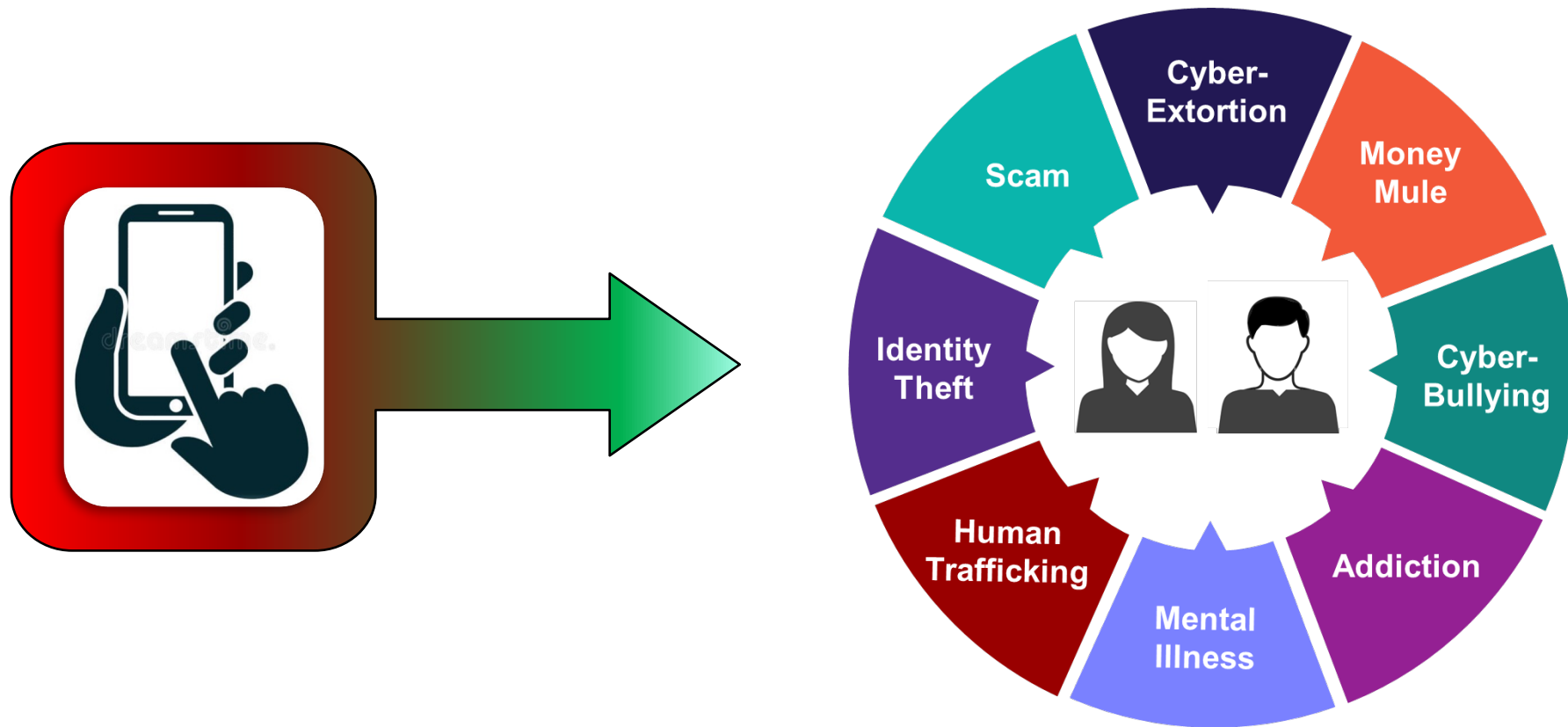


# Online Harm to Children IV: Learn Global, Act Local, Be Vocal



# Welcome



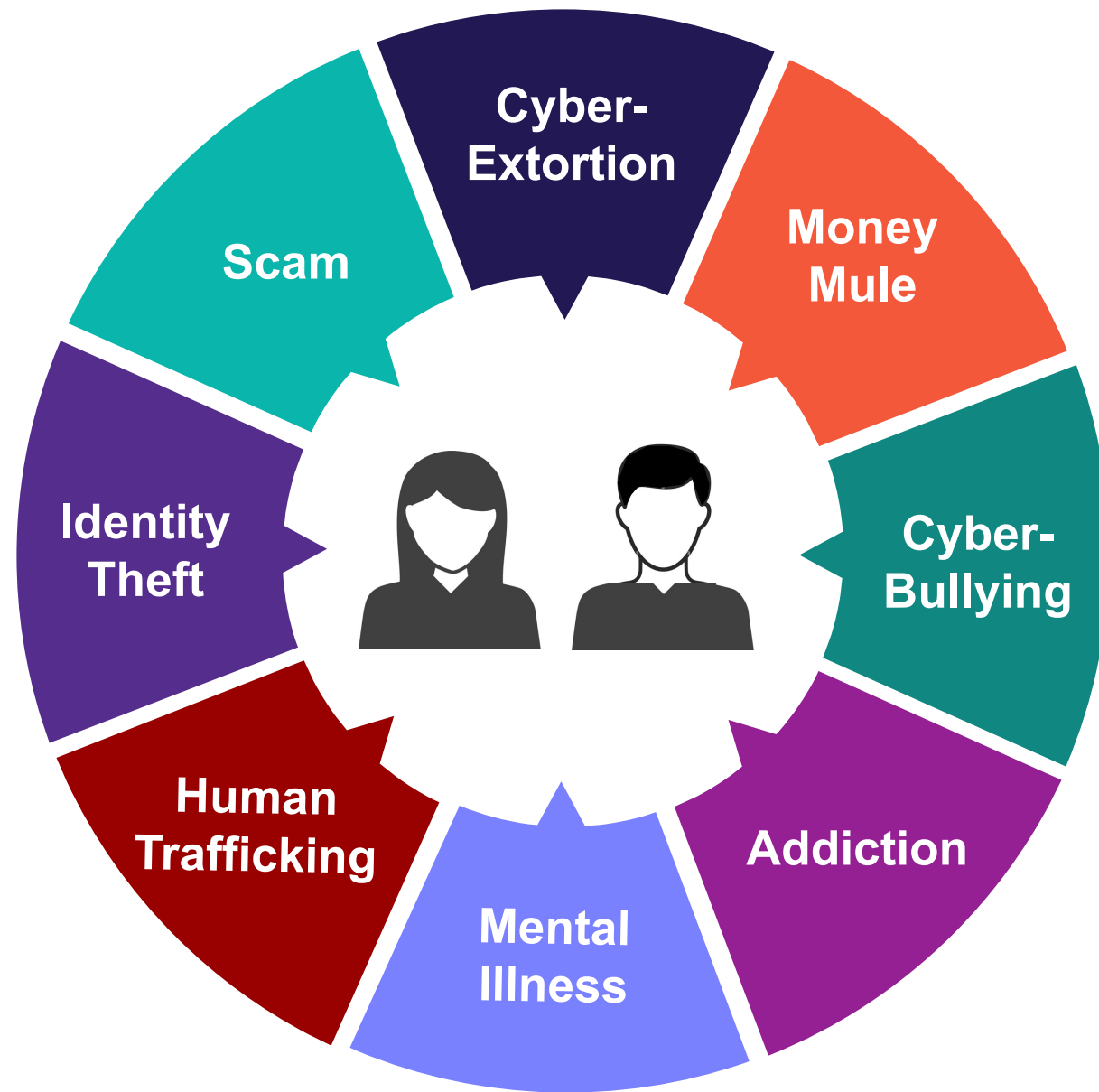
## **Charles Denham, MD**

Chairman, TMIT Global

**TMIT High Performer Webinar**  
**May 16, 2024**

**Webinar 216**

# Online Harm to Children





**TIM TEBOW'S  
TESTIMONY  
ON BEHALF OF CHILD  
SEXUAL ABUSE VICTIMS**

Tuesday

**TECHNOLOGY COMPANIES & ALGORITHMS**

**TRISTAN HARRIS**  
Center for Humane Technology  
Co-Founder and Executive Director

**C-SPAN3**

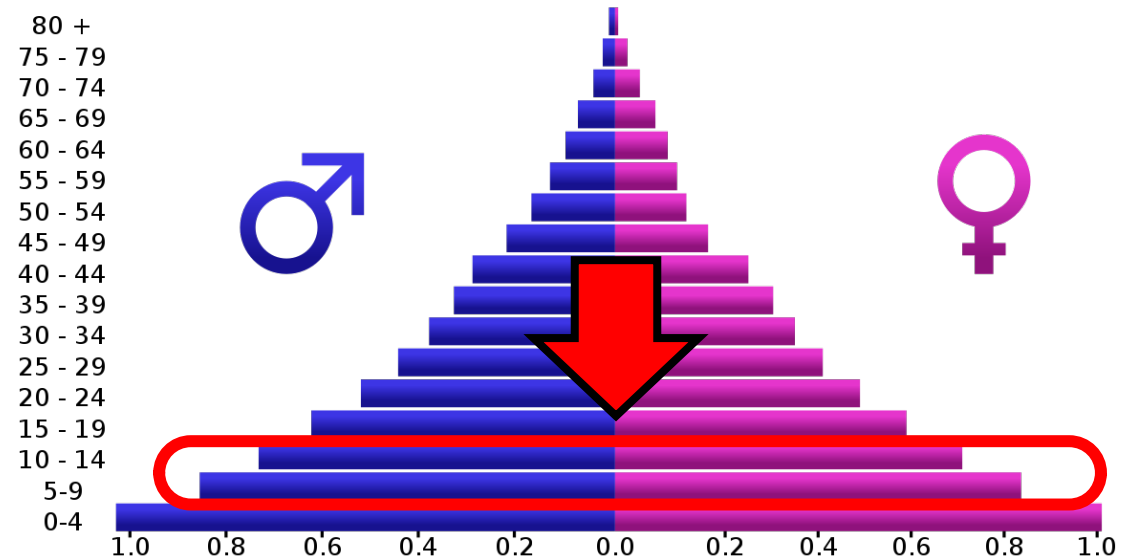


# “Two Races the Bottom”

## The Brainstem



## The Age Pyramid



## Race to the Bottom of the Brainstem



- Exploiting psychological weaknesses that can be abused to capture attention.
- “It takes control of what we believe, while discriminating against our civility, our shared truth, and our calm.”

Tristan Harris

## Race to the Bottom of the Brainstem

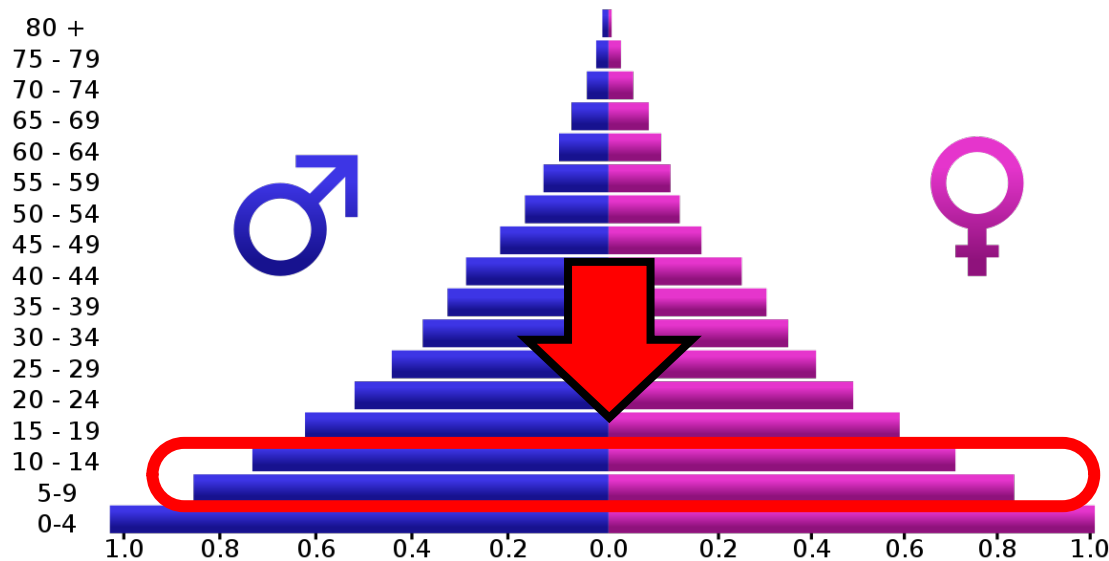


- Exploiting psychological weaknesses that can be abused to capture attention.
- “It takes control of what we believe, while discriminating against our civility, our shared truth, and our calm.”

Tristan Harris

# Race to the Bottom of Age Pyramid

## The Age Pyramid

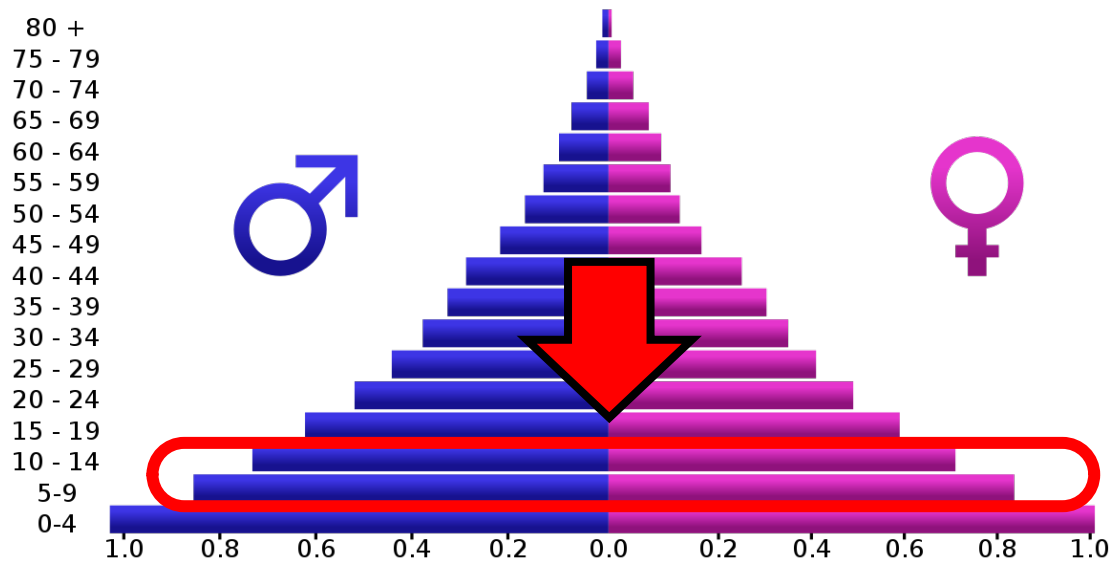


- The tech companies are pursuing younger and younger users.
- If they capture them early, they have them for life.

Source: Adapted from the Anxious Generation Book

# Race to the Bottom of Age Pyramid

## The Age Pyramid



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**TMIT Research Test Bed**

LEAD Hospital Initiatives

Patient Safety Documentaries

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Webinars & Meetings

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FAQs

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**TMIT Research Test Bed**

High Performer Webinar

**Protecting Children Online IV**  
Learn Global...Act Local...Be Vocal

[MORE INFO](#) [REGISTER](#)

**Surfing the Healthcare Tsunami Hospital Leaders Toolbox**

The Surfing the Healthcare Tsunami Hospital Leaders Toolbox has been released online! Go deeper into the subject matter of the documentary by exploring the 5 Rights of Imaging™, the Boardroom, Racing & Aviation, and much more. [Click here](#) for more details.

[Click here](#) to watch the entire 58-minute documentary online.

**High Performance 5 Rights Collaboratives**

We are undertaking high impact research activities in the fields of Imaging of Adults and Children, Pain Care, Back Care, Testing, and Surgery to convert Waste to Value and Harm to Healing. For more information on each collaborative, click [Imaging, Imaging Children, Back, Pain, Testing, Cancer, or Surgery](#).

**Trademarks and Tools**

The Information Power Grid™ is a repository and continuously updated decision support system that provides network partners and customers with the information they need to make good decisions. Information obtained through TMIT National Research Test Bed surveys, expert presentations, interviews, and data pertaining to specific topics allow HCC Global and its affiliates to continuously improve the data and evidence that its network partners and customers use for optimal decision-making. Such affiliates include TMIT Global and CareUniversity®,. Such projects include the Med Tac Certificate advanced first aid program and communities of practice including a Threat Safety R&D Community. Information Power Grid™ is a registered trademark of HCC Global.

**External Sources**

AHRQ Pt. Safety Network (PSNet)  
Assoc. for Prof. In Infection Control  
American Hospital Association  
AHRQ  
Centers for Medicare & Medicaid Services  
WHO Collaborating Centre for Patient Safety Solutions  
Governance Institute  
National Patient Safety Foundation  
ECRI Institute  
Institute for Safe Medication Practices  
Veterans Admin. Patient Safety Center  
Joint Commission Resources  
World Health Organization  
National Priorities Partnership

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**TMIT Global Research Test Bed**

## High Performer Webinar

May 16, 2024

[REGISTER](#) [JOIN EVENT](#)

### Protecting Children Online IV

#### Learn Global...Act Local...Be Vocal

**Session Overview**

It is critical that we safeguard the safety of children and their families online. This program builds on our prior February, March, and April sessions. Our youth and young adults are especially at risk for harm. We must act now. There is an opportunity for action by all stakeholders. Healthcare and public health safety leaders must learn global, act local, and be vocal.

Join us to address:

- Frequency & Severity of Adverse Events:** Learn about what is evidence based and expert opinion about what is being observed regarding Child Sexual Abuse Material (CSAM).
- Awareness:** Participants will learn about the latest threats and solutions regarding harm to children and their families online and through smartphones including Child Sexual Abuse Material (CSAM).
- Accountability:** Participants will learn who may be personally accountable for recognizing and reducing the threats children and their families online and through smartphones including CSAM.
- Ability:** Participants will learn about specific concepts, tools, and resources they can apply to reduce the vulnerability of children online and through smartphones including CSAM.
- Action:** Participants will learn line-of-sight actions they can take locally to reduce the harm to children online and through smartphones through CSAM.

Join us to help lead online safety of children in your communities.

*We offer these online webinars at no cost to our participants.*

---

**Webinar Video, and Downloads**

The webinar video will be available within five (5) business days after the webinar.

**Speaker Slide Set:**

The slides will be posted here before the webinar begins.

**Learning Objectives:**

- Awareness:** Participants will learn about the latest threats and solutions regarding harm to children and their families online and through smartphones including Child Sexual Abuse Material (CSAM).
- Accountability:** Participants will learn who may be personally accountable for recognizing and reducing the threats children and their families online and through smartphones including CSAM.
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- Action:** Participants will learn line-of-sight actions they can take locally to reduce the harm to children online and through smartphones through CSAM.

CE Participation Documentation

TMIT Global, approved by the California Board of Registered Nursing, Provider Number 15996, will be issuing 1.5 contact hours for this webinar. TMIT Global is only providing nursing credit at this time.

**TMIT Research Test Bed**

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Home

Disclosures

FAQs

About

Home

Disclosures

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**Session Speakers and Panelists**

C. R. Denham, II, MD

[BIO](#)

David Grinsfelder

[BIO](#)

Perry Bechtle III

[BIO](#)

Randy Styner

[BIO](#)

Paola Yopez Gonzalez

[BIO](#)

Jennifer Dingman

[BIO](#)

**Emerging Threats Community of Practice Application**

Name \*

First  Last

Email \*

Phone \*

Organization \*

Position at the Organization \*

Important Topics of Interest

[Submit](#)

Questions about the Webinar series or need technical assistance?  
E-mail [webinars@safetyleaders.org](mailto:webinars@safetyleaders.org)

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11

TMIT Global

# Voice of Patient and Family



## Jennifer Dingman

**Founder, Persons United Limiting  
Substandard and Errors in Healthcare  
(PULSE), Colorado Division  
Co-founder, PULSE American Division  
TMIT Patient Advocate Team Member  
Pueblo, CO**

## Speakers & Reactors for Online Harm Series



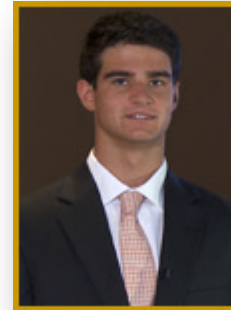
Jennifer Dingman



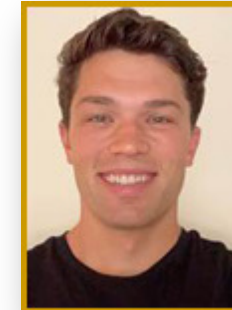
Randy Styner



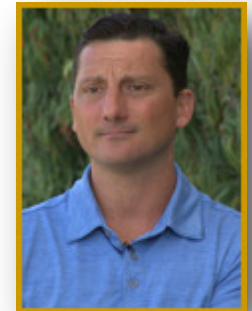
Paola Yépez González, MD



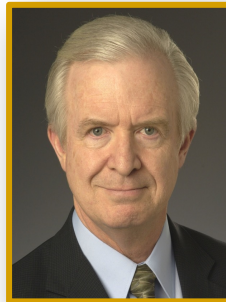
Perry Bechtle III



David Grinsfelder



David Beshk



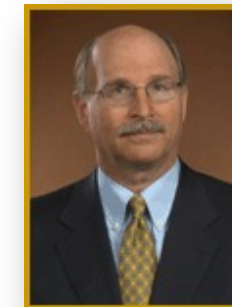
John Nance JD



Chief William Adcox



Gregory Botz MD



Charles Denham MD

# CareUniversity®

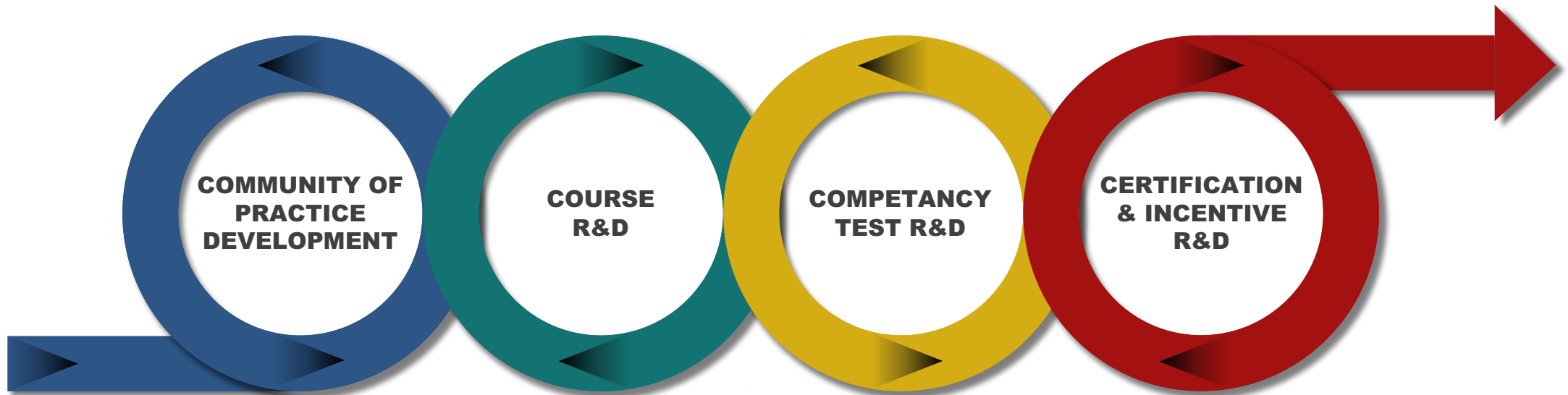


**TMIT Global  
Research Test Bed**



**SafetyLeaders®**

## Learning Management System



# CareUniversity®



## Certificates for Med Tac Program



AMERICAN COLLEGE OF SURGEONS

*Inspiring Quality:  
Highest Standards, Better Outcomes*

100+years



American  
Heart  
Association®

Heartsaver® First Aid CPR AED

# **TMIT Global Research Test Bed**

**3,100 Hospitals in 3,000 Communities**

**500 Subject Matter Expert Pool Developed over 39 Years**



*Turn the Science into Safety™*



Cardiac Arrest

Choking & Drowning

Opioid Overdose

Anaphylaxis

Major Trauma

Infections

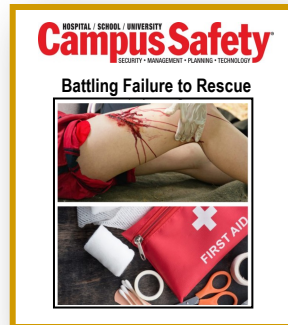
Transportation Accidents

Bullying

Active Shooter  
Healthcare Article



Rapid Response  
Teams Article



AED & Bleeding  
Control Gear Article



Family Safety  
Plan Article



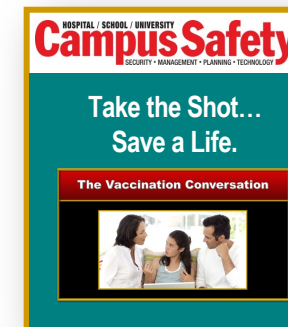
Med Tac  
Story Article



A **Medical-Tactical Approach** undertaken by clinical and non-clinical people can have enormous impact on loss of life and harm from very common hazards:

- **High Impact Care Hazards** are frequent, severe, preventable, and measurable.
- **Lifeline Behaviors** undertaken by anyone can save lives.

Take the Shot...  
Save a Life



# Coronavirus Community of Practice

**MED + TAC** Coronavirus Care Community of Practice

**Bystander Rescue Care CareUniversity Series**

John Nance JD, Dr. Gregory Botz, Chief William Adcox, Heather Foster, Dr. Charles Denham, Dr. Casey Clements, Beth Ulfan, Dr. McDowell, Dennis Ouzid, Preston Head II, Fred Halse, Dr. Steve Swensen, Tyler Sant, Avanie Pettit, Dr. Mary Foley, Bob Chapman, Perry Bechtel III, Becky Martins, Betsy Denham, Charlie Denham III, Dr. C Peabody, Dr. Chris Fox, Randy Syner, Tom Renner, David Beahk, Ann Rhoades, Nancy Conrad, Dr. Chopra, John Little, Debbie Medina

**MED + TAC** Coronavirus Care Community of Practice

**Bystander Rescue Care CareUniversity Series**

Matt Horace, John Tomlinson, Dan Ford, Arlene Salamandra, Jennifer Dingman, Bill George, Penny George, Hilary Schmidt PhD, Paul Bhatia EMT, Dr. McDowell

Contributions Through Segments of our *Discovery Channel* Documentaries

Prof Christensen, Jim Collins, C Sullenberger, Charlotte Guglielmi, Dr. Don Berwick, Dr. Howard Koh, Dr. Jim Bagan, Dr. Harvey Fineberg

**Family Rescue R&D**

**The 5 R's of Safety**

PRINCETON UNIVERSITY, HARVARD UNIVERSITY, NYU, Tufts UNIVERSITY, Yale, M UNIVERSITY OF MICHIGAN, Stanford University, UCI, UCLA, UF UNIVERSITY OF FLORIDA, UCSB UNIVERSITY OF CALIFORNIA SANTA BARBARA, UC San Diego, Berkeley, CHAPMAN UNIVERSITY, USC University of Southern California

**Coronavirus Care Results**

- Established National Community of Practice
- Launched Multi-center 1,000 Family Household R&D Study
- 60 Ninety Minute Broadcasts and Online Programs
- 30 *Survive & Thrive Family Training* Programs
- Produced a National Campus Safety Summit
- Published Multiple Articles Providing Guidance
- Established Student Led College & Alumni Programs
- Delivered Free Continuing Education for Caregivers
- Short Videos for Mobile Viewing
- Rapid Response to Family Gatherings
- National Vaccine Hesitancy Student Outreach
- Smart Phone Mobile Applications

**Survive & Thrive Guide™ Program Road Map**

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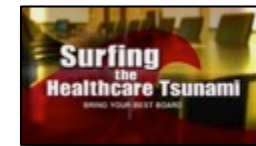
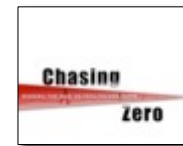
**Survive & Thrive Guide™ Program Road Map**

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If you wish to follow us on Twitter,  
go to: <http://twitter.com/TMIT1>  
or use **#safetyleaders** hashtag



Also, go to:  
[www.facebook.com/SafetyLeaders](http://www.facebook.com/SafetyLeaders)  
and related sites



## Our Purpose, Mission, and Values



### **Our Purpose:**

We will measure our success by how we protect and enrich **the lives of families...patients AND caregivers.**

**EMERGING THREATS  
COMMUNITY OF PRACTICE**

### **Our Mission:**

To accelerate performance solutions that **save lives, save money, and create value** in the communities we serve and ventures we undertake.

**CAREUNIVERSITY®**

### **Our ICARE Values:**

**I**ntegrity, **C**ompassion, **A**ccountability, **R**eliability, and **E**ntrepreneurship.

## Disclosure Statement

The following panelists certify that unless otherwise noted below, each presenter provided full disclosure information; does not intend to discuss an unapproved/investigative use of a commercial product/device; and has no significant financial relationship(s) to disclose. If unapproved uses of products are discussed, presenters are expected to disclose this to participants. None of the participants have any relationship medication or device companies discussed in their presentations.

**Randy Styner has nothing to disclose**

**John Nance has nothing to disclose**

**David Grinsfelder has nothing to disclose**

**Chief William Adcox has nothing to disclose**

**Dr. Botz has nothing to disclose**

**Perry Bechtle has nothing to disclose**

**Jeni Dingman has nothing to disclose**

**Dr Gonzales has nothing to disclose**

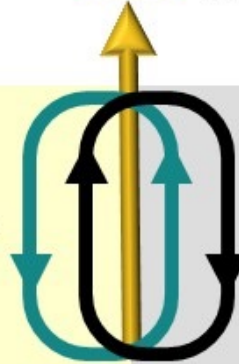
**Charles Denham, MD, is the Chairman of TMIT; a former TMIT education grantee of CareFusion and AORN with co-production by Discovery Channel for *Chasing Zero* documentary and Toolbox including models; and an education grantee of GE with co-production by Discovery Channel for *Surfing the Healthcare Tsunami* documentary and Toolbox, including models. HCC is a former contractor for GE and CareFusion, and a former contractor with Siemens and Nanosonics, which produces a sterilization device, Trophon. HCC is a former contractor with Senior Care Centers. HCC is a former contractor for ByoPlanet, a producer of sanitation devices for multiple industries. He is currently working on failure to rescue projects that may include working with pharmaceutical and device companies such as InflaRX. His current area of research is in threat management to institutions including conflict of interest, healthcare fraud, and continuing professional education and consumer education including bystander care. Dr. Denham has been a collaborator with the late Professor Christensen at Harvard Business School.**

# Project History

Save Lives

Create Value

Save Money



For-profit

Non-profit



Business Incubation

R&D



Health & Human Services



# Emerging Threats

## *Community of Practice*



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0:09:08





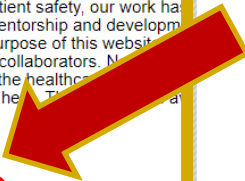
**Global Patient Safety Forum**

**Global Patient Safety Forum**

The GPSF is a convening alliance with a mission to save lives, save money, and build value in the community it serves. The Forum was expressly founded to make available important content that the collaborators want to share more broadly. This website is not intended to compete with any other initiative and will meet its objectives if collaborators and those interested in the topics share the information with their communities. There are no financial requirements of users of the site. Certain communities are private in order to protect those we serve and those who serve. Those we serve are patients and their families. Those who serve are the caregivers, administrators, researchers, educators, and staff in the healthcare industry.

**Global Innovators Network**

We are a global network of leaders from academia, industry, NGOs, philanthropy, and faith-based organizations who are best practices in leadership of innovation. Spawned to meet the needs of innovators in healthcare and patient safety, our work has multiple sectors with a focus on mentorship and development. There is no specific commercial purpose of this website. There is no financial relationship between the collaborators. No financial support of any type from the healthcare industry or communities of practice served here. This website is entirely free.



The private community of practice addresses a number of sensitive topics and subject matter that should not be made public for security reasons.

- Featured Leaders
- Global Webinars & Summits
- Patient Safety Community Of Practice
- Med Tac Bystander Care Program
- Emerging Threats Community Of Practice
- CareUniversity & Continuing Education



**Thomas Zeltner, MD**  
 Expert leader in Public Health  
 Former Special Envoy of the WHO  
 Former Secretary of State for Health  
 Swiss Federal Office of Public Health, Bern, Switzerland

[Read bio...](#)

[View video clip](#)

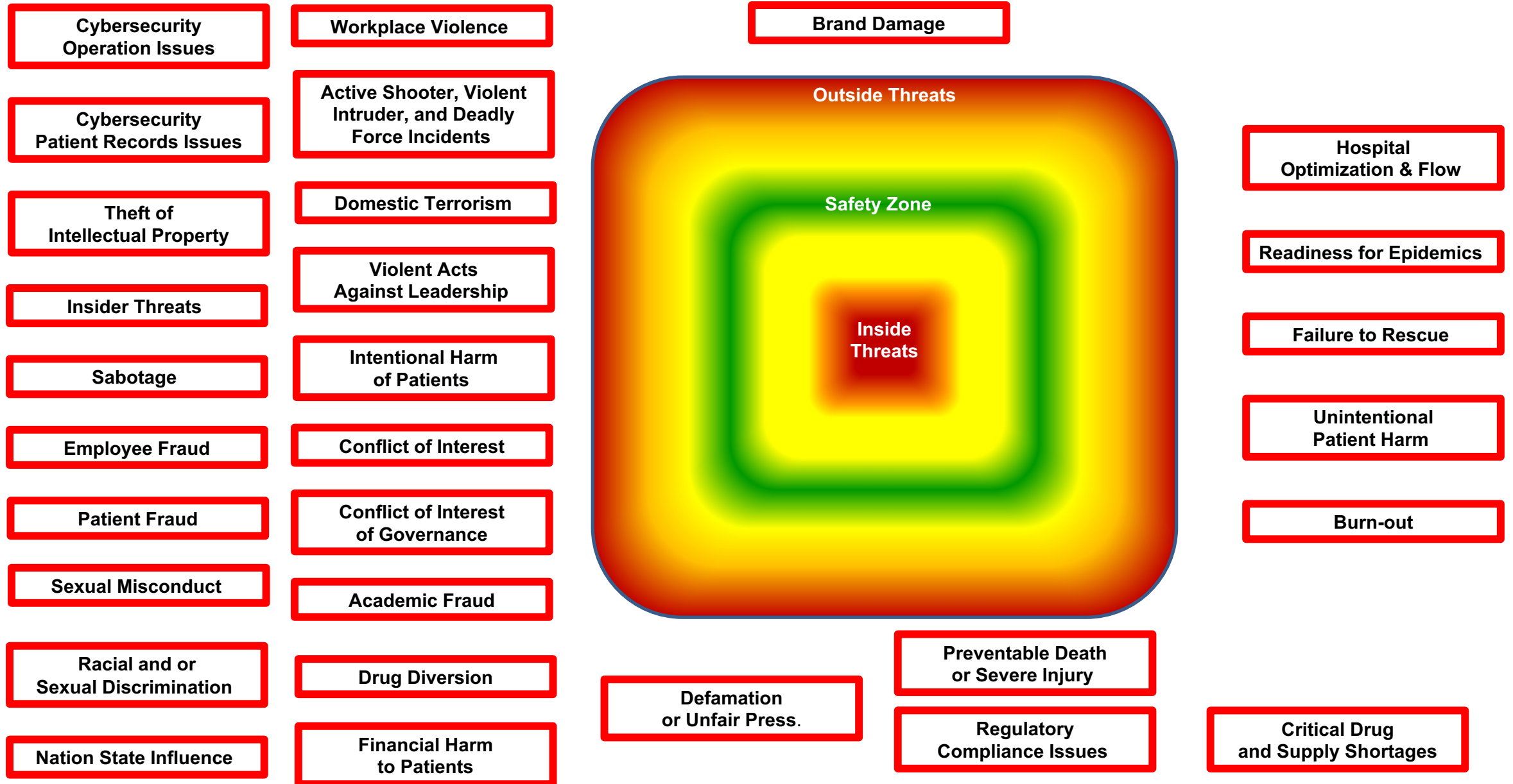
- **Brand Damage** from Outside, Inside, and or Mixed Outside-Inside Threats including cyberterrorism.
- **Workplace Violence** including physical, verbal, sexual, or emotional harassment, bullying or harm to caregivers, staff, students, or patients.
- **Active Shooter, Violent Intruder, and Deadly Force Incidents** including events causing physical harm to staff, caregivers, students, or patients.
- **Domestic Terrorism** such as organized attacks using chemical, biologic, radiologic, nuclear, and explosive weapons as well as weaponization of transportation & vehicles (CBRNET)
- **Violent Acts Against Leadership** where administrative, clinical, or governance leaders are specifically targeted by insiders or outsiders.
- **Intentional Harm of Patients** by caregivers who commit harmful acts against patients with or without enablers who do not report such harm.
- **Unintentional Patient Harm** through errors of omission from systems failures such as those identified by mortality reviews including diagnostic errors or NQF Never Events.
- **Failure to Rescue** in pre-hospital, hospital, and post-hospital continuity of care.
- **Preventable Death or Severe Injury** of staff or students on or off campus or site.
- **Financial Harm** to patient families by aggressive payment policies and actions.
- **Hospital Optimization & Flow** with overcrowding & boarding/transfer issues.
- **Readiness for Epidemics** including preparedness for volume care need surges.
- **Sexual Misconduct** including sexual harassment, abuse of power, and or harm to caregivers, staff, students, or patients.
- **Racial and or Sexual Discrimination** against those we serve including patients and their families and or those who serve in the organization.
- **Cybersecurity Patient Records Issues** including breach, theft, and contamination of medical records leading to patient and caregiver harm.
- **Cybersecurity Operation Issues** including breach, theft, and contamination of operational records, invasion of data systems, and ransom crimes.
- **Insider Threats** of intentional clinical, operational, or financial harm.
- **Theft of Intellectual Property** by insiders, outsiders, or nation-states.
- **Sabotage** of service, information systems, clinical care, and property.
- **Employee Fraud** including false identity/credentials, testing/vaccinations, attestations of truth, or false witness against patients or staff.
- **Patient Fraud** including false identity, testing/vaccinations, attestations of truth, or false witness against other patients or staff.
- **Nation State Influence** through academic espionage, financial conflicts of interest, or other means.
- **Drug Diversion** by staff including caregivers and pharmacists who divert medications for themselves or others.
- **Conflict of Interest** of staff including physicians, researchers, staff, or administrators including undisclosed as well as disclosed financial relationships.
- **Conflict of Interest of Governance** including undisclosed financial as well as disclosed financial relationships.
- **Academic Fraud** including fabrication, falsification, or plagiarism in publications or dishonest grant documentation including applications or reports.
- **Defamation or Unfair Press** by investigative reporting, false whistleblowers, or harm due to misinformation, disinformation, or mal-information publicized.
- **Burn-out** of caregivers, leadership, and staff.
- **Critical Drug and Supply Shortages** such as I.V. fluids, medications, and key supplies.
- **Regulatory Compliance Issues** including evolving risks of non-compliance.



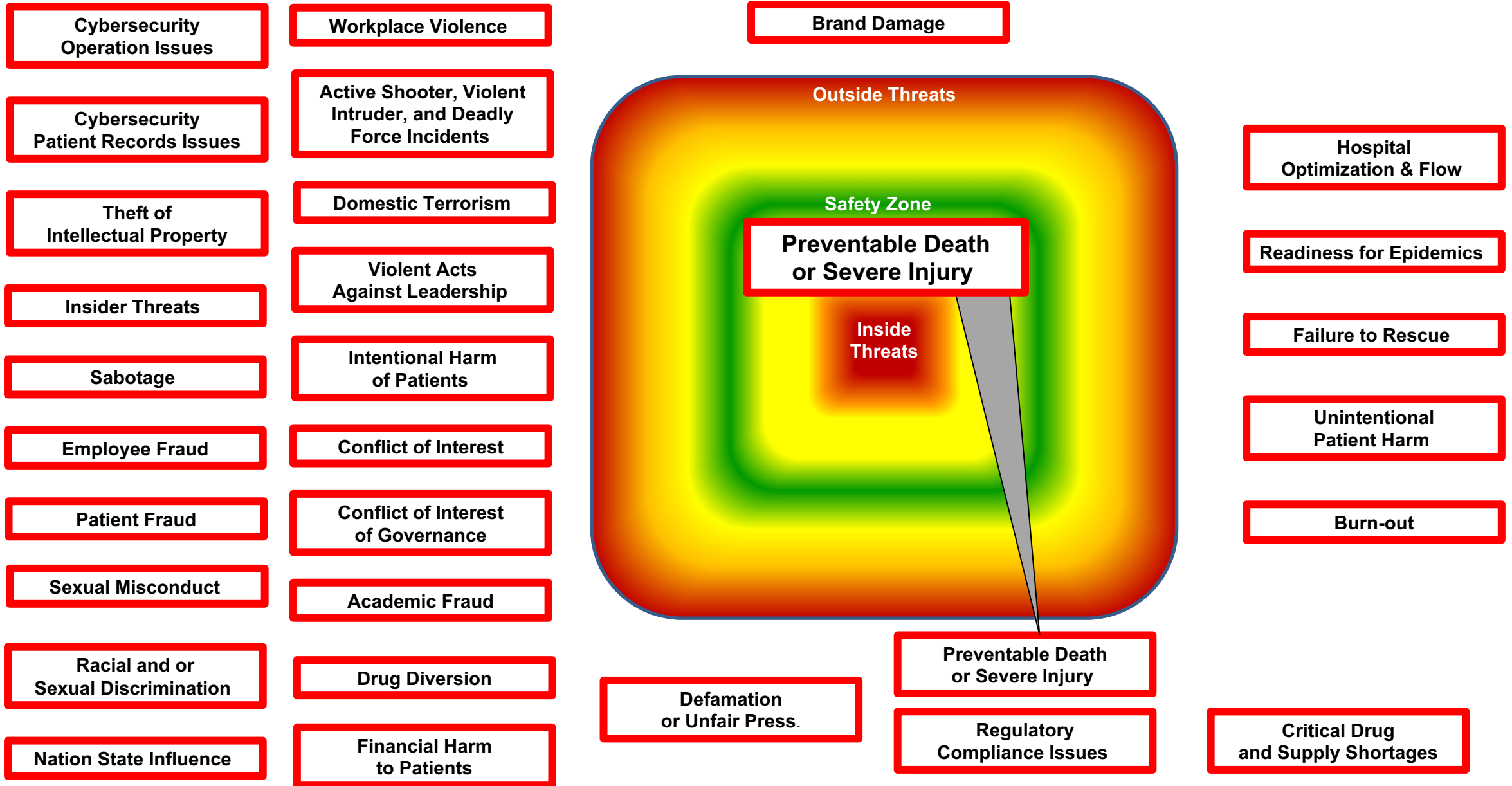
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- **Cybersecurity Patient Records Issues** including breach, theft, and contamination of medical records leading to patient and caregiver harm.
- **Cybersecurity Operation Issues** including breach, theft, and contamination of operational records, invasion of data systems, and ransom crimes.
- **Theft of Intellectual Property** by insiders, outsiders, or nation-states.
- **Sabotage** of service, information systems, clinical care, and property.
- **Employee Fraud** including misrepresentation of identity or qualifications, safety related issues such as vaccination and testing status, and attestations of truth.
- **Patient Fraud** including misrepresentation of identity, safety related issues such as vaccination and testing status, and attestations of truth.
- **Nation State Influence** through academic espionage, financial conflicts of interest, or other means.
- **Drug Diversion** by staff including caregivers and pharmacists who divert medications for themselves or others.
- **Conflict of Interest** of staff including physicians, researchers, and administrators including disclosed and undisclosed financial relationships.
- **Conflict of Interest of Governance** including undisclosed financial relationships and disclosed financial relationships.
- **Academic Fraud** including fabrication, falsification, plagiarism, or dishonest grant documentation including applications and reports.
- **Defamation or Unfair Press** by investigative reporting or false whistleblowers.
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- **Regulatory Compliance Issues** including new risk for non-compliance.

# Inside & Outside Threats and Resilience Building



# Inside & Outside Threats and Resilience Building



## 1,000 Worker Study

### The 5 R's of Safety



**HEAD**



**HEART**



**HANDS**

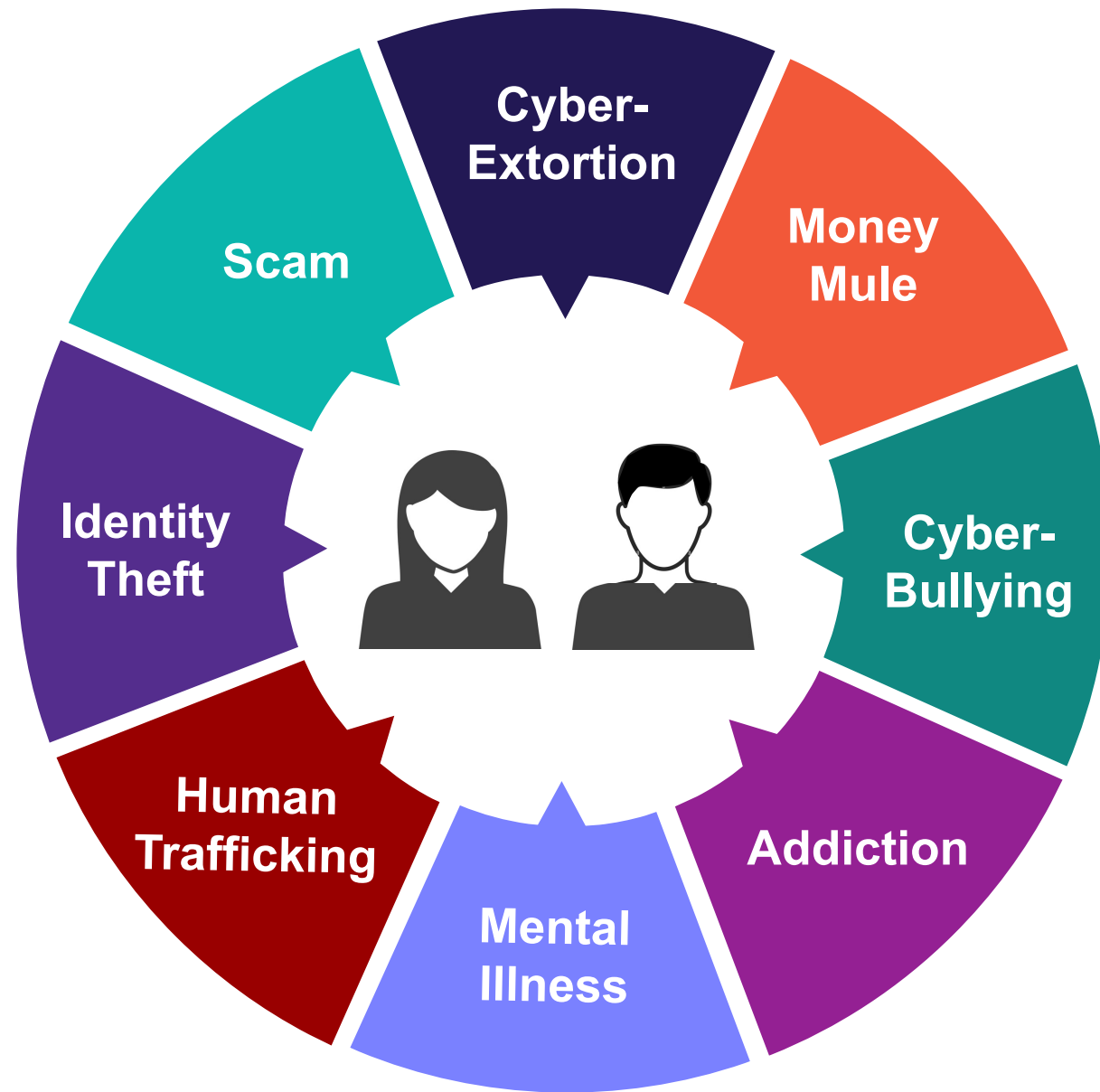


**VOICE**

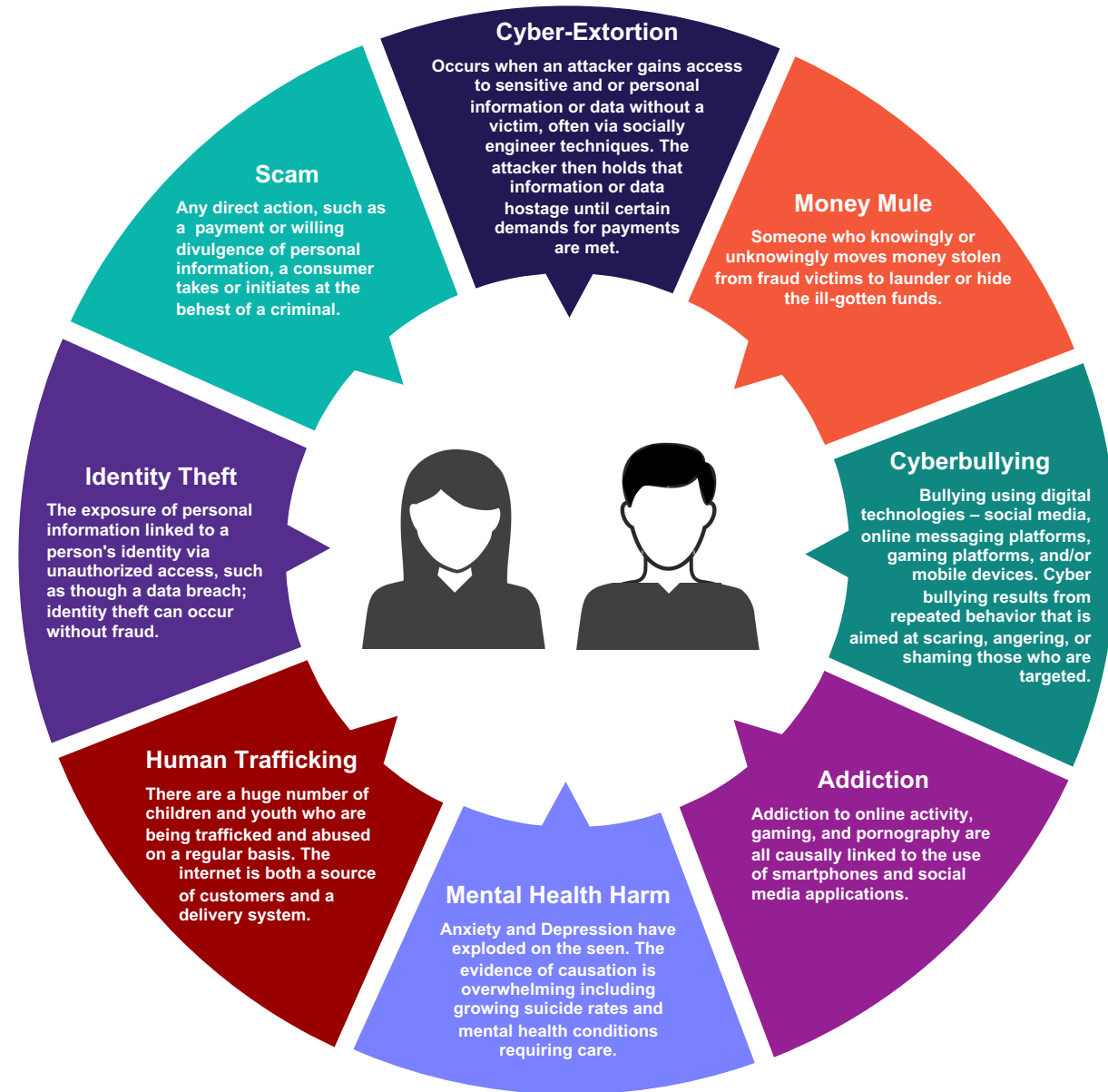
## The 5 R's of Safety



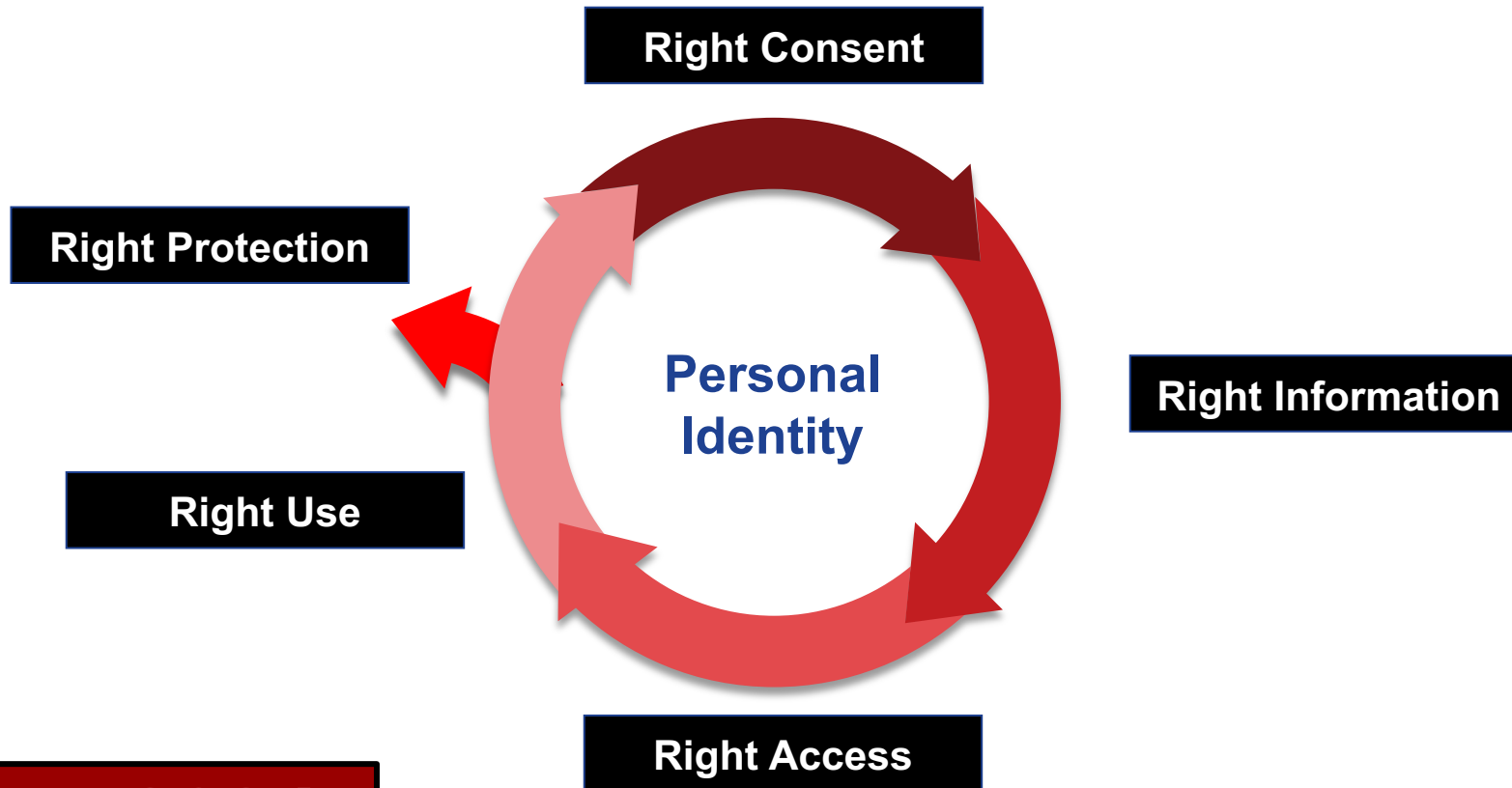
# Online Harm to Children



# Online Harm to Children



# *The 5 Rights of My Identity*™



**December 2024**

## December 2023 Webinar

**TMIT Global** Research Test Bed **High Performer Webinar** **SafetyLeaders.org**

### The 5 Rights of My Identity™

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**U.S. Department of Health and Human Services** **Office of Inspector General** **Eye on Oversight – Medical Identity**

SOURCE: [Eye on Oversight: Medical Identity Theft | Office of Inspector General | Government Oversight | U.S. Department of Health and Human Services \(hhs.gov\)](https://www.youtube.com/watch?v=9T3c-ME-XmDU)

### 6 Ways Your Identity Can Be Stolen Intro

SOURCE: <https://www.youtube.com/watch?v=9T3c-ME-XmDU>

### Fraud Definition

In law, fraud is **intentional deception** to secure unfair or unlawful gain, or to deprive a victim of a legal right. Fraud can violate **civil law** (e.g., a fraud victim may sue the fraud perpetrator to avoid the fraud or recover monetary compensation) or **criminal law** (e.g., a fraud perpetrator may be prosecuted and imprisoned by governmental authorities), or it may cause no loss of money, property, or legal right but still be an element of another civil or criminal wrong.

Source: <https://en.wikipedia.org/wiki/Fraud>

### “Frankenstein” Synthetic Medical Identity Theft

### General Data Protection Regulation and California Consumer Protection Act

**CCPA VS. GDPR**

CCPA	GDPR
<ul style="list-style-type: none"> <li>Right to request information</li> <li>Right to data portability</li> <li>Right to opt-out</li> <li>Right to access data</li> <li>Right of disclosure</li> <li>Right to deletion</li> </ul>	<ul style="list-style-type: none"> <li>Right to be informed</li> <li>Right of access</li> <li>Right to rectification</li> <li>Right to erasure</li> <li>Right to restrict processing</li> <li>Right to data portability</li> <li>Right to object to processing</li> <li>Rights in relation to automated decision making and profiling</li> </ul>

SOURCE: <https://dataherologymanager.net/ccpa-vs-gdpr/>

### The 5 Rights of My Identity™

**Right Consent:** Proper consent must include privacy and use preferences and be revocable. The use of tools and methods such as cookies can track user's online behavior such as browsing history, preferences, and interactions. This information can be used to create detailed user profiles which may infringe on user's privacy.

**Right Information:** The information collected and used may be inaccurate. Third Party Data that is unconsented for access and use which is aggregated and integrated may be in accurate and violate the privacy of the individual.

**Right Access:** Historically third-party cookies have led to the data being shared with advertising and analytics companies without the user's full awareness or control. In order to be in full compliance with the evolving regulations, access to personal data must be granted.

**Right Use:** Individuals should have the right to privacy and use preferences that may be revocable and granted regularly.

**Right Protection:** It is critical that the personal identity information that is collected and stored is protected from breach, misuse, fraud, and potential harm to individuals and their families.

Source: HCC Global

### Personal Identity Information

1st Party Data	2nd Party Data
<ul style="list-style-type: none"> <li>Indirect customer relationship</li> <li>Collected with consent</li> <li>Individual data</li> <li>High accuracy and reliability</li> <li>Shared only with trusted partners</li> </ul>	<ul style="list-style-type: none"> <li>Examples: Website activity, Social media profiles, Customer feedback, customer surveys</li> </ul>

**Second-Party Data:**

- Definition:** Second-party data is essentially someone else's first-party data that is shared with your organization through a direct partnership or agreement. It is data collected by another organization and then shared with your organization, typically in a mutually beneficial arrangement.
- Example:** If an e-commerce company partners with a complementary business, such as a travel booking platform, to exchange customer data (with consent and privacy compliance), the travel platform's customer data, when used by the e-commerce company, becomes second-party data for them.

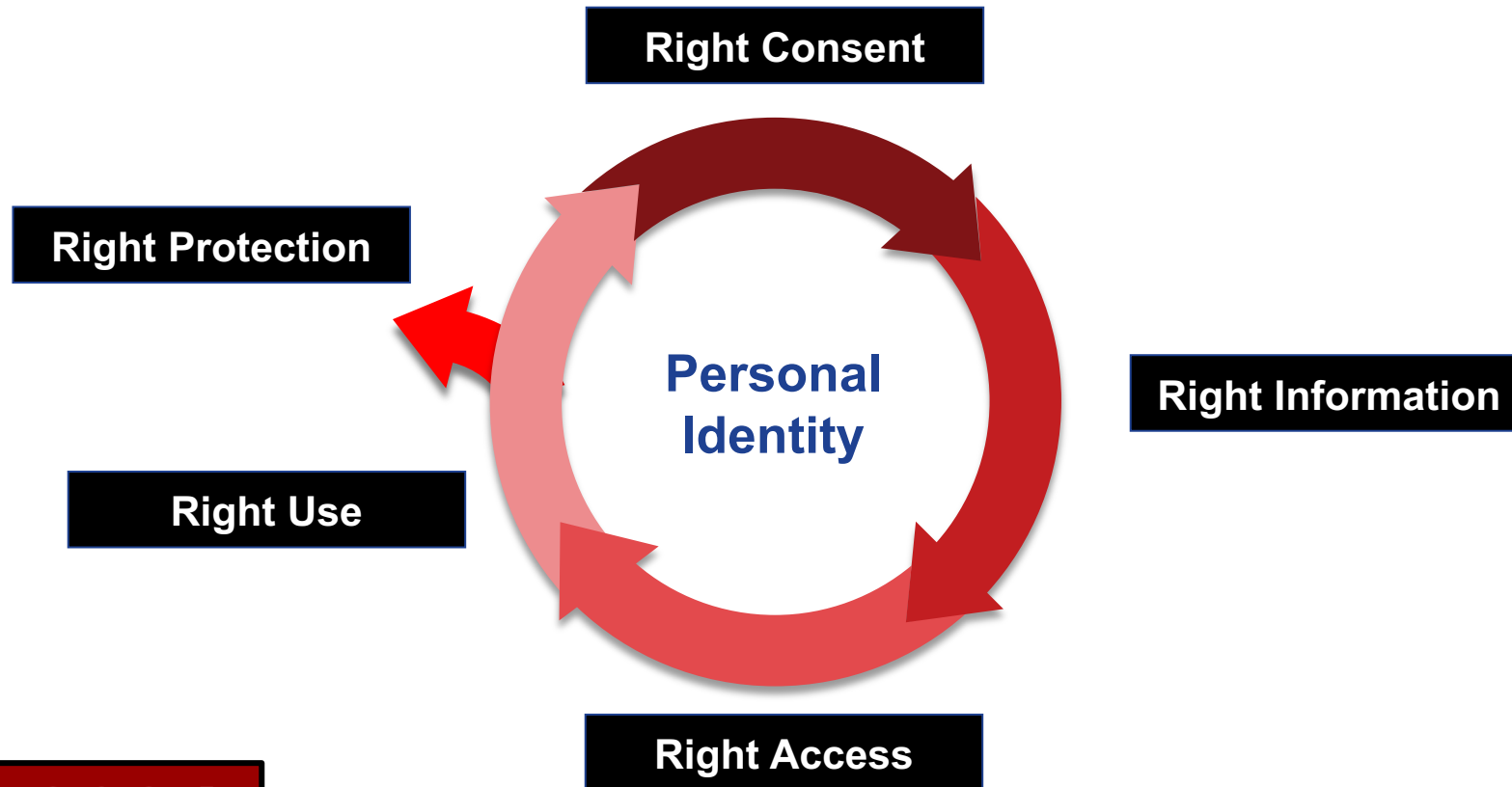
### What is "1st Party, 2nd Party, and 3rd Party Personal Data"?

First-party, second-party, and third-party data are terms used in the context of data collection and ownership, particularly with regard to personal information about consumers. They describe different sources and relationships regarding the data:

- 1st Party Data:**
  - Definition:** First-party data refers to information that an organization collects directly from its own customers or users. It is data that the organization owns and controls because it is gathered from its interactions with individuals.
  - Example:** When a website collects data on user behavior, such as website visits, product views, or user preferences, that data is considered first-party data for the website owner.
- 2nd Party Data:**
  - Definition:** Second-party data is essentially someone else's first-party data that is shared with your organization through a direct partnership or agreement. It is data collected by another organization and then shared with your organization, typically in a mutually beneficial arrangement.
  - Example:** If an e-commerce company partners with a complementary business, such as a travel booking platform, to exchange customer data (with consent and privacy compliance), the travel platform's customer data, when used by the e-commerce company, becomes second-party data for them.
- 3rd Party Data:**
  - Definition:** Third-party data is data that an organization acquires from external sources that are not the organization's own customers or partners. It is data collected and aggregated by other entities, such as data brokers, and is typically purchased or licensed for various purposes, including marketing and analytics.
  - Example:** If a marketing agency buys a dataset of consumer preferences and demographics from a data broker to target advertising campaigns, that dataset is considered third-party data for the marketing agency.

Source: HCC Global

## ***Part 2: The 5 Rights of Identity™***



**January 2024**

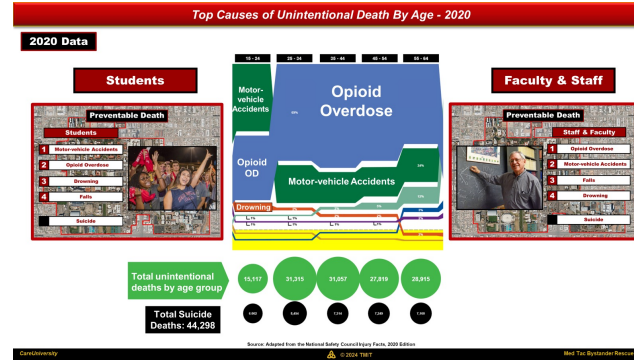
## August 2023 Webinar Recap in January 2024 Webinar

**TMIT Global** Research Test Bed **High Performer Webinar** *SafetyLeaders.org*

### Safety of Rising Freshmen: Battling Failure to Rescue

High School → College

August 17, 2023  
TMIT Global Webinar



**Online Harm to Children**

**THE WALL STREET JOURNAL**

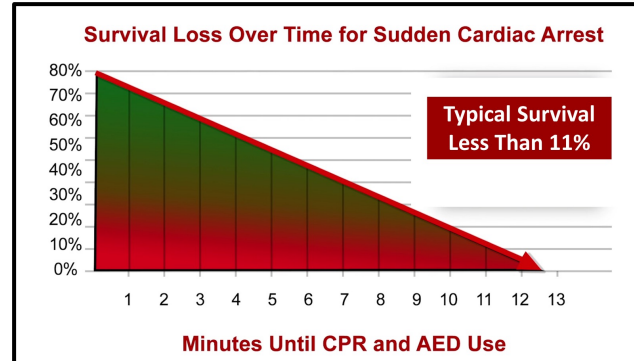
### Investigation: How TikTok's Algorithm Figures Out Your Deepest Desires

"Rabbit Hole" to Topics

https://www.wsj.com/tech/social-media/algorithm-figures-out-your-deepest-desires-P3C2M4D-FZL4DZ-8128-20240113?ref=wsj

**Insider Threat**

- Cardiac Arrest
- Major Trauma
- Choking & Drowning
- Common Accidents
- Opioid Overdose
- Transportation Accidents
- Anaphylaxis
- Bullying



### The Problem: Failure to Rescue

- Cardiac Arrest
- Choking & Drowning
- Opioid OD & Poisoning
- Anaphylaxis
- Major Trauma
- Infection Care
- Transportation
- Bullying

### The Problem: FAILURE TO RESCUE

Responder and Availability of Emergency Response System

### The Solution: Bystander Care

10 Minutes (Bystander Care)

8-12 Minutes (Average Professional First Responder Arrival Time)

3 Minutes (Critical window for survival)

**Online Harm to Children**

**SMEARCONISH**

### Social Media Platforms Deny Role: Response by Professor Jean Twenge

SOCIAL MEDIA PLATFORMS DENY ROLE IN TEEN MENTAL HEALTH CRISIS

SOCIAL MEDIA PLATFORMS DENY ROLE IN TEEN MENTAL HEALTH CRISIS

### Trauma Chain of Survival

Bystander Care

3 Minutes from Gun Shot to Stop the Bleed

## January 2024 Webinar

**TMIT Global**  
Research Test Bed

High Performer Webinar **SafetyLeaders.org**

### Part 2: The 5 Rights of Identity™

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### Child ID Theft: Social Cyber Risks and the Persistent Threat to Families

Source: Javelin Strategy & Research, 2023

### Cookie Origin: Leaving Cookie Crumbs Behind

### Child ID Theft: Social Cyber Risks and the Persistent Threat to Families

Victim Type	Percentage of Households
Data Breach	74%
Bullied	71%
Scammed	63%
Extorted	57%

Source: Javelin Strategy & Research, 2023

### Trauma Chain of Survival

**3 Minutes from Gun Shot to Stop the Bleed**

### Cardiac Arrest Chain of Survival

**3 Minutes from Drop to Shock**

### Child ID Theft: Social Cyber Risks and the Persistent Threat to Families

Household Income	Cyberbullied	Extorted
Less than \$50,000	13%	5%
\$50,000 to \$99,000	18%	10%
\$100,000 to \$149,999	32%	29%
\$150,000 or more	37%	37%

Source: Javelin Strategy & Research, 2023

### The definition of consent typically involves the following key elements:

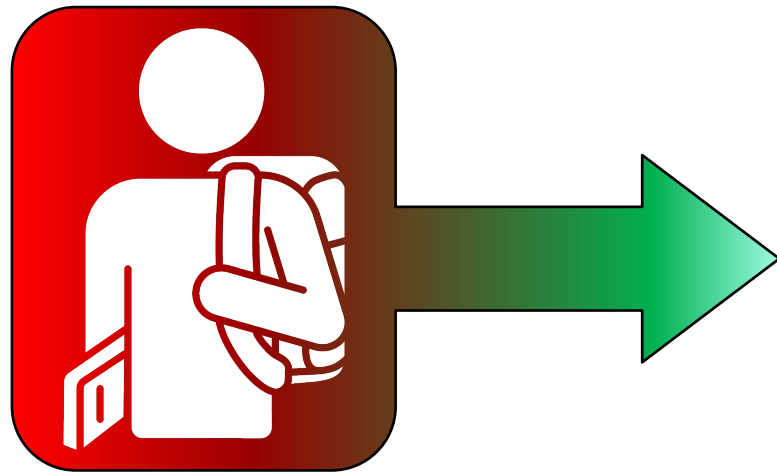
- Voluntary Agreement:** Consent must be freely given, meaning that users should not be subjected to undue pressure, manipulation, or negative consequences if they choose not to provide consent. Users should have a genuine choice in whether or not to allow the use of cookies.
- Specific and Granular:** Consent should be specific to each purpose for which cookies are used. Websites should not bundle multiple purposes into a single consent request but should instead ask for separate consents for different types of cookies (e.g., necessary cookies, analytics cookies, advertising cookies).
- Affirmative Action:** Consent must be given through an affirmative action, such as clicking an "Accept" button, toggling a switch, or actively selecting options in a cookie settings menu. Pre-ticked boxes or assumed consent (e.g., through the use of pre-checked checkboxes) are generally not considered valid forms of consent.
- Easily Withdrawn:** Users should have the ability to withdraw their consent at any time with the same level of ease with which they gave it. This means that websites should provide users with clear options to change their cookie preferences and opt out of data collection.
- Child Consent:** In many jurisdictions, obtaining consent from parents or guardians is required when collecting data from children below a certain age (e.g., 13 years in the United States).

### Freshmen Survive & Thrive® Checklists

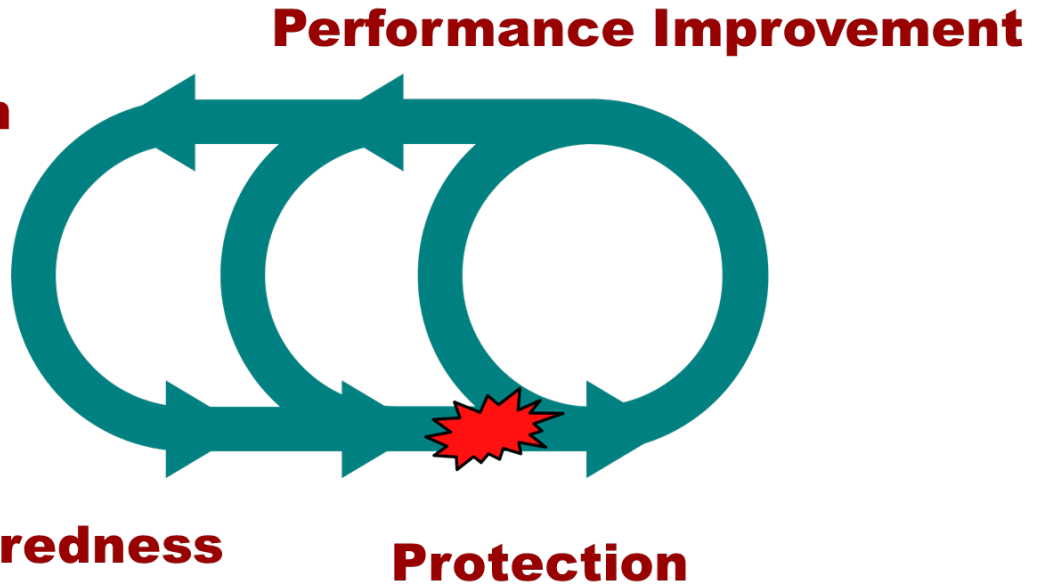
## Wait a Minute... What about CYBERRISK?

High School Freshmen:	College Freshmen:
<ul style="list-style-type: none"> <li>Phone 911 – Automatically call ICE Parents</li> <li>Know Local Hospitals – Level 1 Trauma Centers</li> <li>Review Family FEMA Checklist for Disasters</li> </ul>	<ul style="list-style-type: none"> <li>Medical Power of Attorney – college, home, and recreation US States</li> <li>Phone 911 – Automatically call ICE – Parents or Another Adult</li> <li>Know Local Hospitals – Level 1 Trauma Centers near College</li> </ul>

# Online Harm to Children: Threats, Opportunities, and the 4P's



**Prevention**



**Preparedness**

**Protection**

**February 2024**

## February 2024 Webinar

### Terminology Relevant to Child Cyber Risks

- Scam**: Any direct action, such as a payment or sending of personal information, a scammer takes to initiate at the behest of a con artist.
- Identity Theft**: The exposure of personal information linked to a person's identity via unauthorized access, such as through a data breach, identity theft can occur without fraud.
- Cyber-Extortion**: Occurs when an attacker gains access to sensitive and/or personal information or data, and is extorted, often via socially engineered techniques. The attacker then holds that information or data hostage until certain demands for payment are met.
- Money Mule**: Someone who knowingly or unknowingly receives money stolen from fraud victims to purchase or hide that stolen funds.
- Cyberbullying**: Bullying using digital technologies – social media, online messaging platforms, gaming, etc. Cyberbullying results from repeated harmful acts aimed at teasing, targeting, or harassing those who are targeted.

Source: Jenin Stracy & Research, 2023

### Online Harm to Children

#### THE WALL STREET JOURNAL

## Investigation: How TikTok's Algorithm Figures Out Your Deepest Desires

Source: <https://www.wsj.com/video/beneath-the-sky-highly-accurate-algorithm-investigation-how-tiktok-figures-out-your-deepest-desires/0022460-F221-4027-8128-202401121790>

### Online Harm to Children

#### THE WALL STREET JOURNAL

## Investigation: How TikTok's Algorithm Figures Out Your Deepest Desires

"Rabbit Hole" to Topics

Source: <https://www.wsj.com/video/beneath-the-sky-highly-accurate-algorithm-investigation-how-tiktok-figures-out-your-deepest-desires/0022460-F221-4027-8128-202401121790>

### Online Harm to Children

## Predators Target Kids Through Online Games

Source: <https://www.youtube.com/watch?v=R9gRkZ5EVI>

### Online Harm to Children

## Criminals in children's rooms? How kids become hackers

Source: <https://www.youtube.com/watch?v=Kd4BT5SOI>

### Online Harm to Children

## Social Media: A Complex Adaptive System

Source: <https://www.youtube.com/watch?v=Qjgk9K450>

### Online Harm to Children

## Grooming – Keeping Children Safe

Source: <https://www.youtube.com/watch?v=TFZbVvYy0gI>

### Online Harm to Children

## Social Media Platforms Deny Role: Response by Professor Jean Twenge

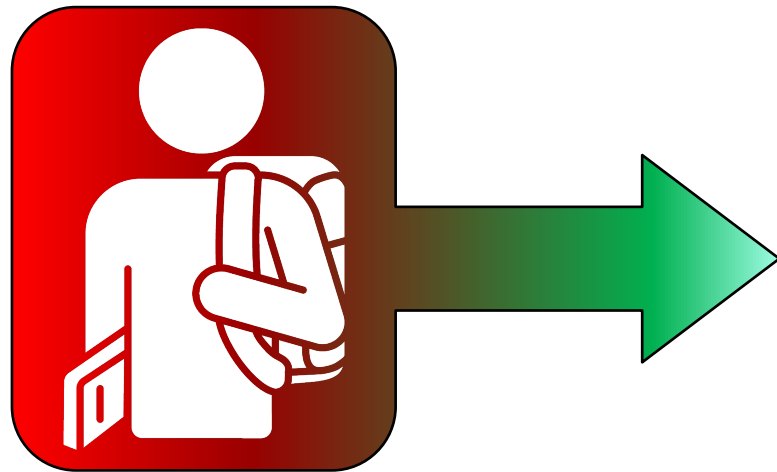
Source: <https://www.youtube.com/watch?v=AE8MA10LQ>

### Online Harm to Children

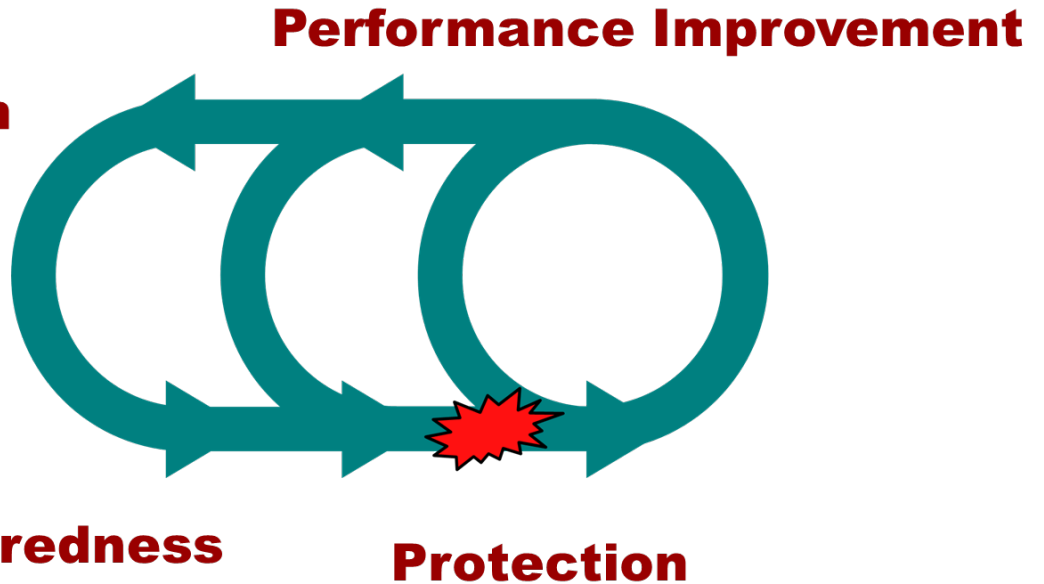
## Amanda Staubs-Stewart Online Predator Victim

Source: <https://www.youtube.com/watch?v=AE8MA10LQ>

# **Online Harm to Children II: Collaborations Across All Stakeholders**



**Prevention**



**March 2024**

## March 2024 Webinar

**TMIT Global** Research Test Bed High Performer Webinar **SafetyLeaders.org**

### Online Harm to Children II: Collaborations Across All Stakeholders

The diagram illustrates a continuous cycle of four interconnected stages: **Prevention**, **Performance Improvement**, **Protection**, and **Preparedness**. A green arrow points from a person icon towards the cycle, indicating the flow of information and action.

© 2024 TMIT Global

### The Fentanyl Crisis Unmasked 2024

The screenshot shows the 'One Pill Can Kill' website with various sections: 'Can You Spot the Fake?', 'Deadly Dose', and 'Resources'. The 'Can You Spot the Fake?' section compares authentic and fake pills. The 'Deadly Dose' section shows a single pill with a warning. The 'Resources' section includes links for 'Info for Teens', 'Info for Parents & Caregivers', 'Info for Teachers', and 'Search 1 min with NutriSense'.

© 2024 TMIT

### Youth Suicide: Social Media Predators

The screenshot shows a news report titled 'INSTAGRAM "SEXTORTION" DEATH' with a sub-headline 'FAMILY SAYS SON'S ONLINE PAPER TALK OWNS LIFE AFTER SOCIAL MEDIA SCAM'. The image shows a young man smiling.

© TMIT Global 2024

### Preventable Death

**Students**

- 1 Motor-vehicle Accidents
- 2 Opioid Overdose
- 3 Drowning
- 4 Falls

**Suicide**

The infographic features a background of a city map and a photo of a person in a car. It lists the top causes of preventable death for students: Motor-vehicle Accidents, Opioid Overdose, Drowning, Falls, and Suicide.

© TMIT Global 2024

### One Pill Can Kill – DEA Campaign

The screenshot shows the 'One Pill Can Kill' fact sheet. It states: 'DEA LAB TESTING REVEALS THAT 4 OUT OF EVERY 10 PILLS WITH FENTANYL CONTAIN A POTENTIALLY LETHAL DOSE'. It also includes a section on 'Counterfeit pills often contain fentanyl and are more lethal than ever before.' and a comparison between authentic and fake pills.

© 2024 TMIT

### One Pill Can Kill – DEA Campaign

This is another view of the 'One Pill Can Kill' fact sheet, highlighting the statistic: 'DEA LAB TESTING REVEALS THAT 7 OUT OF EVERY 10 PILLS WITH FENTANYL CONTAIN A POTENTIALLY LETHAL DOSE'. It also includes a section on 'Fake pills often contain fentanyl and are more lethal than ever before.'

© TMIT Global 2024

### The Recovery Position

**The Recovery Position**

Keep the Airway Clear

The illustration shows a person lying on their side with their head supported by their hand. Text indicates: 'Hand supports head' and 'Knee stops body from rolling onto stomach'. A note says: 'Stay with person. If you must leave them alone at any point, or if they are unconscious, put them in this position to keep airway clear and prevent choking.'

Source: <https://www.firstaidforfree.com/what-is-the-recovery-position-in-first-aid/>

© TMIT Global 2024

### Youth Suicides: Social Media Predators

The image shows three separate photos of young people: a young man in a red shirt, a young man in a blue shirt, and a young man in a cowboy hat.

© TMIT Global 2024

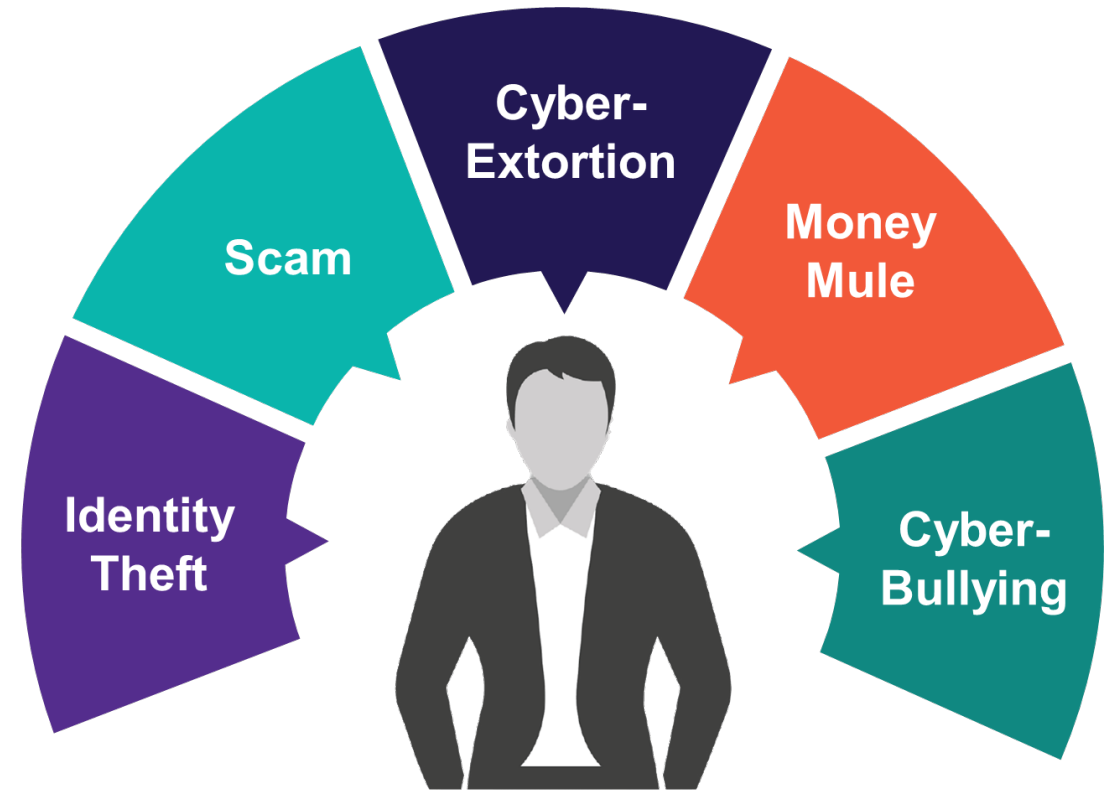
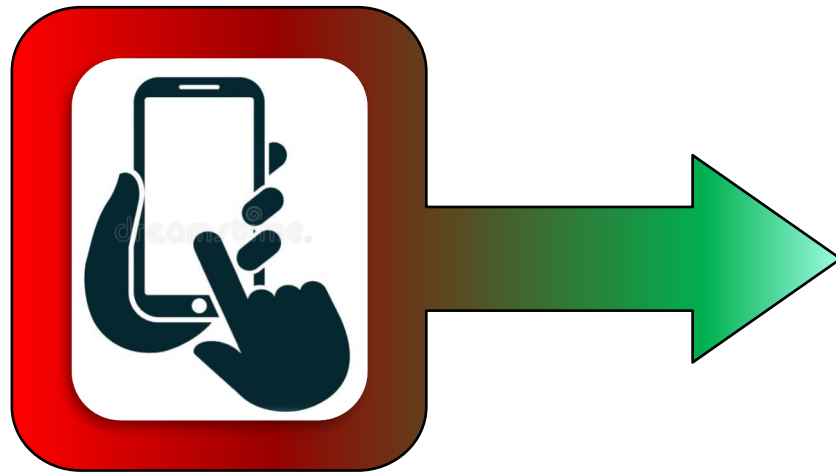
### Terminology Relevant to Child Cyber Risks

The infographic defines five types of cyber risks:
 

- Stolen:** Any digital assets, such as a payment or writing, draught of personal information, a consumer name or income, at the behest of a criminal.
- Identity Theft:** The exposure of personal information linked to a person's identity via unauthorized access, such as through a data breach. Identity theft can occur without fraud.
- Cyber-Extortion:** Occurs when an attacker gains access to sensitive and/or personal information or data without a victim's consent. The attacker then holds the information or data hostage until certain demand or payments are met.
- Money Mule:** Someone who knowingly or unknowingly moves money stolen from fraud victims to transfer or hide the ill-gotten funds.
- Cyberbullying:** Bullying using digital technologies – social media, online messaging platforms, gaming platforms, and/or mobile devices. Cyberbullying results from repeated behavior that is aimed at causing injury, or harassing those who are targeted.

© TMIT Global 2024

## **Online Harm to Children III: Smartphone Harm & Identity Theft**



**April 2024**

## April 2024 Webinar

**TMIT Global** Research Test Bed High Performer Webinar **SafetyLeaders.org**

### Online Harm to Children III: Smartphone Harm & Identity Theft

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**Online Harm to Children**

### ALL Stakeholders Need to Collaborate

© 2024 TMIT Global

**Online Harm to Children**

**THE WALL STREET JOURNAL**

### Investigation: How TikTok's Algorithm Figures Out Your Deepest Desires

"Rabbit Hole" to Topics

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**Online Harm to Children**

### Predators Target Kids Through Online Games

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**Online Harm to Children**

### Criminals in children's rooms? How kids become hackers

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**Online Harm to Children**

### Social Media: A Complex Adaptive System

© 2024 TMIT Global

**Online Harm to Children**

### Grooming – Keeping Children Safe

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**Online Harm to Children**

### Social Media Platforms Deny Role: Response by Professor Jean Twenge

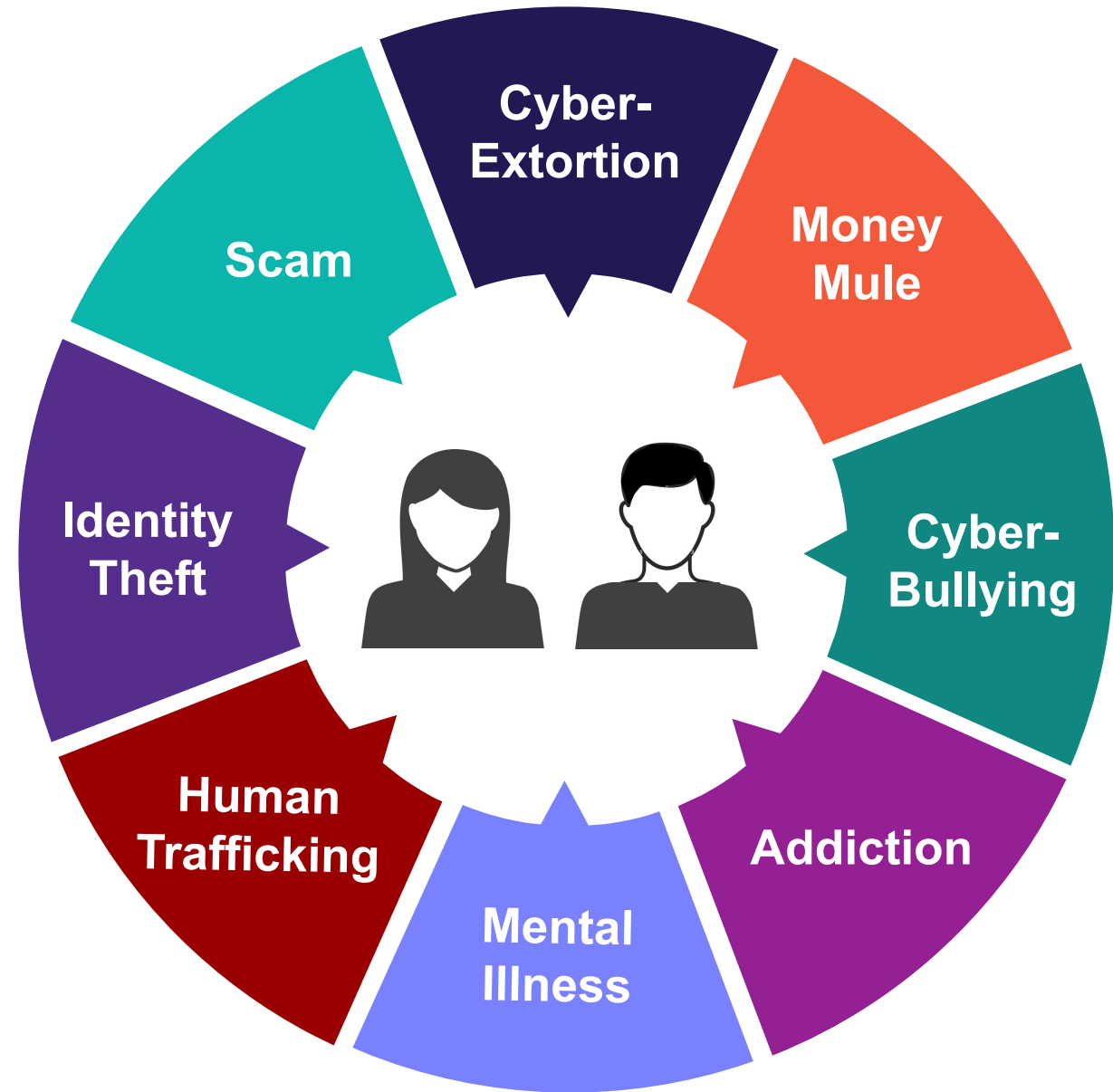
© 2024 TMIT Global

**Online Harm to Children**

### Amanda Staubs-Stewart Online Predator Victim

© 2024 TMIT Global

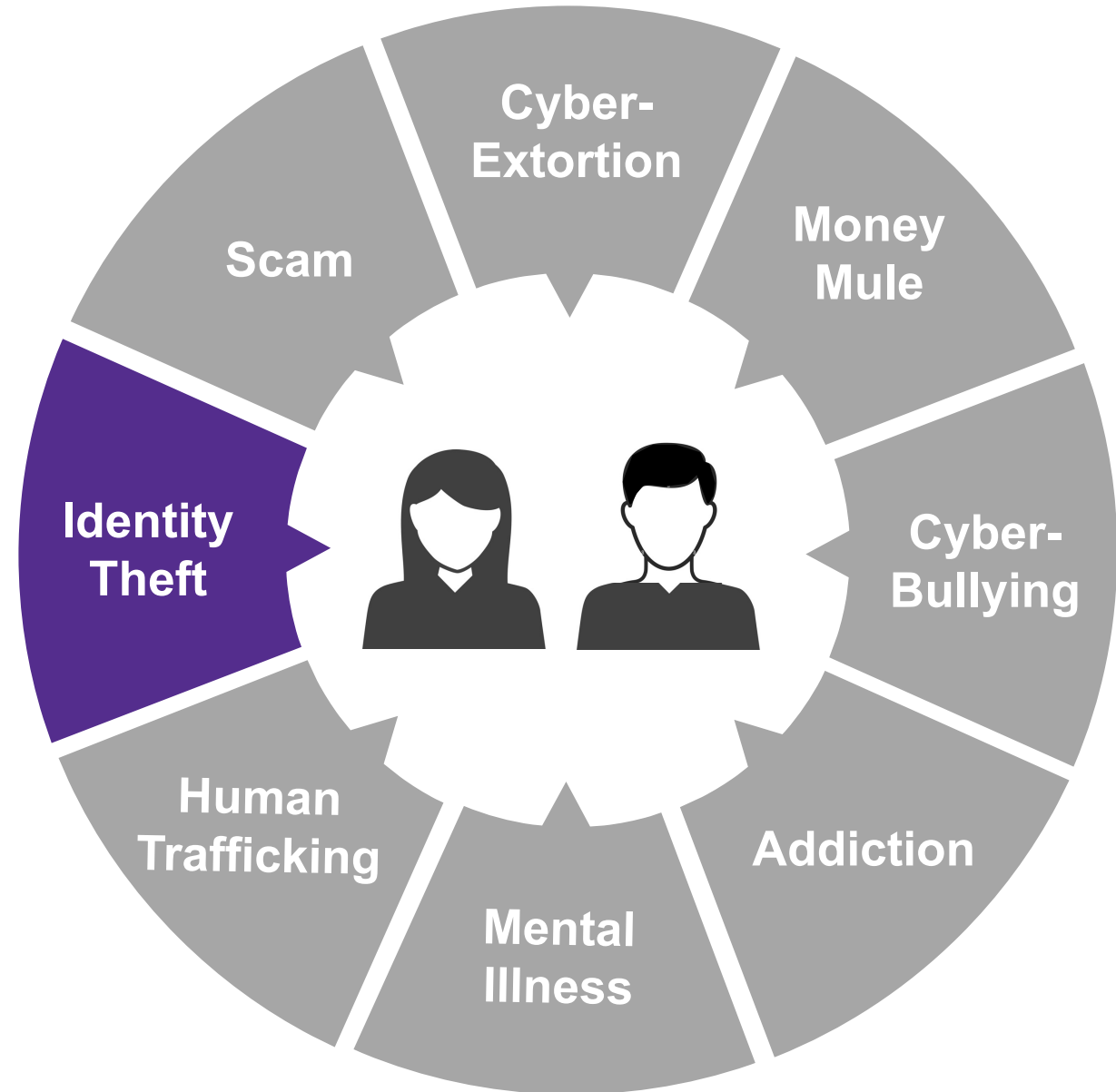
# Online Harm to Children



# Online Harm to Children

## Identity Theft

The exposure of personal information linked to a person's identity via unauthorized access, such as through a data breach; identity theft can occur without fraud.



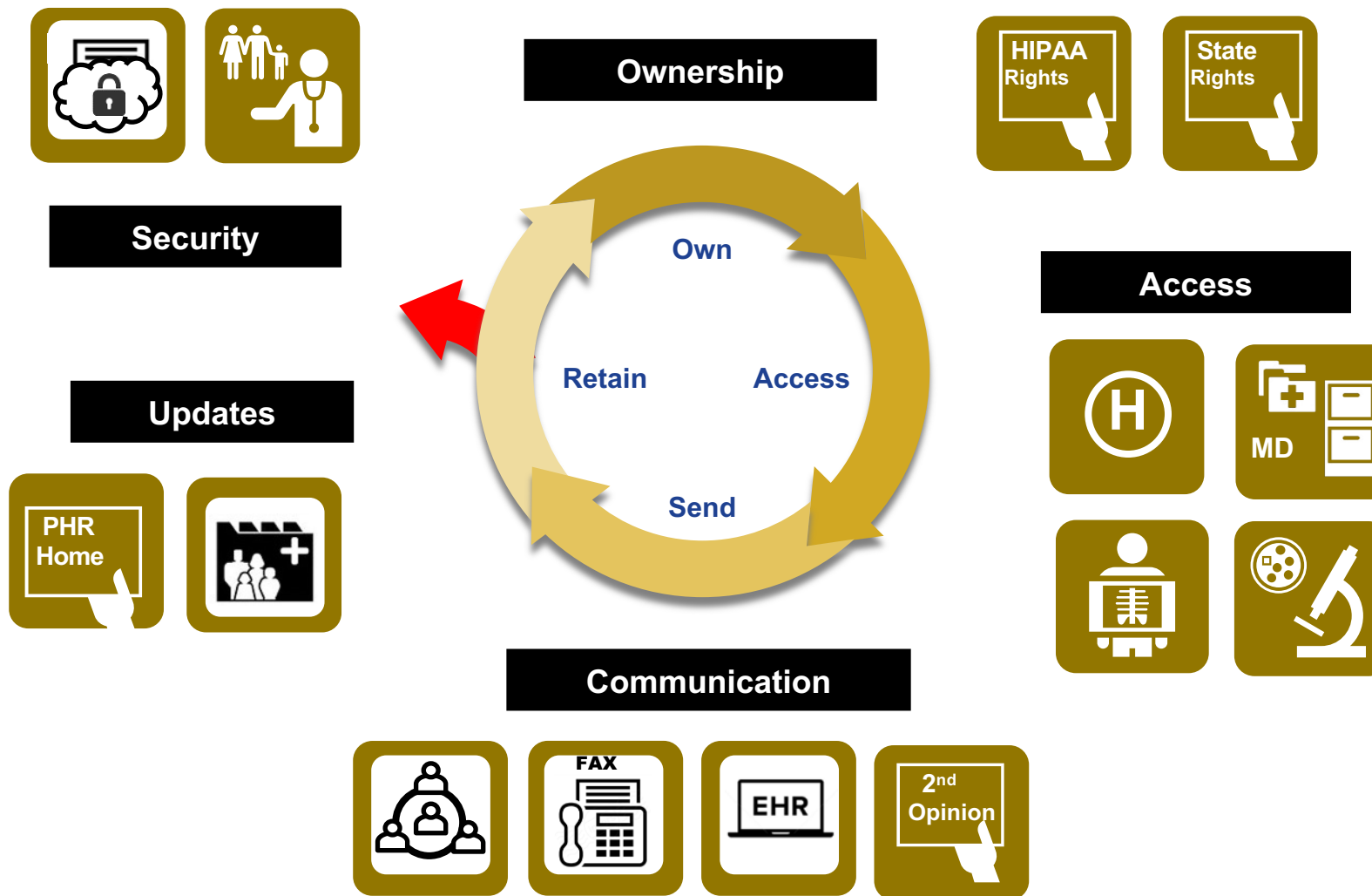


## Fraud Definition

In law, fraud is intentional deception to secure unfair or unlawful gain, or to deprive a victim of a legal right. Fraud can violate civil law (e.g., a fraud victim may sue the fraud perpetrator to avoid the fraud or recover monetary compensation) or criminal law (e.g., a fraud perpetrator may be prosecuted and imprisoned by governmental authorities), or it may cause no loss of money, property, or legal right but still be an element of another civil or criminal wrong.

Source: <https://en.wikipedia.org/wiki/Fraud>

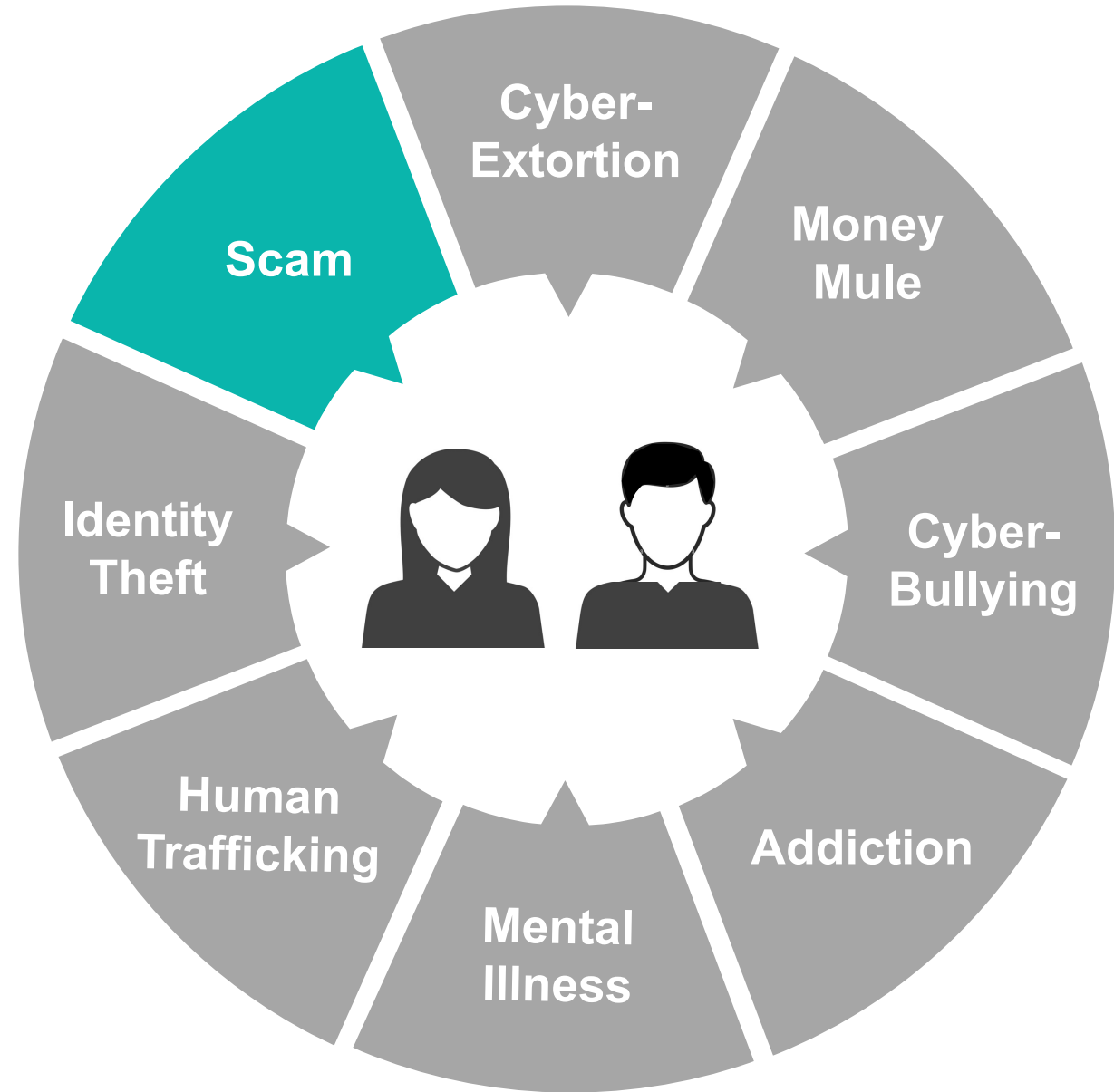
# The 5 Rights of Medical Records™



# Online Harm to Children

## Scam

Any direct action, such as a payment or willing divulgence of personal information, a consumer takes or initiates at the behest of a criminal.



~~ONE  
PILL CAN  
KILL~~

Department of Justice | Drug Enforcement Administration  
**FAKE PILLS FACT SHEET**

FAKE PRESCRIPTION PILLS • WIDELY AVAILABLE • INCREASINGLY LETHAL

DEA LAB TESTING REVEALS THAT

**7** OUT OF EVERY **10** PILLS

WITH FENTANYL CONTAIN A POTENTIALLY

**LETHAL DOSE**



**Fake pills often contain fentanyl and are more lethal than ever before.**

DEA officials report a dramatic rise in the number of fake pills containing at least 2 mg of fentanyl, which is considered a potentially lethal dose.

Drug traffickers are using fake pills to exploit the opioid crisis and prescription drug misuse. In 2022, an estimated 110,757 people died by drug poisoning in the United States.

Fentanyl, the synthetic opioid most commonly found in fake pills, is the primary driver in this alarming increase in poisoning deaths.



Fentanyl, the synthetic opioid most commonly found in fake pills, is the primary driver in this alarming increase in poisoning deaths.

**Authentic**  
oxycodone  
M30 tablets



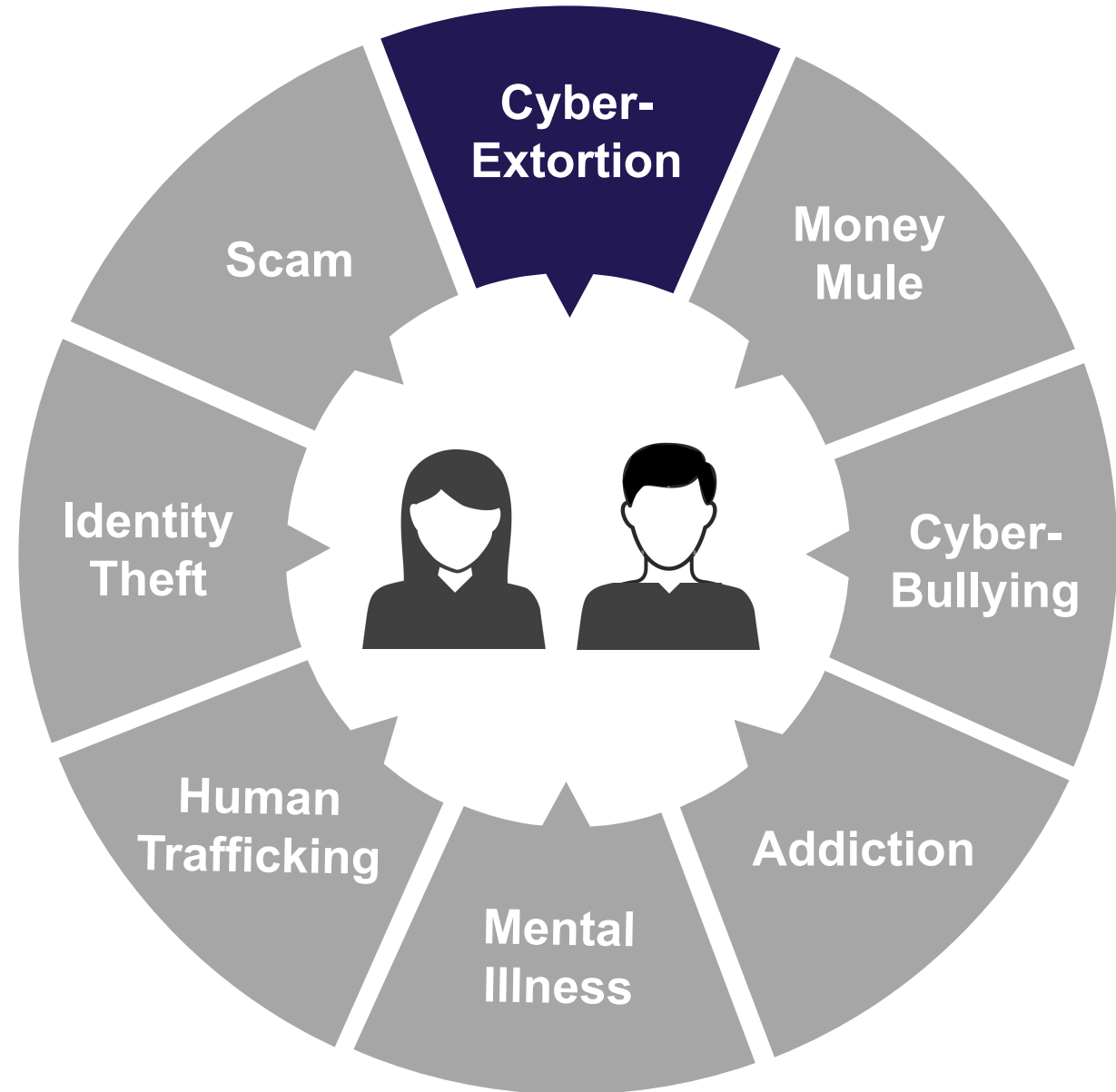
**\*FAKE**  
oxycodone M30 tablets  
containing fentanyl



# Online Harm to Children

## Cyber-Extortion

Occurs when an attacker gains access to sensitive and or personal information or data without a victim, often via socially engineer techniques. The attacker then holds that information or data hostage until certain demands for payments are met.



Bloomberg

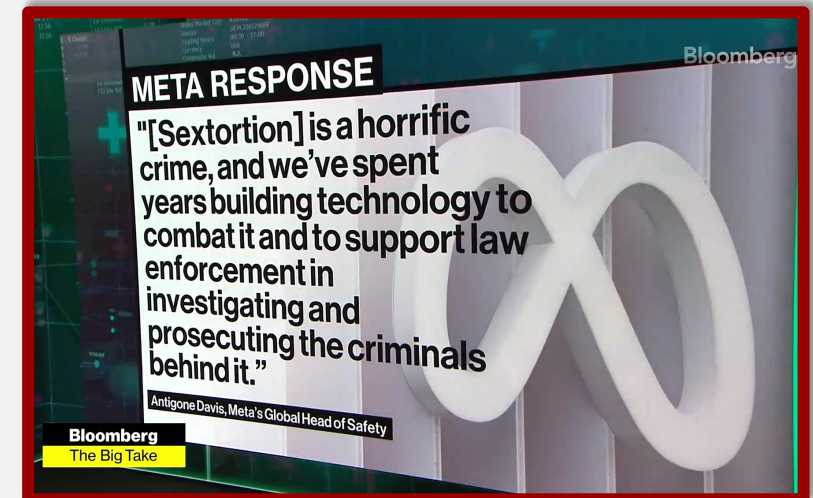
April 16, 2024

## The Big Take: Sextortion Cases in US Are on the Rise

Bloomberg Technology - TV Shows

April 16th, 2024, 9:24 AM PDT

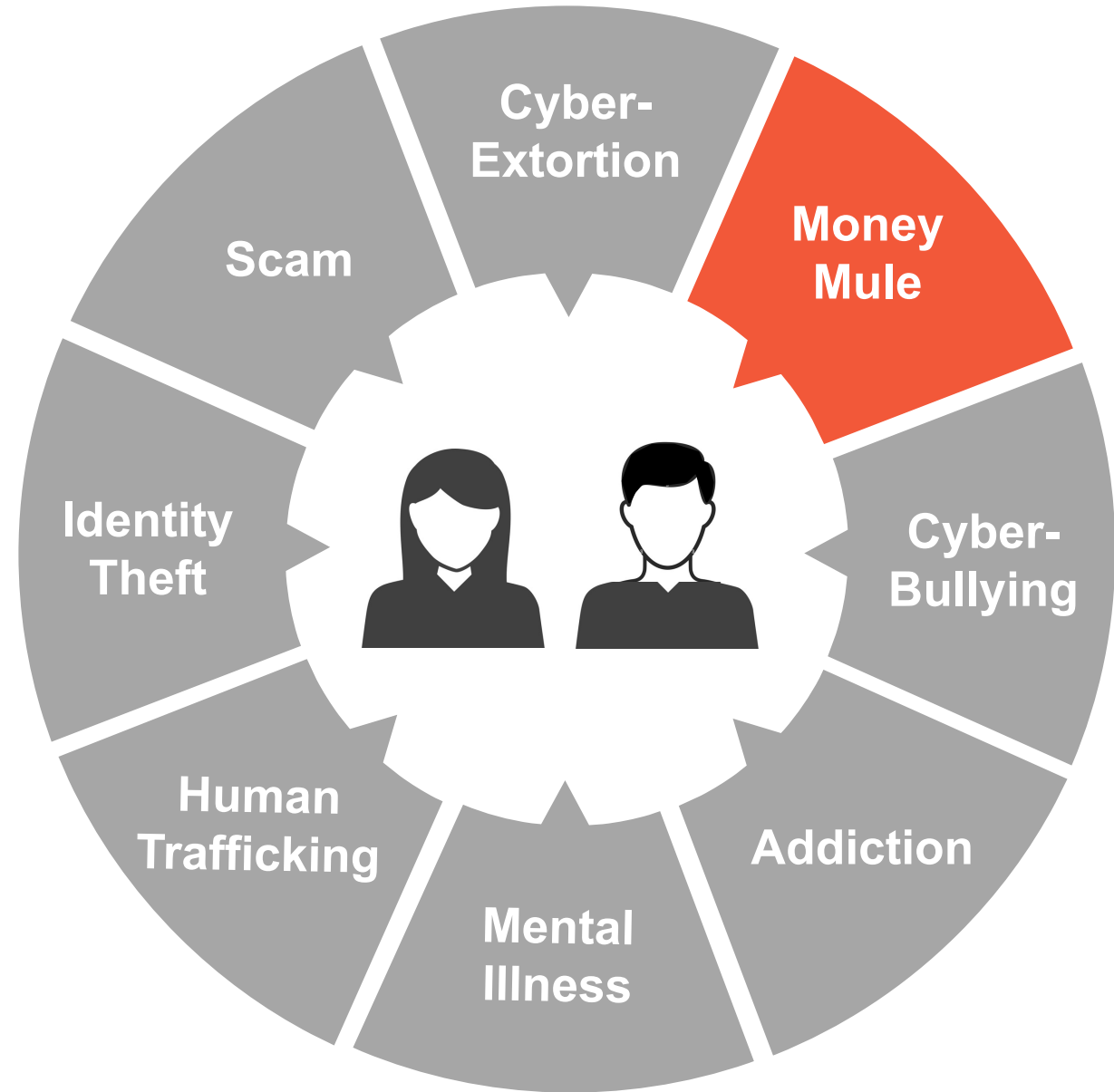
Cases of online scammers targeting teenage boys on social media are growing in the US. The FBI calls this "sexortion." Bloomberg's Oliva Carville reports on The Big Take on "Bloomberg Technology."  
(Source: Bloomberg)



# Online Harm to Children

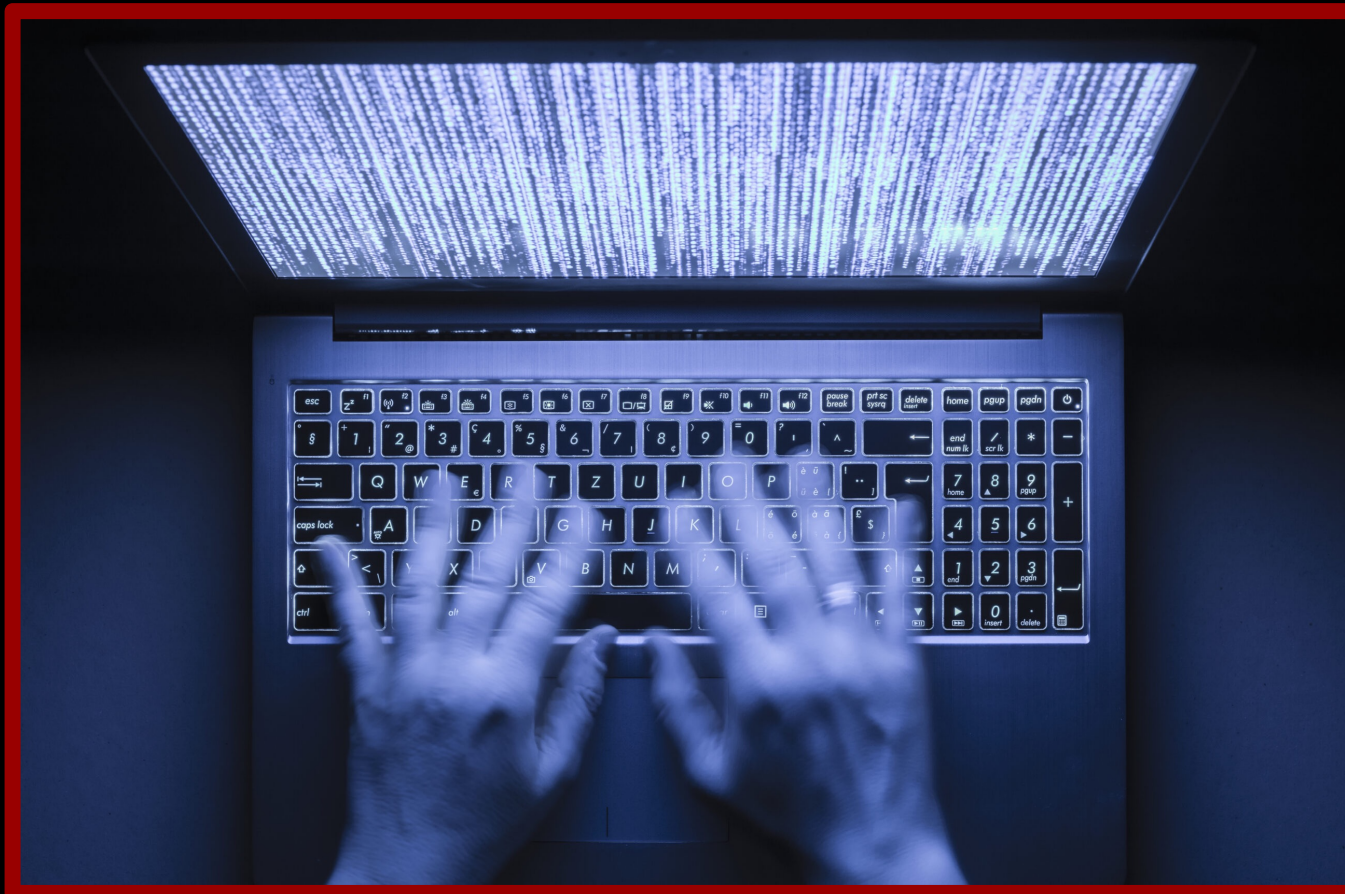
## Money Mule

Someone who knowingly or unknowingly moves money stolen from fraud victims to launder or hide the ill-gotten funds.



# Omaha FBI warns of scheme that uses teen 'money mules' to distribute online child sexual abuse material

BY: CINDY GONZALEZ - AUGUST 17, 2023 3:40 PM

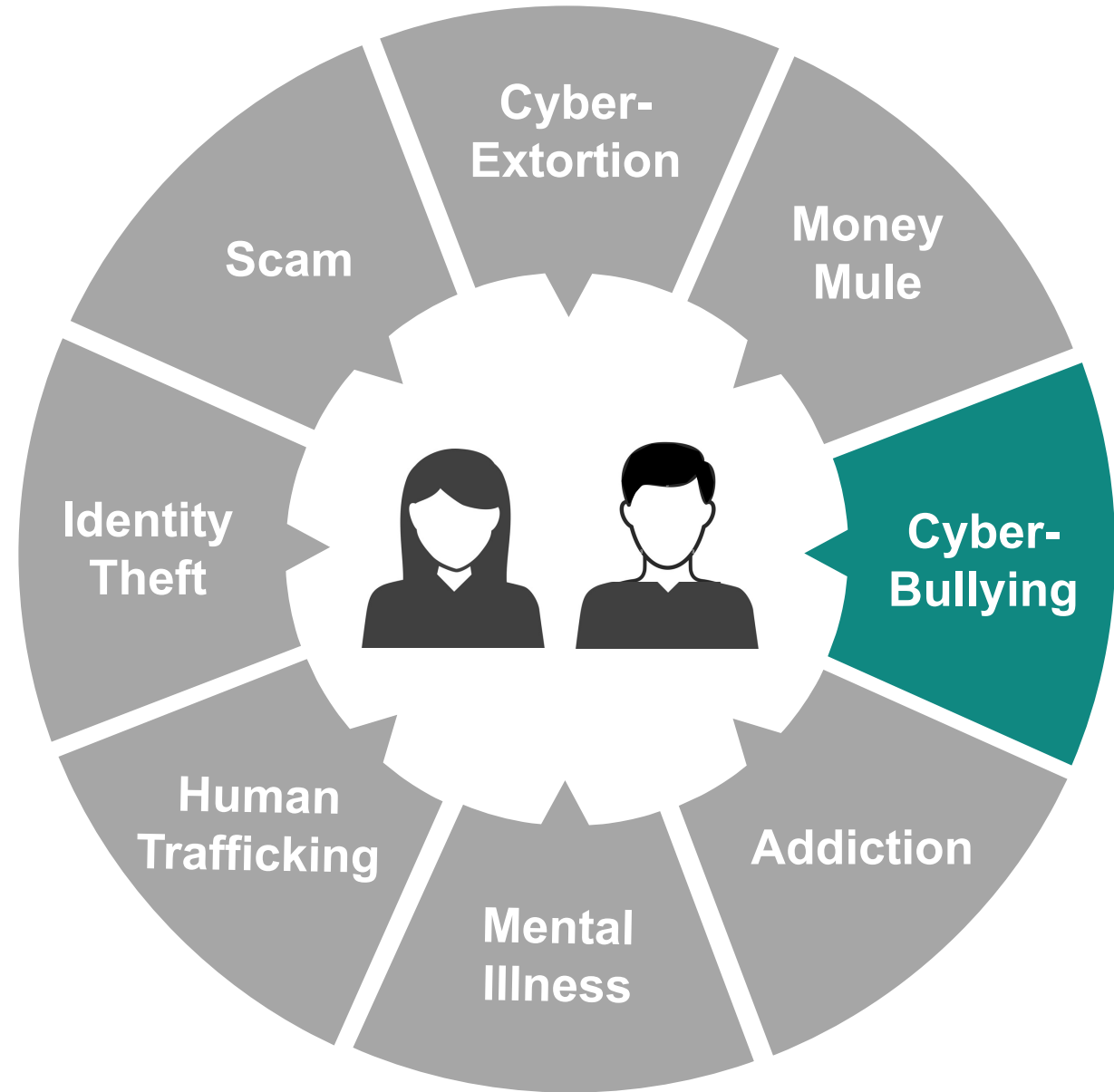


The fake companies ask the young adults to **accept payments from the company's customers through digital payment platforms, and in return will get to keep a share of the money.** The young people then are instructed to change the remainder of the payment into cryptocurrency and send it on to the company, the FBI said.

# Online Harm to Children

## Cyberbullying

Bullying using digital technologies – social media, online messaging platforms, gaming platforms, and/or mobile devices. Cyber bullying results from repeated behavior that is aimed at scaring, angering, or shaming those who are targeted.



## Cyberbullying: What is it and how to stop it

*What teens want to know about cyberbullying.*

### What is cyberbullying?

Cyberbullying is bullying with the use of digital technologies. It can take place on social media, messaging platforms, gaming platforms and mobile phones. It is repeated behavior, aimed at scaring, angering or shaming those who are targeted.

#### Examples include:

- spreading lies about or posting embarrassing photos or videos of someone on social media
- sending hurtful, abusive or threatening messages, images or videos via messaging platforms
- impersonating someone and sending mean messages to others on their behalf or through fake accounts.

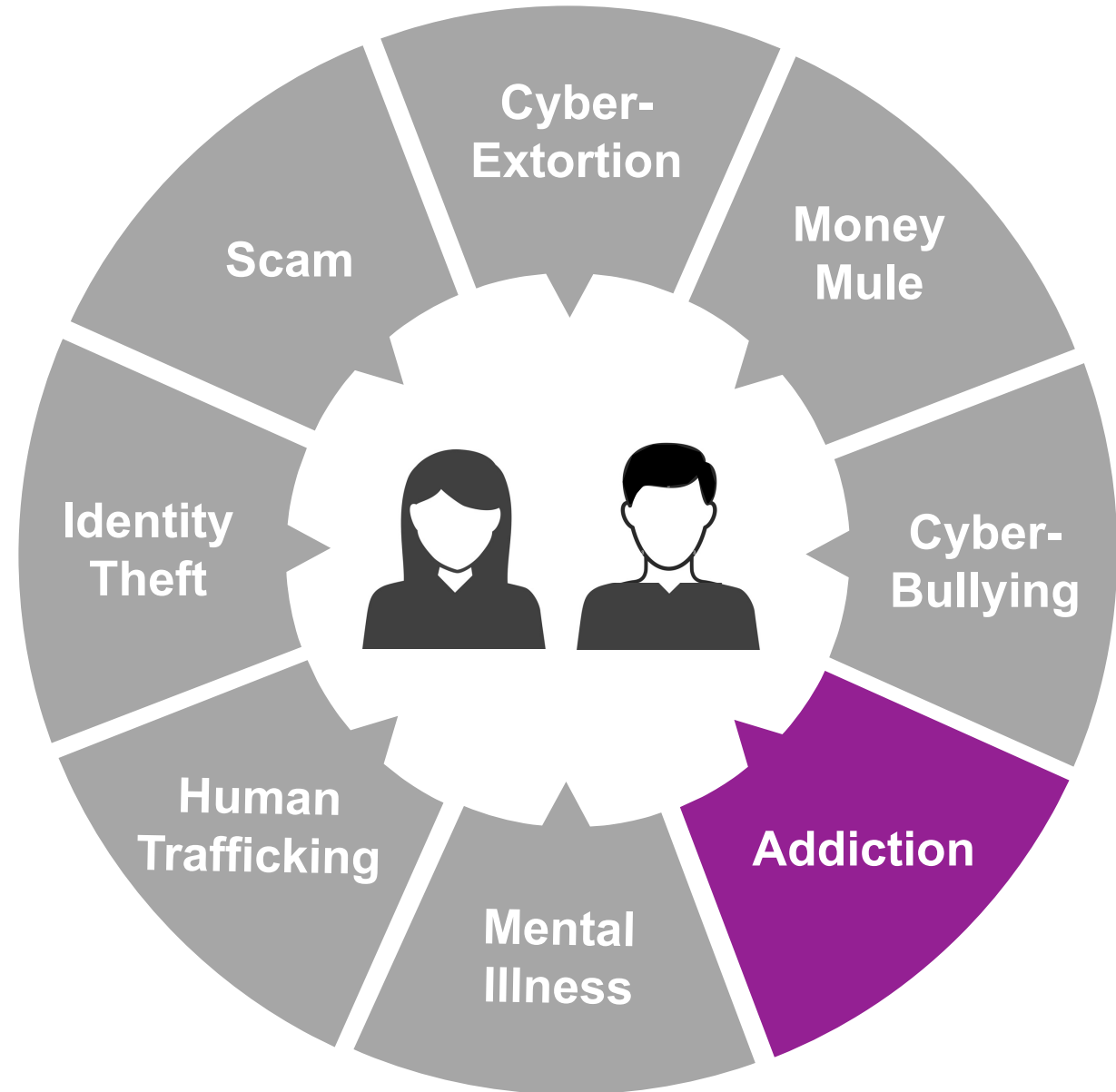
Face-to-face bullying and cyberbullying can often happen alongside each other. But cyberbullying leaves a digital footprint – a record that can prove useful and provide evidence to help stop the abuse.



# Online Harm to Children

## Addiction

Addiction to online activity, gaming, and pornography are all causally linked to the use of smartphones and social media applications.



# Preventable Death

## Students

**1** Motor-vehicle Accidents

**2** Opioid Overdose

**3** Drowning

**4** Falls

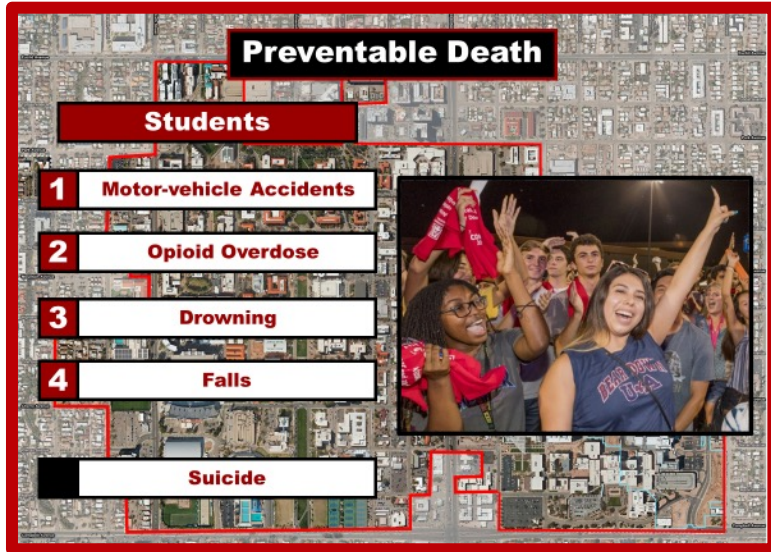
**Suicide**



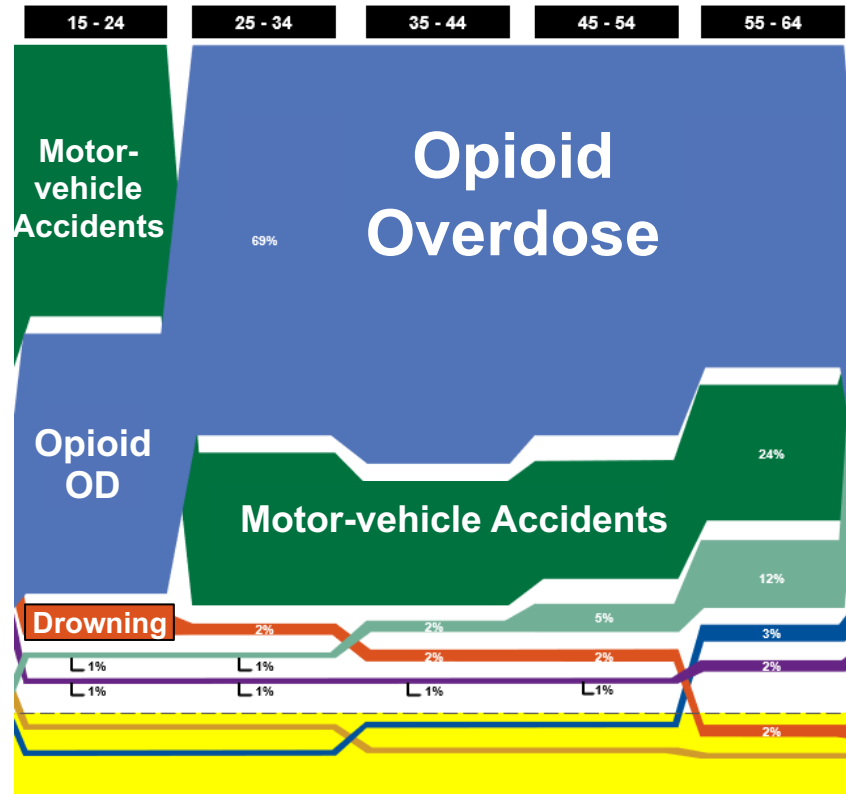
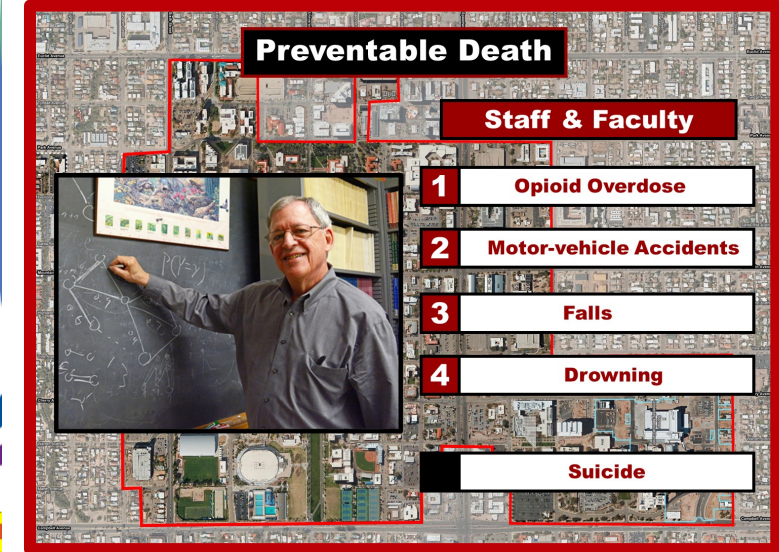
# Top Causes of Unintentional Death By Age - 2020

## 2020 Data

### Students

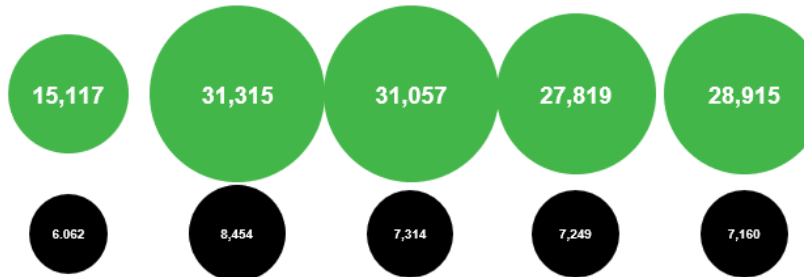


### Faculty & Staff



Total unintentional deaths by age group

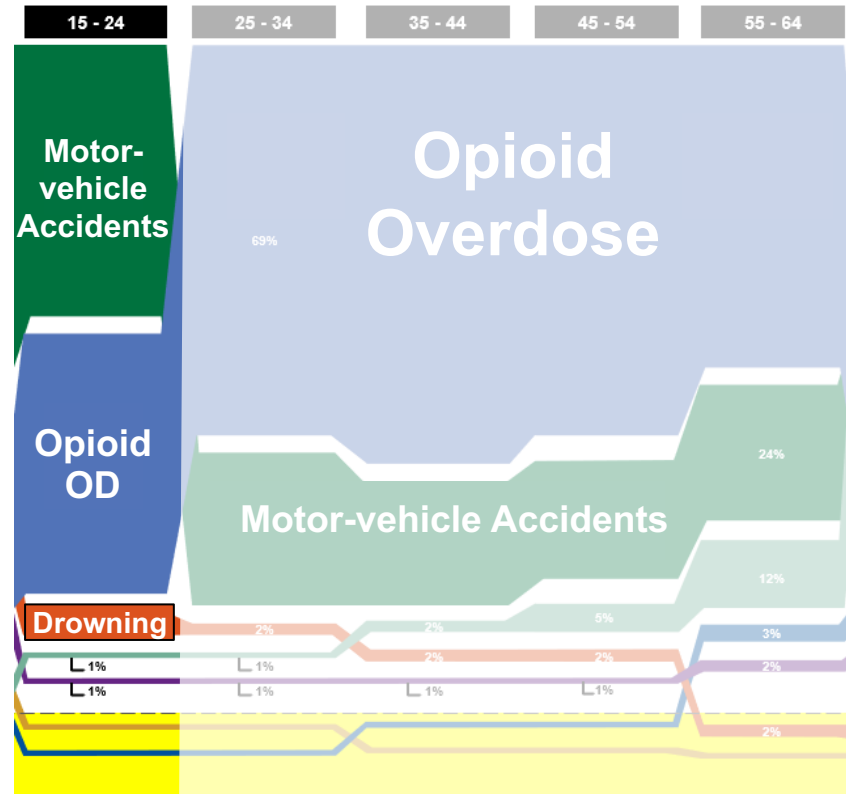
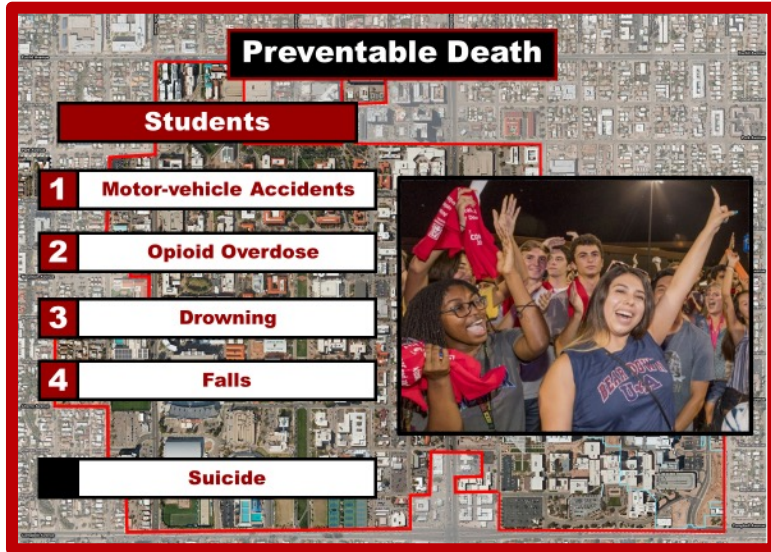
Total Suicide Deaths: 44,298



Source: Adapted from the National Safety Council Injury Facts, 2020 Edition

## 2020 Data

### Students

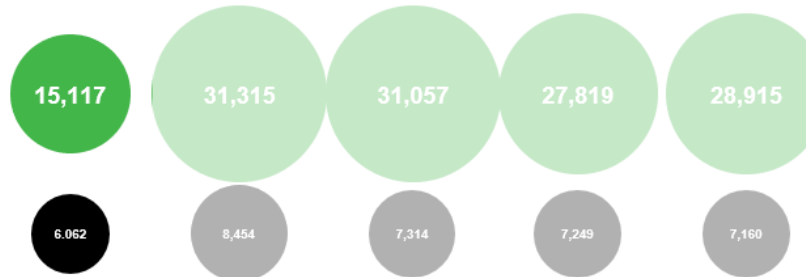


## Safety of Rising Freshmen: Battling Failure to Rescue



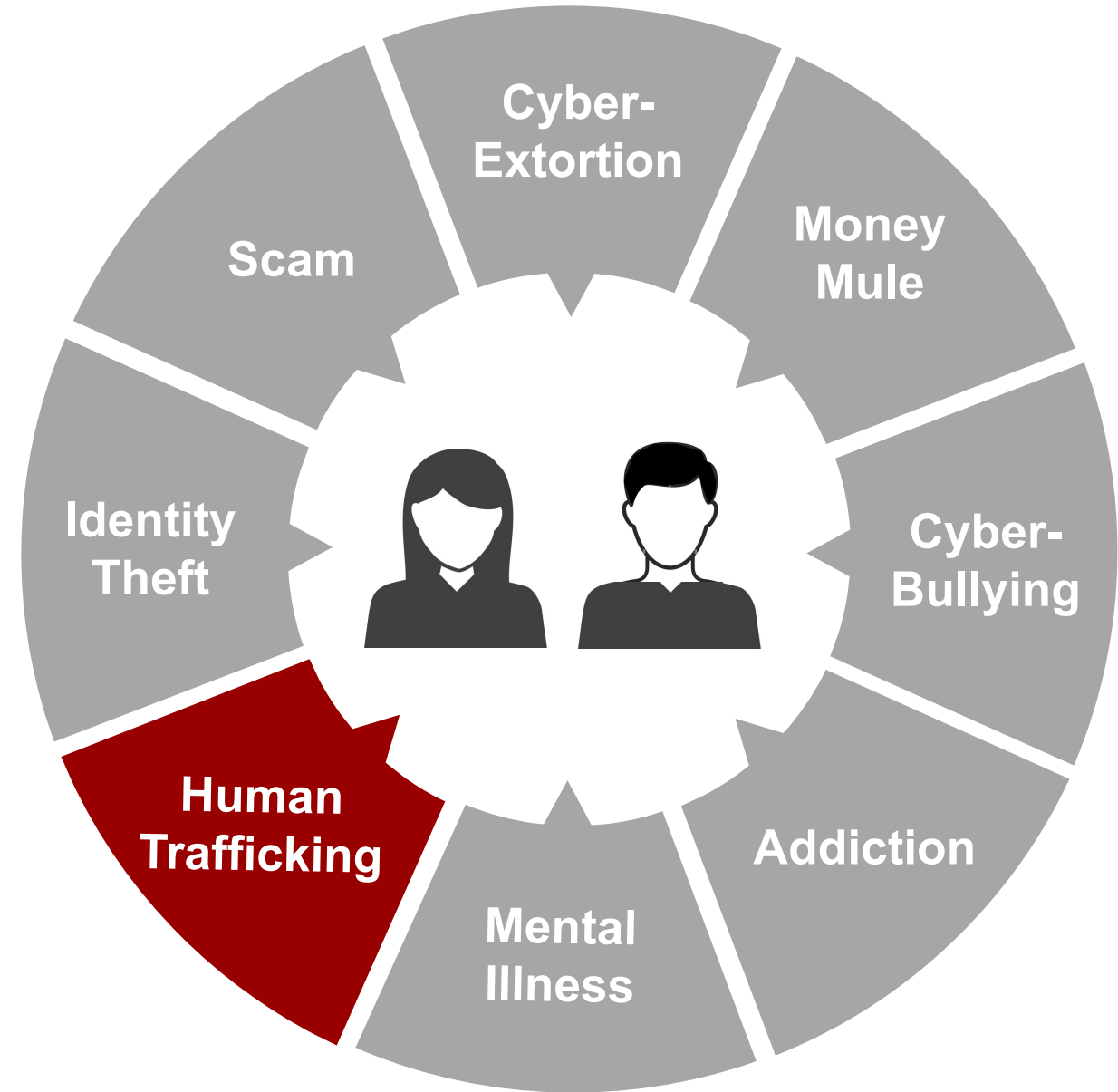
Total unintentional deaths by age group

Total Suicide Deaths: 44,298



Source: Adapted from the National Safety Council Injury Facts, 2020 Edition

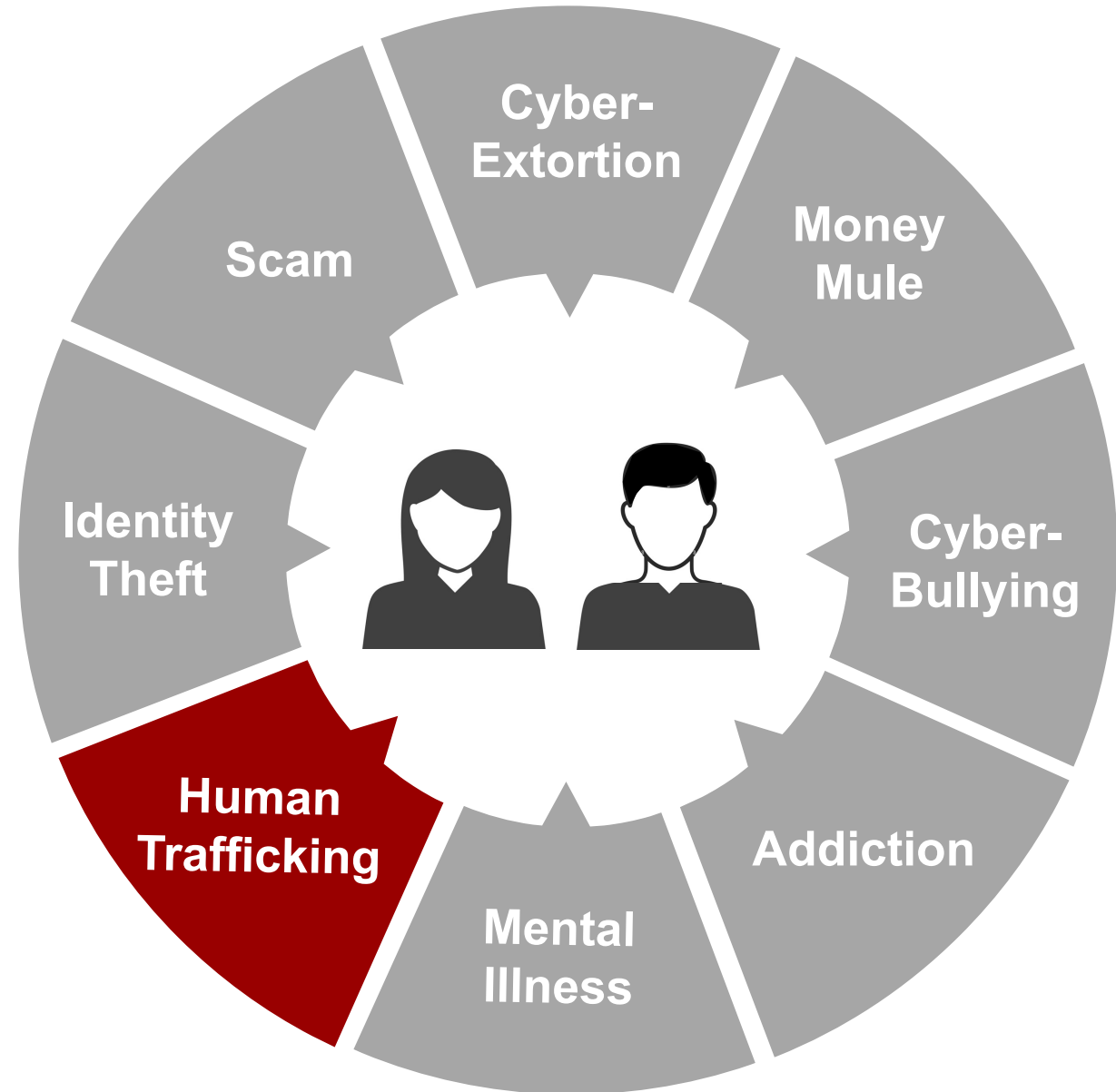
# Online Harm to Children



# Online Harm to Children

## Human Trafficking

There are a huge number of children and youth who are being trafficked and abused on a regular basis. The internet is both a source of customers and a delivery system.



# Online Harm to Children

## TERMS TO KNOW

### CSAM

Child Sexual Abuse Material

### ICAC

Internet Crimes Against Children

### ICMEC

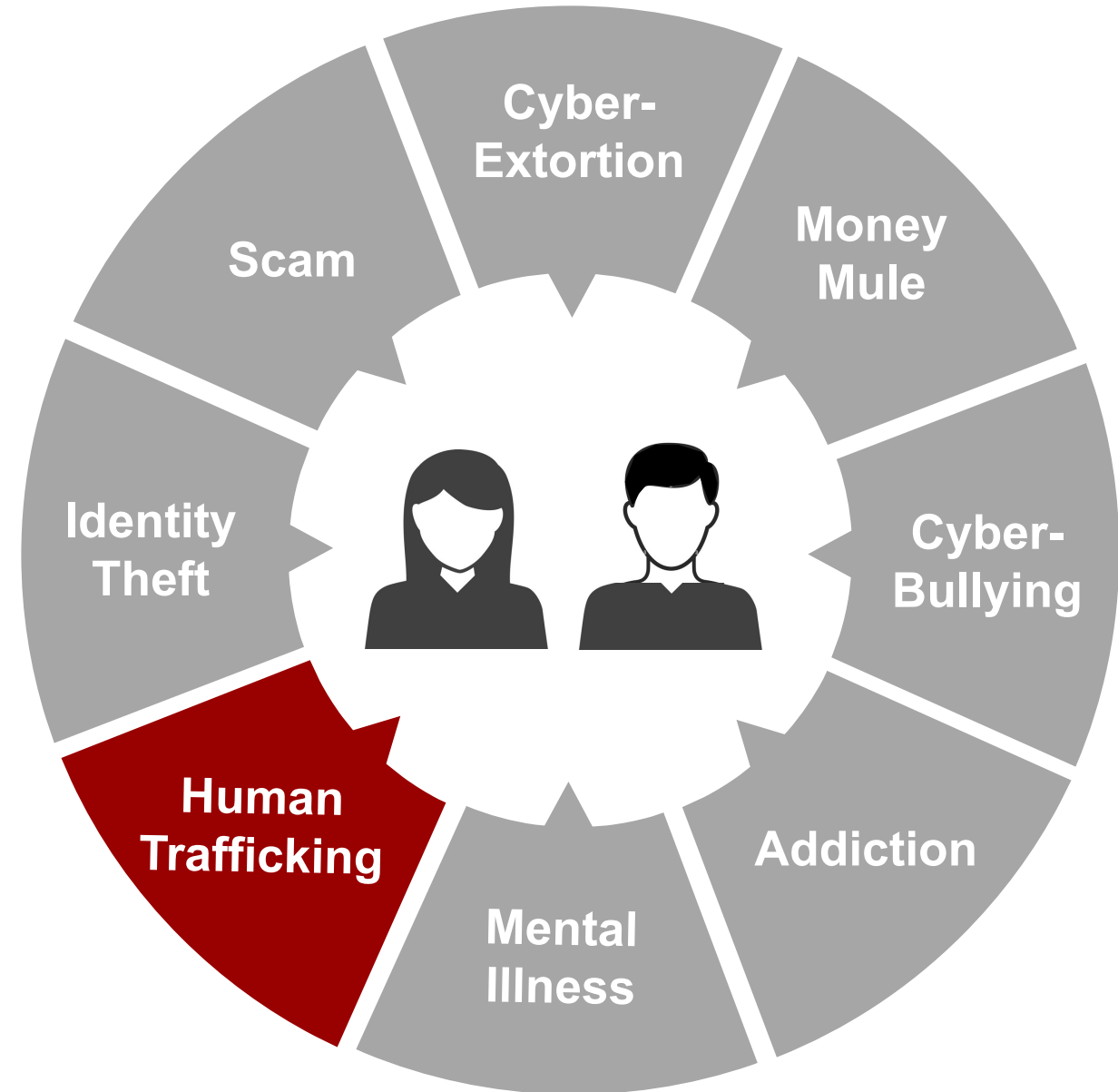
International Center for Missing and Exploited Children

### NCMEC

National Center for Missing and Exploited Children

### TTF

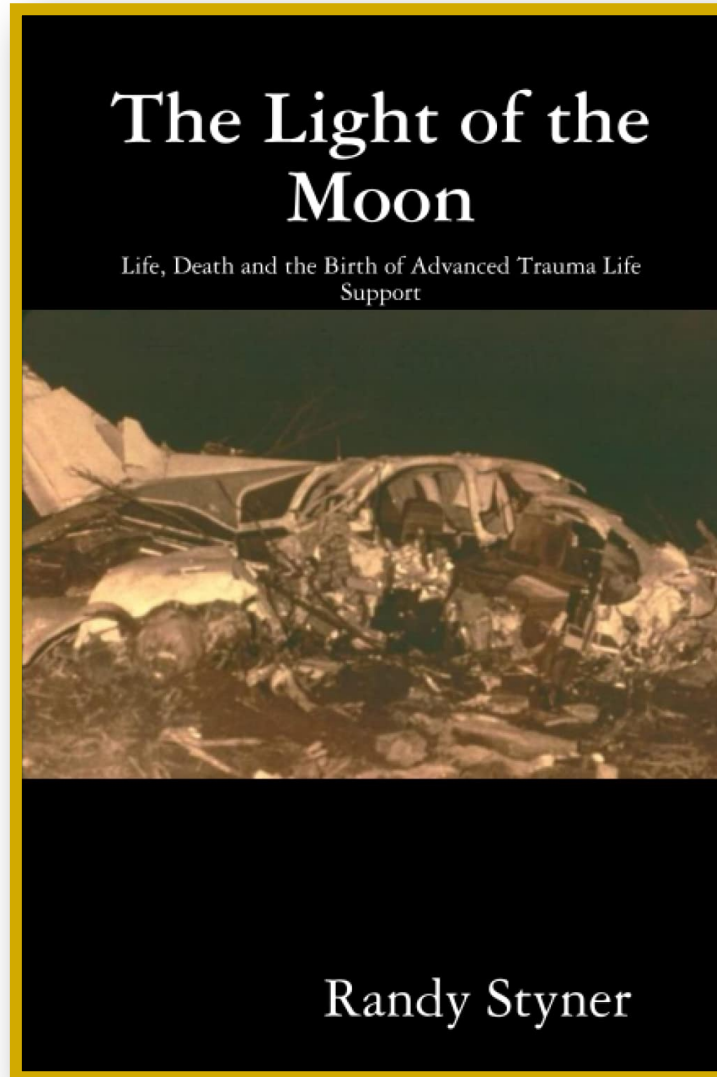
Tim Tebow Foundation





## Randy Styner

Director Emergency  
Preparedness  
University of California Irvine  
Best Selling Author  
Med Tac Community Leader



# **Preventable Online Harm to Children:** **A Safety Leader and Parent's Perspective**



**Randy Styner**

**Director Emergency Preparedness  
University of California Irvine  
Best Selling Author  
Med Tac Community Leader**



# **Preventable Online Harm to Children:** **The Young Adult Perspective**



## **Perry Bechtle III**

**Industrial Engineer**  
**Former Tesla Engineer**  
**Pre-med Student**  
**Med Tac Master Instructor**  
**TMIT Global**

# **Preventable Online Harm to Children:** **The Young Adult Perspective**



**David Grinsfelder**

**TMIT Global  
Media Expert  
Former Amazon  
Media Team Member**



# **Preventable Online Harm to Children: The Young Adult Perspective**



**David Grinsfelder**

**What is your reaction to Tim  
Tivo's Congressional Testimony?**



# **Preventable Online Harm to Children:** **A Physician's Perspective**



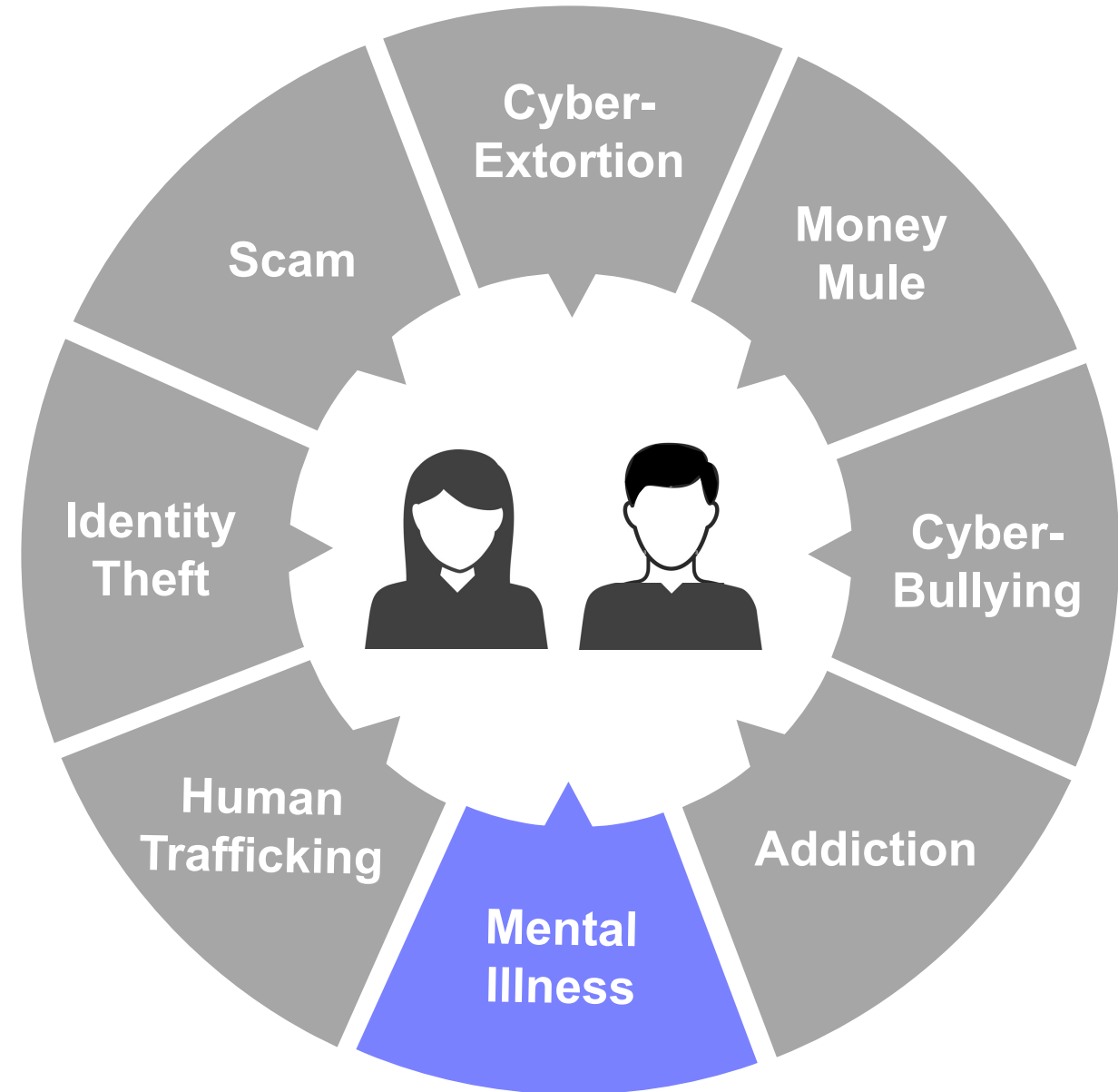
**Paola Yépez González, MD**

**Sr. Research Assistant  
MD Anderson Cancer Center.  
Anesthesiology, Critical Care and  
Pain Medicine Department**

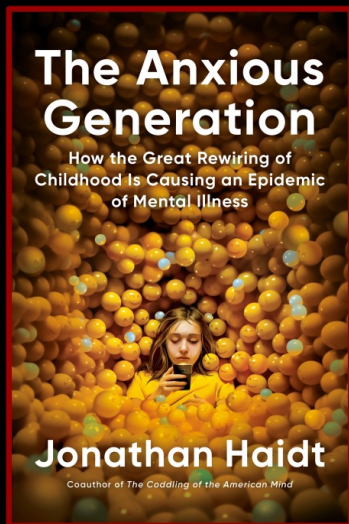
# Online Harm to Children

## Mental Illness

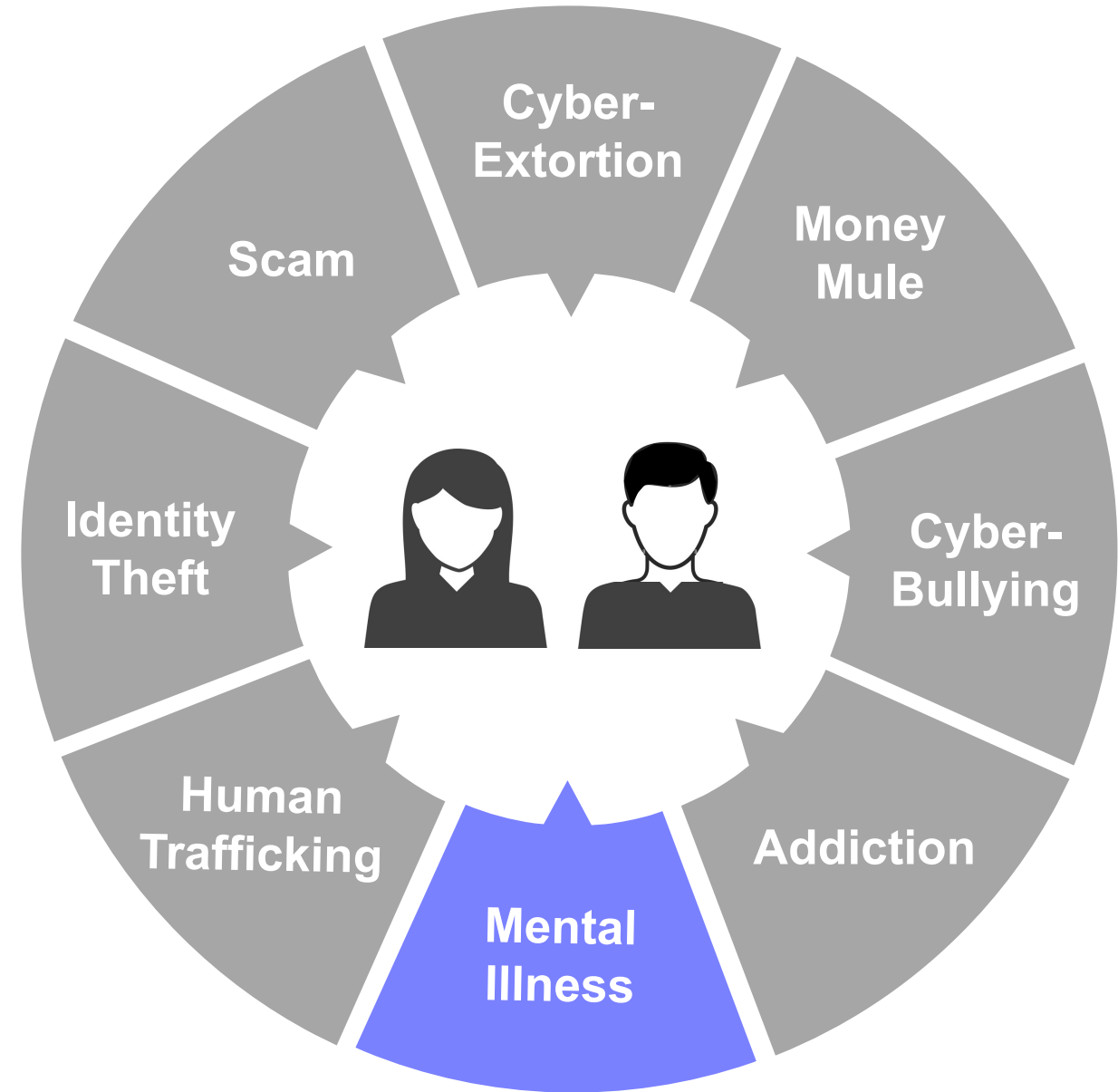
Anxiety and Depression have exploded on the scene. The evidence of causation is overwhelming including growing suicide rates and mental health conditions requiring care.

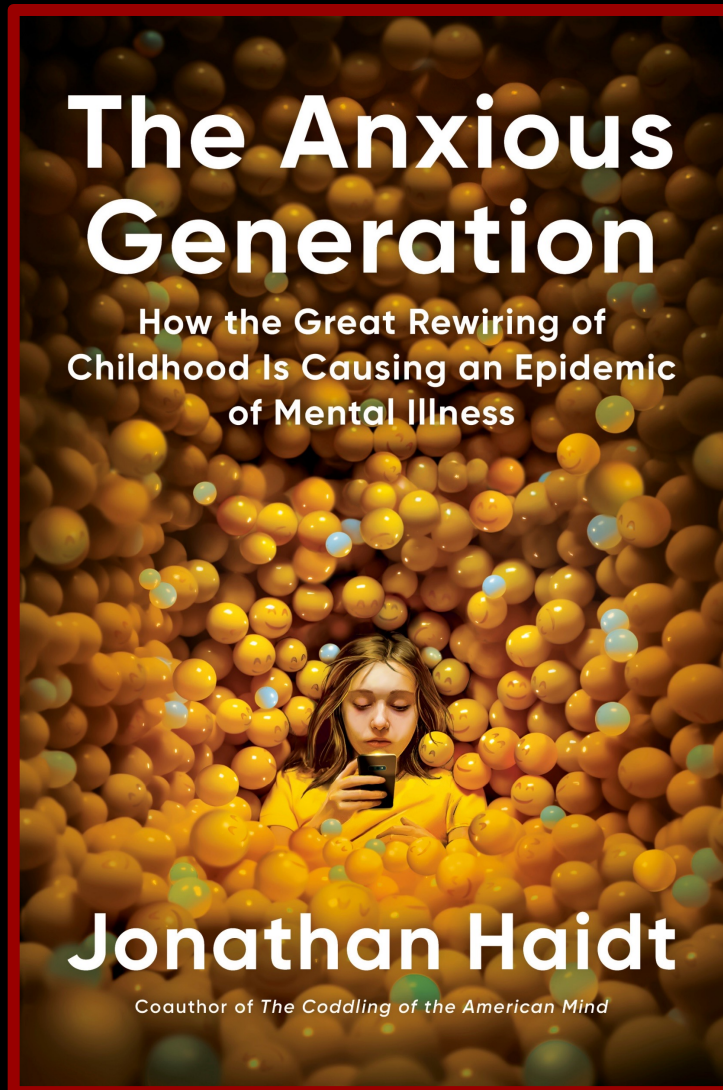


# Online Harm to Children



**The Great Rewiring  
of Childhood is  
Causing an Epidemic  
of Mental Illness**





**The Great Rewiring  
of Childhood is  
Causing an Epidemic  
of Mental Illness**

## Central Claim of Anxious Generation – Two Trends:

**Overprotection** in the real world and...

**Underprotection** in the virtual world...

are the major reasons why children born after 1995 became the “anxious generation”.

## The Real World:

1. They **are embodied**, meaning that we use our bodies to communicate, we are conscious of the bodies of others, and we respond to the bodies of others both consciously and unconsciously.
2. They **are synchronous**, which means they are happening at the same time, with subtle cues about timing and turn taking.
3. They **involve primarily one-to-one** or one-to-several communication, with only one interaction happening at a given moment.
4. They **take place within communities that have a high bar for entry and exit**, so people are strongly to invest in relationships and repair rifts when they happen.

Central Claim of Anxious Generation – Two Trends:

**Overprotection** in the real world and...

**Underprotection** in the virtual world...

are the major reasons why children born after 1995 became the “anxious generation”.

## The Virtual World:

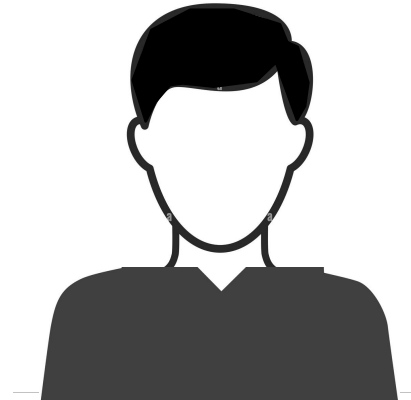
1. They are **disembodied**, meaning that no body is needed, just language. Partners could be (and already are) artificial intelligences (AIs).
2. They are **heavily asynchronous**, happening via text-based posts and comments. (A video call is different; it is synchronous.)
3. They involve a **substantial number of one-to-many communications**, broadcasting to a potentially vast audience. Multiple interactions can be happening in parallel.
4. They take place **within communities that have a low bar for entry and exit**, so people can block others or just quit when they are not pleased. Communities tend to be short-lived, and relationships are often disposable.

# Threats to Girls and Boys



## Girls Most Sensitive:

- ▶ 11-13 Years of Age
- ▶ **Self Image** - Major Threat to girls

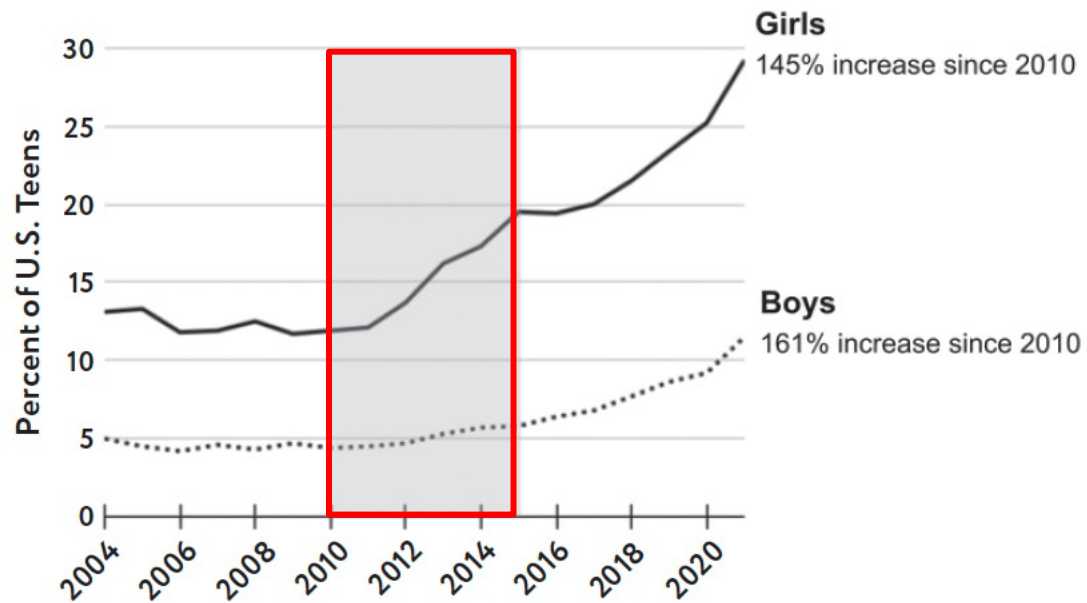


## Boys Most Sensitive:

- ▶ 14-15 Years of Age
- ▶ **Gaming & Pornography** - Major Threats to boys.

**Adolescents at 16 are Not Adults:  
Frontal Cortices of the Brain Still Developing**

## Major Depression Among Teens



**Figure 1.1.** Percent of U.S. teens (ages 12–17) who had at least one major depressive episode in the past year, by self-report based on a symptom checklist. This was figure 7.1 in *The Coddling of the American Mind*, now updated with data beyond 2016. (Source: U.S. National Survey on Drug Use and Health.)<sup>3</sup>

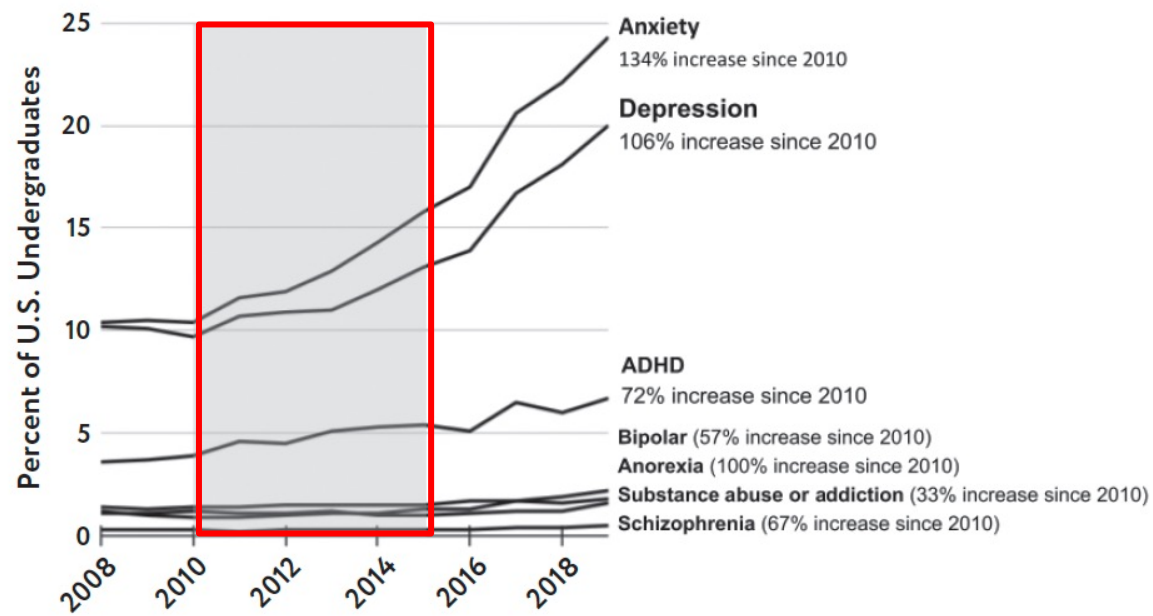
## Major Depression Among Teens:

- Begins in 2012
- 5 Years after i-Phone debut.
- 2 Years after Instagram debuted

## Had at Least One Major Depressive Episode

- 145% increase in Girls 12-17 years of age since 2010
- 161% increase in Boys 12-17 years of age since

## Mental Illness Among College Students

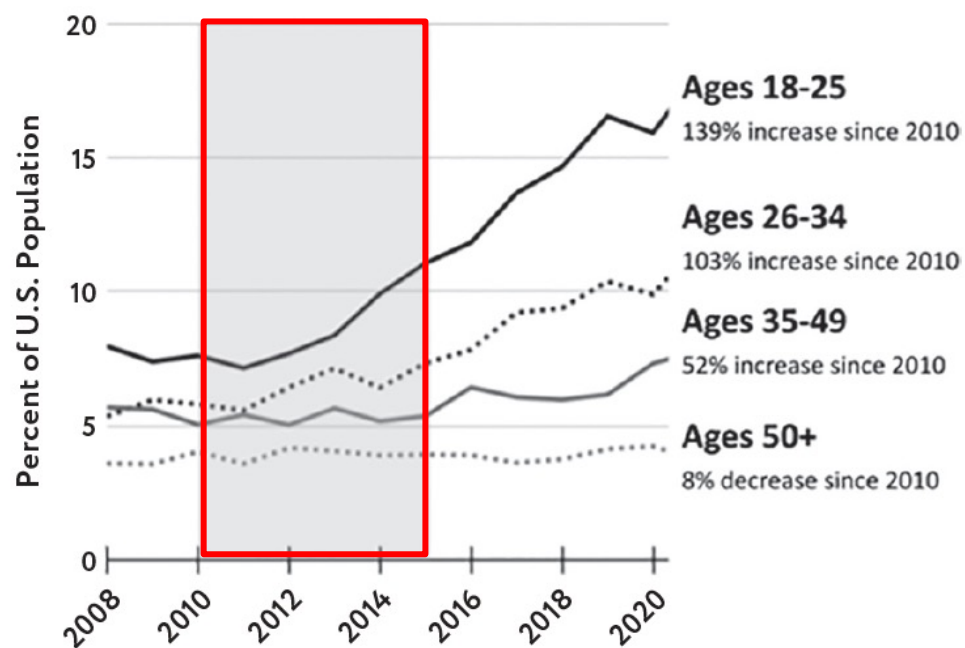


**Figure 1.2.** Percent of U.S. undergraduates with each of several mental illnesses. Rates of diagnosis of various mental illnesses increased in the 2010s among college students, especially for anxiety and depression. (Source: American College Health Association.)<sup>9</sup>

## Mental Illness Among College Students:

- All Increased since 2010
- Anxiety increased 134%
- Depression increased 106%
- ADHD 72%
- Bipolar Illness 57%
- Anorexia 100%
- Substance Abuse or Addiction 33%.
- Schizophrenia 67%

## Anxiety Prevalence by Age



**Figure 1.3.** Percent of U.S. adults reporting high levels of anxiety by age group. (Source: U.S. National Survey on Drug Use and Health.)<sup>11</sup>

## Anxiety Prevalence by Age:

- Those stating they “feel nervous most of the time” or “feel nervous all of the time”
- No trends until 2010
- Youngest 18-25 have the largest increase.
- Older age groups trend upwards
- No impact on the Ages 50+

# What is Anxiety?

Anxiety is related to fear but is not the same thing.

**Fear** is the emotional response to real or perceived imminent threat.

**Anxiety** is the is anticipation of future threat.

Both can be healthy responses to reality, but when excessive, they can become disorders.

# Depression

The second most common psychological disorder among young people today is **Depression**.

Its two key symptoms are:

- **Depressed Mood** such as feeling sad, empty, and hopeless.
- **Loss of Interest or Pleasure** in most or all activities.

## Anxiety, Fear, and Depression:

**Fear:** Anxiety is related to fear, but is not the same thing. The diagnostic manual of psychiatry (DSM-5-TR) defines fear as “the emotional response to real or perceived imminent threat, whereas anxiety is anticipation of future threat.”

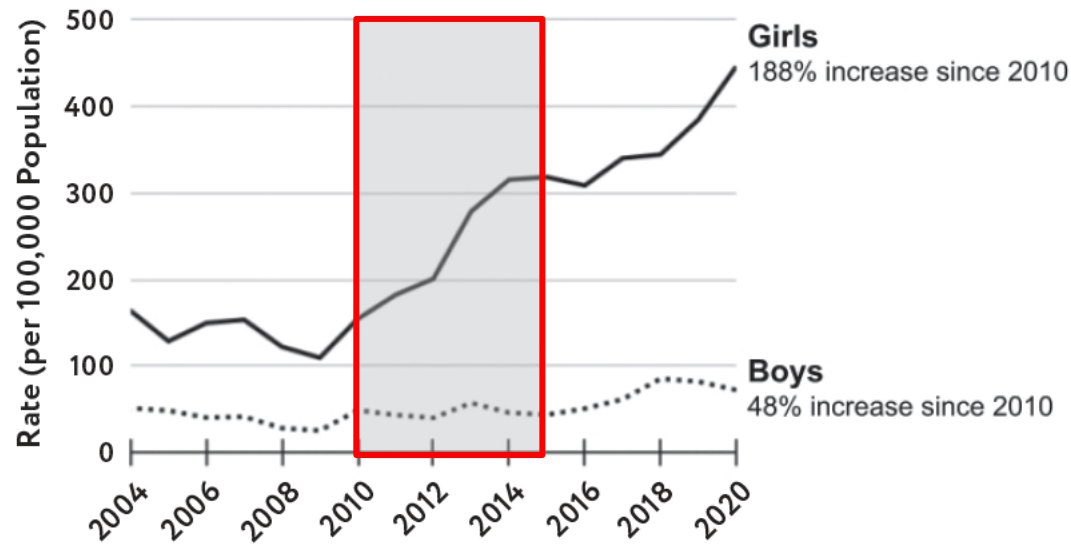
**Anxiety:** Excessive anxiety and worry (apprehensive expectation), occurring more days than not for at least 6 months, about a number of events or activities (such as work or school performance). DSM-5 criteria for social anxiety disorder include: Persistent, intense fear or anxiety about specific social situations because you believe you may be judged negatively, embarrassed or humiliated. Avoidance of anxiety-producing social situations or enduring them with intense fear or anxiety.

## Anxiety, Fear, and Depression:

**Depression:** The main psychiatric category here is called major depressive disorder (MDD). Its two key symptoms are depressed mood (feeling sad, empty, hopeless) and a loss of interest or pleasure in most or all activities.

For a diagnosis of MDD, these symptoms must be consistently present for at least two weeks. They are often accompanied by physical symptoms, including significant weight loss or weight gain, sleeping far less or far more than normal, and fatigue.

## Emergency Room Visits for Self-Harm

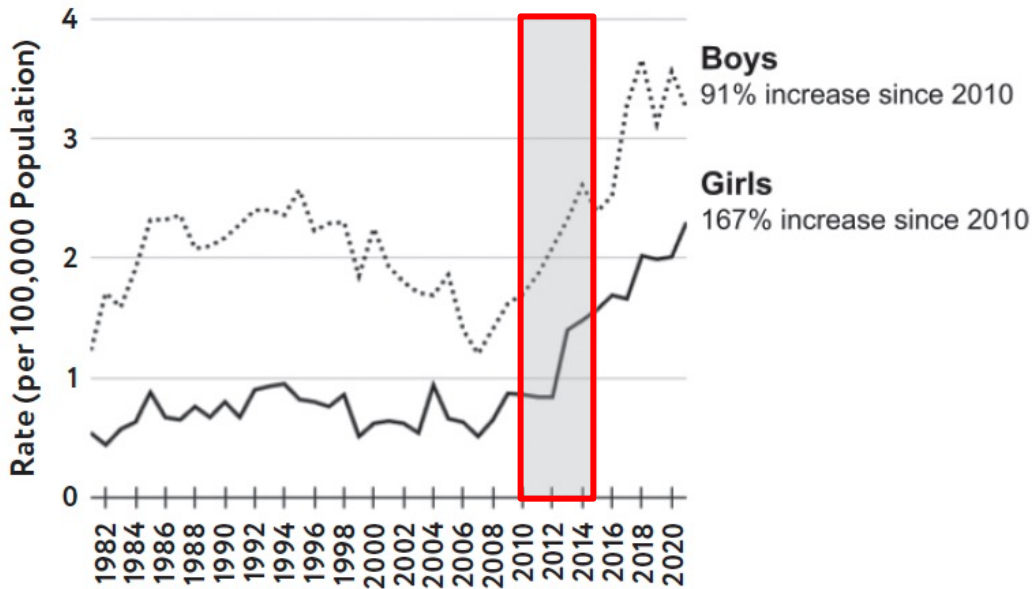


**Figure 1.4.** The rate per 100,000 in the U.S. population at which adolescents (ages 10–14) are treated in hospital emergency rooms for nonfatal self-injury. (Source: U.S. Centers for Disease Control, National Center for Injury Prevention and Control.)<sup>20</sup>

## Emergency Room Visits for Self-Harm:

- A good objective measure is Emergency Room Visits for Self Harm.
- The rate of self-harm for young adolescent girls ages 10-14 years **nearly tripled** from 2010 to 2020.
- Girls ages **15-19 doubled**.
- The rate for woman over 24 years dropped.

## Suicide Rates for Younger Adolescents

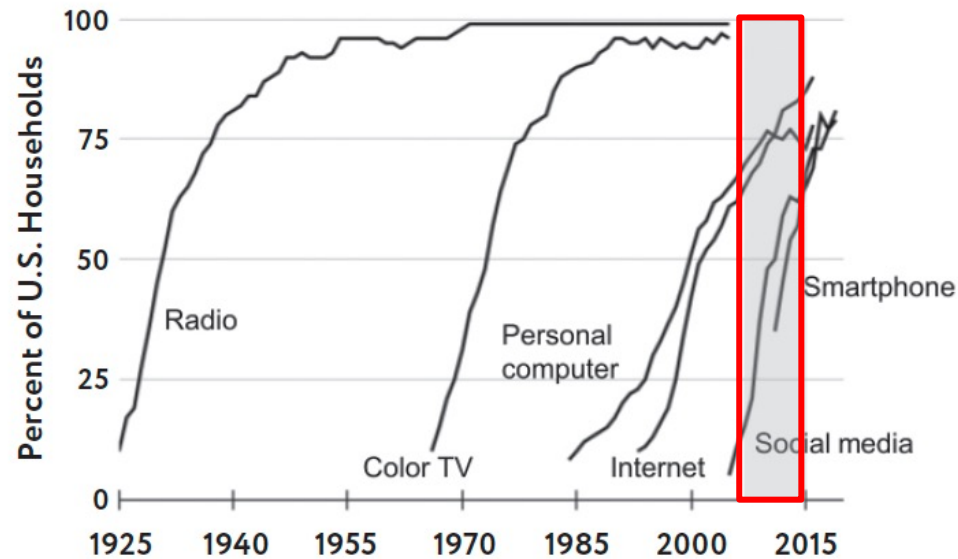


**Figure 1.5.** Suicide rates for U.S. adolescents, ages 10–14. (Source: U.S. Centers for Disease Control, National Center for Injury Prevention and Control.)<sup>22</sup>

## Suicide Rates for Younger Adolescents:

- Both Boys and Girls dramatically rise in ages 10-14 after 2010.
- Boys increased 91%
- Girls increased 167%
- Rates of suicides are higher in Boys and rates of non-suicide self-harm and suicide attempts are higher for Girls.

## Communication Technology Adoption

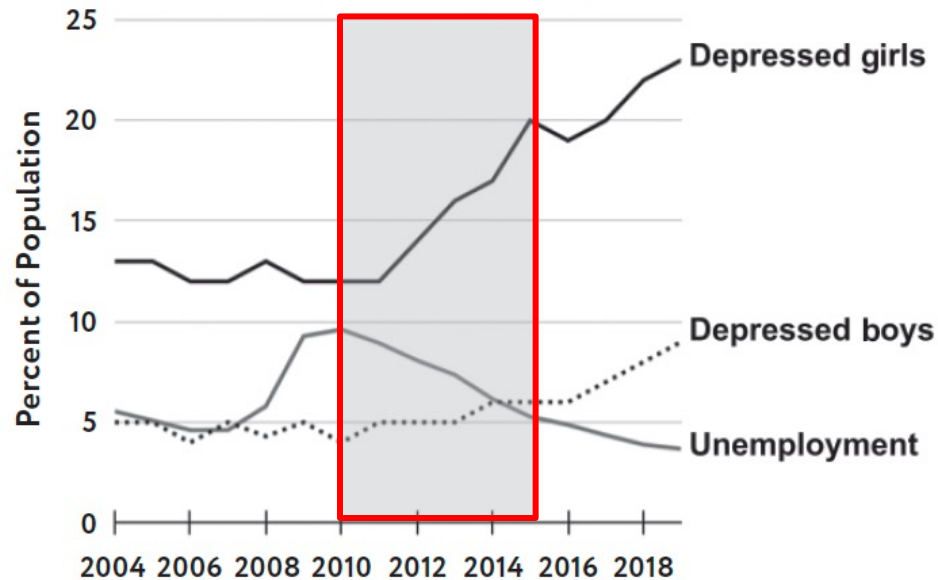


**Figure 1.6.** The share of U.S. households using specific technologies. The smartphone was adopted faster than any other communication technology in history. (Source: Our World in Data.)<sup>25</sup>

## Communication Technology Adoption:

- The Smartphone was introduced in 2007.
- Internet and Personal Computers have a paired pattern of uptake.
- Adoption of Smartphones and Social Media rise almost simultaneously.

## Teenage Depression vs. Adult Unemployment

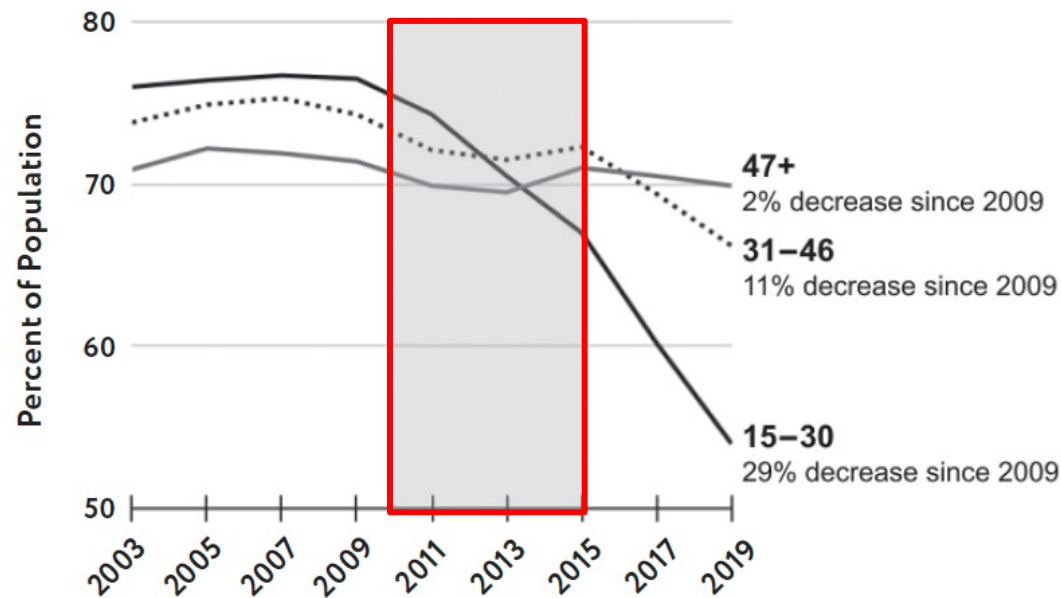


**Figure 1.7.** The U.S. unemployment rate (percent of adults in the labor market who are unemployed) fell continuously as the adolescent mental health crisis got worse. (Sources: U.S. Bureau of Labor Statistics and the U.S. National Survey Drug Use and Health.)<sup>40</sup>

### Teenage Depression vs. Adult Unemployment:

- Unemployment fell by more than 50% from 2010 and 2018.
- Depression in Girls exploded during the same time period.
- Although depression in Boys had a lower baseline, it also nearly doubled.

## Excellent or Very Good Mental Health, Canadian Women

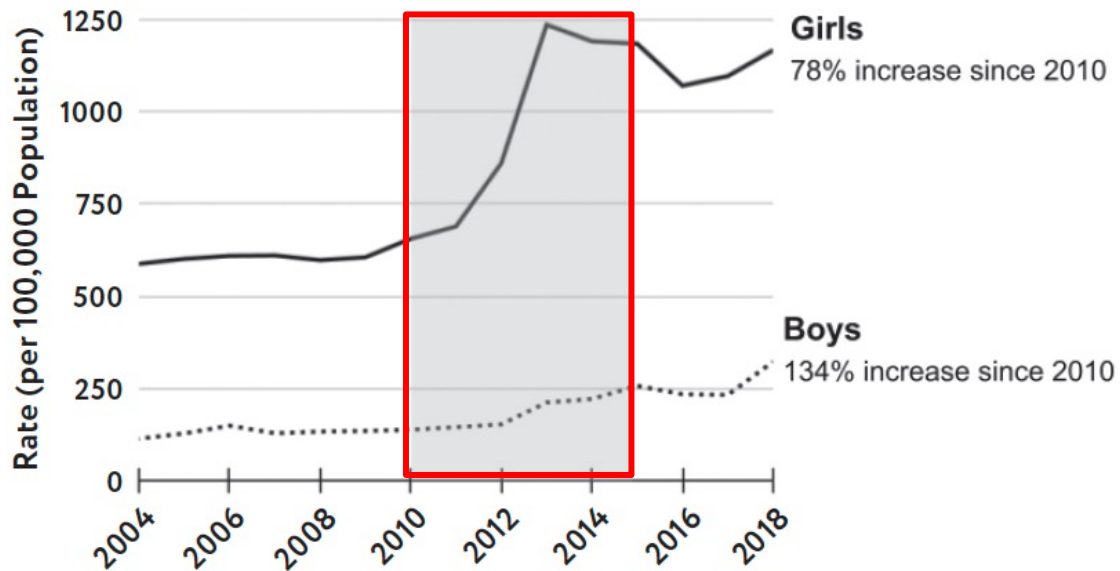


**Figure 1.8.** Percent of girls and women in Ontario, Canada, who reported that their mental health was either “excellent” or “very good.” (Source: D. Garriguet [2021], Portrait of youth in Canada: Data report.)<sup>47</sup>

## Excellent or Very Good Mental Health, Canadian Women:

- Girls and Women in Ontario Canada who reported their mental health was either “excellent” or “very good”.
- Women over 47 years of age decreased slightly at 2%.
- Those 31-46 decreased 11%.
- Those 15-30 years of age decreased 29% since 2009.

## Self-Harm Episodes, U.K. Teens

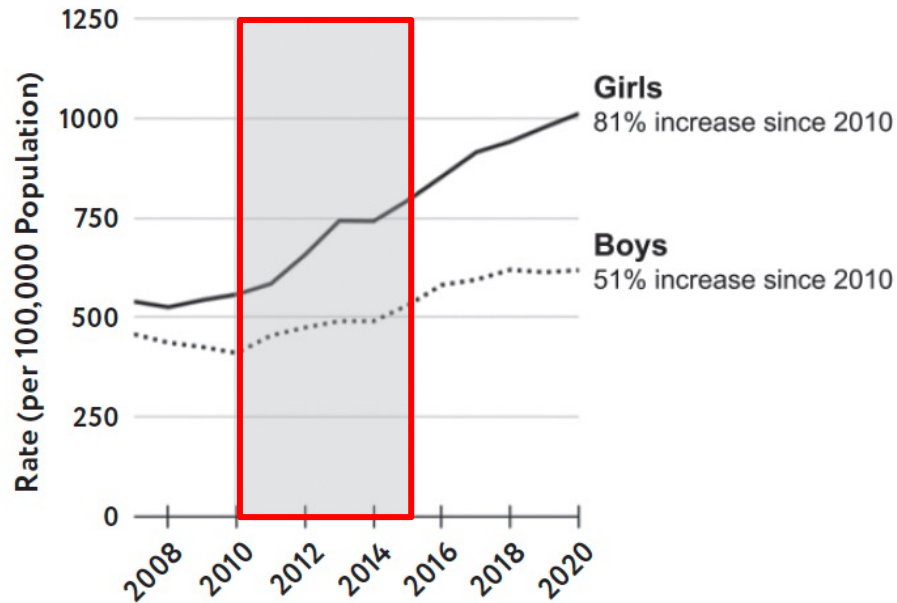


**Figure 1.9.** U.K. teens' (ages 13–16) self-harm episodes. (Source: Cybulski et al., 2021, drawing from two databases of anonymized British medical records.)<sup>51</sup>

## Self-Harm Episodes, U.K. Teens:

- The U.K. mirrors other nations in self-harm frequency.
- Girls self-harm increased 78% since 2010 (reported in 2021)
- Boys self-harm increased 134% since 2010.
- The English speaking countries have the same pattern of harm.

## Mental Health Hospitalizations, Australia

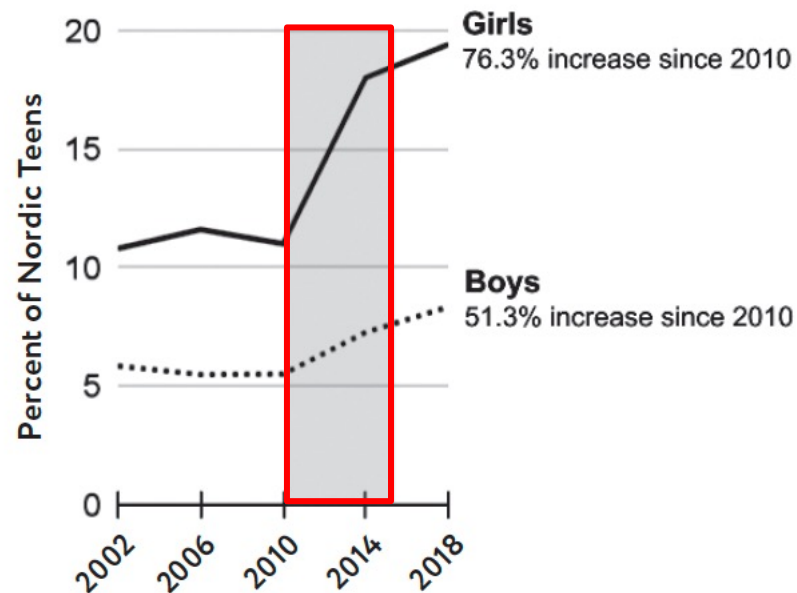


**Figure 1.10.** Rate at which Australian teens (ages 12–24) were kept in hospitals overnight for mental health reasons. (Source: Australia’s Health 2022 Data Insights.)<sup>53</sup>

## Mental Health Hospitalizations, Australia:

- As with the other English speaking nations, Australia had a decided upturn.
- Adolescents and young adults ages 12-24 were kept overnight for mental health reasons.

## High Psychological Distress, Nordic Nations

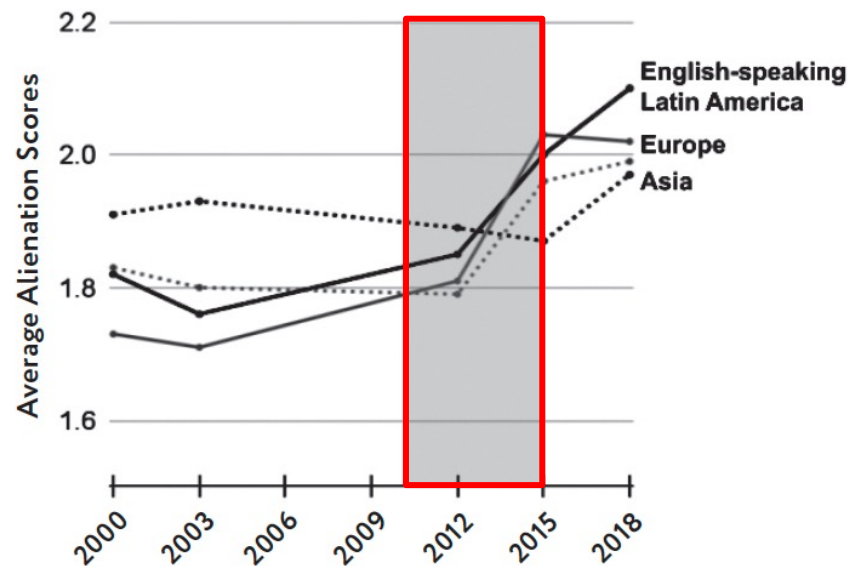


**Figure 1.11.** Percent of Nordic teens with high psychological distress (ages 11–15). (Source: Data from the Health Behavior in School Age Children Survey.)<sup>56</sup>

## High Psychological Distress in Nordic Nations:

- Nordic Teens ages 11-15 by survey were found to have dramatic increase in high psychological stress.
- Girls increased 76.3% between 2010 and 2018.
- Boys increased 51.3% during the same time period.
- Sweden, Denmark, Norway, and Iceland.
- “Pattern is indistinguishable from Anglo countries.” Haidt

## Alienation in School, Worldwide

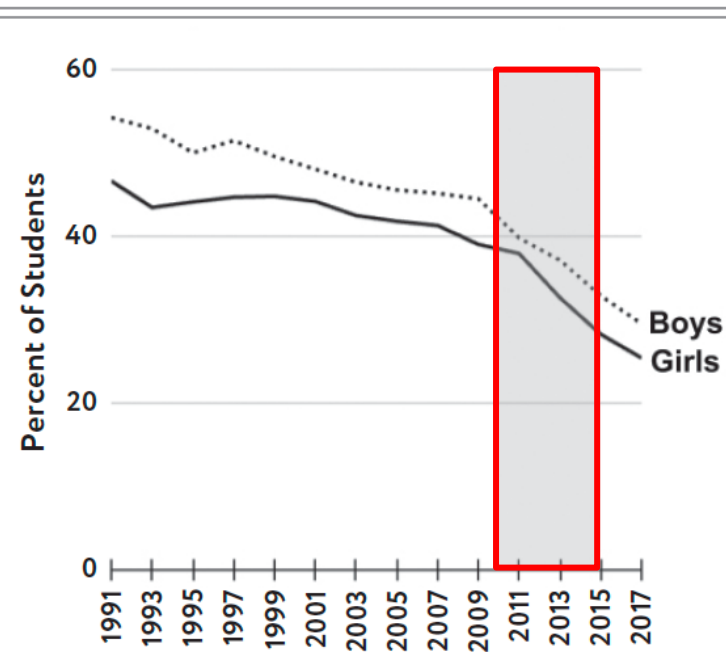


**Figure 1.12.** Worldwide school alienation scores over time (age 15). Note that the increase in school loneliness occurs in all regions other than Asia, mostly between 2012 and 2015. (These questions were not asked in the 2006 and 2009 surveys.) Scores range from 1 (low alienation) to 4 (high alienation). (Source: Twenge, Haidt et al. [2021]. Data from PISA.)<sup>59</sup>

## Alienation in School, Worldwide:

- Worldwide school alienation scores over time in 15 year old teens show a rise across the board.
- Scores range from a 1 which is “low Alienation” to a 4 which is “high alienation”.
- Haidt and Twenge analyzed responses from 37 countries in the form of 6 questions embedded in a much larger survey of students.
- U.S. financial crisis or U.S. issues did not cause this rise.

## Meet Up with Friends Daily

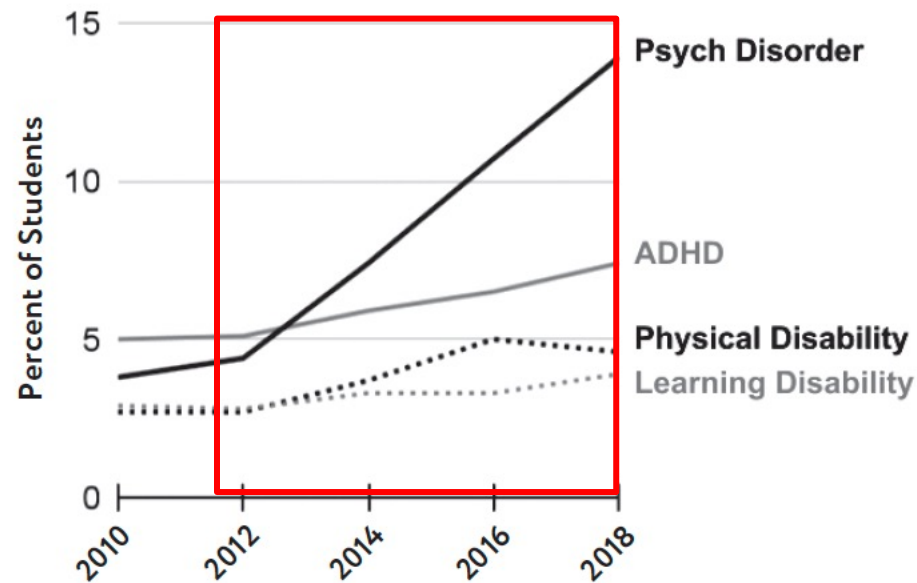


**Figure 2.1.** Percentage of U.S. students (8th, 10th, and 12th grade) who say that they meet up with their friends “almost every day” outside school.<sup>12</sup> (Source: Monitoring the Future. I explain how I use this important dataset in the endnotes.)<sup>13</sup>

## Meet Up with Friends Daily:

- U.S. 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> grade students who meet up with their friends “almost every day” outside of school.
- Haidt suggests the curve represents a shift from the “real world” to the “virtual world”.

## Self-Reported Disabilities, College Freshmen

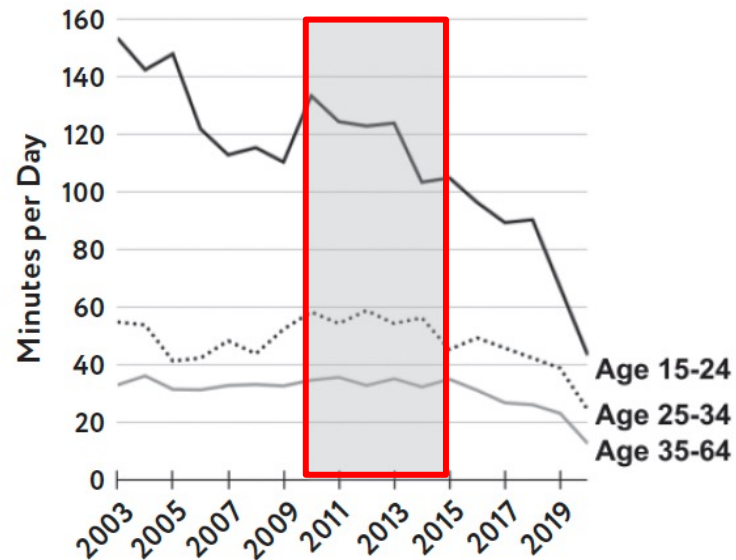


**Figure 3.2.** Percentage of U.S. college freshmen reporting various kinds of disabilities and disorders. (Source: Annual Freshman Survey, by UCLA's Higher Education Research Institute.)<sup>8</sup>

## Self-Reported Disabilities, College Freshmen:

- When Gen Z students hit college, the counseling centers were overwhelmed.
- Haidt states that well-intentioned parents have protected their kids that have left them unprepared for the stress of college.

## Daily Time with Friends, by Age Group



**Figure 5.1.** Daily average time spent with friends in minutes. Only the youngest age group shows a sharp drop before the 2020 data collection, which was performed after COVID restrictions had begun. (Source: American Time Use Study.)<sup>19</sup>

## Daily Time with Friends, by Age Group:

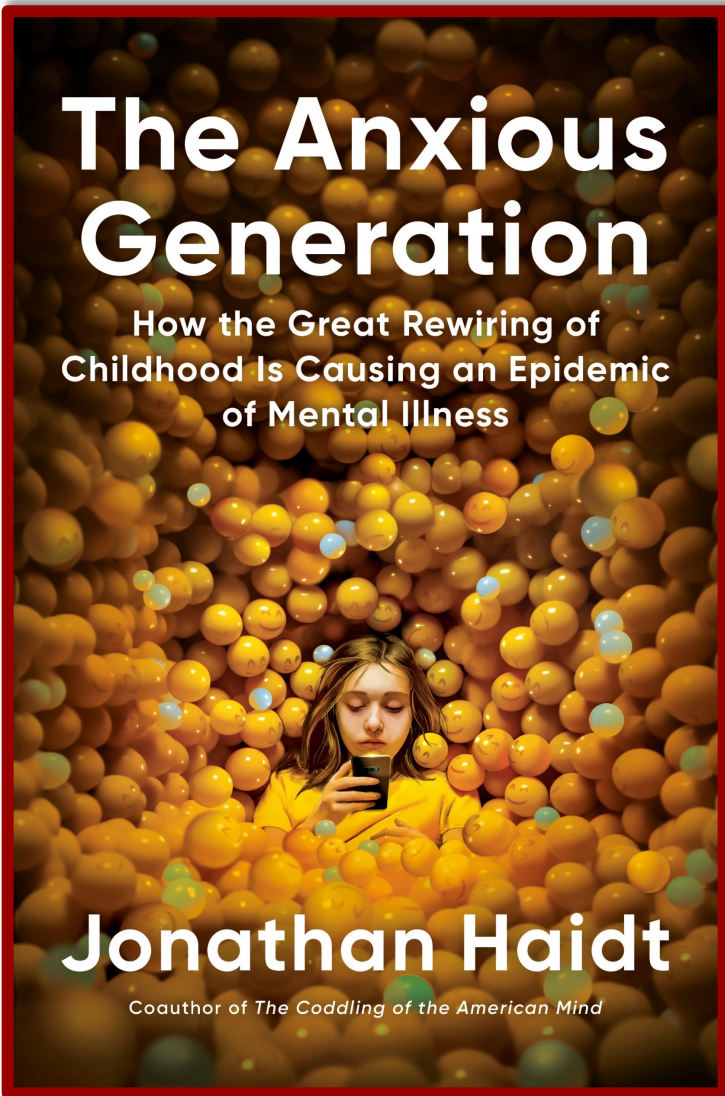
- Average daily time spent with friends plummeted even before the COVID crisis.
- The most impacted were the youngest most sensitive youth and young adults.

## Four Foundational Reforms:

1. **No smartphones before high school.** Parents should delay children's entry into round-the-clock internet access by giving only basic phones (phones with limited apps and no internet browser) before ninth grade (roughly age 14).
2. **No social media before 16.** Let kids get through the most vulnerable period of brain development before connecting them to a firehose of social comparison and algorithmically chosen influencers.
3. **Phone-free schools.** In all schools from elementary through high school, students should store their phones, smartwatches, and any other personal devices that can send or receive texts in phone lockers or locked pouches during the school day. That is the only way to free up their attention for each other and for their teachers.
4. **Far more unsupervised play and childhood independence.** That's the way children naturally develop social skills, overcome anxiety, and become self-governing young adults.

# What can Governments & Tech Companies Do?

- 1. Assert a Duty of Care.**
- 2. Raise Internet Adulthood to 16**
- 3. Facilitate Age Verification**
- 4. Encourage Phone-Free Schools**



## What Can the Government and Technology Companies Do?



# Social Media Priority



**“How do we consume as much of your time and conscious attention as possible?”**

**Sean Parker  
Facebook President 2017**

Source: The Anxious Generation Book

# Social Media Priority



**“How do we consume as much of your time and conscious attention as possible?”**

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## Social Media Priority



**“How do we consume as much of your time and **conscious attention as possible?**”**

**Sean Parker**  
**Facebook President 2017**

Source: The Anxious Generation Book

# Social Media Priority



**“Social-validation feedback loop”  
by which these companies exploit  
“a vulnerability in human psychology.”**

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# Social Media Priority



**“Social-validation feedback loop”  
by which these companies exploit  
“a vulnerability in human psychology.”**

**Sean Parker  
Facebook President 2017**

Source: The Anxious Generation Book

## Social Media Priority



**“Give you a little dopamine hit every once in a while, because someone liked or commented on a photo or a post or whatever...”**

**Sean Parker  
Facebook President 2017**

Source: The Anxious Generation Book

# Social Media Priority



**“And that’s going to get you to  
contribute more content,**

**Sean Parker  
Facebook President 2017**

Source: The Anxious Generation Book

## Social Media Priority



**“And that’s going to get you to  
contribute more content,**

**and that’s going to get you . . .  
more likes and comments.”**

**Sean Parker  
Facebook President 2017**

Source: The Anxious Generation Book

# Social Media Priority

Mark Zuckerberg



Kevin Systrom



Sean Parker

**“Understood this consciously...”**

**Sean Parker  
Facebook President 2017**

Source: The Anxious Generation Book

# Social Media Priority

Mark Zuckerberg



Kevin Systrom



Sean Parker

**“Understood this consciously...**

**And we did it anyway.”**

**Sean Parker  
Facebook President 2017**

Source: The Anxious Generation Book

# Social Media Priority

Mark Zuckerberg



Kevin Systrom



Sean Parker

**“Understood this consciously...**

**And we did it anyway.”**

**“God only knows what it’s doing to  
our children’s brains.”**

**Sean Parker  
Facebook President 2017**

Source: The Anxious Generation Book

# Social Media Priority

Mark Zuckerberg



Kevin Systrom



Sean Parker

**Our Attention:**  
**The PRECIOUS SUBSTANCE**

**Sean Parker**  
**Facebook President 2017**

Source: The Anxious Generation Book

# Social Media Priority

Mark Zuckerberg



Kevin Systrom



Sean Parker

**Our Attention:**  
**The PRECIOUS SUBSTANCE**

**They Extract:**  
**To Sell To Advertisers**

**Sean Parker**  
**Facebook President 2017**

Source: The Anxious Generation Book

# Social Media Priority

Mark Zuckerberg



Kevin Systrom



Sean Parker

**We ARE THE PRODUCT.**

**When we access information or services for free, it's usually because **we the users are the product.****

**Sean Parker  
Facebook President 2017**

Source: The Anxious Generation Book

# Social Media Priority

Mark Zuckerberg



Kevin Systrom



Sean Parker

**Our Attention:**  
**The PRECIOUS SUBSTANCE**

**Sean Parker**  
**Facebook President 2017**

Source: The Anxious Generation Book

# Social Media Priority

Mark Zuckerberg



Kevin Systrom



Sean Parker

**Our Attention:**  
**The PRECIOUS SUBSTANCE**

**They Extract:**  
**To Sell to Advertisers**

**Sean Parker**  
**Facebook President 2017**

Source: The Anxious Generation Book

# Food and Automotive Safety SAVED LIVES



Source: The Anxious Generation Book

# Food and Automotive Safety SAVED LIVES



**Both contributed to the long-running decline in children's mortality rates.**

Source: The Anxious Generation Book

# Design Choices May Drive Change

- Design choices that make it easier for **parents to make their own choices** about how and when their children enter the virtual world.

## Decline of Play-based Childhood

- Government Policies: Overzealous enforcement of vague state laws about child neglect.
- Rise of Phone-based Childhood.
- Virtual World is now more inviting than Real World.

## Age of Internet Adulthood Set Too Low

- Setting of the age of internet adulthood at 13 years of age was too low.
- The of lack enforcing it has created great harm.
- Legislation and new enforcement policies would be a tremendous help for parents

## Race to the Bottom of the Brainstem



- Exploiting psychological weaknesses that can be abused to capture attention.
- “It takes control of what we believe, while discriminating against our civility, our shared truth, and our calm.”

Tristan Harris

## Race to the Bottom of the Brainstem



They are appealing to our most **Primal Urges**.

Source: The Anxious Generation Book



## Tristan Harris

“A Call to Minimize  
Distraction and Respect  
Users’ Attention.”

Source: The Anxious Generation Book

## Google, Apple, and Facebook


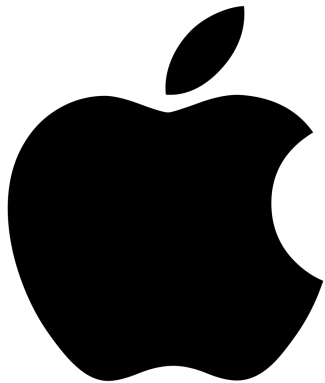
The Google logo, consisting of the word "Google" in its characteristic multi-colored font: blue 'G', red 'o', yellow 'o', blue 'g', green 'l', and red 'e'.

**“Three companies were shaping how most of humanity spent its limited attention”**



Source: The Anxious Generation Book

## Google, Apple, and Facebook

The Google logo, consisting of the word "Google" in its signature multi-colored font: blue 'G', red 'o', yellow 'o', blue 'g', green 'l', and red 'e'.

**“Three companies were shaping how most of humanity spent its limited attention”**

**“They are draining it away carelessly or deliberately.”**

Source: The Anxious Generation Book

## Google, Apple, and Facebook

The Google logo, consisting of the word "Google" in its characteristic multi-colored font: blue 'G', red 'o', yellow 'o', blue 'g', green 'l', and red 'e'.

**“The design choices made by tech companies, Harris asserted, had resulted in...**



Source: The Anxious Generation Book

## Google, Apple, and Facebook

The Google logo, consisting of the word "Google" in its characteristic multi-colored font: blue 'G', red 'o', yellow 'o', blue 'g', green 'l', and red 'e'.

**“The design choices made by tech companies, Harris asserted, had resulted in...**

**A global collapse of the amount of attention available for anything beyond screens.”**

[ Center for Humane Technology ]


KEY ISSUES

SOLUTIONS

RESOURCES

Together we can align technology  
with humanity's best interests.

Tristan  
Harris



### ARTIFICIAL INTELLIGENCE

Companies are racing to release exponentially advancing AI. We are working to match this innovation with service to humanity. In this 1-hour viral presentation, Tristan Harris and Aza Raskin map where we're heading and how we can respond.

[WATCH THE AI DILEMMA](#)

Source: The Anxious Generation Book

## Race to the Bottom of the Brainstem



**“The companies are stuck in a collective action problem known as a race to the bottom”**

Source: The Anxious Generation Book

## Race to the Bottom of the Brainstem



**“The companies are stuck in a collective action problem known as a race to the bottom”**

**”If one of them fails to exploit an available psychological weakness, it puts itself at a disadvantage relative to less scrupulous competitors.”**

**Tristan Harris**

Source: The Anxious Generation Book

# Race to the Bottom of the Brainstem



**“In an attention economy, there’s only so much attention and the advertising business model always wants more...”**

**Tristan Harris**

Source: The Anxious Generation Book

## Race to the Bottom of the Brainstem



**“In an attention economy, there’s only so much attention and the advertising business model always wants more...**

**So, it becomes a race to the bottom of the brainstem...**

**Tristan Harris**

# “Downgrading Humans” Through Technology



Source: <https://www.youtube.com/watch?v=I2tZLesCX4M>

# Pornography and Video Games



**Blaze media**  
**Pornhub**

RELIABLE

Investigative journalist discovers a shocking truth about Pornhub

BLAZETV STAFF  
JANUARY 12, 2024



## Most Popular Video Games of 2024



Source: <https://www.youtube.com/watch?v=I2tZLesCX4M>

# Congressional Testimony Tristan Harris



Source: The Anxious Generation Book

## **Three Basic Imperatives:**

- 1. Get More Users.**
- 2. Get Users To Spend More Time Using the App.**
- 3. Get Users to Post and Engage With More Content.**

**Jonathan Haidt**



**Mark Zuckerberg**

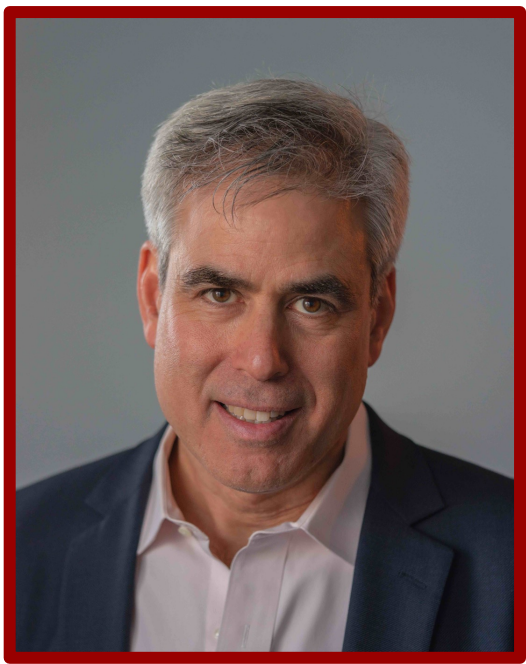


Source: The Anxious Generation Book

# Underage Users



**Jonathan Haidt**



**Mark Zuckerberg**

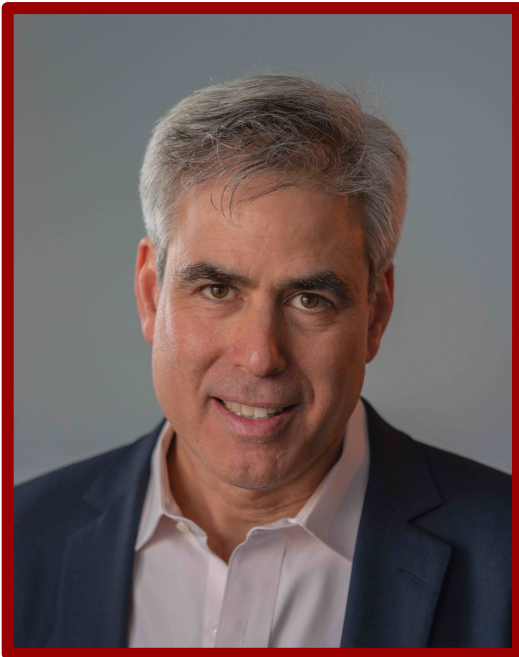


Source: The Anxious Generation Book

# Underage Users



Jonathan Haidt



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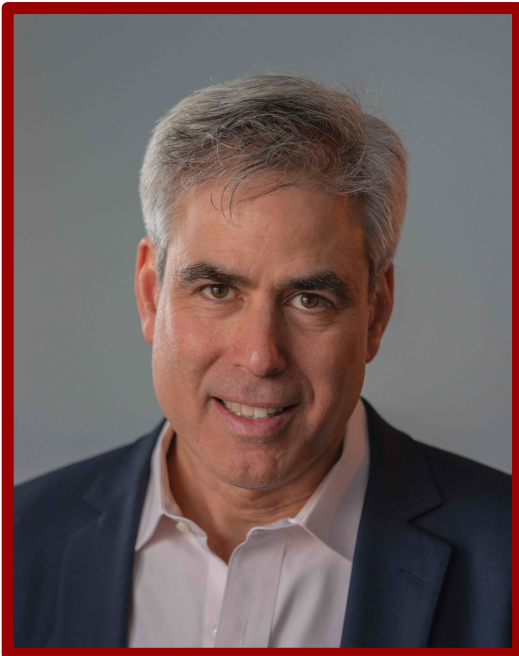
**“But we don’t allow anyone under 13 to open an account.”**

Source: The Anxious Generation Book

# Underage Users



**Jonathan Haidt**



**Mark Zuckerberg**



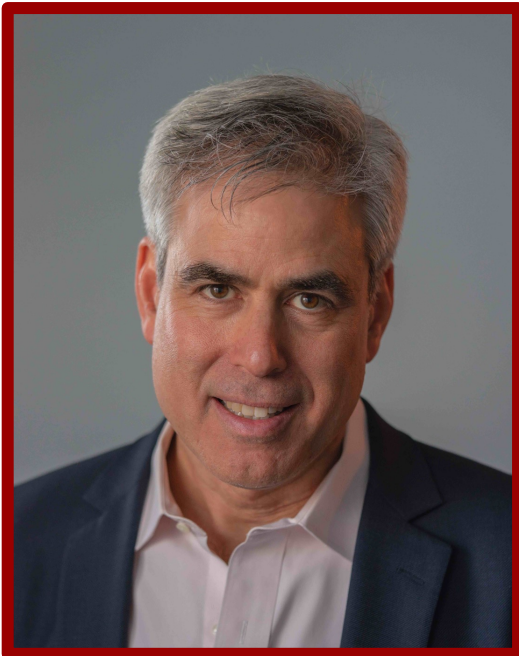
**“We’re working on that.”**

Source: The Anxious Generation Book

# Underage Users



**Jonathan Haidt**



**Mark Zuckerberg**



**“We’re working on that.”**

**There is still no age verification.**

## Underage Users



**Younger users are particularly valuable because the habits they form early often stick with them for life.**

Source: The Anxious Generation Book

## Underage Users



**Younger users are particularly valuable because the habits they form early often stick with them for life.**

Source: The Anxious Generation Book

## Underage Users



**They view the loss of market share among younger users as **an existential threat.****

# Underage Users



**Another Race to the Bottom**

**To the youngest of us.**

## Whistleblower Testimony: Frances Haugen

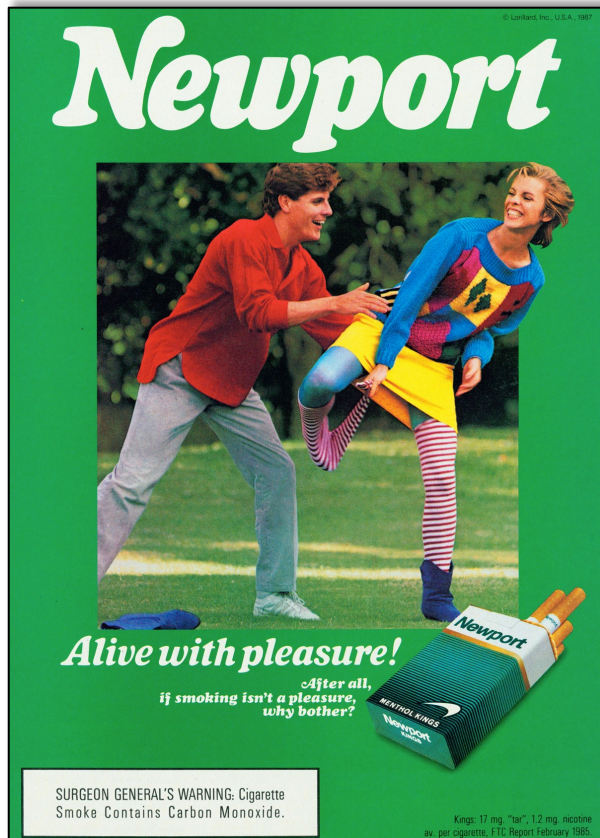


**“Meta has long  
been trying to  
attract pre-teens”**

**Frances Haugen**

Source: The Anxious Generation Book

# Race the Bottom of the Age Pyramid



**Like Tobacco  
Companies did they  
market to our youth.**

Source: The Anxious Generation Book

## Race the Bottom of the Age Pyramid



**Second Imperative:**

**They therefore view the loss of market share among younger users as an existential threat.**

Source: The Anxious Generation Book

# Race the Bottom of the Brainstem



**Features like auto play and infinite scroll encourage increased consumption of content in an automatic, zombie-like way.**

Source: The Anxious Generation Book

## Race the Bottom of the Brainstem



Modern video games use different tricks to keep users playing such as **free-to play business models, validation feedback loops, “loot boxes” that are essentially gambling, and never-ending multiplayer games.**

Source: The Anxious Generation Book

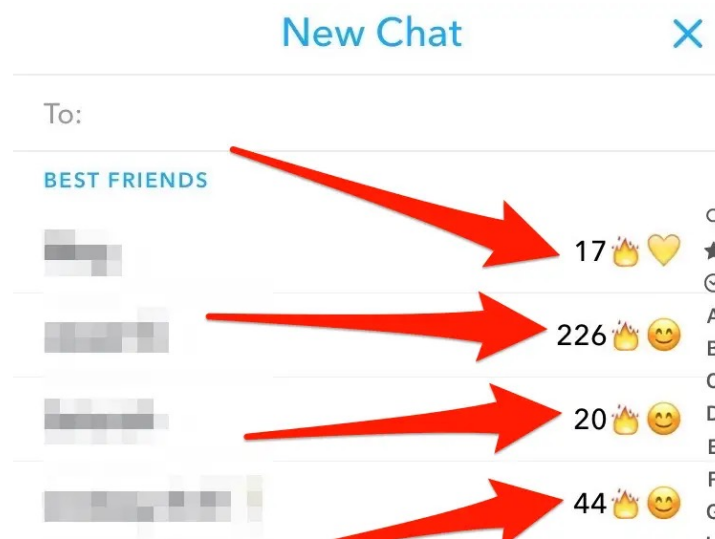
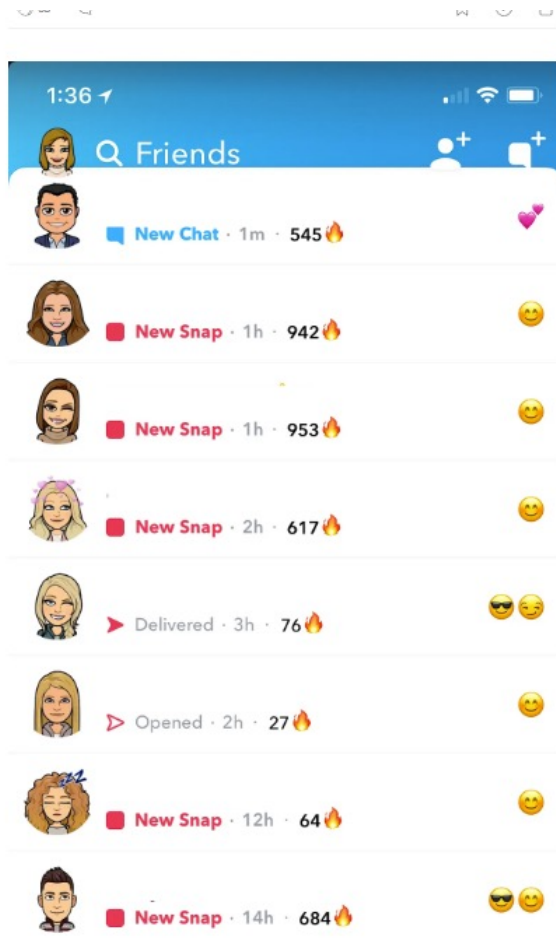
# Race the Bottom of the Brainstem



**Incentivizing users to post more content:**

**Platforms take advantage of the fact that adolescents are highly sensitive to social status and social rewards.**

# Don't Put Out the Fire- A Snapchat Streak Addiction



## Snapchat Streak

Snapchat streaks pressure kids to spend more time than they themselves want to spend maintaining network connections, **leaving less time for real-world interaction.**

Source: The Anxious Generation Book

## Race the Bottom: The Brainstem & Age



**Minors should be protected from products that are designed to addict them.**

Source: The Anxious Generation Book

# What can Governments & Tech Companies Do?

- 1. Assert a Duty of Care.**
- 2. Raise Internet Adulthood to 16**
- 3. Facilitate Age Verification**
- 4. Encourage Phone-Free Schools**

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**Beeban Kidron**

Source: The Anxious Generation Book



**Beban Kidron**



Source: The Anxious Generation Book



Source: The Anxious Generation Book

## CA Age Appropriate Design Code Do's and Don'ts for Companies

### COMPANIES MUST STOP:

- Using data about kids in ways that harm them or for which they didn't ask permission
- Tracking kids' locations (unless essential) and tracking location without making it clear
- Collecting unnecessary personal data about kids, profiling kids, or selling kids' data
- Tricking kids with dark patterns

### COMPANIES MUST:

- Assess how they use kids' data before their products cause harm
- Set default settings to the most private level and provide all privacy notices in clear language that young users can understand
- Make it easy for kids to report privacy concerns
- Let kids know when they are being monitored or tracked

Source: The Anxious Generation Book

# AADC: Age Appropriate Design Code



“They have a duty to design their services in the “best interests” of children, and **the code defines children as anyone under the age of 18.** “

Source: The Anxious Generation Book

# AADC: Age Appropriate Design Code



**The best interest of the child is served by setting all defaults about privacy to the highest standard...**

**The best interest of the company is served by making the child's post visible to the widest audience possible.**

# AADC: Age Appropriate Design Code



**Default Settings to be Private.**  
**The child must make an active choice to change a setting if she wants her posts to be viewable by strangers.**

# AADC: Age Appropriate Design Code



Source: The Anxious Generation Book

# AADC: Age Appropriate Design Code



**Platforms must be transparent and clear about what they are doing,**

Source: The Anxious Generation Book

## AADC: Age Appropriate Design Code



It wasn't worth the difficulty to offer different products in different countries, **so tech companies made a few of the changes globally**

## The Age Appropriate Design Code: How It Works

In the UK, the Age Appropriate Design Code has been law since Sept 2021 where companies have since enacted hundreds of design changes. The AADC also passed into law in California in 2022. The Code applies to all products and services reasonably likely to be accessed by under 18 year olds (where children and teens are a significant number of users) and applies to for-profit companies with annual gross revenues in excess of \$25 million.<sup>1</sup> Under the AADC:

<b>Companies Must Stop:</b>	<b>Companies Must:</b>
Selling kids personal information.	Set all default settings to the most private.
Profiling kids and less profiling can be shown to be in their best interests.	Design age-appropriate experiences for kids' based on set for age ranges.
Collecting personal information about kids that they don't need to deliver the service.	Make it easy for kids to report privacy concerns.
Designing features that are detrimental to kids well-being.	Determine whether kids are responsibly likely to access their online products, service, or feature.
Tracking kids' location unless doing so is essential for the service.	The kids know when they are being monitored or tracked.
Using kids data in ways for which they have not obtained explicit permission.	Provide privacy notices in clear language that young users can understand.
Using manipulative design to get kids to sign away their information.	Conduct a risk assessment of how they use kids' data.

Source: The Anxious Generation Book



Source: The Anxious Generation Book

## Kids Online Safety Act



Longstanding paralysis of U.S. Congress has led to the responsibility **falling to individual states and governors to try to protect the children in their states from predatory online practices.**

# Kids Online Safety Act



## A Opposing Concern:

The government will be telling people what they can and cannot say on the internet, and the government might well censor one side of the political spectrum or the other.

Source: The Anxious Generation Book

## Kids Online Safety Act



Design decisions are 100% within the control of the platforms... **they can incentivize or amplify harmful experiences.**

Source: The Anxious Generation Book

## Kids Online Safety Act



**Design changes such as setting privacy preferences to maximum privacy by default don't give an advantage to either side of the political spectrum.**

Source: The Anxious Generation Book

# Kids Online Safety Act



## Viewpoint Neutral Changes:

**TikTok limited the ability of teenagers to be contacted by strangers via direct message.**

**Facebook pulled back on how advertisers could target underage users with personalized ads**

Source: The Anxious Generation Book

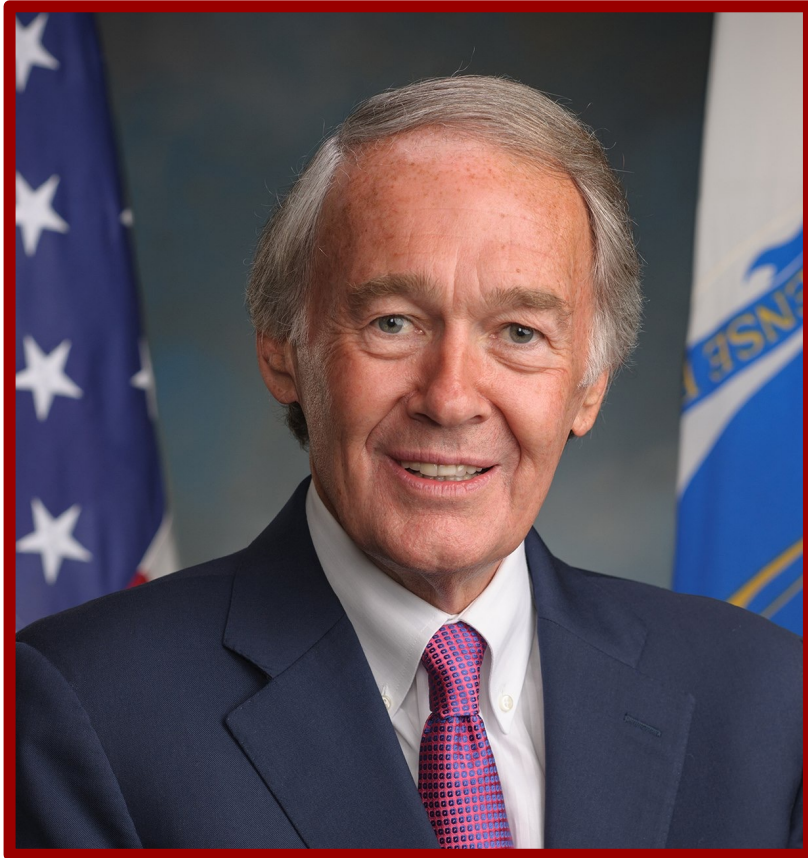
## Kids Online Safety Act



**Haidt recommends that the Age of Internet Adulthood be raised to 16.**

Source: The Anxious Generation Book

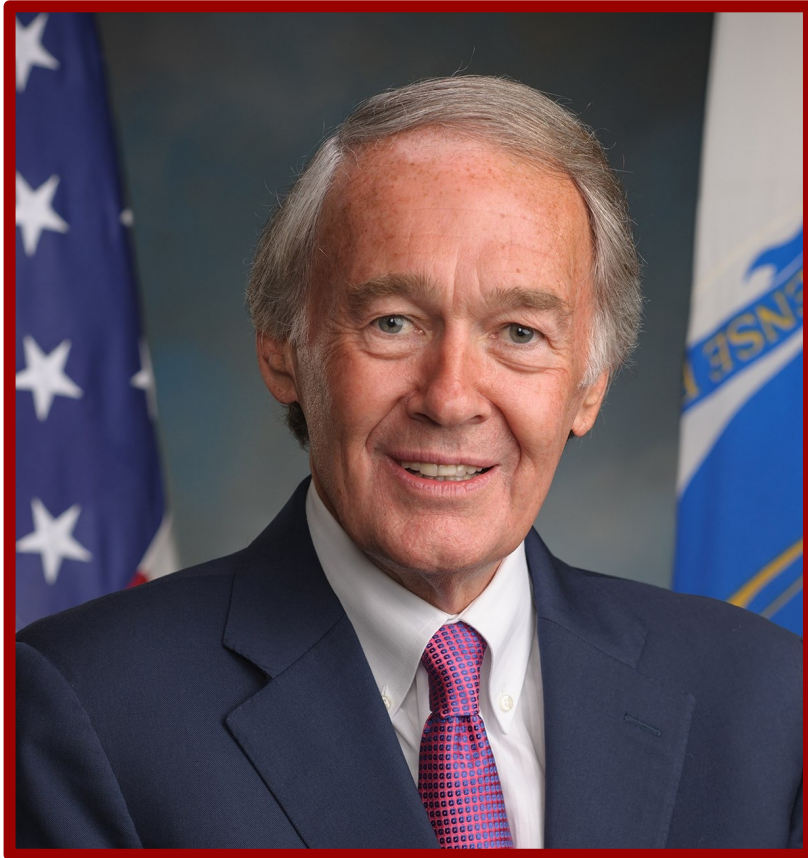
# Age of Internet Adulthood



**Ed Markey, from Massachusetts, drafted such a bill, and he defined a child as anyone under the age of 16, for data collection purposes**

Source: The Anxious Generation Book

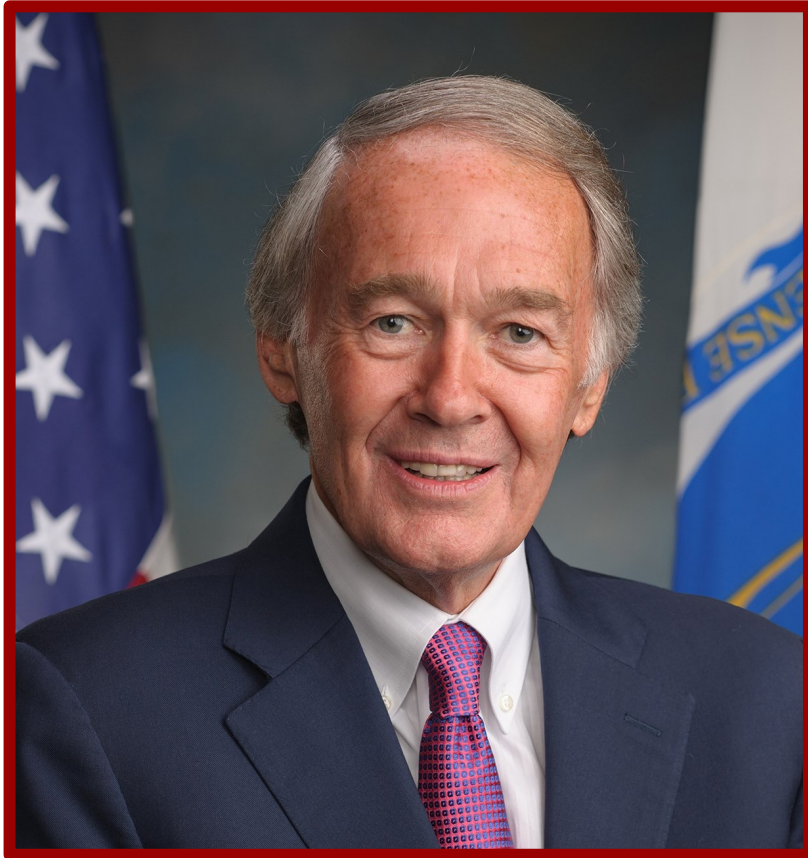
# Age of Internet Adulthood



**A political compromise was reached that the age would be lowered to 13.**

Source: The Anxious Generation Book

## Age of Internet Adulthood



**“It was too young and I knew it was too young then. It was the best I could do.”**

Source: The Anxious Generation Book

## **COPPA:** The Children's Online Privacy Protection Act of 1998



**COPPA (Children's Online Privacy Protection Act), also failed to impose any obligation on companies to verify anyone's age.**

## **COPPA:** The Children's Online Privacy Protection Act of 1998



There has been no subsequent action by Congress since then. **Several bills are being considered, including an update of COPPA that would raise the age back to 16.**

## **COPPA: The Children's Online Privacy Protection Act of 1998**



**COPPA sent a signal to parents that the government thinks 13 is an appropriate age for children to be opening accounts and using these services. Like the PG-13 designation of Motion Picture Association. Image of PG 13 icon**

## Raise Internet Adulthood to 16



**Haidt addresses Internet Adulthood to be the age at which a minor **can enter into a contract with a company to use the company's products.****

Source: The Anxious Generation Book

## Raise Internet Adulthood to 16



**When a child can open an account on YouTube or TikTok and begin uploading her own videos and getting her own highly customized feed and giving company data to sell.**

Source: The Anxious Generation Book

## Raise Internet Adulthood to 16



**I'm fighting AI and I can't beat that. I can't beat a computer that is smarter than me and that is telling her how to outwit me."**

Source: The Anxious Generation Book

## Raise Internet Adulthood to 16



**We can't put the entire burden of policing minimum ages on parents, any more than we would do so when teens try to buy liquor.**

Source: The Anxious Generation Book

# What can Governments & Tech Companies Do?

1. **Assert a Duty of Care.**
2. **Raise Internet Adulthood to 16**
3. **Facilitate Age Verification**
4. **Encourage Phone-Free Schools**

## Raise Internet Adulthood to 16



**At 16 adolescents are not adults, but they are more mature and capable than they were at 13.**

Source: The Anxious Generation Book

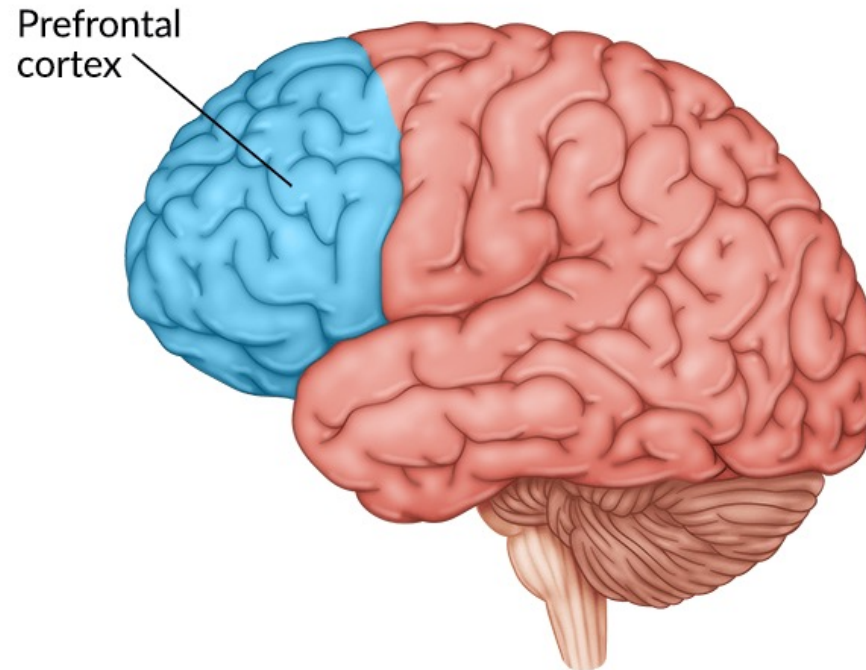
## Raise Internet Adulthood to 16



**The most sensitive period for harm from social media which is 11-13 for girls and 14-15 for boys.**

Source: The Anxious Generation Book

# Threats to Girls and Boys



**Adolescents at 16 are Not Adults:  
Frontal Cortices of the Brain Still Developing**

## Raise Internet Adulthood to 16



**Social media, video games, porn, and other addictive activities will still harm many of them in a variety of ways.**

Source: The Anxious Generation Book

## Raise Internet Adulthood to 16



**13 is way too low and 16 is a more reasonable and achievable compromise**

Source: The Anxious Generation Book

## Raise Internet Adulthood to 16



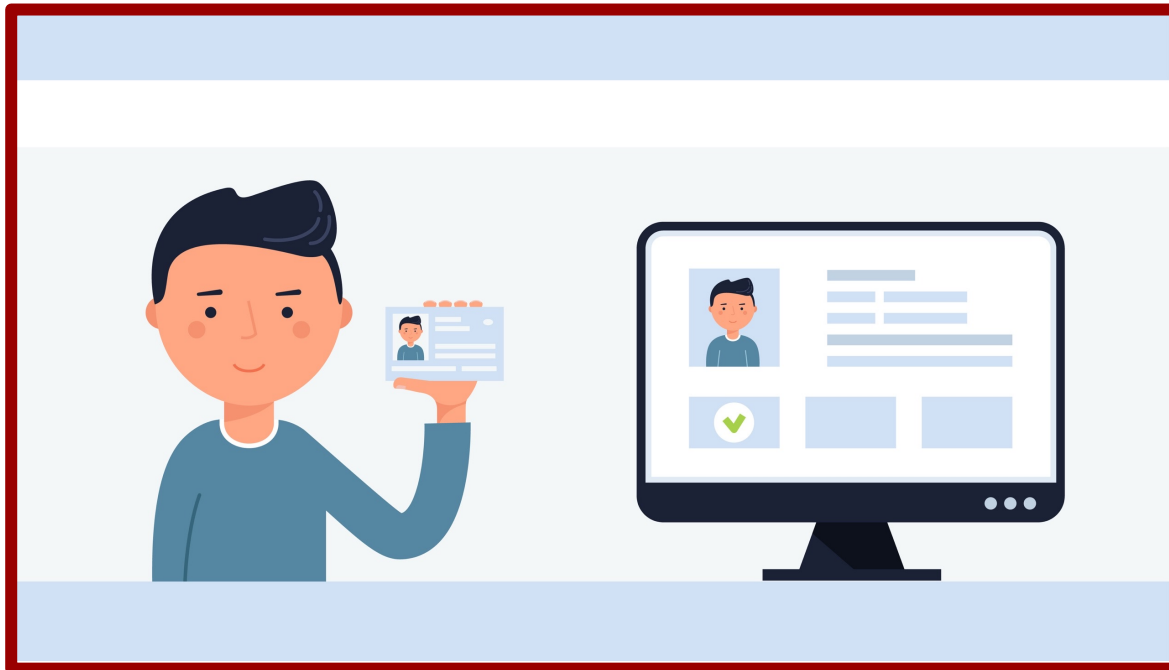
**16 and 17 year-olds are still minors, and the protections in any version of an Age Appropriate Design Code should still apply to them.**

Source: The Anxious Generation Book

# What can Governments & Tech Companies Do?

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## Facilitate Age Verification



**The law required sites whose content is more than one-third pornographic to verify that visitors were over 18.**

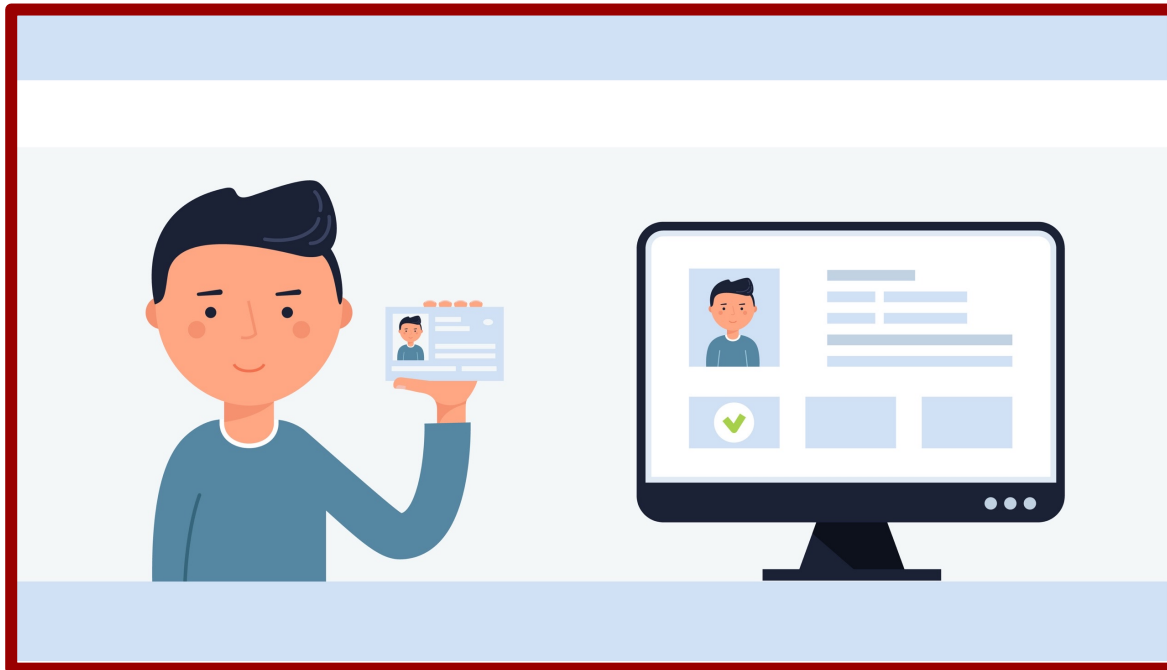
## Facilitate Age Verification



**States could easily provide identification cards for young people who do not yet have a driver's license.**

Source: The Anxious Generation Book

## Facilitate Age Verification



**There ways of verifying age that would still allow people to use a site anonymously.**

## Facilitate Age Verification



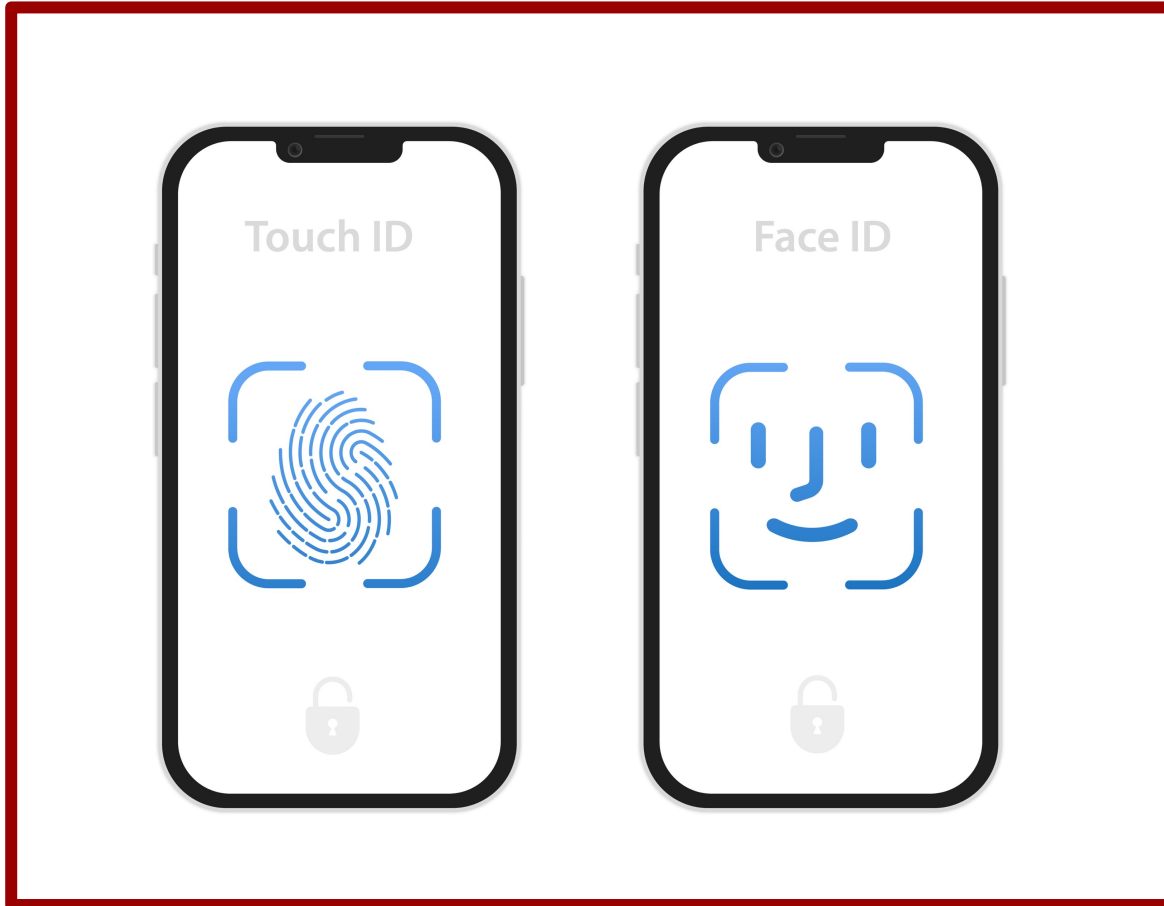
**Have sites farm the job out to another company that simply reports back to the platform.**

## Facilitate Age Verification



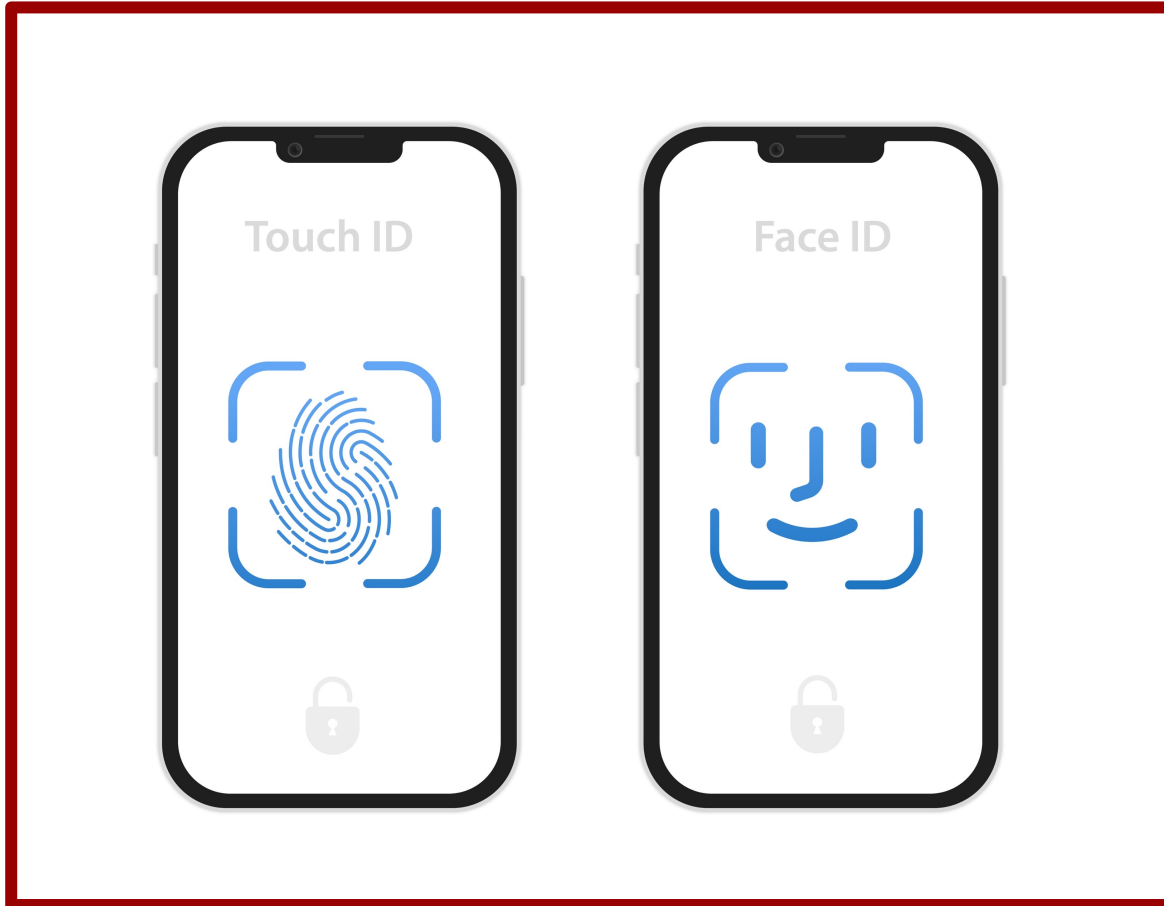
**Issuing a blockchain token to anyone who is verified once, by a reliable method.**

## Facilitate Age Verification



**Biometrics can be used to establish identity.**

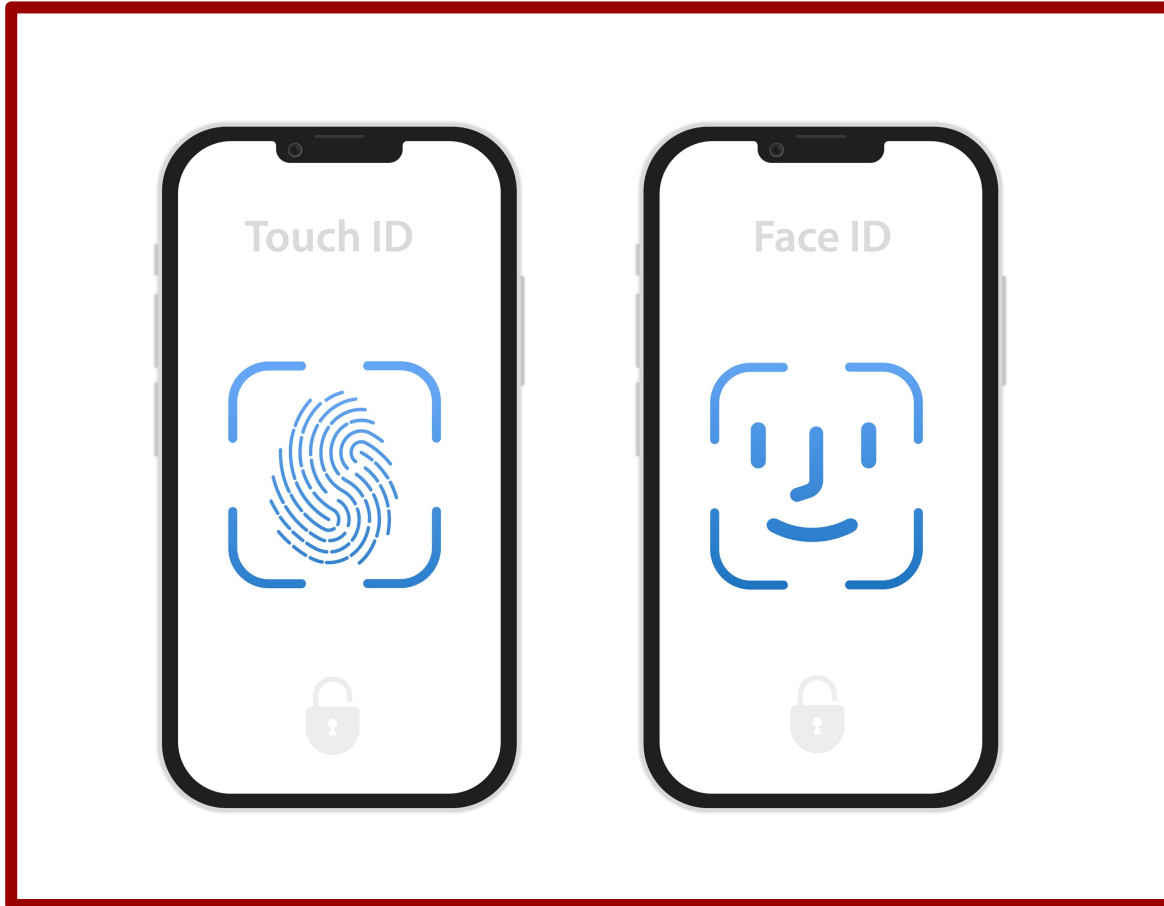
## Facilitate Age Verification



**Haidt hopes that companies that want to enforce a minimum age will begin to offer a menu of options from which the user can pick.**

Source: The Anxious Generation Book

## Facilitate Age Verification



**Some of the methods would take only a few seconds.**

## Facilitate Age Verification



**There is no method that could be applied to everyone who comes to a site in a way that is perfectly reliable and raises no privacy or civil liberties objections.**

Source: The Anxious Generation Book

# Facilitate Age Verification



**Haidt believes that parents should have a way of marking their child's phones, tablets, and laptops as devices belonging to a minor.**

Source: The Anxious Generation Book

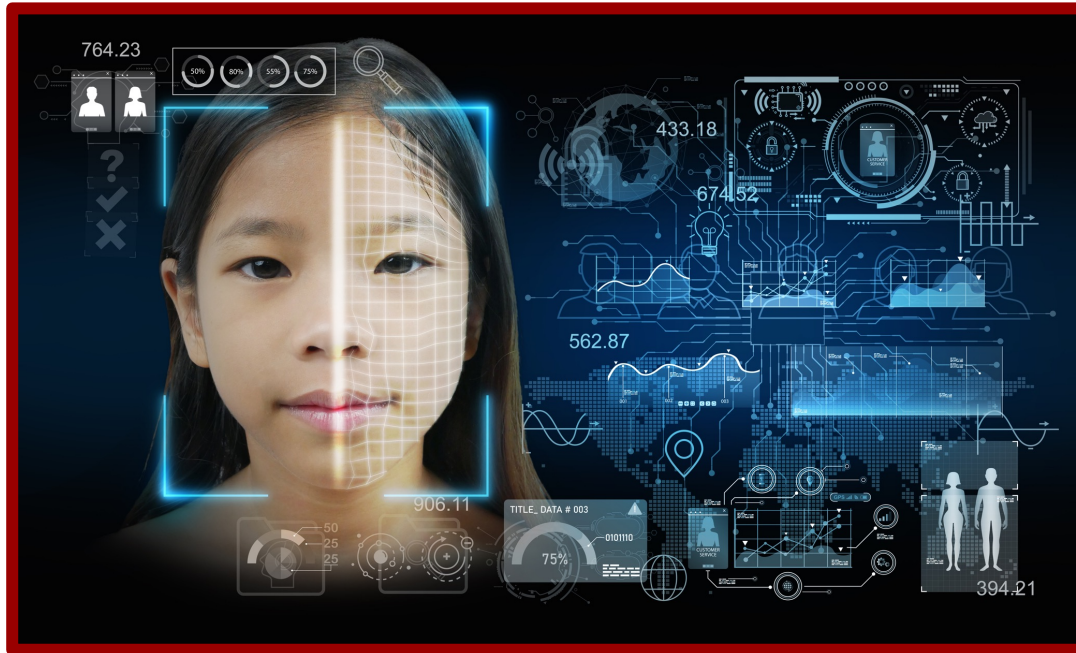
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**“This person is underage; do not admit without parental consent.”**

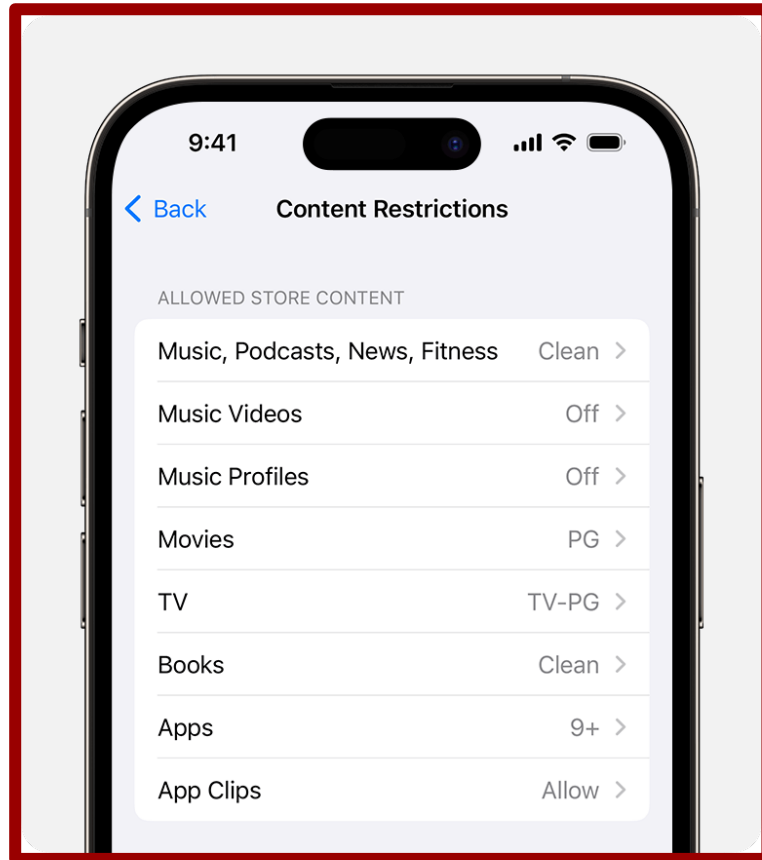
Source: The Anxious Generation Book

# Facilitate Age Verification



**Apple, Google, and Microsoft should add a feature to their existing parental controls.**

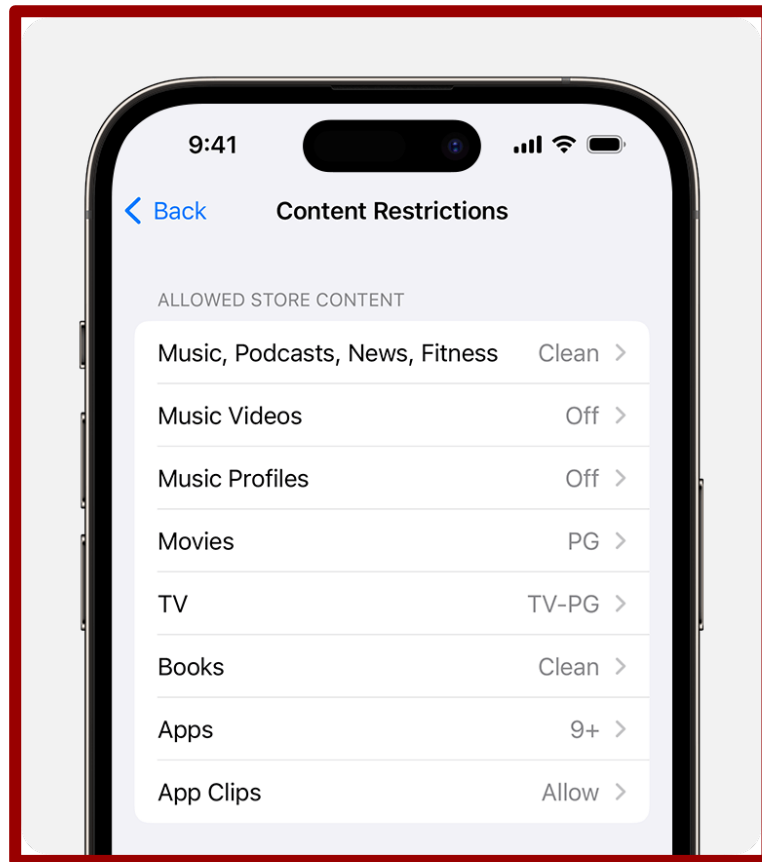
# Facilitate Age Verification



**In Apple's iOS parents already set up family accounts and put in the correct birth dates for their children when they give them their first iPhones.**

Source: The Anxious Generation Book

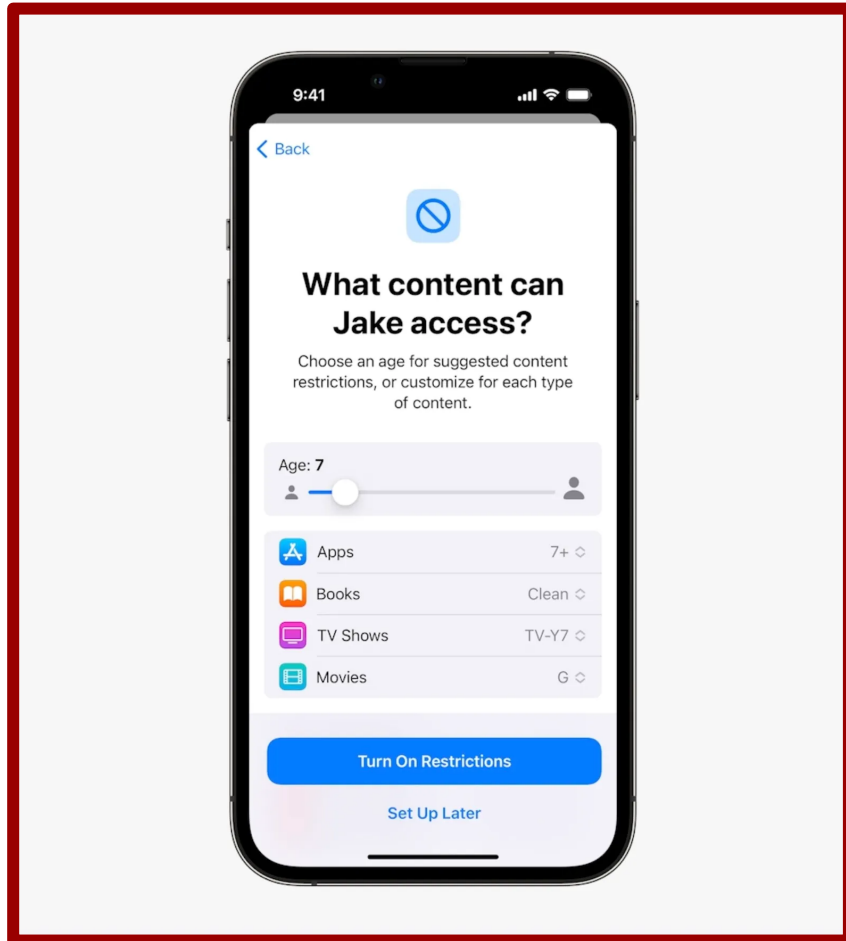
# Facilitate Age Verification



**Haidt asks, why not just expand that ability so that a parent's choice is respected by all platforms for which age restrictions are appropriate, or required by law?**

Source: The Anxious Generation Book

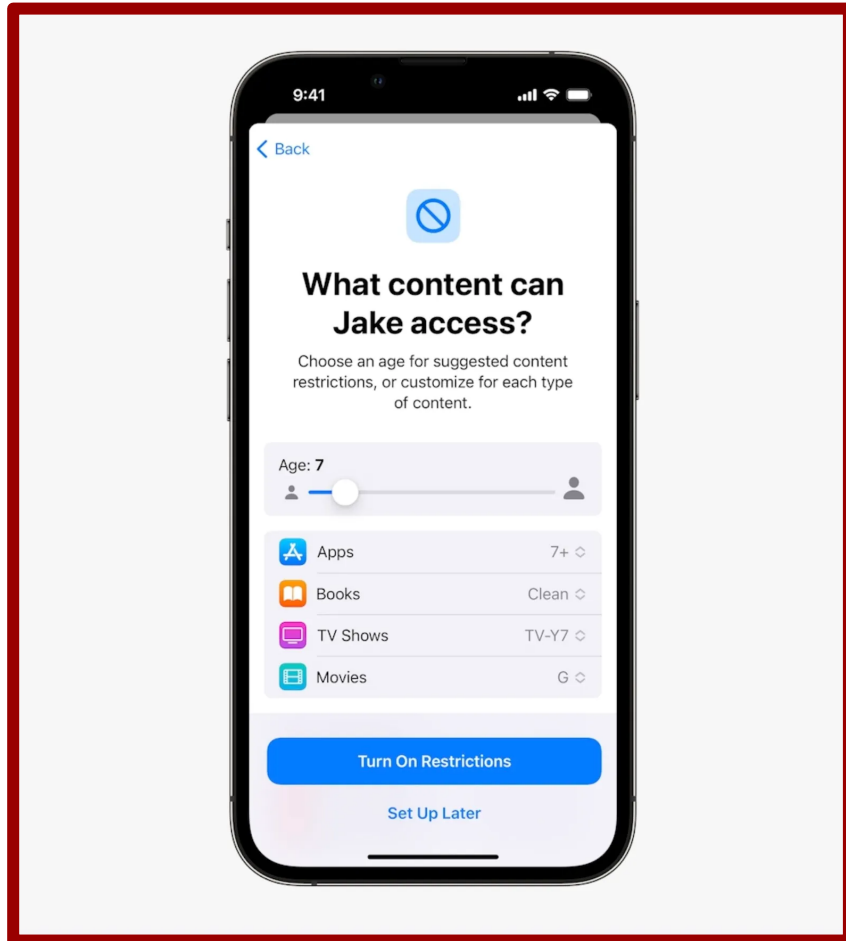
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**It could be named Age Check, which would be set to “on” by default whenever a parent creates an account for a child under the age of 18.**

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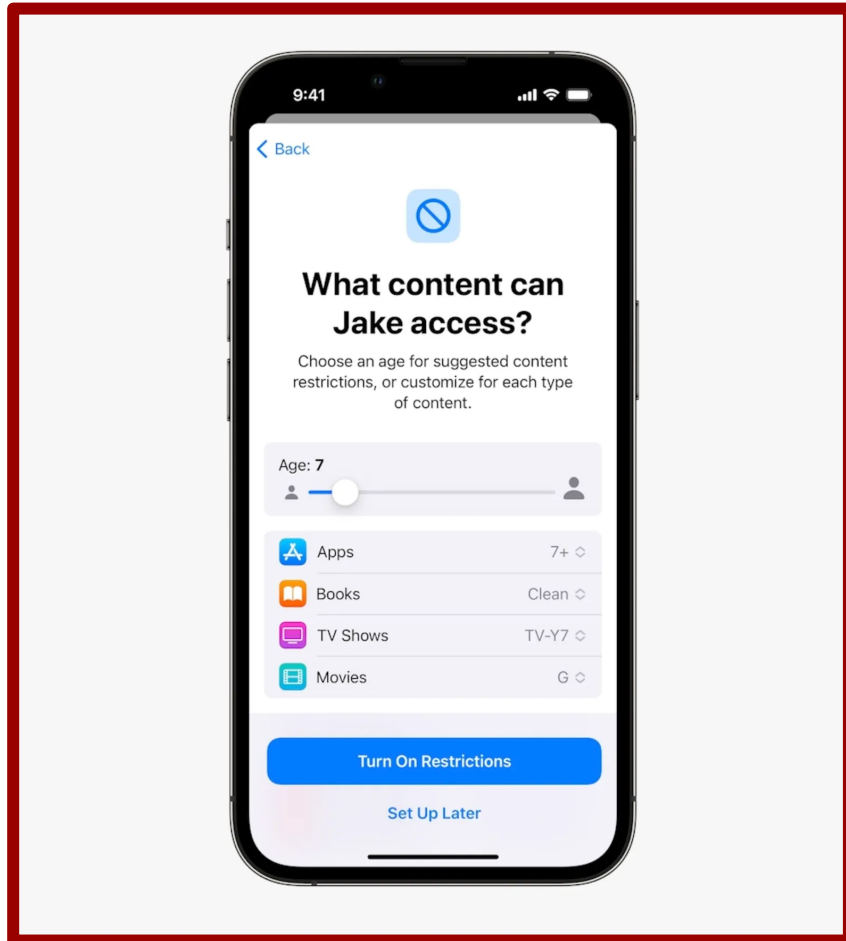
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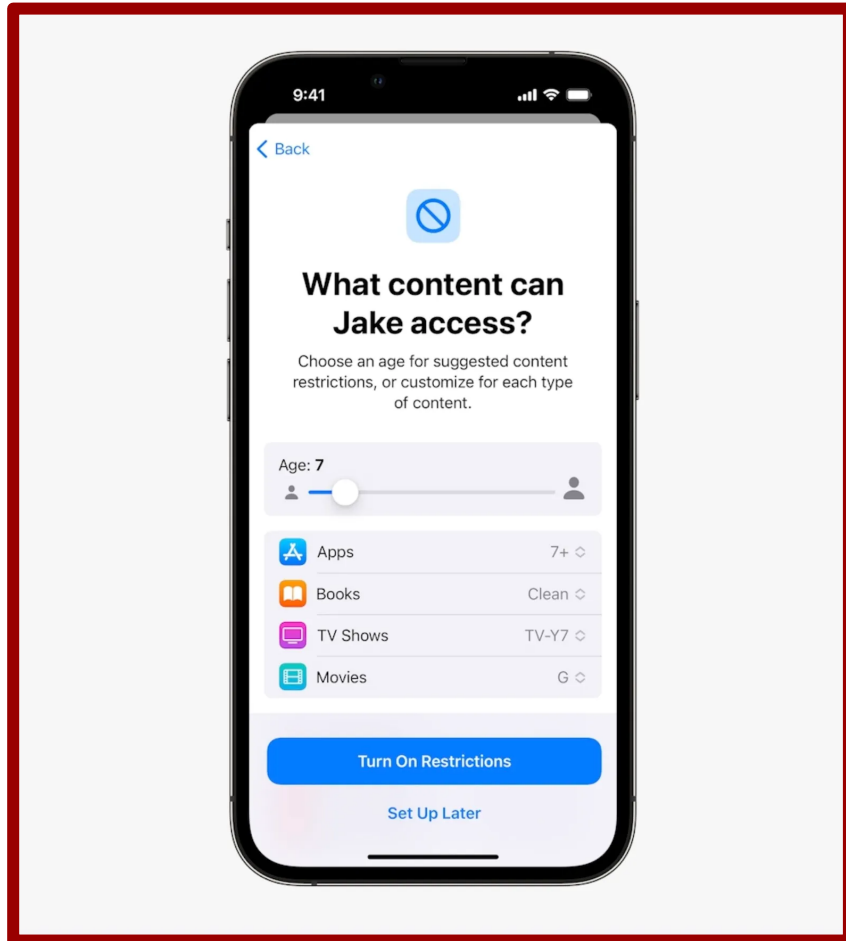
# Facilitate Age Verification



**The parent can choose to turn age check off, but if on is the default, then it would be very widely used.**

Source: The Anxious Generation Book

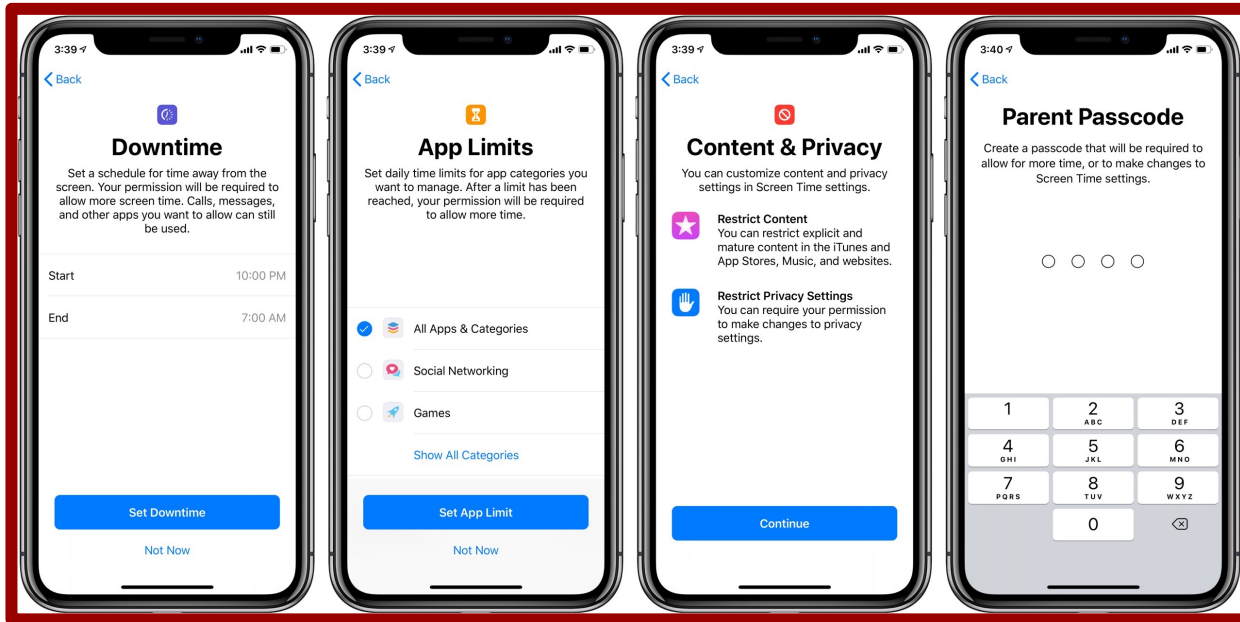
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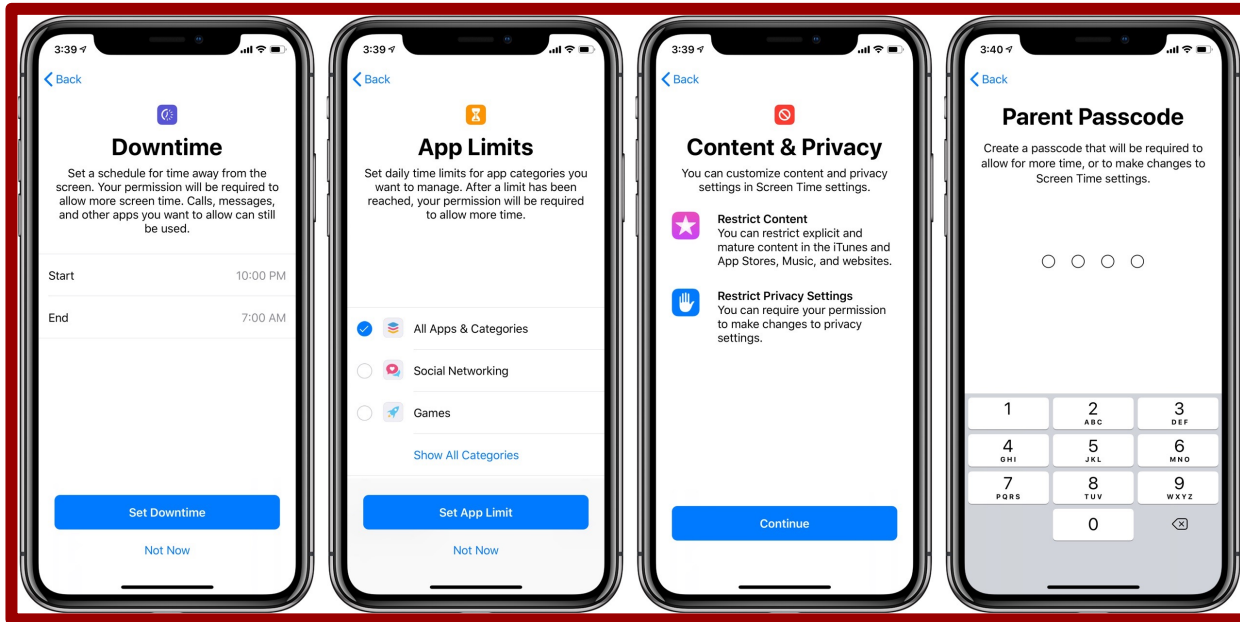
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1. Is age check on? If so, then

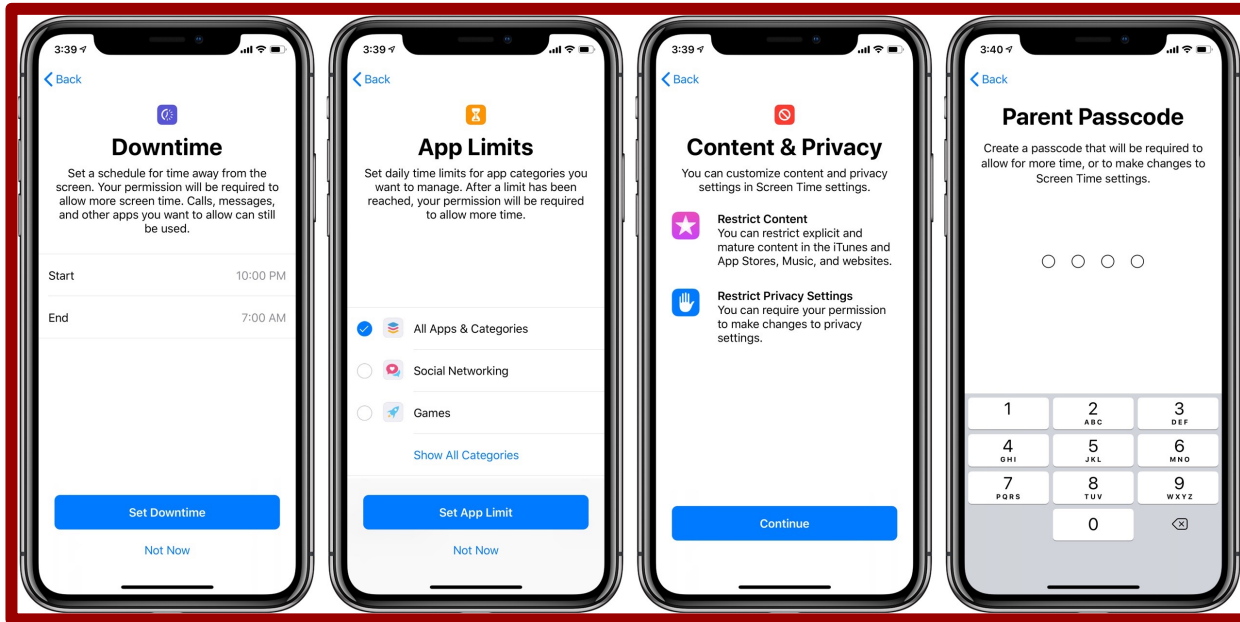
# Facilitate Age Verification



1. Is age check on? If so, then
2. Does the person meet our minimum age?

Source: The Anxious Generation Book

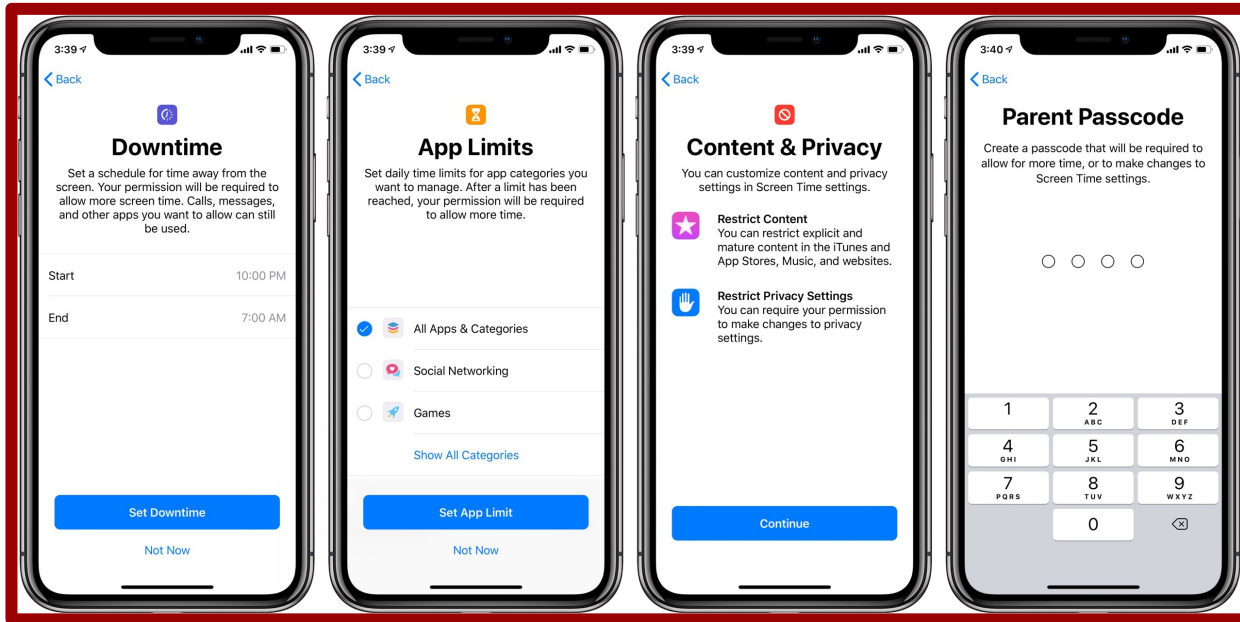
# Facilitate Age Verification



**Haidt notes that with device-based verification, nobody else is inconvenienced**

Source: The Anxious Generation Book

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# What can Governments & Tech Companies Do?

- 1. Assert a Duty of Care.**
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## Encourage Phone-Free Schools



**Governments at all levels, from local to federal, could support this transition by allocating funds to pay the small cost of buying phone lockers or lockable pouches.**

Source: The Anxious Generation Book

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## Encourage Phone-Free Schools



**Departments of education at the state and federal levels could support research on the effects of phone-free schools, to verify whether they are beneficial for student mental health and academic performance.**

Source: The Anxious Generation Book

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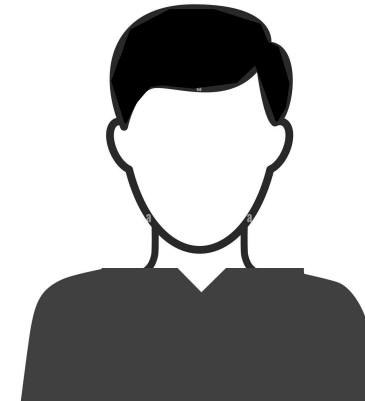
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# Threats to Girls and Boys



- ▶ **Girls Most Sensitive:** 11-13 Years of Age
- ▶ **Self Image:** The greatest threats to our girls

- ▶ **Boys Most Sensitive:** 14-15 Years of Age
- ▶ **Gaming & Pornography:** The greatest threats to our boys.

**Adolescents at 16 are Not Adults:  
Frontal Cortices of the Brain Still Developing**



# **Preventable Online Harm to Children:** **A Safety Leader and Parent's Perspective**



**Randy Styner**

**Director Emergency Preparedness  
University of California Irvine  
Best Selling Author  
Med Tac Community Leader**

# **Preventable Online Harm to Children:** **The Young Adult Perspective**



## **Perry Bechtle III**

**Industrial Engineer**  
**Former Tesla Engineer**  
**Pre-med Student**  
**Med Tac Master Instructor**  
**TMIT Global**

# **Preventable Online Harm to Children: A Physician's Perspective**



**Paola Yépez González, MD**

**Sr. Research Assistant  
MD Anderson Cancer Center.  
Anesthesiology, Critical Care and  
Pain Medicine Department**



# **Preventable Online Harm to Children: The Young Adult Perspective**



**David Grinsfelder**

- **What is your reaction to the clear evidence of smartphone causation of mental illness?**
- **Do you see this behavior in the digital generation?**
- **What jumped off the page to you from the data?**
- **What about the worldwide phenomenon?**
- **What are your thoughts about the whole ecosystem?**

# **“Our A.I. Needs to be Better than Their A.I.”**



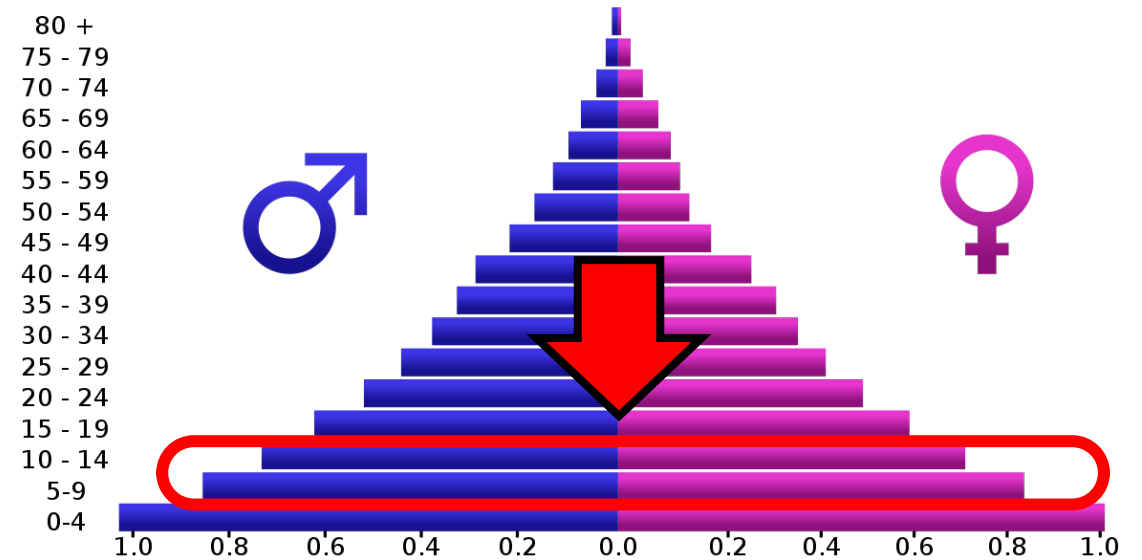
**Chief William Adcox MBA**  
Chief Security Officer  
Vice President  
MD Anderson Cancer Center  
Chief of Police  
University of Texas Police Dept.

# “Two Races the Bottom”

## The Brainstem



## The Age Pyramid





# **Preventable Online Harm to Children: The Young Adult Perspective**



**David Grinsfelder**

**What were your thoughts about the recommendations by J. Haidt?**

- 1. Assert a Duty of Care.**
- 2. Raise Internet Adulthood to 16.**
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# **Preventable Online Harm to Children:** **A Parent's Perspective**



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## Speakers & Reactors for Online Harm Series



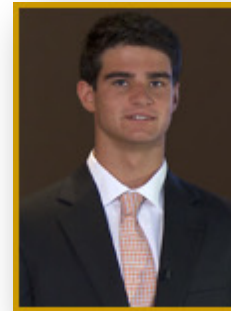
Jennifer Dingman



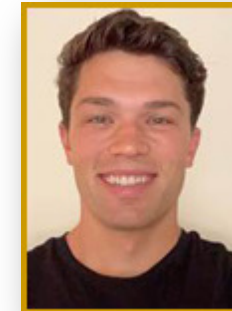
Randy Styner



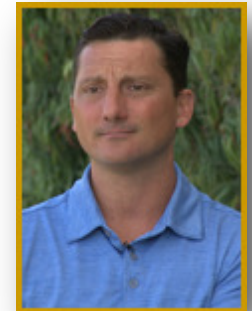
Paola Yépez González, MD



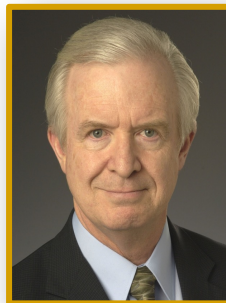
Perry Bechtle III



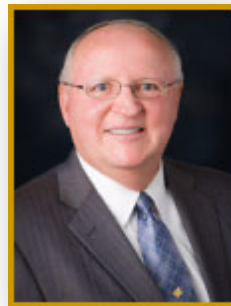
David Grinsfelder



David Beshk



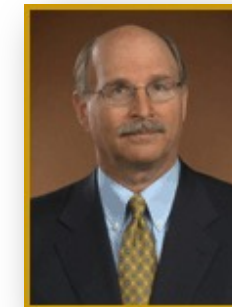
John Nance JD



Chief William Adcox



Gregory Botz MD



Charles Denham MD

# Voice of Patient and Family



## Jennifer Dingman

**Founder, Persons United Limiting  
Substandard and Errors in Healthcare  
(PULSE), Colorado Division  
Co-founder, PULSE American Division  
TMIT Patient Advocate Team Member  
Pueblo, CO**

**Fight the Good Fight...**

**Finish the Race...**

**Keep the Faith...**

**Everyone is a Patient**

**and**

**Everyone CAN BE a Caregiver**