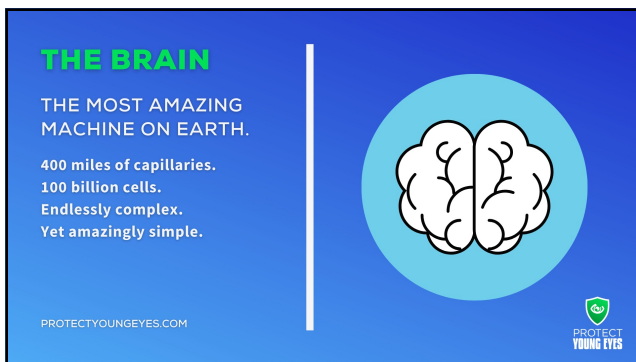


1



2




3


THE BRAIN

THE ADOLESCENCE FIREWORKS DISPLAY

Neuroplasticity.
Synapse explosion.
Use it or lose it.
Let's prune a bit.
Efficiency is KING.



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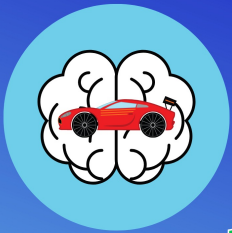


4


THE BRAIN

THE ADOLESCENCE FIREWORKS DISPLAY


Reward sensitivity.
Social sensitivity.
Pre-frontal cortex.



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5




REMEMBER THIS

For all of its complexity, the brain operates according to a very simple principle. **Whatever I feed my precious brain is what it learns to love.** Especially before age 16.

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6




REMEMBER THIS

Because of where their brain is developmentally, when they say, "I don't know why I did that," they're probably telling the truth. We're pitting them against a **SUPERCOMPUTER**. It's not even close to fair.

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7



- And girls ages 15-24, the rate increased 112% from 3.0 per 100,000 in 1999 (575 deaths) to 5.8 in 2018 (1222 deaths).

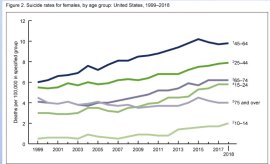



Figure 2. Suicide rates in females, by age group: United States, 1999-2018



8

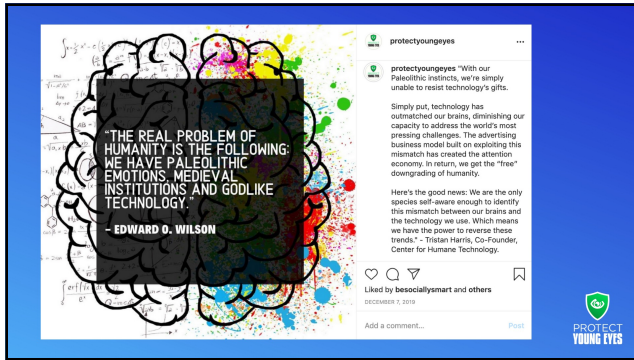
THE BIG QUESTION:

Is social media a cause of these increases?

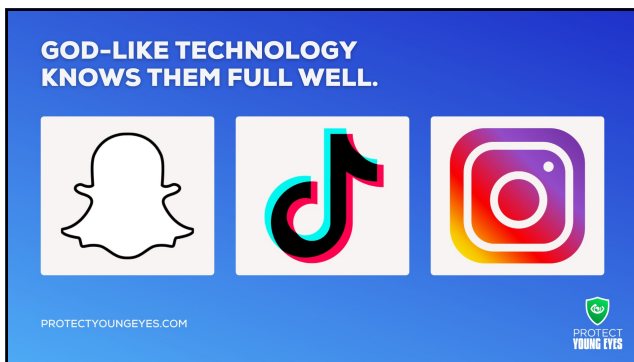
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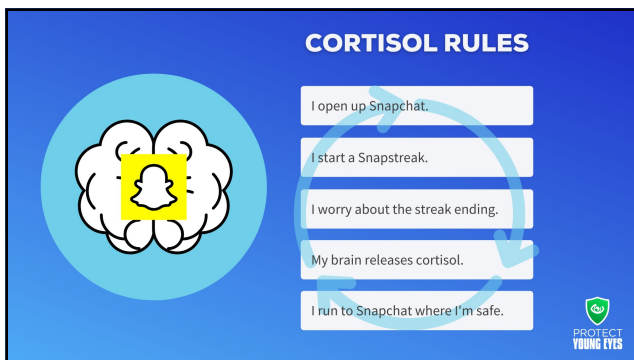
9



10




11



12

DOPAMINE DOMINATES




I wish I had more views.

I obsess over making the perfect vid

I post and anxiously wait.


Tons of views! I'm famous!

I obsess over making the perfect vid



13

INSTAGRAM WHISPERS




Her bikini pic is amazing.

I wish I looked like that.


I need to take the perfect pic!

Not enough likes. Take it down.

What's wrong with me?



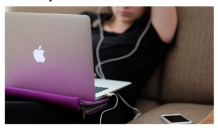
14




MIT Technology Review

Humans and Technology Sep 11

Teens are anxious and depressed after three hours a day on social media



A study published today in the journal JAMA Psychiatry suggests that teenagers who spend more than three hours a day on social media are more likely to develop mental health problems including depression, anxiety, aggression, and antisocial behavior.



15

THE BIG QUESTION:


Is social media a cause of these increases?

IT'S COMPLICATED...

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16




The Atlantic

What Happened to American Childhood?

Too many kids show worrying signs of fragility from a very young age. Here's what we can do about it.

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17



WHY KIDS LOOK AT PORNOGRAPHY

Often, it's not their fault. Here's why. Here's what to do.




18

Moms and dads often tell me
it's hard being a parent.
 And, they're right.
 It is. Especially in the
 digital age. But, maybe
it's even harder being a kid.

Chris McKenna

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UNDERSTAND THE BRAIN

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