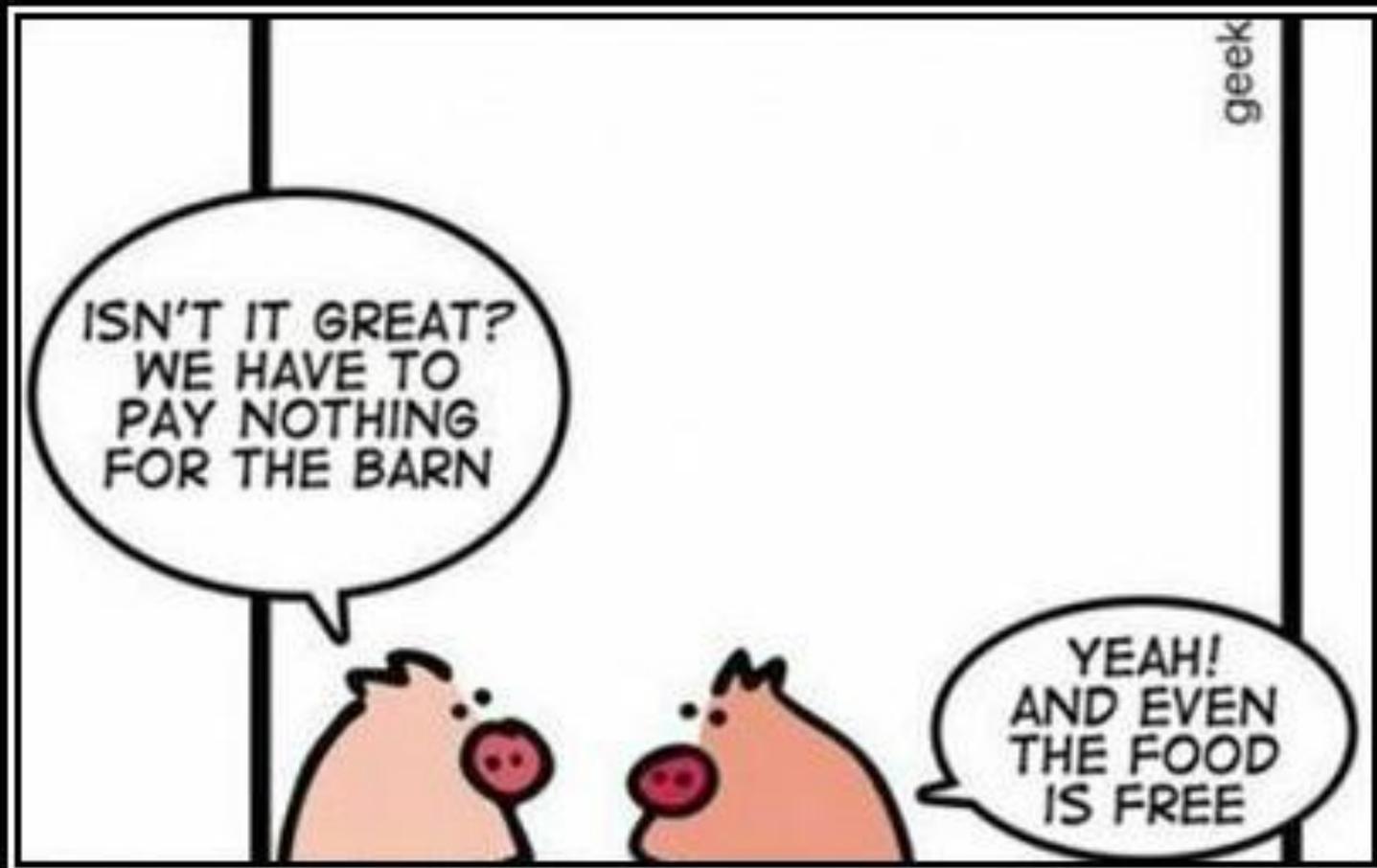
- Teach texting protocol – WHEN to, when not..
- Discourage unlimited texting plans – teach responsibility FIRST...
- Downgrade phones away from smart phones?
- Have “Tech-free” times as a family, class & individual. Discuss your choices.

One Idea: Change the School System RSA Animate. Ken Robinson

Changing Educational Paradigms
More on Industrialized Schools
3:35-7:40 in particular

A Whole Bunch of Ideas: Facebook

- Teach Netiquette & show Facebook examples
- Class discussions on what's appropriate & not
- Make it a contest/show & tell (gets students to SEARCH for inappropriate examples & brilliant examples)
- Use humour..



FACEBOOK & YOU

If you're not paying for it, you're not the customer.
You're the product being sold

 Janice is listed as single. 12:06am - Comment - Like



Jared [redacted] at 1:06am February 21
you and dad divorced?



Janice [redacted] at 10:27am February 21
I forgot to mention that to you

A Whole Bunch of Ideas: Facebook & Social Media

- Encourage parents to be ON Facebook with their Kids.
- Be the type of parent your kid would want to “friend”
- Think more like LinkedIn – professional image...
- Social Media Image class/assignment (like resume writing)
- Use the tool’s power: Have an anti-bullying reporting email – photograph the screen & send to a VP semi-anonymously.

A Whole Bunch of Ideas: Internet & Video Games

- Limit Time (as most do with TV time)
- One computer, central location
- Tech-free times – meals, game nights, events?
- Make it time spent TOGETHER?
- Go on a Media Diet for one week. Make it an assignment?
- Limit Violent TV & Games

Student Life



A decorative poster with a white background and a black border. It features a photo of a group of people and several lines of text. The text is partially obscured but appears to be a list or schedule.

A poster with a blue border and a white background. It features a photo of a person and several lines of text. The text is partially obscured but appears to be a list or schedule.

A poster with a purple border and a white background. It features a photo of a person and several lines of text. The text is partially obscured but appears to be a list or schedule.

A poster with a red border and a white background. It features a photo of a person and several lines of text. The text is partially obscured but appears to be a list or schedule.

A poster titled "GAMES CAPTAIN" with a photo of a person. It features several lines of text and a diagram or flowchart.

A poster with a white border and a white background. It features a photo of a person and several lines of text. The text is partially obscured but appears to be a list or schedule.

A poster with a blue border and a white background. It features a photo of a person and several lines of text. The text is partially obscured but appears to be a list or schedule.

A poster with a purple border and a white background. It features a photo of a person and several lines of text. The text is partially obscured but appears to be a list or schedule.

A poster titled "SILESA FAIRLEY" with a photo of a person. It features several lines of text and a diagram or flowchart.

A poster with a yellow border and a white background. It features a photo of a person and several lines of text. The text is partially obscured but appears to be a list or schedule.

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A Whole Bunch of Ideas: Teach Replacement Skills

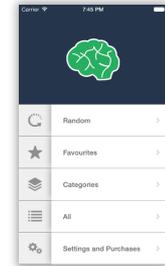
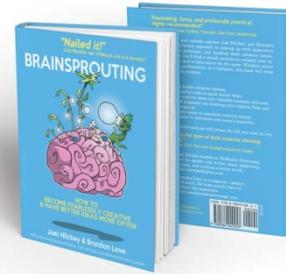
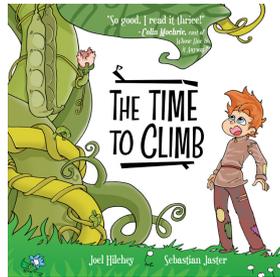
- Play Outside
- Conversation Skills
- Letter-Writing
- Camping/canoeing/hiking trips
- In-person events
- Music, Arts & Crafts
- Cooking

What will you do?

We need adults MORE involved in conversation with youth. What will you do to:

- Set LIMITS?...
- Teach EMPATHY?...
- Build REAL LIFE COMMUNITY?...

LET'S STAY IN TOUCH!



SPEAKING

Grab a card!

COMMUNITY

Success insights
blog.

BOOKS

Time to Climb
&
Brainsprouting

APP

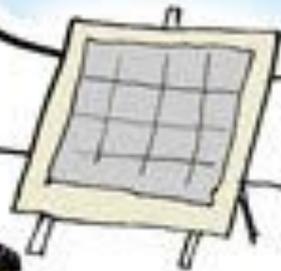
creativestartapp.com



CLIMATE SUMMIT

WHAT IF IT'S A BIG HOAX AND WE CREATE A BETTER WORLD FOR NOTHING?

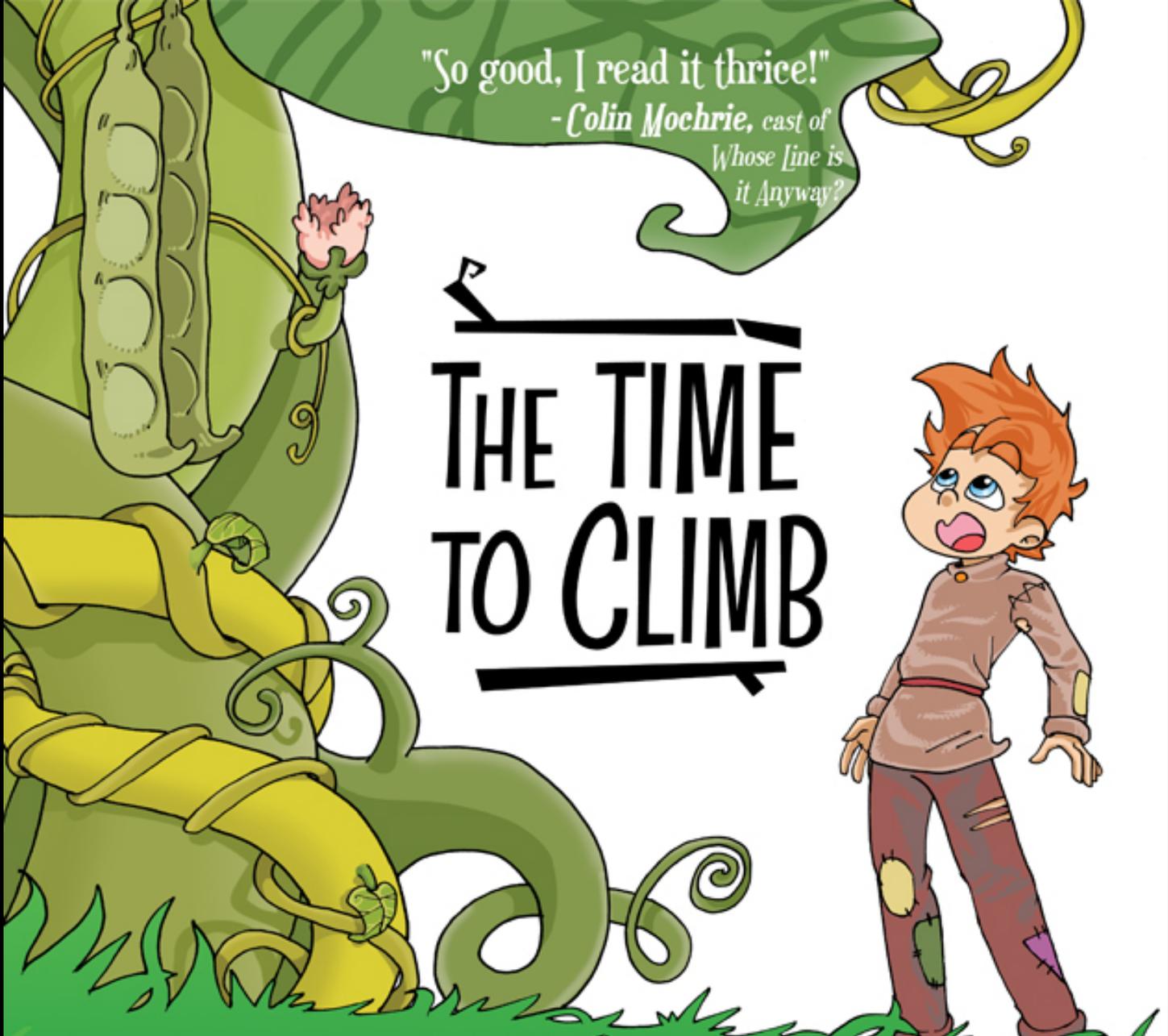
- ENERGY INDEPENDENCE
- PRESERVE RAINFORESTS
- SUSTAINABILITY
- GREEN JOBS
- LIVABLE CITIES
- RENEWABLES
- CLEAN WATER, AIR
- HEALTHY CHILDREN
- ETC. ETC.



YEL PITT
12/19 USA TODAY



www.joelhilchey.com
Leadership expert



"So good, I read it thrice!"

- Colin Mochrie, cast of
Whose Line is it Anyway?

THE TIME TO CLIMB



Joel Hilchey

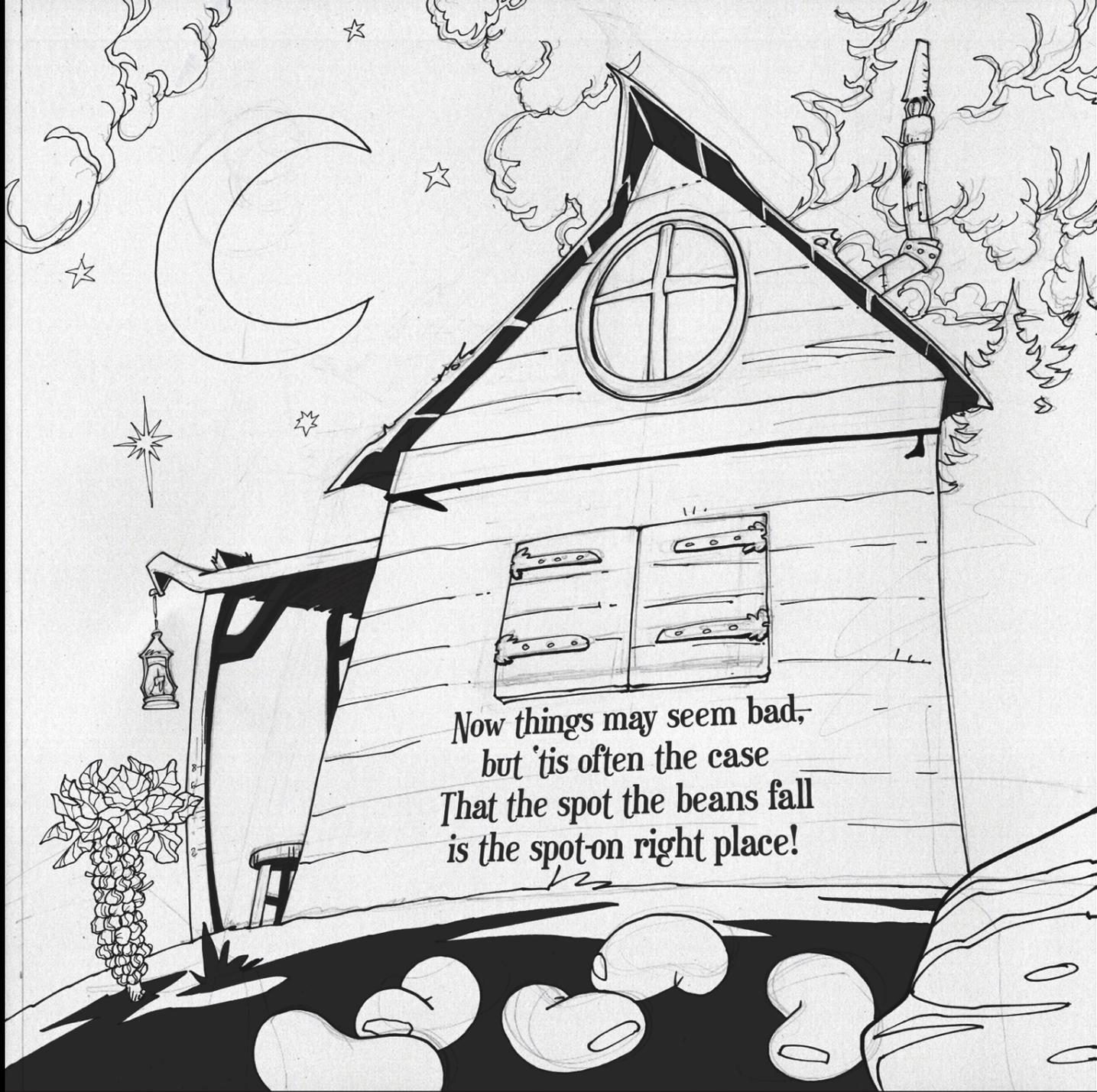
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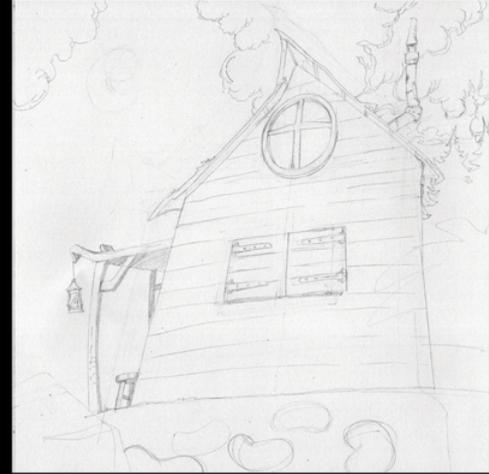




Now things may seem bad,
but 'tis often the case
That the spot the beans fall
is the spot on right place!



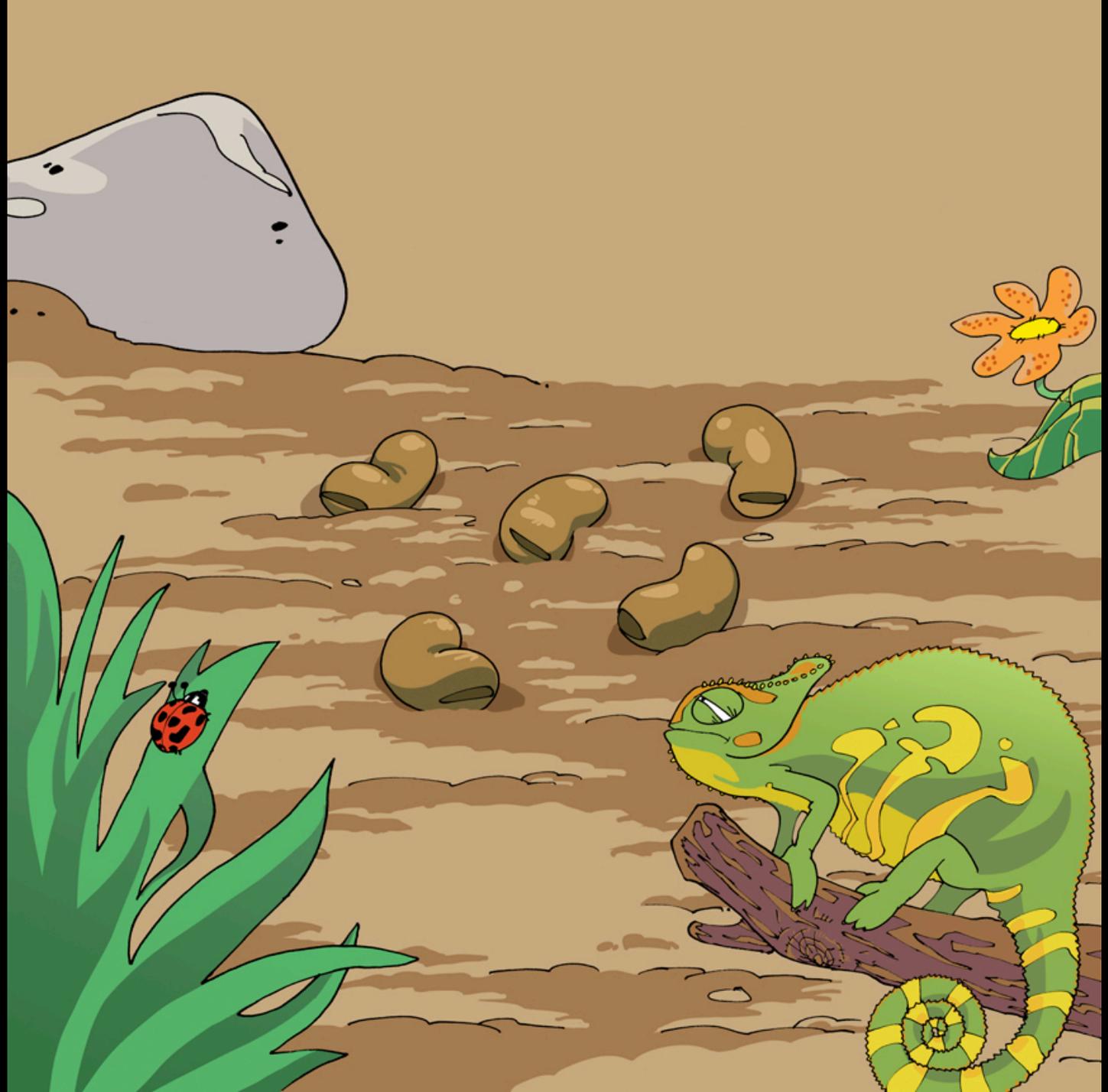
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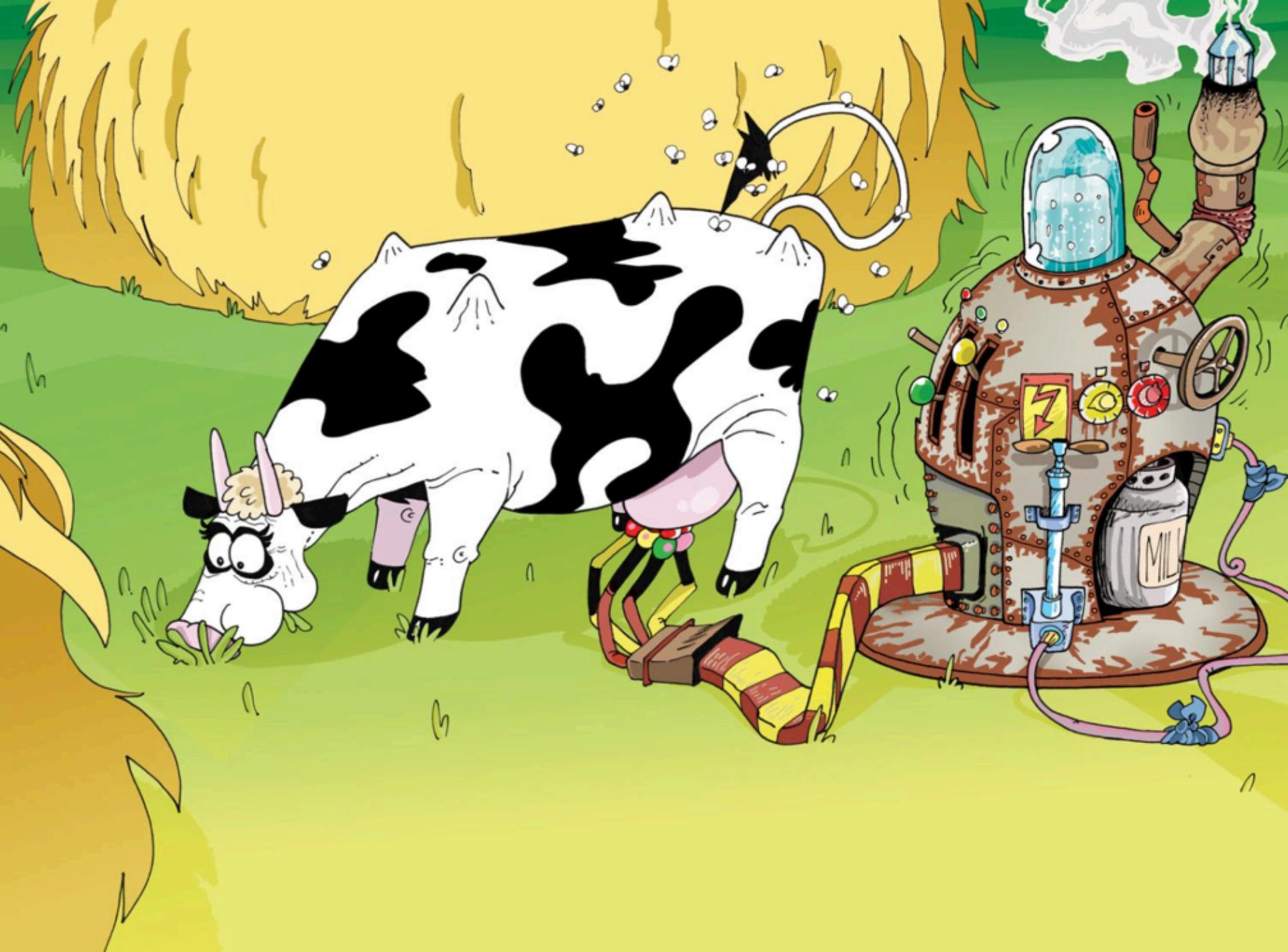


www.thetimetoclimb.com











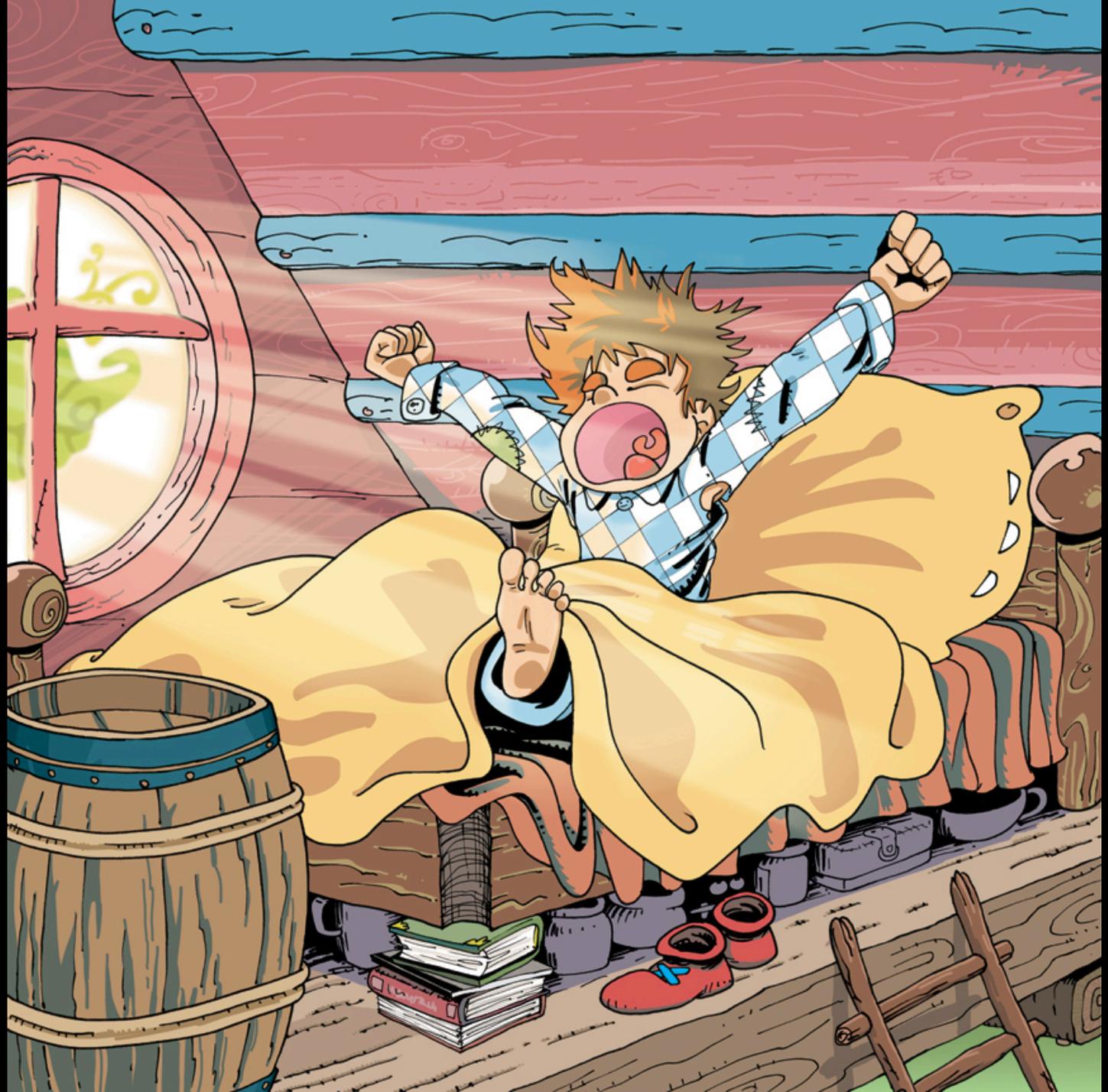


























"So good, I read it thrice!"

- Colin Mochrie, cast of
*Whose Line is
it Anyway?*

THE TIME TO CLIMB



Joel Hilchey

Sebastian Jaster

Neo:

I didn't come here
to tell you how this
is going to end...

www.**JOEL**hilcheY.com
LEADERSHIP EXPERT



“Where we go from there is
a choice I leave to you.”

- Neo, The Matrix