

**Social Media Addiction 2**

 @coreyhebner

 bluegoose983

 @CoreyHebner  
@bluegoose983

Tpr. Corey Hebner  
Michigan State Police – Gaylord Post  
(989) 619-3009  
[HebnerC@michigan.gov](mailto:HebnerC@michigan.gov)

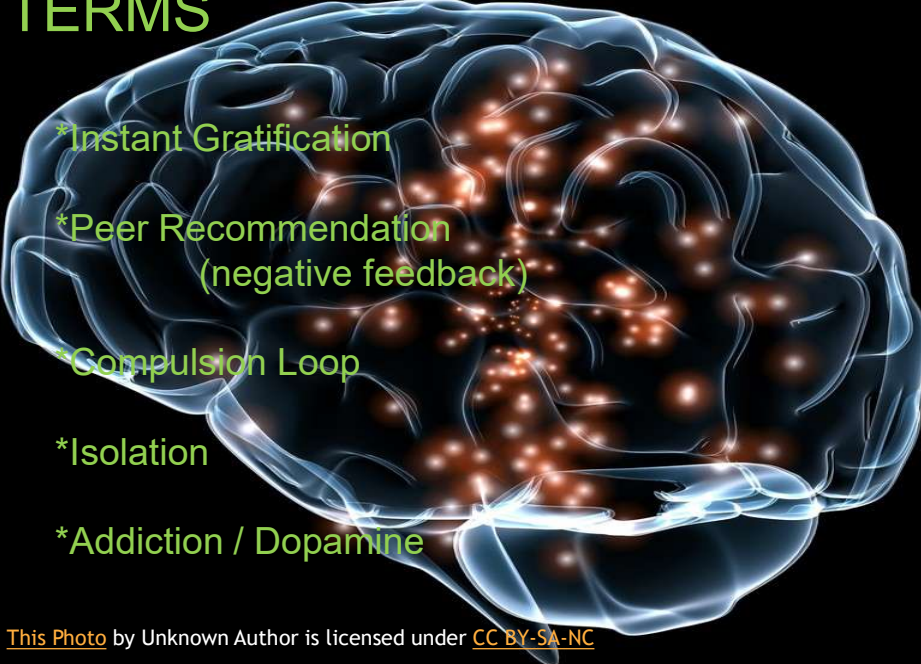


1

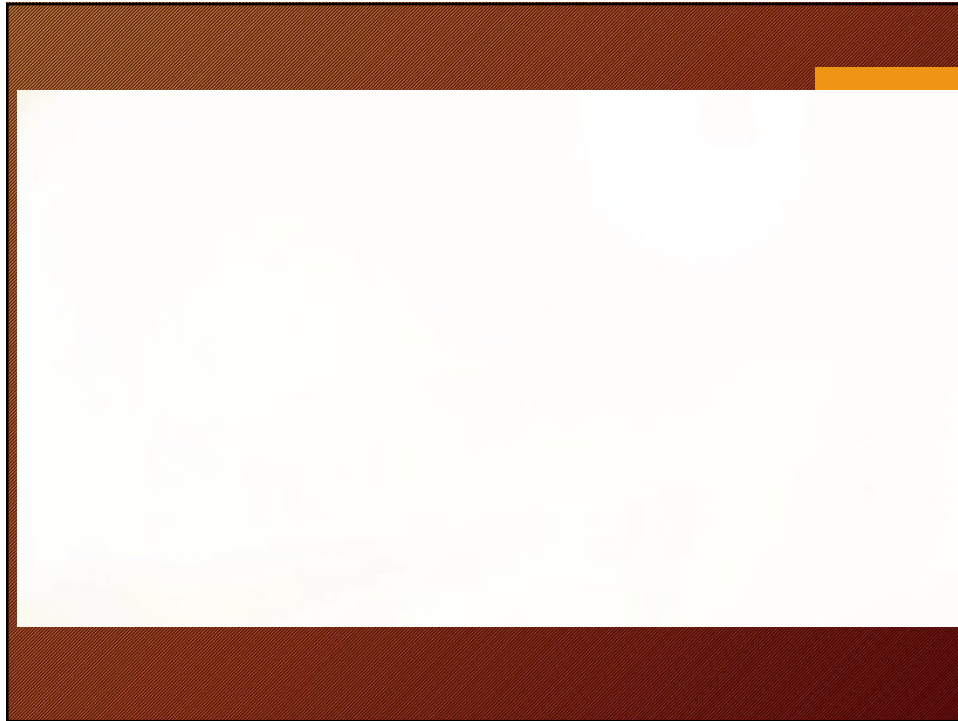
**TERMS**

- \*Instant Gratification
- \*Peer Recommendation  
(negative feedback)
- \*Compulsion Loop
- \*Isolation
- \*Addiction / Dopamine

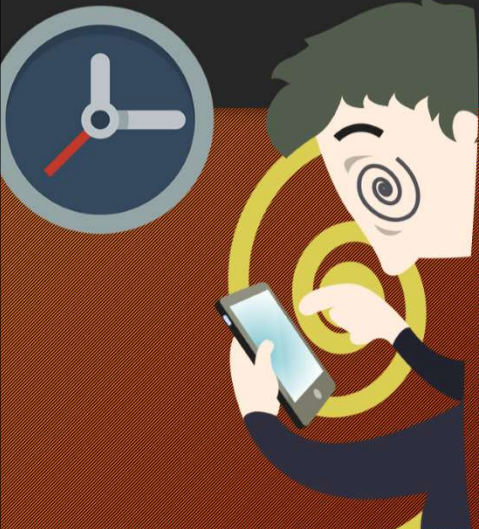
[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)



2



3



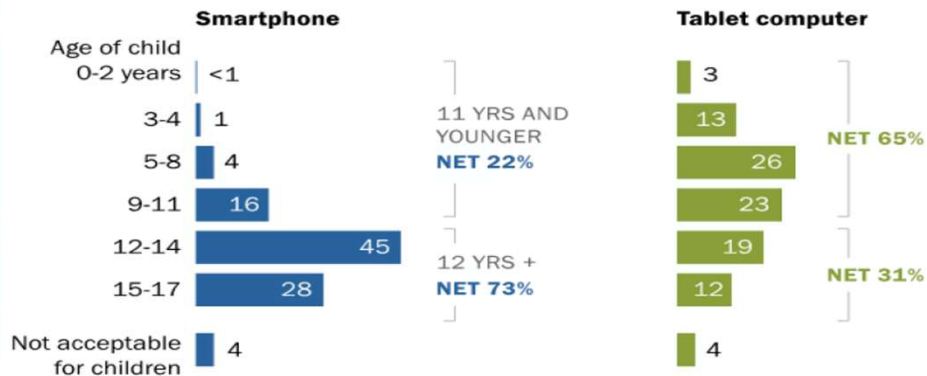
## Cell Phone Addiction

- People touch their phones an average of 2,617 times per day.
- This data includes all types of interactions, from reading and sending texts to scrolling on social media.
  - For the top 10% of users, this number doubled to 5,427 touches per day.
  - That's about 1 million touches per year and 2.42 hours of phone screen time per day.
- iPhone users unlock their phones 80 times a day while Android users average 110 unlocks a day.
- 53% of American children own a smartphone by age 11.
- 50% of young people admit to having a cell phone addiction.

4

## Most parents don't think it's acceptable for a child under the age of 12 to have their own smartphone

% of U.S. parents who say, in general, it is acceptable for children to have *their own* \_\_\_ at age ...



Note: Based on parents who have at least one child under the age of 18 but may also have an adult child or children. Those who did not give an answer are not shown.

Source: Survey of U.S. adults conducted March 2-15, 2020.

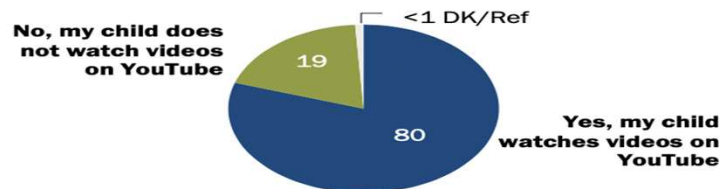
"Parenting Children in the Age of Screens"

PEW RESEARCH CENTER

5

## 80% of parents of young children say their child watches videos on YouTube ...

% of U.S. parents of a child age 11 or younger who say ...



## ... and among this group, roughly half say their child does this on a daily basis

Among parents of a child age 11 or younger who say their child watches videos on YouTube, % who say their child does so ...



Note: If parent has multiple children, they were asked to focus on one child when answering this question. Those who did not give an answer are not shown.

Source: Survey of U.S. adults conducted March 2-15, 2020

"Parenting Children in the Age of Screens"

PEW RESEARCH CENTER

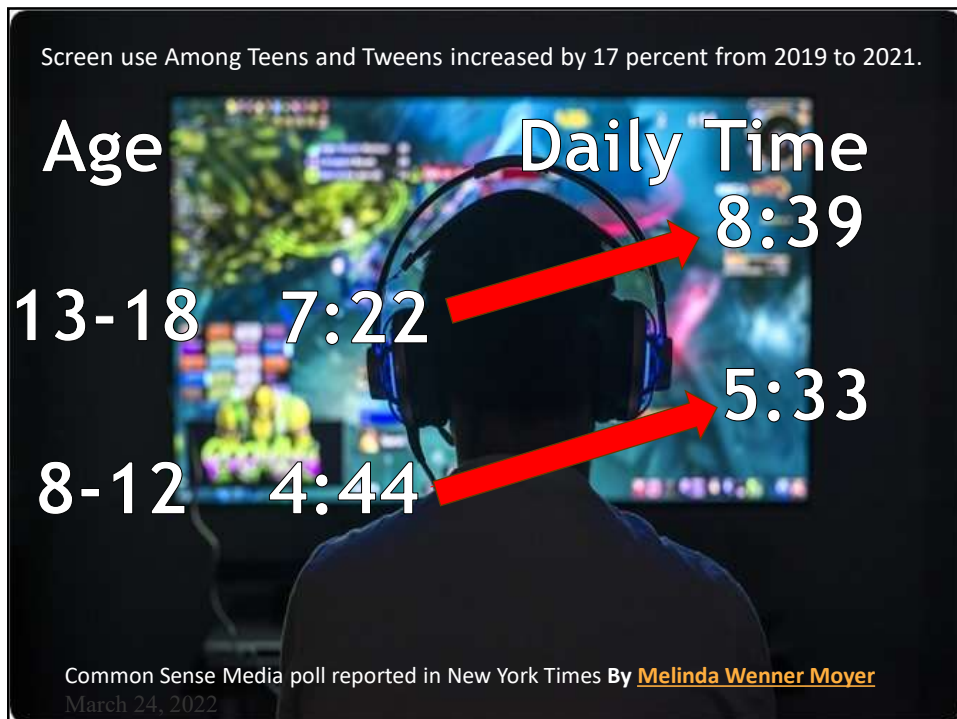
6



## EMOTIONAL ROLLERCOASTER OF THE INTERNET

- Experiencing several emotions in a short time: feeling ecstatic, furious, envious, heartbroken, charmed, anxious, obsessive, and bored within a matter of minutes.
- Doomscrolling: The compulsive act of reading anxiety producing information that can make you feel sad, depressed, disheartened, etc.
- Dopamine Loop: Increased dopamine when using social media

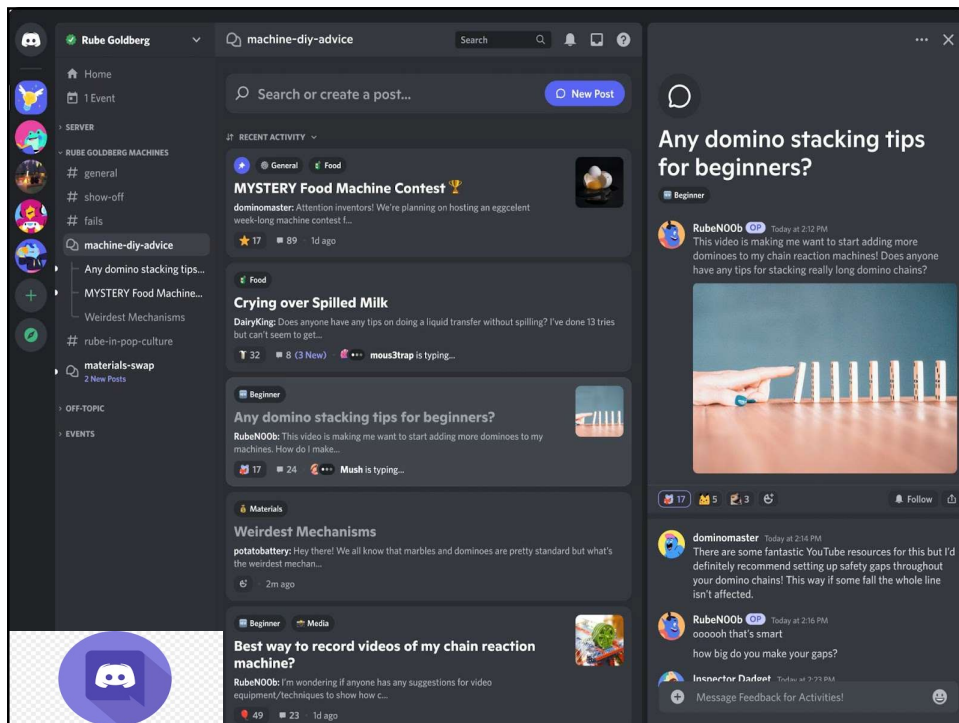
7



8

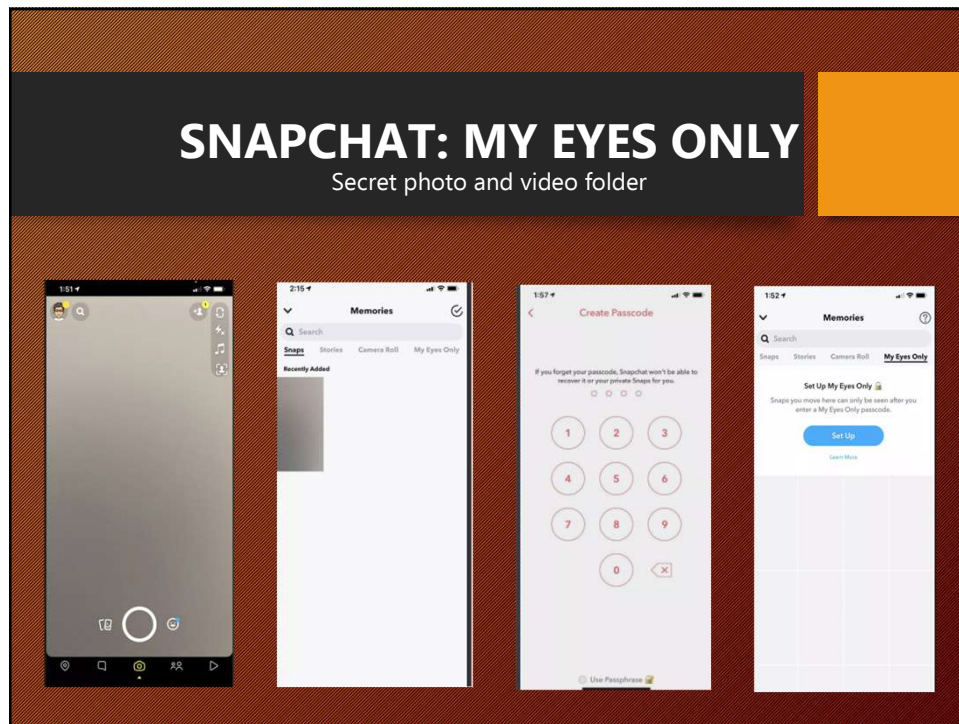


9



10





11


## Applications for hiding content

Pictures, Videos, Files, Conversations, etc.

- KeepSafe
- Gallery lock
- Private photo vault
- Best secret folder
- Secret Calculator
- Secret Photo album
- Vaulty

The image displays a grid of 12 application icons, each with a unique icon and a label below it. The icons are arranged in a 3x4 grid. The labels are: Secret Photo & Video Calculator, Private Photo Calculator, Hide Calculator, HCalculator, Private Photo Video Manager, Private Photo Vault Pro, Best Secret Folder, Secret Calculator Folder Free, Gallery Lock, Secret photo vault (Calculator), Don't Touch This, and Secret & Butler.

12



## Tik Tok

- TikTok is a free social media app designed for creating and sharing short music videos.
  - It replaces the Musical.ly app that shut down in August 2018 having all of its 100 million users transferred to TikTok.
- The videos are recorded in 15-second clips and users can add special effects before sharing them on this platform.
- Just like YouTube, TikTok is an interactive app where you can connect with friends, comment on videos and follow other people on the platform.
  - The app also has a direct message feature

### Info and Statistics

- TikTok has 1 billion active users worldwide
- TikTok was the third most downloaded app in 2019 with 188 million downloads
  - A 70% increase in new users from 2018
- The average user spends 52 minutes a day on the app
  - 90% of users admit to using the app multiple times a day
- More than 1 billion videos viewed every day in the last year

13

## Sexually Explicit Image?

- A picture is considered "sexually explicit" if it shows or simulates a sexual act and/or included nudity – even partial nudity.
- **1 in 5** Teenage girls say they have electronically sent or posted online, nude or semi-nude images of themselves
- **1 in 3** Teenage boys say they have had nude or semi-nude images, originally meant to be private, shared with them.

14



## 750.145c Child Sexually abusive material/activity

- Persuade, engage, fund, produce
  - 20 year Felony and up to \$100,000.00 fine
- Distribute, finance distribution or promote distribution
  - 7 year Felony and up to \$50,000.00 fine
- Possession
  - 4 year Felony and up to \$10,000.00 fine

**Students Are Being Charged**



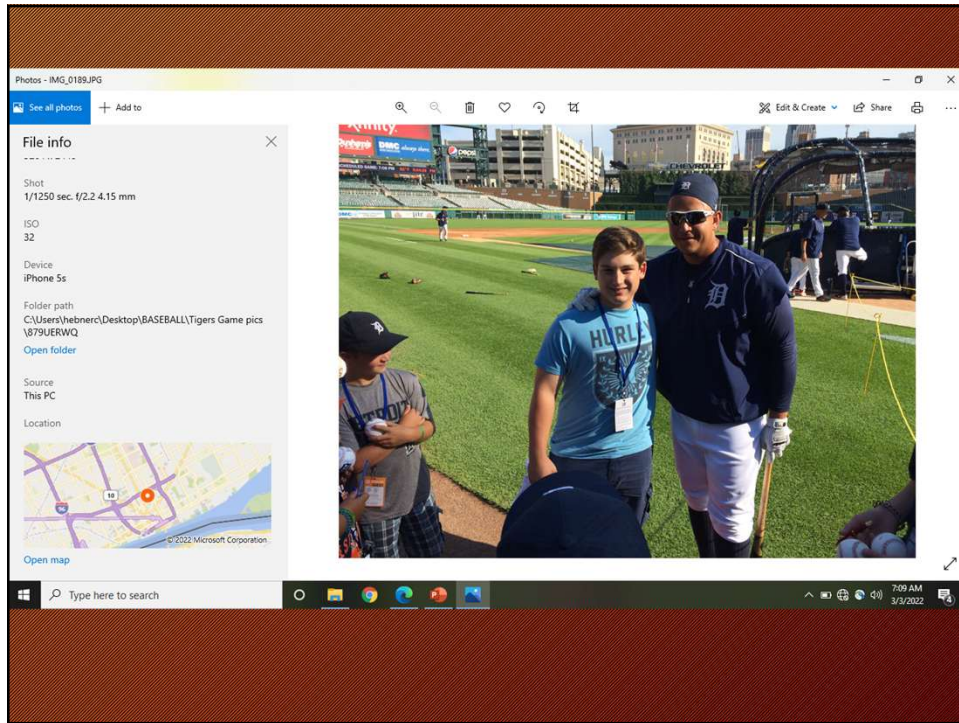
15

## Computer Crimes Related Laws

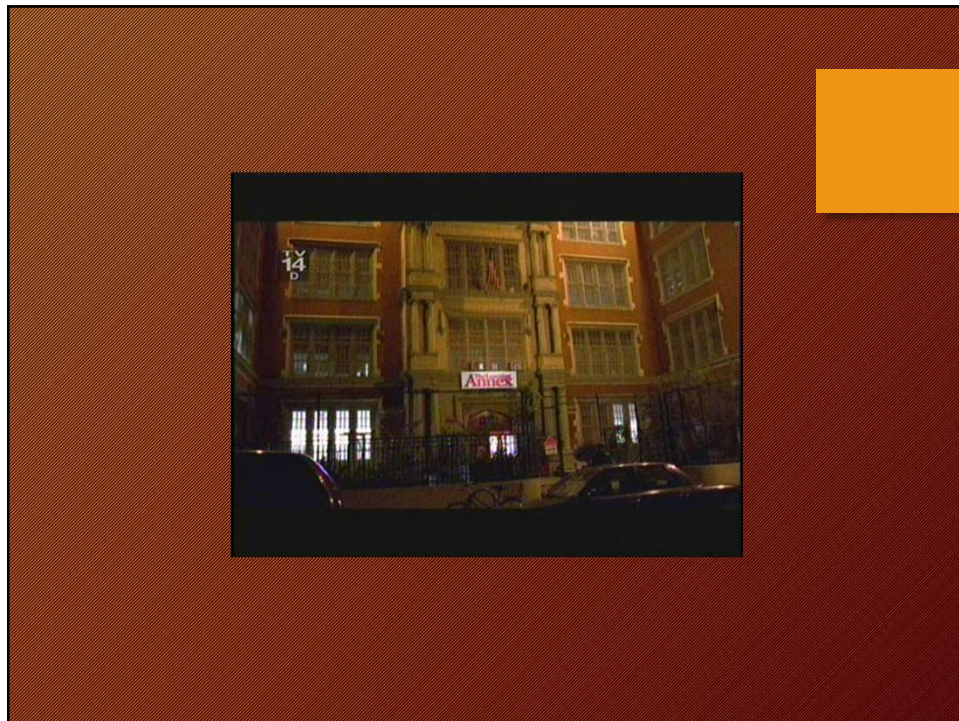
- Distribute obscene matter to children – 722.675 (2 year)
- Exhibition to obscene matter to children – 750.143 (misd)
- Contribute to delinquency/neglect of minor – 750.145 (misd)
- Accosting Child – 750.145a (4 year)
- CSAM Activity (create / copy CSAM) – 750.145c2 (20 year)
- Distribute / promote CSAM – 750.145c3 (7 year)
- Possession of CSAM – 750.145c4 (4 year)
- Use of a computer to commit crime – 750.145d (1-20 year)
- Revenge Porn – 750.145e (misd)
- Animal bestiality / sodomy – 750.158 (1 year – life)
- Posting messages through electronic means 750.411s (2/5 years)
- Human Trafficking / Child labor – 750.462f (20 year)
- Surveilling unclothed person – 750.539j (2/5 year)

16





17



18





19

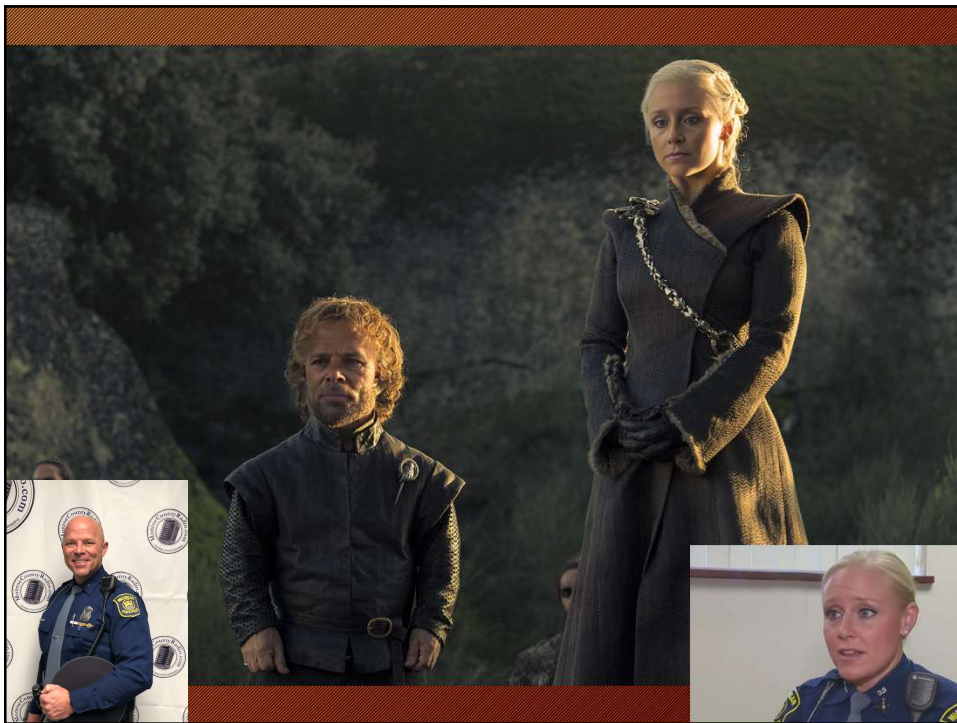


20

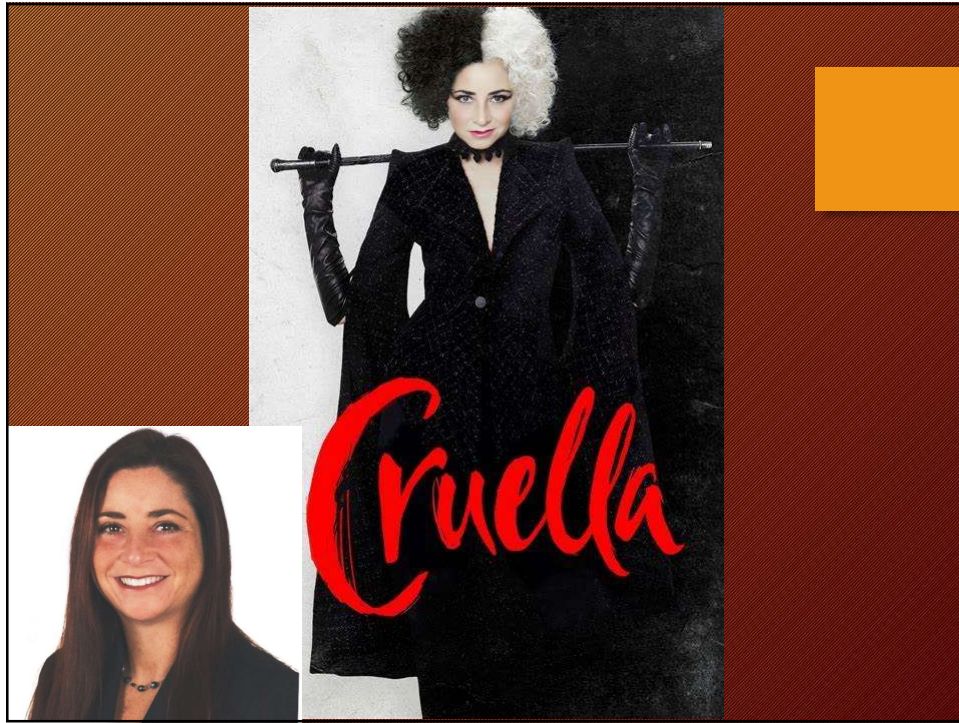




21



22



23



24

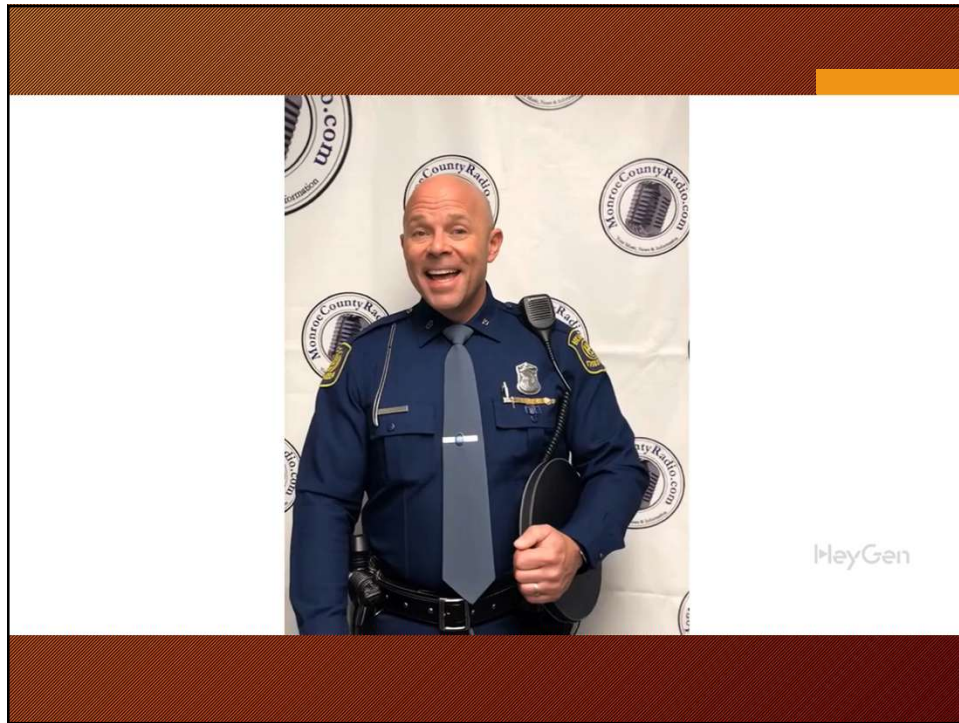




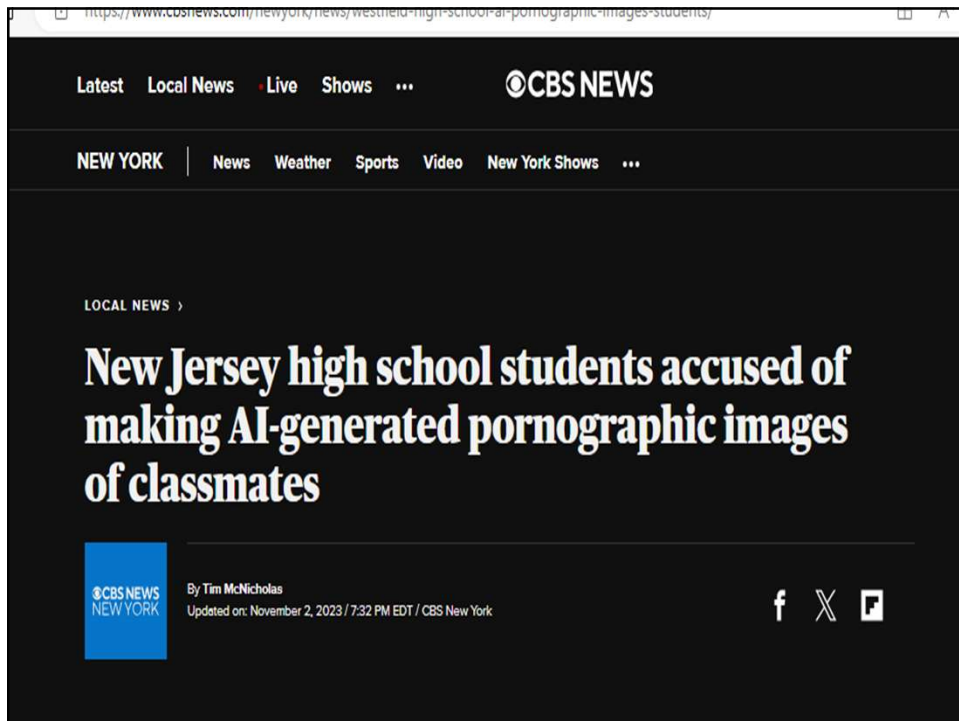
25



26

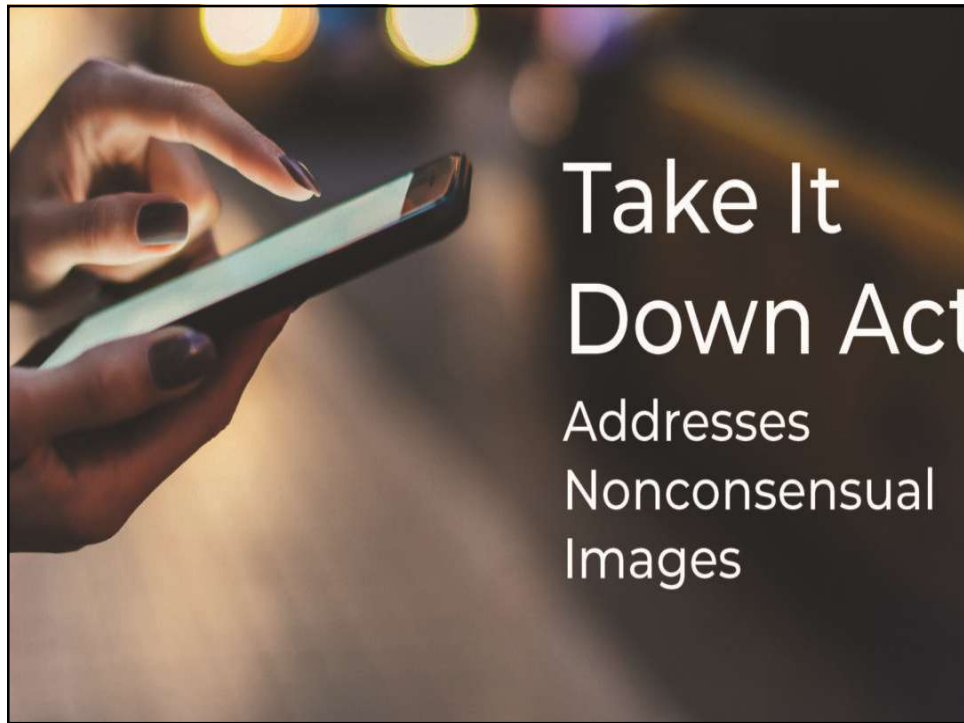


27



28

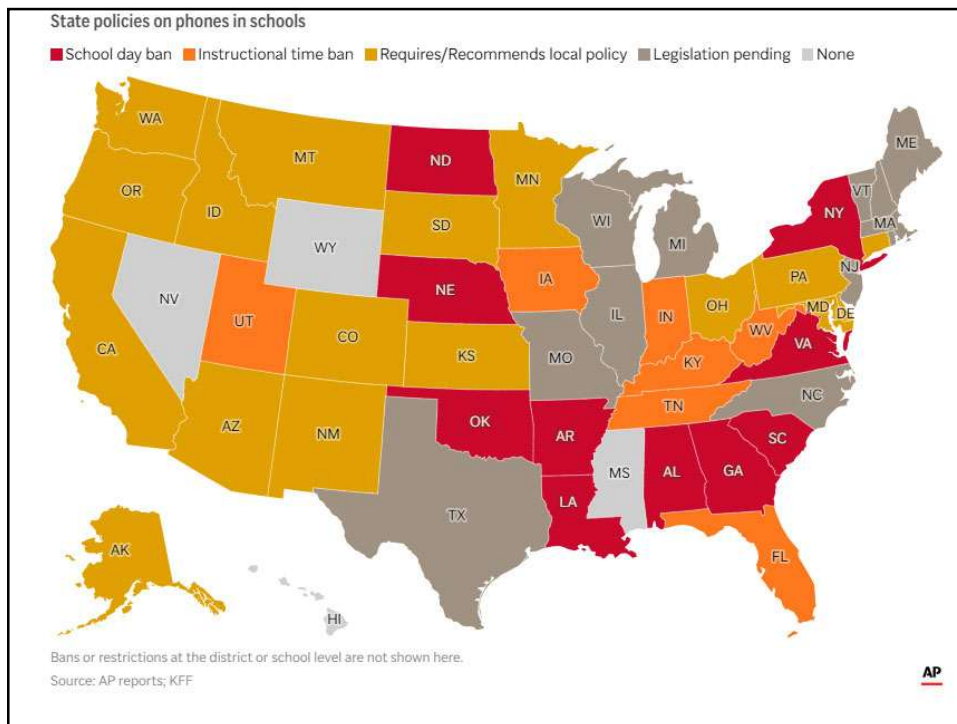




29



30



31



32





33

FORBES > LIFESTYLE > VICES

EDITORS' PICK

## U.S. Gambling Revenue Hit Record \$53 Billion In 2021

Read Next: TCL Named Official TV Partner of the NFL Ahead of Super Bowl LVII

VARIETY

Film TV What To Watch Music Docs Tech Global Awards Circuit

HOME > SPORTS > TECH

Dec 27, 2022 7:00am PT

### U.S. Online Sports Betting Breaks Record in 2022

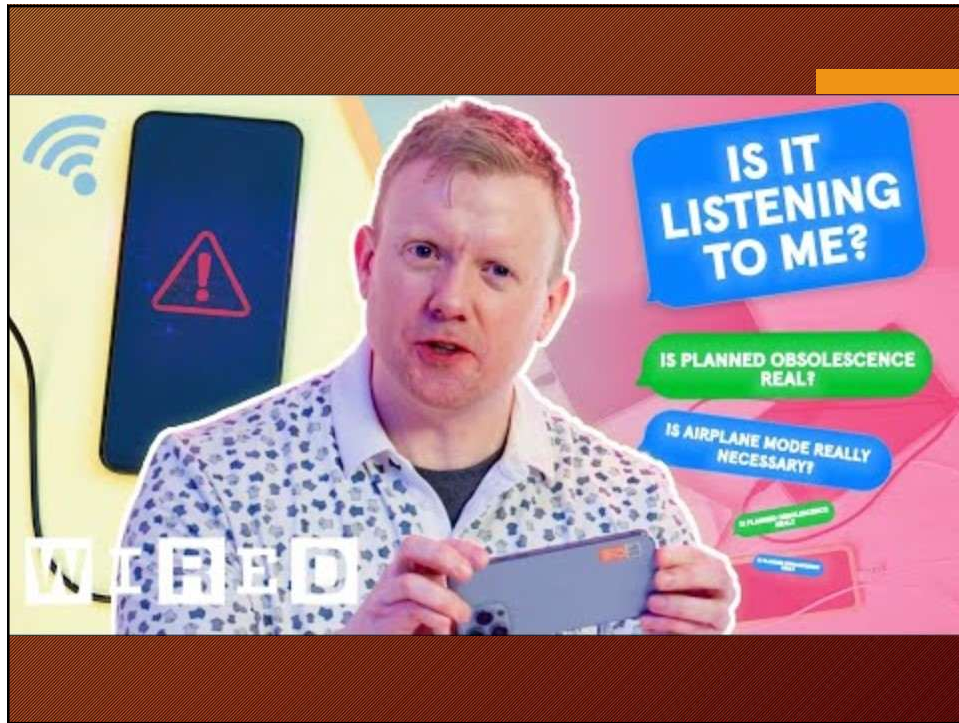
By Gavin Bridge

With 2022 not yet over, U.S. mobile [sports betting](#) has seen an eye-watering \$80 billion wagered so far as consumers embrace the activity.

**Monthly Total Wagered on Online Sportsbooks**  
November is only partial data; see notes for which states are not included

Month	Wagered (\$B)
Nov	~\$9.5
Dec	~\$8.5
Jan	~\$7.5
Feb	~\$8.5
Mar	~\$7.5
Apr	~\$6.5
May	~\$5.5
Jun	~\$4.5
Jul	~\$3.5
Aug	~\$2.5
Sep	~\$1.5
Oct	~\$0.5
Nov	~\$8.5
Dec	~\$9.5

34



35



36



# Why didn't the FTC stop facebook?

**FEB 4  
2009**

**Facebook changes its Terms of Service**  
Proposed changes allowed FB to use anything a user uploaded to the site for any purpose, at anytime, even after the user ceased to use Facebook.

## **On Eve of EPIC's FTC Complaint, FB Backs Down on Revised ToS**

Hours before EPIC planned to file a complaint with the FTC regarding changes to Facebook's ToS, FB announced that it will restore the original policy.

**FEB 18  
2009**

**DEC 17  
2009**

## **EPIC warns about third-party apps in FTC complaint**

EPIC alleged that FB had changed user privacy settings and disclosed personal data to third parties without user consent. EPIC warned, "The Facebook Platform transfers Facebook users' personal data to application developers without users' knowledge or consent."

37

## **Facebook Settles FTC Charges That It Failed To Keep Privacy Promises**

The settlement requires FB to obtain users' express consent for all privacy changes and to establish a comprehensive privacy program.

**NOV 11  
2011**

**2011 -  
2018**

## **FTC Inaction**

The FTC never charged FB with a single violation of the 2011 Consent Order even after numerous complaints..






## **87 Million FB Users Discover Their Data Was Illegally Disclosed**

FB admitted the unlawful transfer of 87 million user profiles to the data mining firm Cambridge Analytica, a clear violation of the 2011 Consent Order.

**MAR  
2018**

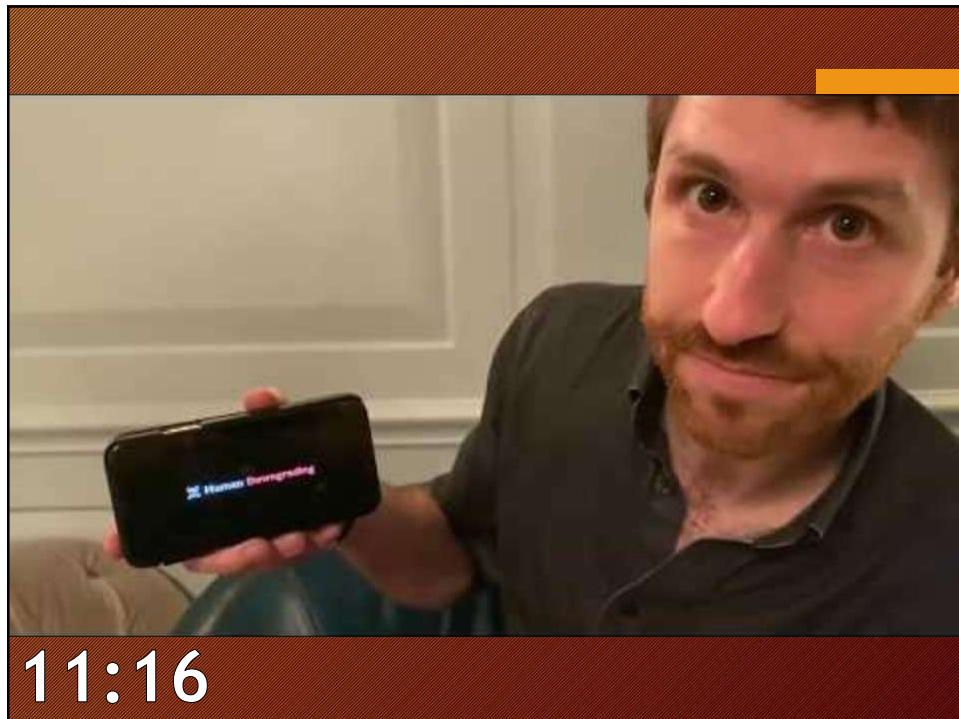
**epic.org**

38

FTC Settlement with Facebook	
	\$5,000,000,000 Unprecedented <b>penalty</b>
	New <b>privacy structure</b> at Facebook
	New tools for FTC to <b>monitor</b> Facebook

Source: Federal Trade Commission | FTC.gov

39



11:16

40



◀ BACK

30-60 MINUTES

Learn about the economic factors and larger systems that drive tech companies to sell your attention and behavior to advertisers

# The Attention Economy

## Why do tech companies fight for our attention?

ALPHA VERSION - Updated August 17, 2021

 **DOWNLOAD AS PDF**

- Question 1: How do social media companies make money?
- Question 2: How does competing in the attention economy shape the social media products we use?
- Question 3: How does the race for attention distort how we see the world?
- Question 4: What do the distortions of the attention economy mean for our future?
- Question 5: How do we change such a big system?



41

◀ BACK

Learn how social media products subtly manipulate you to capture your attention and change your behavior.

# Persuasive Technology

## How does technology use design to influence my behavior?

ALPHA VERSION - Updated August 17, 2021

 **DOWNLOAD RESOURCE**

- Question 1: What is persuasive technology?
- Question 2: What is artificial intelligence and how do social media companies use it?
- Question 3: What makes persuasive technology so powerful?
- Question 4: What are the harms of persuasive technology?
- Question 5: Where is all this persuasive technology taking us?



42

30-60 MINUTES


Explore the brain and behavioral science of how social media keeps us hooked.

◀ BACK


# Social Media and the Brain

## Why is persuasive technology so hard to resist?

ALPHA VERSION - Updated August 17, 2021

 [DOWNLOAD AS PDF](#)

- Question 1: What are cognitive biases?
- Question 2: How does social media take advantage of our cognitive vulnerabilities?
- Question 3: How does social media impact our behavior?
- Question 4: How does social media impact the brain as it develops?
- Question 5: What happens when we can't resist persuasive technology?



43

30-60 MINUTES


Understand the harms the attention economy and persuasive technology have produced, and why those harms are the result of a broken system.

◀ BACK


# Seeing the Consequences

## Why do we need to change the system?

ALPHA VERSION - Updated August 17, 2021

 [DOWNLOAD AS PDF](#)

- Question 1: How does persuasive technology amplify societal problems?
- Question 2: How does persuasive technology keep us from solving problems?
- Question 3: Why do we need to think systemically?
- Question 4: Why do we need to shift from current paradigms?
- Question 5: What new paradigms do we need to shift towards?



44



◀ BACK

20-30 MINUTES

Use journaling, storytelling, and writing prompts to understand the landscape of your social media usage.

# Tell Your Social Media Story

## How can your social media story drive change?

ALPHA VERSION - Updated August 17, 2021

 **DOWNLOAD AS PDF**

- Part 1: *Why is storytelling important to the movement for humane technology?*
- Part 2: *What role does social media play in your life?*
- Part 3: *How can I change the system with my story?*
- Part 4: *What's next?*



45

◀ BACK

20-30 MINUTES

Make a successful change in how you use technology by setting goals and working with others.

# Take Control of Your Social Media Use

## How do I shift my use of social media for good?

ALPHA VERSION - Updated August 17, 2021

 **DOWNLOAD AS PDF**

- Part 1: *Why shift your use of social media?*
- Part 2: *What's the best way to get started?*
- Part 3: *How do I keep with it?*
- Part 4: *What's next?*



46

30-40 MINUTES

Imagine the possibilities for humane technology by envisioning solutions that advance lasting, systemic change.

◀ BACK

# Imagine Humane Technology

## How can technology operate for the common good?



ALPHA VERSION - Updated August 17, 2021

[DOWNLOAD AS PDF](#)

- Part 1: What is the role of young people in changing the system?
- Part 2: What will it take to create the conditions for better technology?
- Part 3: What is technology for?
- Part 4: Imagine humane technology.

47

### #MySocialTruth

*I remember one night specifically that was probably when I was at my peak of using that app when I just caught myself using it for a couple of hours without stopping...*

—Sirri, 13, Cary

*I got addicted, always checking my phone, obsessed with keeping my streaks, worrying that someone needed my attention 24/7.*

—Dasani, 16, Phoenix

*I felt so insecure about myself. My abilities, my looks, my roots, my potential. This because I was comparing my life with people around me and people I saw on social media.*

—Nathan, 21, Midlaren

48



◀ BACK

# Teaching for Humane Technology

How can your social media story drive change?

ALPHA VERSION - Updated August 17, 2021

**10 MINUTES**

Get the most out of the Center for Humane Technology's Youth Toolkit in your classroom.

**CONTENT OUTLINE**

- Welcome to the Center for Humane Technology's Youth Toolkit
- How is the Toolkit structured?
- What are the learning goals of the Youth Toolkit?
- How can I help my students get the most out of the Youth Toolkit?

49



 @CoreyHebner  
 @bluegoose983  
 @coreyhebner  
 bluegoose983

*Tpr. Corey Hebner  
 Michigan State Police  
 Gaylord Post  
 (989) 619-3009*

**E Mail: HebnerC@michigan.gov**

50