



Cats Connected: Social Media

SOCIAL MEDIA

IN THIS ISSUE

Technology and Teen Dating

By: Pew Research Center at http://www.pewinternet.org/2015/10/01/teens-technology-and-romantic-relationships/pi_2015-10-01_teens-technology-romance_m-01/

Pew Research Center surveyed more than 1,000 teens (aged 13 through 17) to determine the impact of technology on their dating and romantic life. Let's see what they found:

Digital Tools Help Teens Research Potential and Former Romantic Partners

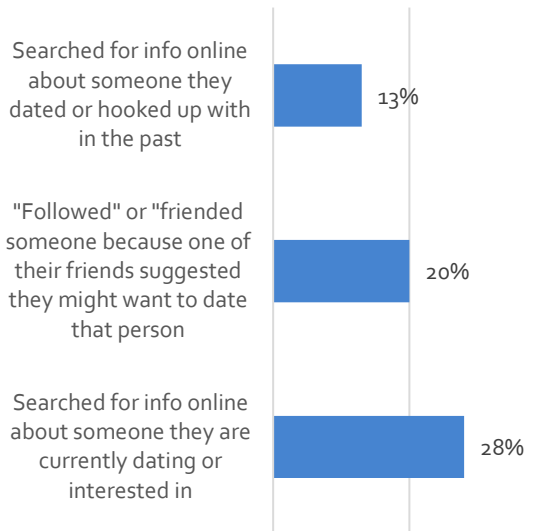


Chart Source: Pew Research Center Teens Relationship Survey, September 25-October 9, 2014, and February 10-March 16, 2015 (n= 1,060 teens ages 10-17).

NOMOPHOBIA

Nomophobia

Do you suffer from it? Take the Quiz. Find out.

Page 4



The Good Life

Can social media fuel depression? Read about it.

Page 5

Girls Are Much More Likely Than Boys to Experience Uncomfortable Flirting on Social Media

% of all teens who have blocked or unfriended someone on social media who was flirting in a way that made them uncomfortable

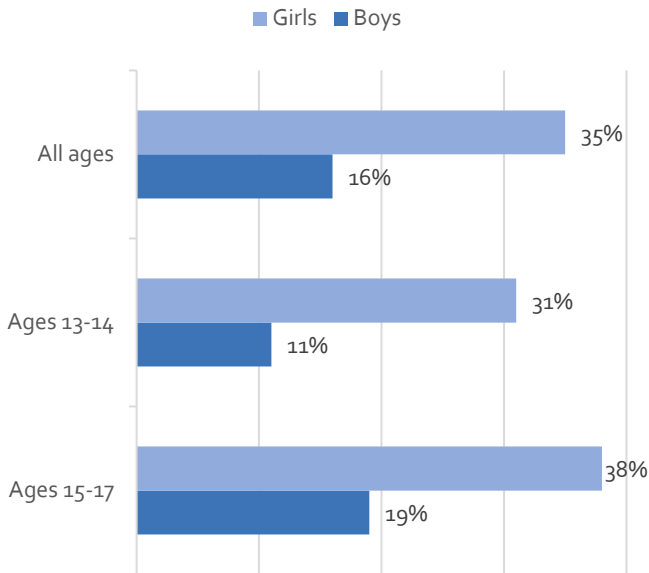


Chart Source: Pew Research Center Teens Relationship Survey, September 25-October 9, 2014, and February 10-March 16, 2015 (n=1,060 teens ages 10-17).

Facebook is the Most Common Venue to Teens to Meet Romantic Partners

Among teens who have met a partner or hookup online, the site(s) on which they met

Site	# of mentions
Facebook	48
Instagram	8
Other chat/social media	6
Twitter	4
Gaming	4
Kik	3
Unspecified	5

Chart Source: Pew Research Center Teens Relationship Survey, September 25-October 9, 2014, and February 10-March 16, 2015 (n= 76 teens ages 10-17 who have met a partner online).

Teen Daters Usually Have Similar Communication Expectations as Their Significant Other

% of teens with some kind of relationship experience who

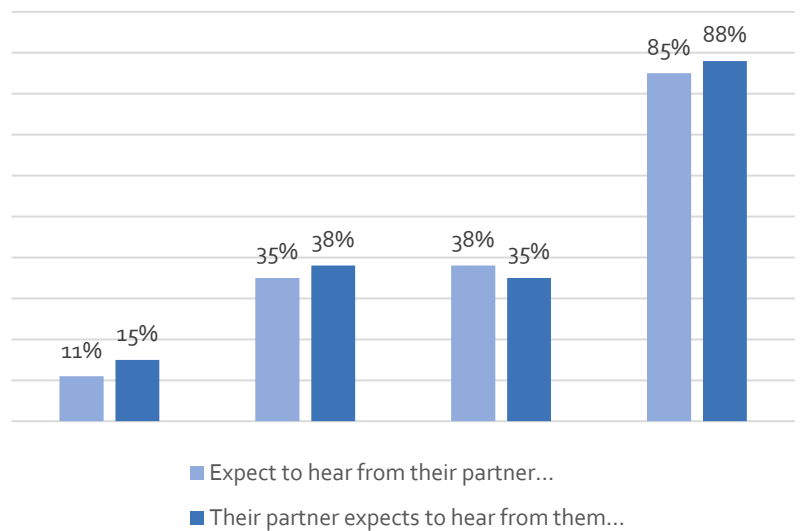
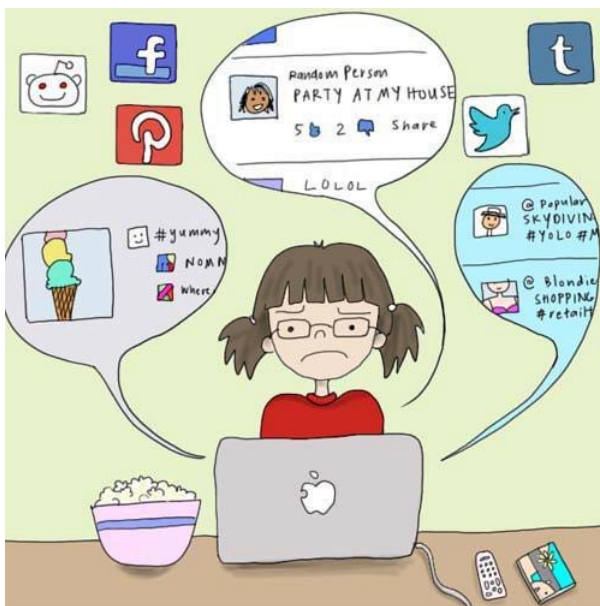


Chart Source: Pew Research Center Teens Relationship Survey, September 25-October 9, 2014, and February 10-March 16, 2015 (n= 361 teens ages 10-17 who have ever been in some kind of romantic relationship).



Teens Have Experienced Controlling or Harmful Behaviors From a Current or Former Romantic Partner

% of teens

% of teens with dating experience who have experienced the following from a current or former romantic partner

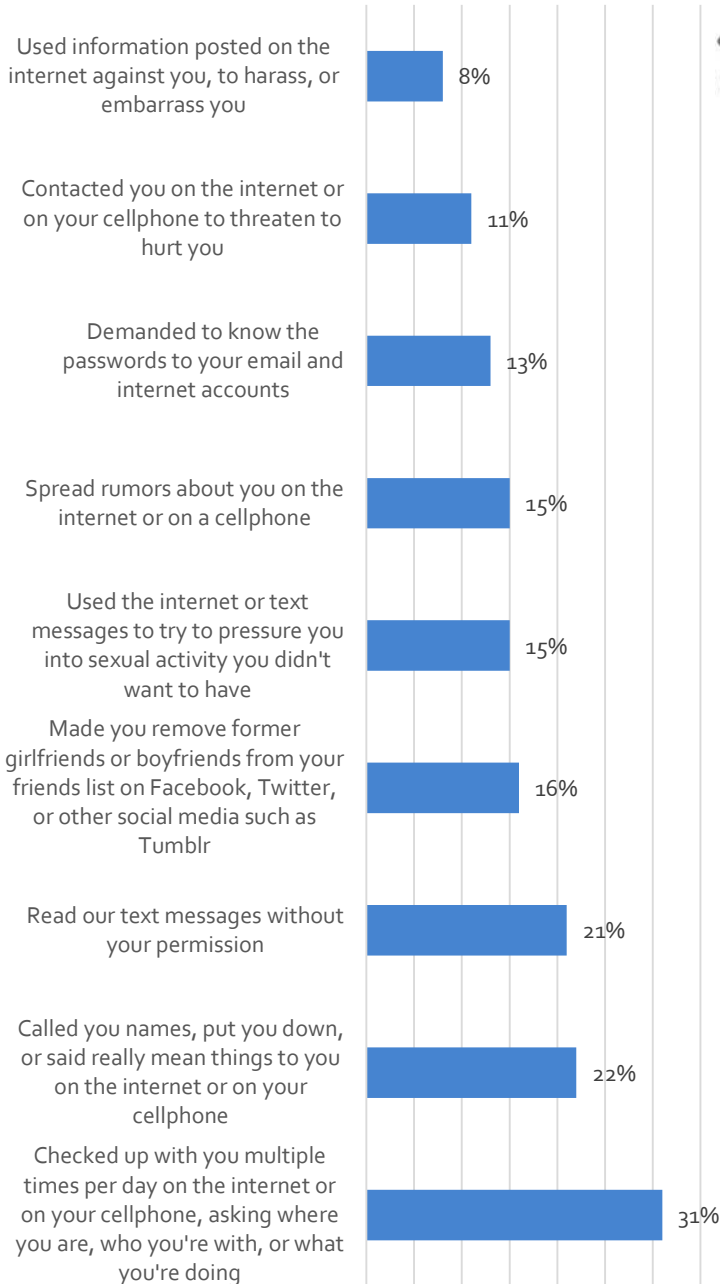


Chart Source: Pew Research Center Teens Relationship Survey, September 25-October 9, 2014, and February 10-March 16, 2015 (n= 361 teens ages 10-17 who have ever been in some kind of romantic relationship).



Few Teens Engage in Annoying or Harmful Behaviors Toward Current or Ex-Romantic Partners

% of teen dater who have done the following to a current or former romantic partner

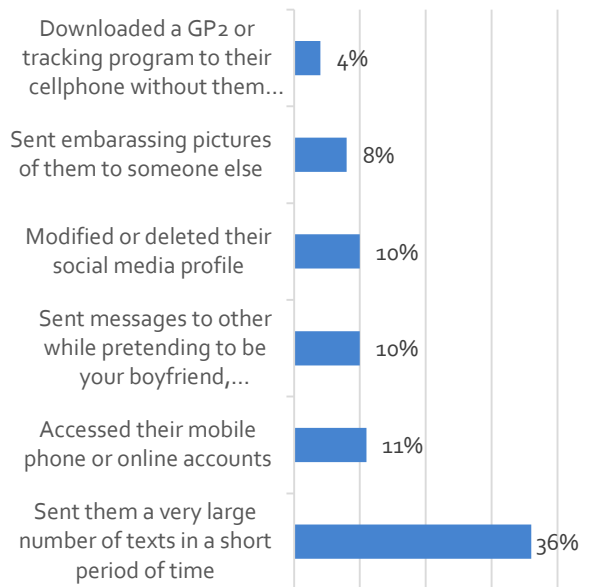


Chart Source: Pew Research Center Teens Relationship Survey, September 25-October 9, 2014, and February 10-March 16, 2015 (n= 361 teens ages 10-17 who have ever been in some kind of romantic relationship).

Do You Suffer from Nomophobia?

By: Carolyn Gregoire at https://www.huffingtonpost.com/2015/05/18/nomophobia-smartphone-sep_n_7266468.html

Nomophobia – or “no mobile phone” phobia is becoming an increasing concern. Research shows that being separated from your iPhone can have both psychological and physiological effects, including impaired thinking. Our phones are seen as an extension of ourselves, and when separated, we experience a lessening of ‘self,’ which can create a negative psychological state.

Take the Quiz

Are you nomophobic?

Rate each item on a scale of 1 (“completely disagree”) to 7 (“strongly agree”) and tally up your total score to find out.



1. I would feel uncomfortable without constant access to information through my smartphone.
2. I would be annoyed if I could not look information up on my smartphone when I wanted to do so.
3. Being unable to get the news (e.g., happenings, weather, etc.) on my smartphone would make me nervous.
4. I would be annoyed if I could not use my smartphone and/or its capabilities when I wanted to do so.
5. Running out of battery in my smartphone would scare me.
6. If I were to run out of credits or hit my monthly data limit, I would panic.
7. If I did not have a data signal or could not connect to Wi-Fi, then I would constantly check to see if I had a signal or could find a Wi-Fi network.
8. If I could not use my smartphone, I would be afraid of getting stranded somewhere.
9. If I could not check my smartphone for a while, I would feel a desire to check it.

If I did not have my smartphone with me...

10. I would feel anxious because I could not instantly communicate with my family and/or friends.
11. I would be worried because my family and/or friends could not reach me.
12. I would feel nervous because I would not be able to receive text messages and calls.
13. I would be anxious because I could not keep in touch with my family and/or friends.
14. I would be nervous because I could not know if someone had tried to get a hold of me.
15. I would feel anxious because my constant connection to my family and friends would be broken.
16. I would be nervous because I would be disconnected from my online identity.
17. I would be uncomfortable because I could not stay up-to-date with social media and online networks.
18. I would feel awkward because I could not check my notifications for updates from my connections and online networks.
19. I would feel anxious because I could not check my email messages.
20. I would feel weird because I would not know what to do.

How did you score? See bottom of page 5.

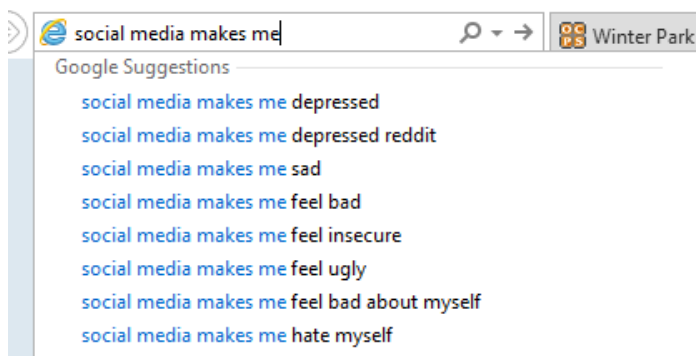
Is Social Media Fueling Your Depression?

By: <https://www.helpguide.org/articles/depression/teenagers-guide-to-depression.htm>;
<https://www.helpguide.org/articles/addictions/smartphone-addiction.htm>

Smartphone addiction, sometimes colloquially known as “nomophobia” (fear of being without a mobile phone), is often fueled by an Internet overuse problem or Internet addiction disorder. After all, it’s rarely the phone or tablet itself that creates the compulsion, but rather the games, apps, and online worlds it connects us to.

While it may seem that losing yourself online will temporarily make depression evaporate into thin air, it can actually make you feel even worse. A 2014 study found a correlation between high social media usage and depression and anxiety. Teens tend to compare themselves unfavorably with their peers on social media, which promotes feelings of depression and isolation.

While heavy phone use can often be symptomatic of other underlying problems—such as stress, anxiety, depression, or loneliness—it can also exacerbate these problems. If you use your smartphone as a “security blanket” to relieve feelings of anxiety, loneliness, or awkwardness in social situations, for example, you’ll succeed only in cutting yourself off further from the people around you. Staring at your phone will deny you the face-to-face interactions that can help to meaningfully connect you to others, alleviate anxiety, and boost your mood. In other words, the remedy you’re choosing for your anxiety (engaging with your smartphone), is actually making your anxiety worse.



Nomophobia Quiz - How You Score:

20: *Not at all nomophobic.* You have a very healthy relationship with your device and have no problem being separated from it.

21-60: *Mild nomophobia.* You get a little antsy when you forget your phone at home for a day or get stuck somewhere without WiFi, but the anxiety isn't too overwhelming.

61-100: *Moderate nomophobia.* You're pretty attached to your device. You often check for updates while you're walking down the street or talking to a friend, and you often feel anxious when you're disconnected. Time for a digital detox?

101-120: *Severe nomophobia.* You can barely go for 60 seconds without checking your phone. It's the first thing you check in the morning and the last at night, and dominates most of your activities in-between. It might be time for a serious intervention.

Smartphone addiction can also negatively impact your life by: **Increasing loneliness and depression.** While it may seem that losing yourself online will temporarily make feelings such as loneliness, depression, and boredom evaporate into thin air, it can actually make you feel even worse. A 2014 study found a correlation between high social media usage and depression and anxiety. Users, especially teens, tend to compare themselves unfavorably with their peers on social media, promoting feelings of loneliness and depression.

Fueling anxiety. One researcher found that the mere presence of a phone in a work place tends to make people more anxious and perform poorly on given tasks. The heavier the phone user, the greater the anxiety experienced.

Increasing stress. Using a smartphone for work often means work bleeds into your home and personal life. You feel the pressure to always be on, never out of touch from work. This need to continually check and respond to email can contribute to higher stress levels and even burnout.

Exacerbating attention deficit disorders. The constant stream of messages and information from a smartphone can overwhelm the brain and make it impossible to focus attention on any one thing for more than a few minutes without feeling compelled to move on to something else.

Diminishing your ability to concentrate and think deeply or creatively. The persistent buzz, ping or beep of your smartphone can distract you from important tasks, slow your work, and interrupt those quiet moments that are so crucial to creativity and problem solving. Instead of ever being alone with our thoughts, we're now always online and connected.

Disturbing your sleep. Excessive smartphone use can disrupt your sleep, which can have a serious impact on your overall mental health. It can impact your memory, affect your ability to think clearly, and reduce your cognitive and learning skills.

Encouraging self-absorption. A UK study found that people who spend a lot of time on social media are more likely to display negative personality traits such as narcissism. Snapping endless selfies, posting all your thoughts or details about your life can create an unhealthy self-centeredness, distancing you from real-life relationships and making it harder to cope with stress.