

Latest Trends Among the Young



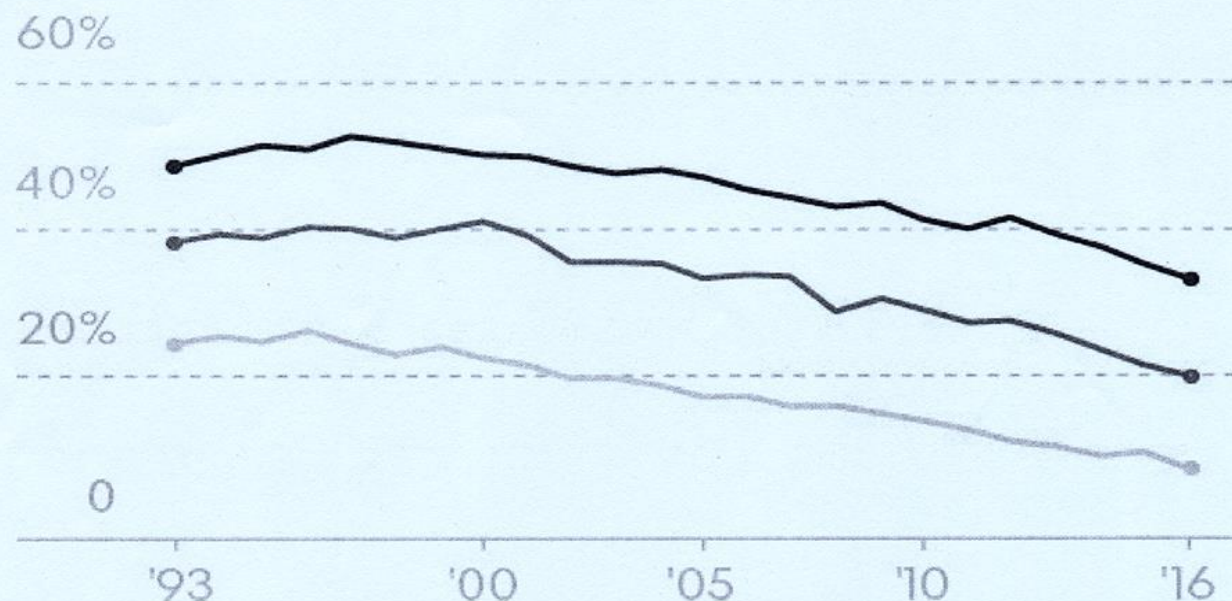
First, the Good News

- In **1991**, 11% of high school seniors smoked $\frac{1}{2}$ a pack a day or more every day
 - In **2016**: only 1.8% did so
- Marijuana use is down among 8th and 10th graders, but flat among seniors
 - E-cigarette use is down from 16% in 2015 to 12% in 2016
- Alcohol use in **2001**: 53.2% among seniors
- In **2016**: 37.3%

TRENDS IN TEEN DRINKING

The percentage of teenagers who say they drank alcohol in the past 30 days:

● 8th grade ● 10th grade ● 12th grade



SOURCE The University of Michigan Institute for Social Research

Janet Loehrke, USA TODAY



Kids Are Largely Avoiding the Opioid Epidemic

- Among 12th graders, use of prescription opioid pain relievers has dropped significantly
- Vicodin use fell from nearly 10% in 2006 to 2.9% in 2016
- Use of illicit drugs (besides marijuana) are lower than at any point in the last 42 years

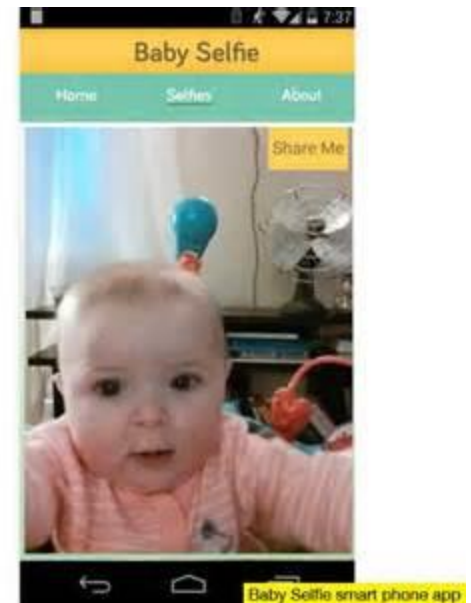
Online Everywhere!



Posting is Everything

- Electronic communication is becoming the most important thing in the lives of juveniles

FOMO!



“Digital Heroin”

- Recent brain-imaging research confirms that glowing screens affect the brain’s frontal cortex in exactly the same way drugs like cocaine and heroin do
- Research shows that screens and video games literally affect the brain like morphine
- In a series of experiments, a video game called “Snow World” served as an effective pain killer for burned military combat victims, normally given large doses of morphine. While the burn patient played “Snow World” — where the player throws snowballs at cartoon penguins — they felt no pain

Recommended Screen Times

- Time spent on homework doesn't count
- Infants **18 months and under** – **NO** screen time (overstimulation can lead to distress and sleep problems)
- Children **2- 5 years** –
One hour per day

(According to the American Academy of Pediatrics)

- Children **6 years and older:**

Parent is in charge of screen time

Emphasize educational time over entertainment time

Emphasize physical activity, homework, sleep, actual social interaction – whatever is left over can be educational screen time (with a little fun thrown in)

***BUT BE VERY CAUTIOUS
WITH VIDEO GAMES***

- Kids who witness a crime or active shooter on campus are more likely to *post* about than call 911
- 2 girls, 10 & 11, lost in a storm drain, posted on Facebook rather than call 911

ZOMBIE APOCALYPSE

WHAT WE THINK IT LOOKS LIKE:



WHAT IT REALLY LOOKS LIKE:



Lockdowns

- #selfielockdown posted during actual lockdowns
- Expect students to tweet and retweet when encountering a gunman or emergency – not to notify the authorities
- Kids *post* first, talk to humans second



The Dark Side of Social Media

Teens posted photos, on Snapchat, of a murder being committed

13, 14 yoa girls in GB; victim: 39 yoa woman

Girls stopped battering her only to post photos on Snapchat



Periscope, Meerkat, Ustream

Increasingly used to live-stream violent and suicidal acts

- 2 teens assaulted a drunken man in France. One of the 2 assailants [recorded the attack](#) on Periscope
- 12-year-old Katelyn Davis hung herself on FacebookLive – for 20 minutes; rebroadcast endlessly on other sites; cops powerless to stop it

“A Cycle of Endless Depression”

- The more time young adults spend on social media, the more likely they are to become depressed
- Of the 19 to 32-year-olds who took part in the research, **those who checked social media most frequently throughout the week were 2.7 times more likely to develop depression than those who checked least often**

---Univ of Pittsburgh School of Medicine study

“Social” Media?

- YA's who spent more than **2** hours a day on social media were **twice** as likely to show signs of **social isolation** than those who spent less than **30** minutes
- YA's on SM at least **58** times in a week were **3x** more likely to feel **socially isolated** than those who logged on **9** times in a week

-- Pittsburgh's Center for Research on Media, Technology and Health

“Social” Media = Social Comparisons & Competition

- *When young people see a celebration they weren't invited to, or view photos of someone else's family vacation or trip, it can cause them to believe their friends enjoy a happier, more fulfilled life than they themselves do*

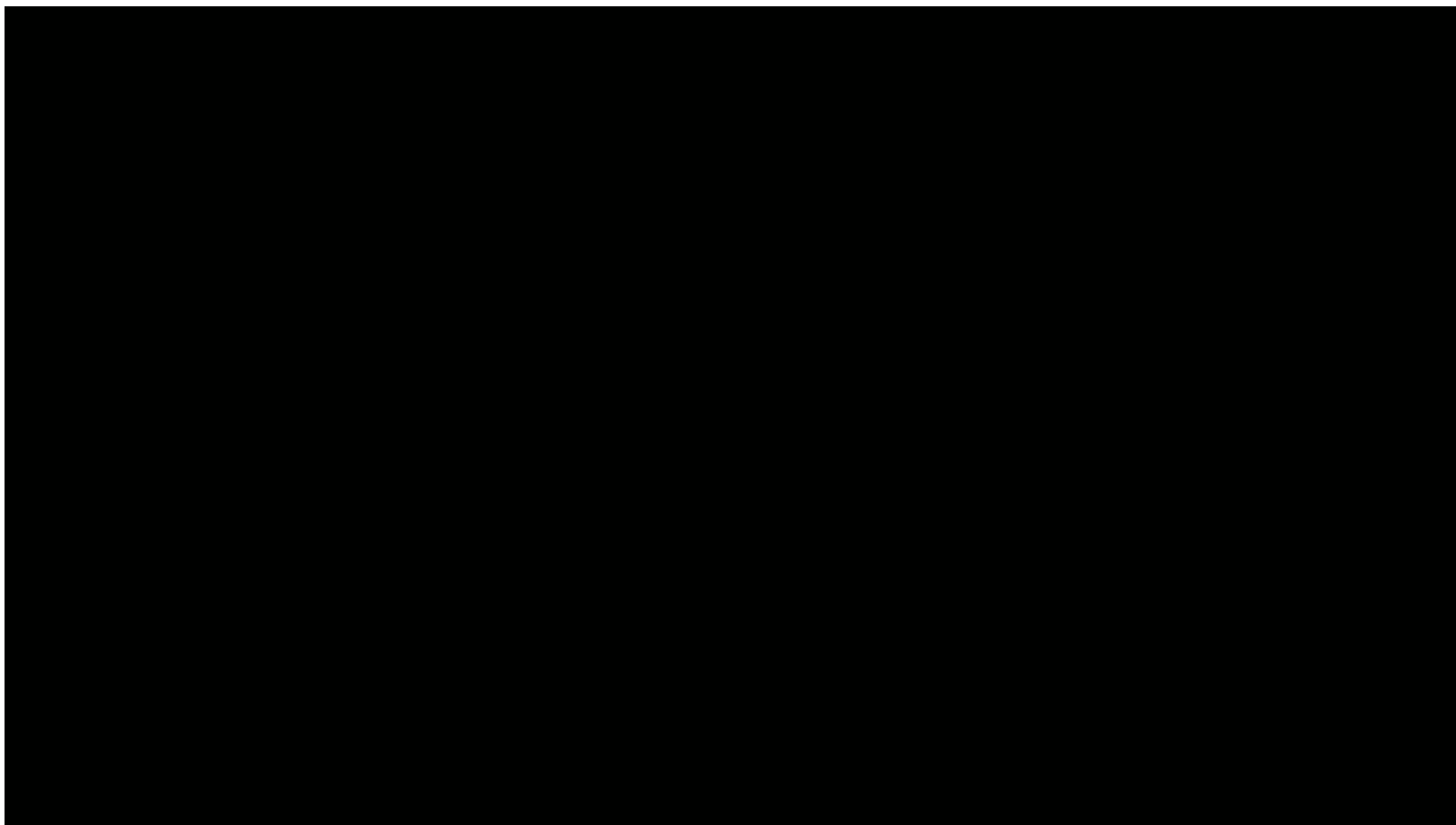
More Time Online, Less Satisfied with Real Life

- Looking at a national sample of British children between the ages of **10 and 15** collected from 2010 to 2014, researchers found that **spending 1 hour a day** chatting on social networks reduced the probability of a kid being satisfied with his or her life overall by about **14 % points**
- Happiness adulterated by cyberbullying, constant comparisons, and missing out on non-electronic experiences

By the Numbers

- 91% of school age children post photos of themselves on twitter
- 25% of photos of naked children online were taken by the kids themselves – NCMEC
- 92% use their real names
- 82% reveal their actual birthdates

Ask.fm



More Bullying Apps

- ***The After School App***

Loaded with pornography, drug references, removed twice from AppStore because of objectionable material, used heavily for bullying

BurnBook

Compiles messages by school, encourages kids to screenshot rumors, save them and spread them around, used heavily for bullying

Calculator % App

Hides obscene photos & videos behind innocent-looking icons; 4 digit code

“ROASTING”

- Teens (usually girls) gang up on social media to humiliate a particular boy
- Aim: to make him break down or beg for mercy
- Take a graphic newsphoto and meme it with the target in mind
- Supposedly done with “humor” – “one step above banter”
- Twice as many girls as boys practice roasting

More Bullying Apps

- ***The Slingshot App***

directed at boys, create polls, bad ads, comment section bullying

- ***StreetChat***

live photosharing, mean posts, no confirming ID

- ***WhatsGoodly***

rate & berate, bad polls, location-based, anonymous

- ***WishBone***

girls, rate & berate polls, have to watch R&X rated ads first, comment sec bullying

- ***YouNow***

stream&watch realtime videos, rate videos, get bullied on your videos

Yet More Bullying Apps

- **ooVoo**

A paradise for predators; video-chatting; can chat anonymously with as many as 12 kids at once

- ***The Secret App***

Used primarily by adults; allows people to share messages anonymously within their circle of friends, friends of friends, and publicly. Students often hide behind the anonymity when posting, and forget that anonymous does not mean untraceable

Kids Don't Realize They Can't Hide

- No one on social media is invisible or anonymous: sites like geosocialfootprint.com allow anyone to track your usage and location (if GPS-equipped):
"How public Twitter data can be harvested and analyzed to uncover location intelligence"
- [Swipebuster](#): lets you know who is on Tinder, and can narrow down results by first name, age, gender and location
- \$170 device can hack into any phone in the world

More Dark Side

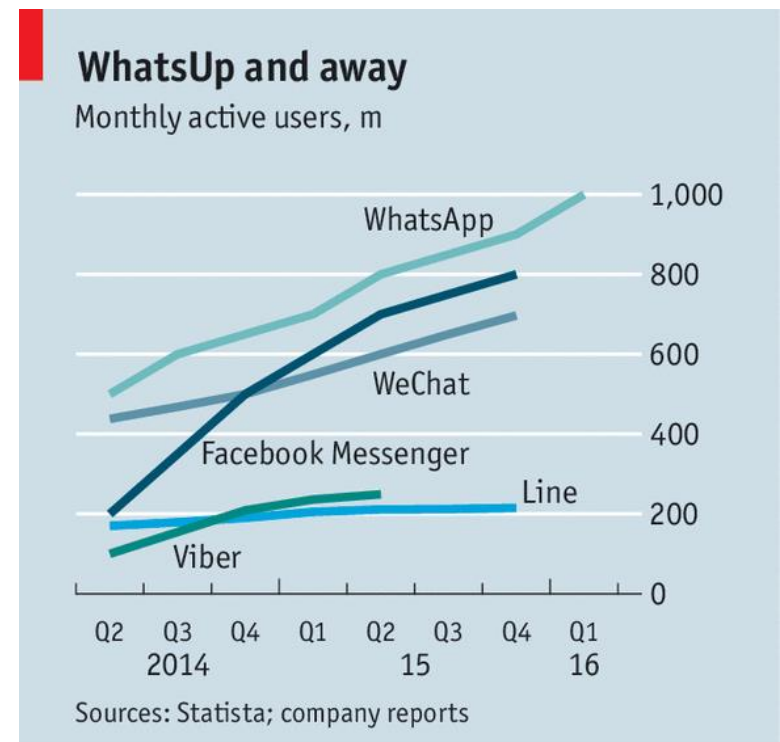
- It's increasingly easy for malicious users to post pornographic images on anyone's phone – not easy to clear your name
- *4chan* – a site where trolls gather and plot how to attack individual victims
- 13 year olds are now making apps

Wattpad

- “Journaling” app that allows teens to write personal stories and share with others
- Much R- and X-rated material online
- Connects with user’s Facebook page, profile picture & info
- Allows for private messaging – popular w/ predators

WhatsApp

- Photo, video, textsharing
- Used for group chats and location sharing
- *50 billion messages are sent on this app every day!*



Sexting

- Most often between boyfriend and girlfriend, but sometimes it's about letting someone know you're interested in hooking up



Predators prey on kids on Kik

Anybody can get on Kik (9 year olds on it)

**“Show me your breasts
or I will burn a cat”**

50 replies on Kik?

**You don't feel like a stranger
or a loner any more – that's
powerful!**

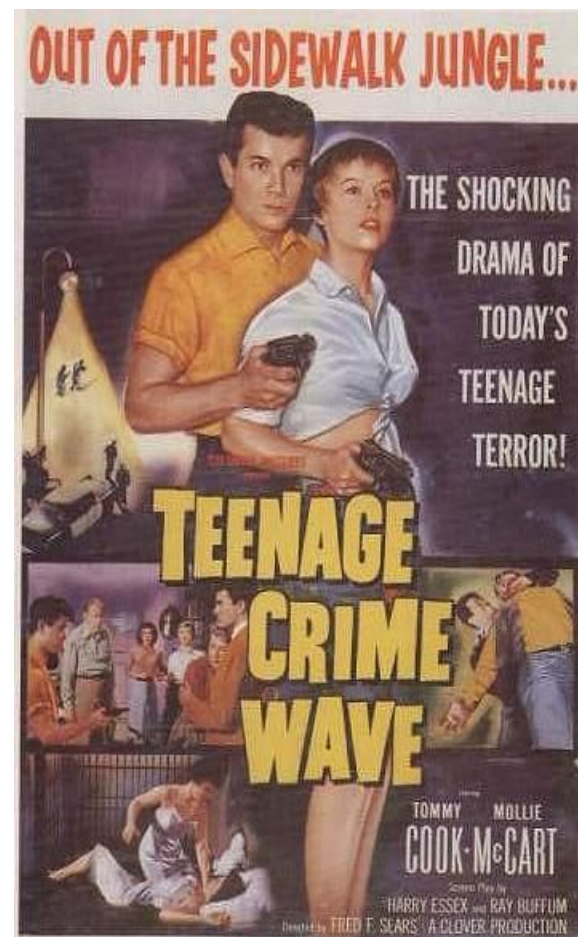
- A July 2012 survey reported **25%** of teens have sexted
- **76.2%** of teens asked to sext (whether they sexted or not) have engaged in intercourse, compared to **38.2%** not asked to sext
- Of those asked, **68.4%** were girls, **42.1%** boys
- 16 and 17 year olds most likely to be propositioned for a photo



Sexting & Sex: the Connection

- About 77 percent of girls who reported having sent a sext also admitted to having sex, compared to 42 percent of girls who hadn't sexted
- When it came to boys, 81.8 percent who had sexted said they had had sex, compared to 45.4 percent of boys who hadn't

Most Recent Stats



“Sextortion” the New Epidemic

- Members of the “sextortion” group create fake Facebook accounts of fictitious young attractive women; entice and lure victims with pornographic material after striking up online chats with them; trick them into exposing themselves on webcams, or into simulating sexual acts
- Threaten to send the video to their relatives and friends unless they pay up, usually from \$500 to \$2,000 or more
- Often dating apps are used

“Tumblr” a Major Revenge-Porn Site

- Ex-boyfriends and ex-girlfriends are posting more and more explicit photos and videos to Tumblr as an act of revenge
- Often the real name and Facebook profile of the victim are included
- 61% of adolescents use on a regular basis
- Unmonitored; extraordinary amount of porn

“Sextortion” the New Epidemic

- More than 900 cases reported in 2016 -- more than double the total for all of 2015
- 4 young men desperate at the thought of being publicly humiliated have committed suicide
- Some victims as young as 14; most are 18 to 24; also some in their 50s to 80s. More than 90 per cent of victims are male

Related to Sextortion is This:

Young users of pornographic sites get their web-visits hacked, and then get extorted by the hackers

380,000 users of just one porn site were hacked in 2016, making them vulnerable to sextortion



“Hook-Up Culture” Apps

- *Tinder*
- *Yellow* (“*Tinder for Teens*”)

- *Happn*

“Swipe Culture”:

Swiping through lots of
online people for a succession of hookups

- *Bumble*

One Cyber Expert Says:

- “When you’re dating online, you’re sending lots of personal contact information back and forth
- All of that is flowing in free texts. It’s like sending a love letter via postcard. Everyone along the delivery train is probably going to read it
- A cybercriminal can follow old accounts and find data that users might have thought was long gone, but is now public knowledge”

On-line dating = STD epidemic

- 15 to 24 year olds account for nearly half of the 20 million new cases of STDs each year
- STDs on the rise for the first time in roughly a decade
- Linked to sites like **Tinder**, **Grindr** and other “date & rate” sites
- Rate of syphilis up 15% since 2013
- Anonymous hookups make tracking partners very difficult
- A 20-year-old U of Kansas student was kidnapped after a Tinder date turned violent

Teen Dating Sites Targeting 13-18s

- *Crush Zone*
- *Our Teen Network*
- *MyLOL* (#1 in USA, Australia, UK, Canada)
- *Fun Date City*
- *SexMessenger* (“Find Attractive **teens** Near You, Start **Dating** Today for free”)

Instagram

- Hugely popular photo and text sharing site
- “Like” someone’s photos – used (especially by girls) for **Instashaming**
- Some estimates: 75% of all bullying is committed by girls



Instagram

“Ogle” is an Ogre

- App that allows you to find feeds of nearby schools – “Predator’s Paradise”
- Anonymously post photos, videos, comments & questions to any school’s feed, comment on posts of others, vote on posts
- *Out of control bullying and cheating app*
- *Users post photos of victims so others can bully them*

REDDIT

- Almost twice as many users browse Reddit from schools than any other location
- 10% of all online bullying happens in places like the Reddit comment section

[Reddit] is home to some of the Internet's most vile trolls and bullies - [CNN](#)

[Reddit] has played host to repugnant, often violent strains of [sexist comments] - [NBC](#)

No 1 SM App for Young People

Snap Chat

Photo, video and text-sharing app

Not safe for kids – photos *can* be saved

Check the “stories”

You can't check what your kids have sent

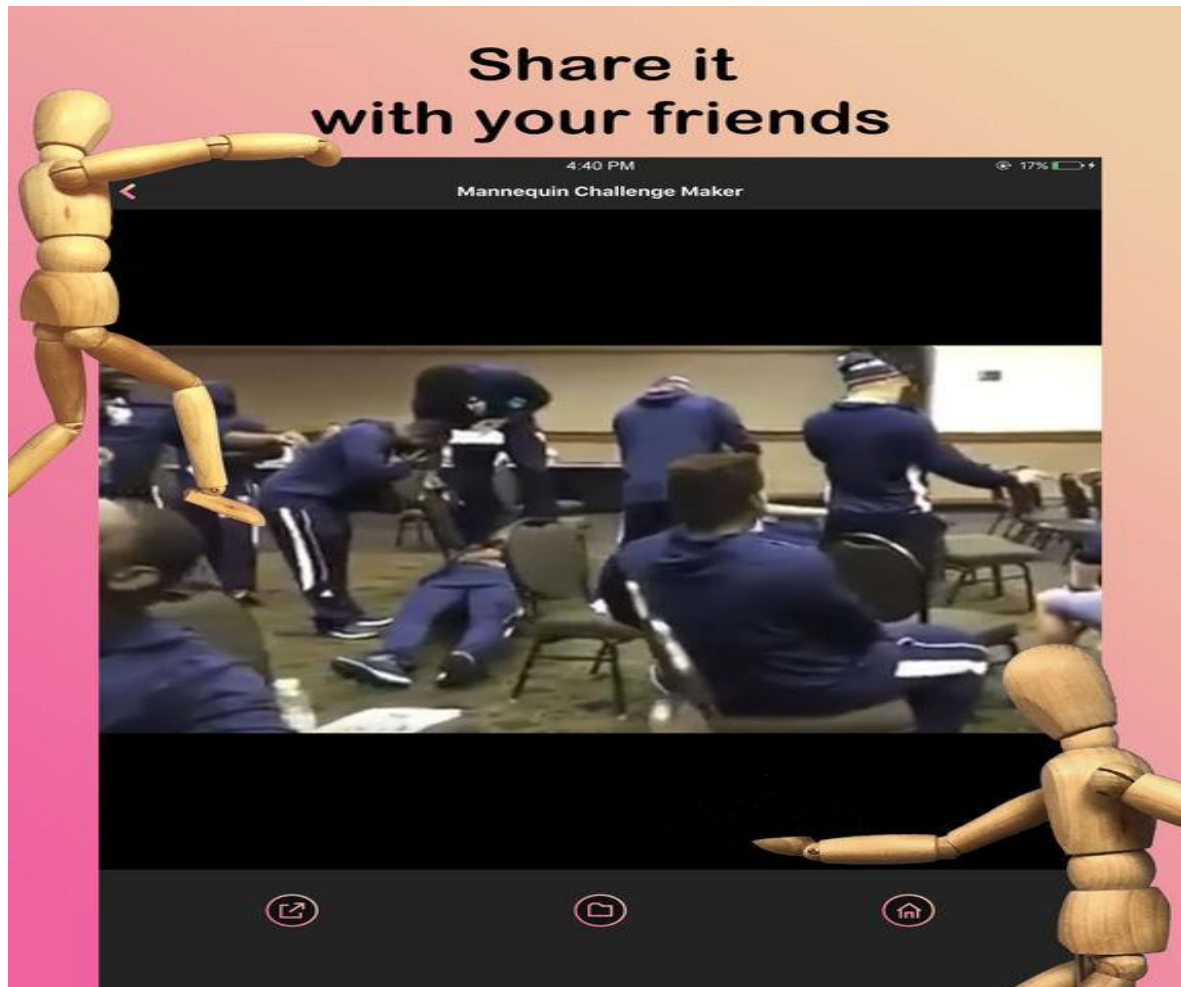


**SnapChat Photos
Don't Disappear**

Cyberbullying & Photoediting

- Apps that are popular for photoshopping pix of intended victims:
- *Adobe Photoshop* – edit photos then “share via Instagram”
- *InstaCollage Pro* – for collaging pix, but also for altering them
- *Cut Me In* – cut and paste photos with ease, post online

A World of Online Challenges



For Example:

- Walking with legos in your shoes
- Boil Red Bull into a thick syrup and drink it
- “Watermelon Roulette”
- Play hot potato with dry ice
- Shave with Nutella

Just One Among Hundreds



A Word on Video Games

- “Game of War”, “World of Warcraft”: blend hyperviolence with pornography in a setting of the occult
- Many video games have chat rooms in them; these are used by ISIS and gangs like Gangsters Disciples & Sons of Samoa to recruit kids
- “Show me your avatar”; play *with* them; interact

Minecraft

- Players break and place blocks. The game world is composed of rough 3D objects—mainly cubes—arranged in a fixed grid pattern and representing different materials, such as dirt, stone, water, lava,
- No specific goals: players have great freedom in choosing how to play the game
- **“Your kid’s brain on Minecraft looks like a brain on drugs.”** –[NBC](#)
- “Parents are worried about the varying levels of enthusiasm/**obsession/addiction** their children display when playing Minecraft” –[BBC](#)

Minecraft

- Best selling PC game and the 2nd best-selling video game of all time
- Strangers have the ability to contact your teen in multiplayer mode
- Playing in multiplayer mode can leave your teen susceptible to bullying and inappropriate content or language
- It is common for players to download “mods” which can contain viruses or objectionable content

Another Gaming Danger

- Growing trend of gamers live-streaming their gameplay on *Twitch*
- Gamers go hours on end – sometimes more than 24 hours – playing & streaming, without rest or proper nutrition
- One 35-year-old in VA died from a 24-hr marathon playing “World of Tanks”; other deaths in South Korea and Taiwan

“Ice Cream” Trucks

Shock Pens
Drugs
Weapons



Botox for Teenagers

- More teens are getting botox injections: “Selfie Culture”
 - *“You see nothing but beautiful, flawless people everywhere”*
 - *“My generation doesn’t see anything wrong with getting work done”*
 - *“It’s addicting when you see the results right away”*
- Parental consent required for those under 18
- ***Botox for 19-34 year olds rose 41% 2011-2015*** (American Society for Aesthetic Plastic Surgery)
- Botox = brand name of botulinum toxin, world’s most lethal neurotoxic agent
- 10% are young men – **“Brotox”**

NATIONAL TRENDS

- National arrest rate for girls has steadily increased each year since the early 2000's
- Juvenile female offenders represent the fastest growing segment of the juvenile justice system
- In the 1980s, girls represented **1 in 10** of every juvenile arrest
- Now girls represent **1 in 4** of every juvenile arrest

VIOLENT BEHAVIOR

- Juvenile females are becoming increasingly more violent towards each other and authority -- including law enforcement
- More likely to be armed with a knife or gun
- Now more likely to roam in small packs & attack individuals and the elderly



New Trends: Pimps & HT on Campus



“The young, female students without an adequate home, no close family, far friends and a long distance support system makes them an easy target for sex slavery.”

In Plain Sight

- Schools provide the perfect opportunity for traffickers because they are populated with vulnerable victims who have the technology for instant silent communication
- Trafficking operations occur under the noses of teachers and admins

One HT Seduction Technique

- Take a photo of a stylish girl, post on SM
 - She brags about all the \$\$ she's making
 - Schoolgirls ask how they can, too
- “You, too, can make \$\$ as a ‘call girl’ -- show up at XYZ location, have sex, [*get videotaped*], make lots of \$\$”
- Once videotaped, blackmailed into staying in “The Life”

The Trend on “the Track”

- More and more traffickers are making random calls to girls' phone numbers, soliciting
- More transgendered youth being swept up
- *American Pimp*
- Redbook – Craig's List – Backpage
- **Tagged:** pimps blast solicitation messages to all girls within a 15-20 mile radius

Is She Being Trafficked?

- 15 year old girl with a 23 year old “boyfriend”
- New tattoo: “Daddy” or a bar code
- Unexplained absences from school for a period of time
- New clothes or accessories
- Large amounts of money
- Sexually transmitted diseases
- Police reports of child located in areas known for prostitution
- From a CPS background? (70% are)

It's Not 420 Anymore

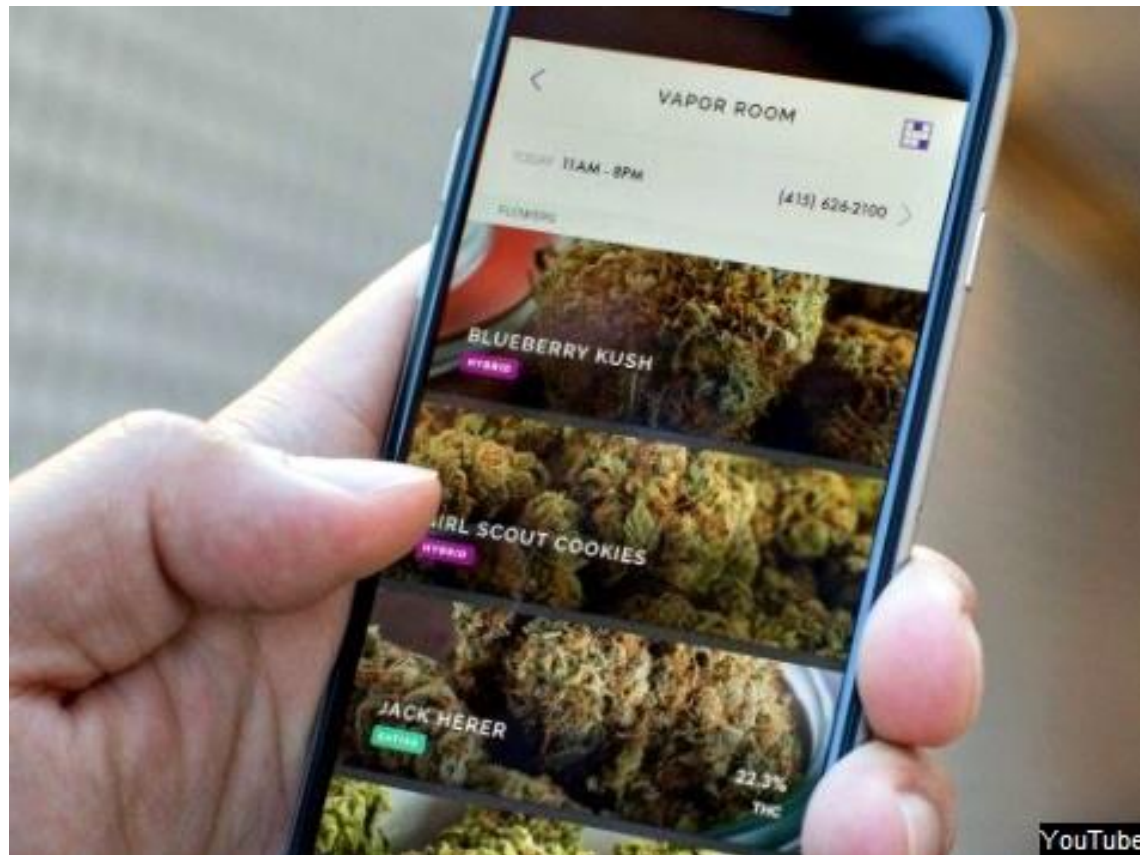
- Kids today talk openly about weed use; for many it's an accepted part of life
- 710 = OIL (as in cannabis oil)



Kids Are Vaping Honey Butta

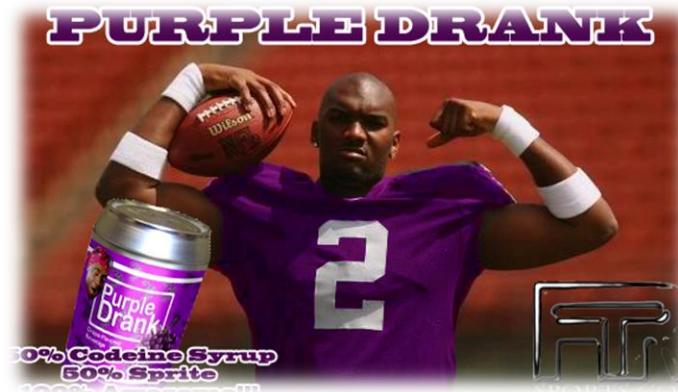


Weed Delivery App



Sizzurp

- A drink that contains promethazine and codeine syrup, mixed with sprite and sometimes jolly ranchers - Causes a slow trip
- Sizzurp is the actual cough syrup ingredient used to create what is known as "Lean". It can be sold illegally or be attained with a prescription. To create Lean, a popular drink created in Houston Texas, you require the following for the original formula:
 - Promethazine w/Codeine VC <- Sizzurp (active ingredient)
 - Original Sprite Soda <- Mixing ingredient (although different flavors of sprite are now used, such as sprite remix)
 - Jolly rancher candy <- Flavor additive



Heroin Makes a Comeback!

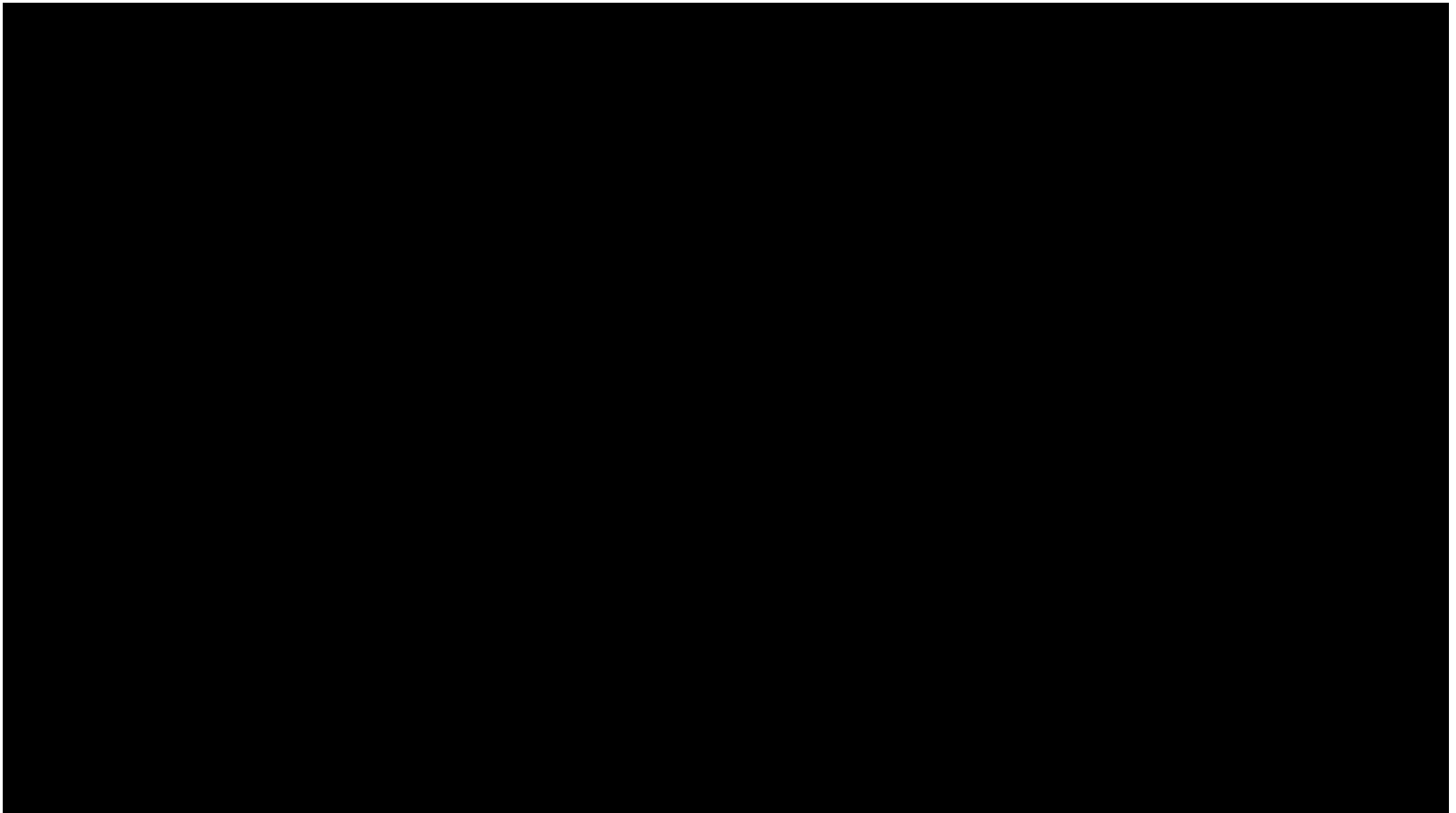
- Overwhelming reemergence of heroin and opioids on school campuses
- Cheap -- \$10 a hit!
- Oxycodone, oxycotin are in big demand
- Walgreens a major victim



Here's What Happened:

- **1996** -- Oxycontin introduced – it's easily crushed, snorted, mixed with edibles, etc
- **2010** – To combat the abuse, Oxycontin is reformulated to be almost impossible to grind up or crush
- **Today** – The result is that Oxy abusers have turned to heroin in huge numbers

One Way the Opioid Epidemic Got Started



“Tesla”

- Mashup of MDMA & Opiates
- Pills marked with Tesla logo contain between **130-200 mg** of MDMA
- A common dose for average user: **75-125 mg**
Large dose: **110-150 mg**
- Very large doses: over **200 mg**
- With Tesla MDMA pills, the user is starting with a dose that is considered very strong

FENTANYL

- Heroin's synthetic (and much stronger) cousin
- Up to 100 times more potent than morphine
- A 3-milligram dose is enough to kill an average-sized adult male



AND, IF THAT ISN'T BAD ENOUGH, THERE'S
CARFENTANIL:

- Elephant tranquillizer
- Cut into heroin - supplied by China
- Used as a murder weapon
- Used by zookeepers in a hazmat suit - even one drop in eye or mouth can kill
- Not even Narcan may prove effective as an antidote

Vodka Tampons aka “Slimming”

- ☠ Teens (both girls and boys) are increasingly using liquor-soaked tampons as a novel and stealthy means of getting drunk
- ☠ Can lead to severe internal burning, damage to membrane, potential yeast infection and damage to the reproductive system and dangerous levels of alcohol absorption



“Molly” is still around, still popular

- **Supposedly a “pure” form of ecstasy**
- **Anything but pure – cut with whatever the manufacturer can get hands on**
- **Molly t-shirts**
- **MDMA is extremely dangerous, and found in staggering amounts at concerts and raves**

More Drug Trends

- Viagra/Rush parties = **Popper Parties**
- 10 **Viagra** pills for a 6 hour “marathon”
- 8 or 9 **Rush** pills: nosebleeds, dark circles around eyes, heart attacks

Hand Sanitizer Cocktails

- Kids separate the ethanol from hand sanitizers by using salt
- The resulting dosage is equal to a shot of pure alcohol
- Best advice for parents: buy the *foam* version of hand sanitizer



Miscellaneous Drug Trends

- 80-90 variations of synthetic drugs out there
- **Ecstasy**=MDMA=one time psychotherapeutic drug that “got loose”
- **MonkeyWhizz**: “synthetic urine”
- **Flakka**: synthetic CNS stimulant; also know as “gravel”; popular with vapers

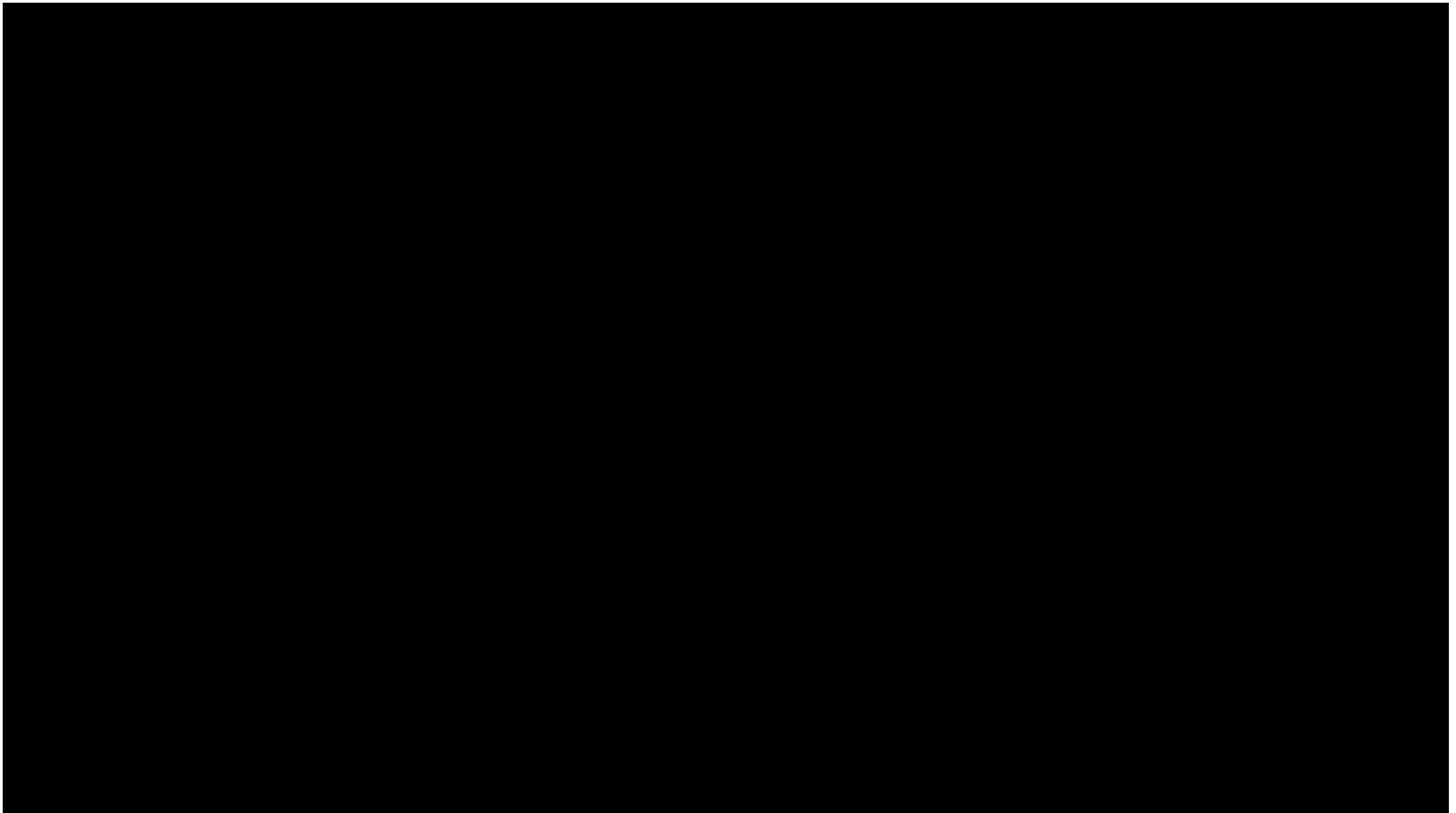


UBER parties!

- Adolescent get-togethers
- Advertised on social media
- Lap dances
- Tables full of drugs and cash
- Live music



“Suicide Seeds”



“I-Dosing”

- Put on headphones, drape a hood over the head and drift off into the world of 'digital highs'
- Certain repetitive music clips are said to mimic the effects of certain drugs
- So-called 'digital drugs' to change the brain
- Some songs are receiving nearly half a million hits on YouTube
- Danger: leading some to go on to real drugs

“I-Dosing”



Plant Seed Highs

- Kids are ingesting the seeds of flowering plants:

Sleepy Grass

Hawaiian Baby Woodrose

Blue Morning Glory

- Seeds have hallucinogenic effects because they contain LSA – similar to LSD
- Cause hallucinations, spatial & temporal distortion, and side effects such as nausea & vomiting

The Choking Game (or TCG)

- Self-strangulation activity to achieve a “high”, using dog leashes, bungee cords, scarves, belts, etc
- Mostly boys, average age about 13
- The choking game is also known as the pass-out game, fainting game, blackout, knock out or flatlining

Garett Pope Jr
of South Carolina,
age 11



*Alright, let's get you
parents some help with all
this.*

*Here are some
RESOURCES*



- MyMobileWatchdog

If You Use Only One App...

- Phone call monitoring
- Text monitoring
- Photo monitoring
- GPS location tracking
- Instant alerts when strangers call or text
- Block designated sites



Your Guide to Social Media:

Safesmartsocial.com

- *Everything you need to know about websites and apps*

•
“I LOVE this service. I showed my middle school daughter just how easy it was to see her picture, age, activities and school, address and login info all based on things she has put on the internet. She was able to see a few older men on her Pinterest which freaked her out and she took down her info.”

– Kathy

Footprint Friday & a Great Tip



BARK!



- You sign up and connect with all your child's apps
- You're alerted to cyberbullying, sexting, drug-related content, and signs of depression
- If a possible problem is detected, a text/email alert is sent to you to review the issue, along with recommended actions on how to handle the situation
- \$9 a month

“WHAT’S UP” SAFEHOUSE

- PUT THIS APP ON YOUR KID’S PHONE!
- 24/7 ANONYMOUS COUNSELING & SENSITIVE SUPPORT
- LICENSED MENTAL HEALTH PROFESSIONALS
- FREE & EASY TO USE
- DOWNLOAD THE APP OR TEXT *SHHelp Hi* to **274637**
- KIDS 11-24 STRUGGLING WITH DRUG OR ALCOHOL ABUSE, DEPRESSION, SUICIDAL THOUGHTS, BULLYING, ETC
- OR IF THEY KNOW SOMEONE WHO IS IN TROUBLE

Questions?



Juvenile Delinquents, circa 1964

Contact Info

- Clark Morrow
- Public Affairs Division
- San Bernardino County Sheriff's Dept
- 909-387-0629
- cmorrow@sbcisd.org

