

# 5<sup>th</sup> Joint Meeting on Adolescence Medicine

10<sup>th</sup> - 12<sup>th</sup> November 2011

Aula Consiliare e Sala dei Concerti, Palazzo de Nobili, Catanzaro (Italy)

**TITLE SOCIAL NETWORKS:  
INSTRUCTIONS FOR USE**

**SPEAKER GERMÁN CASTELLANO**

# **SOCIAL NETWORKS: INSTRUCTIONS FOR USE**

**GERMÁN CASTELLANO BARCA**

**YOUTH CONSULTANT**

**TORRELAVEGA. CANTABRIA. SPAIN**

# **Declaration of potentially conflicting interests**

**In relation to this presentation the following relationships could be viewed as potentially conflicting interests:**

**THERE ARE NO POTENTIALLY CONFLICTING INTERESTS TO DECLARE**

**THE BRAIN WEIGHS 1,400  
GRAMMES.**

**100,000 MILLION NEURONS.**

**1,000 BILLION CONNECTIONS.**

# THE TEENAGE BRAIN

THE SECOND GREAT LEARNING PERIOD OCCURS.

SYNAPSES LOST (UP TO 50% PRUNING); HOWEVER, THERE'S REMODELLATION.

INFORMATION FLOW SPEED INCREASES DUE TO MYELINATION OF SELECTED CIRCUITS.

# Movies on the brain

©NewScientist

Scanning the brains of people as they watch a film may allow movie-makers to gauge the viewers' innate reaction to the footage

## Frontal cortex

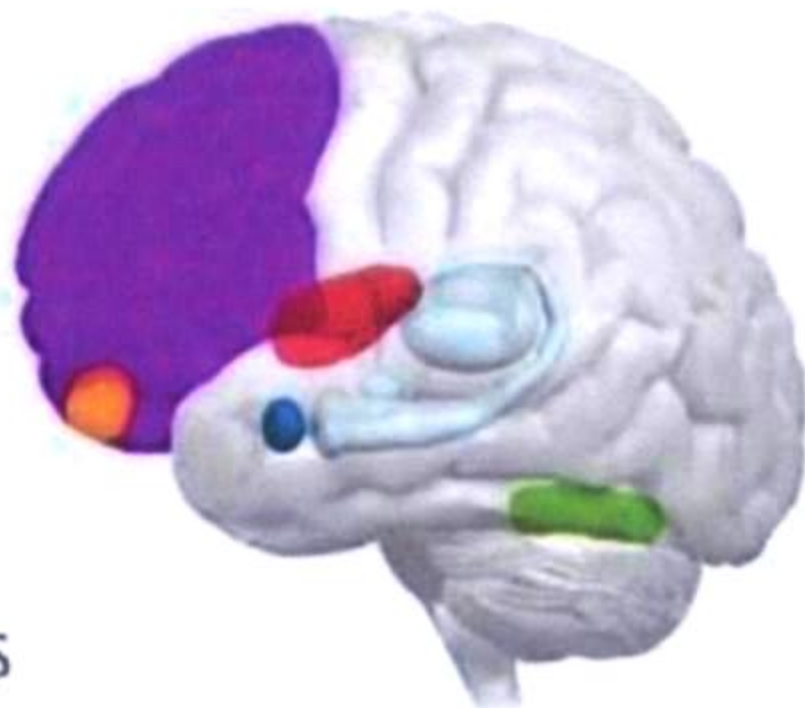
### ATTENTION

Enables a viewer to understand consequences of actions

## Ventromedial prefrontal cortex

### SELF-AWARENESS

Activity here likely means the film is "speaking" to the viewer



## Amygdala

### EMOTION AND MEMORY

Particularly active while experiencing threat or fear

## Insula

### EMOTION

Involved in empathy and compassionate responses

## Fusiform gyri

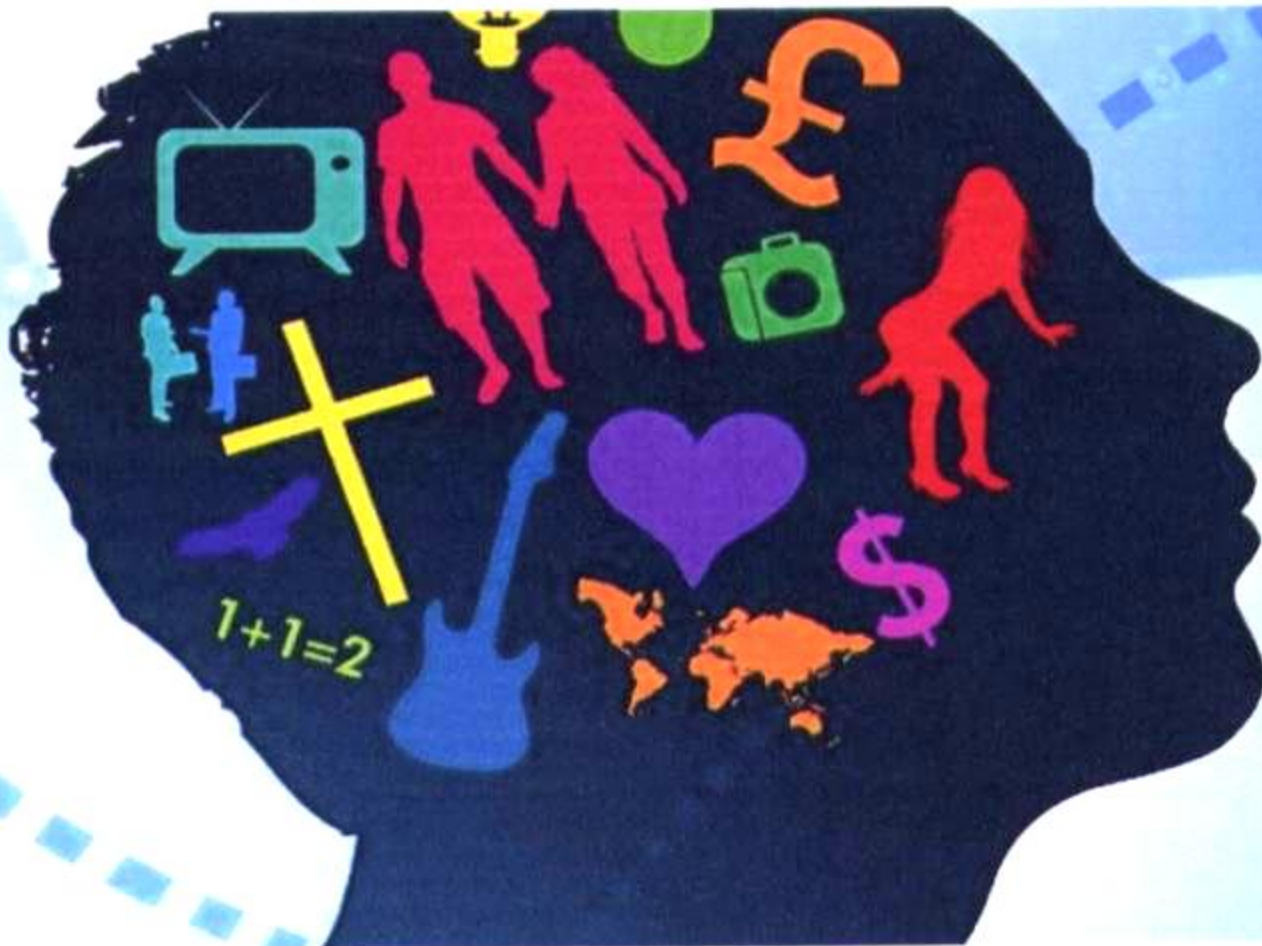
### FACIAL RECOGNITION

Have a role in understanding facial expressions

# Inmaduros hasta los 40

Una investigación asegura que el cerebro no está completamente desarrollado hasta bien entrados los 30 ó 40 años, lo que puede explicar por qué muchos adultos tienen rabietas o se comportan como adolescentes

ABC / MADRID  
Día 27/12/2010 - 13.03h



**DIGITAL NATIVES**

**CHILDREN AND TEENAGERS**

**DIGITAL IMMIGRANTS**

**ADULTS**



**IN THE LAST THREE DECADES HUMANITY  
HAS PRODUCED MORE INFORMATION  
THAN THE 5000 YEARS PREVIOUS:  
281,000 PETABYTES (Pb) = 281,000  
MILLION GIGABYTES (Gb). 1Gb = 250 Mp3  
songs or 1000 digital photos.**

# **INTERNET SOCIAL NETWORKS**

**WE CONFUSE INFORMATION WITH  
KNOWLEDGE, WHICH IS THE  
INFORMATION DIGESTIVE PROCESS.**

# BLOGSPHERE

I GENERATION S. L.

SHOPWINDOW

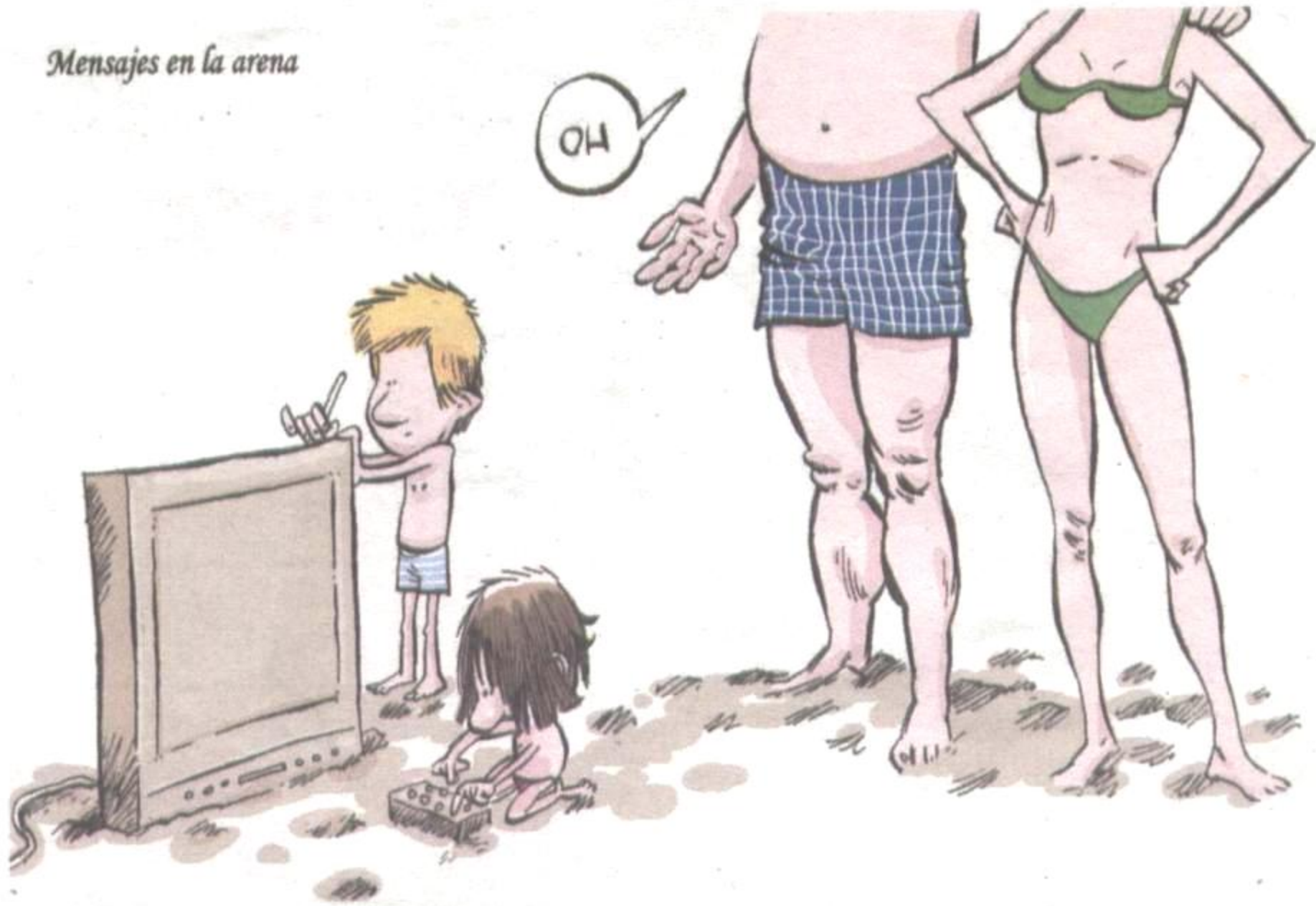
GENERATION

INHABITING INTERNET, WHO'S HOOKED

ON THE NETWORKS, MANAGES

HIS/HER LIFE LIKE A COMPANY.

*Mensajes en la arena*



# SOCIEDAD

www.abc.es/sociedad

## Cifras para la inquietud

**73,9%**

de ciudadanos, preocupados por la protección de sus datos

**80%**

pide restricciones para el uso de internet por menores

**56,6%**

cree que internet ofrece una baja seguridad de sus datos

**80,7%**

de familias controlan el tiempo que sus hijos navegan en la Red

**34%**

ejerce un control real al exigir que el menor esté acompañado

## Los menores, atrapados en la Red

Protección de Datos alerta de la «presencia incontrolada» de jóvenes que dan información personal por internet



### MILAGROS ASENJO

MADRID. El director de la Agencia Española de Protección de Datos (AEPD), Artemi Rallo, expresó ayer su preocupación ante «la presencia incontrolada» de menores en la Red y denunció el «cumplimiento poco satisfactorio» por parte de los prestadores de servicios de internet de la obligación legal de establecer controles para limitar que los menores de 14 años ofrezcan datos personales.

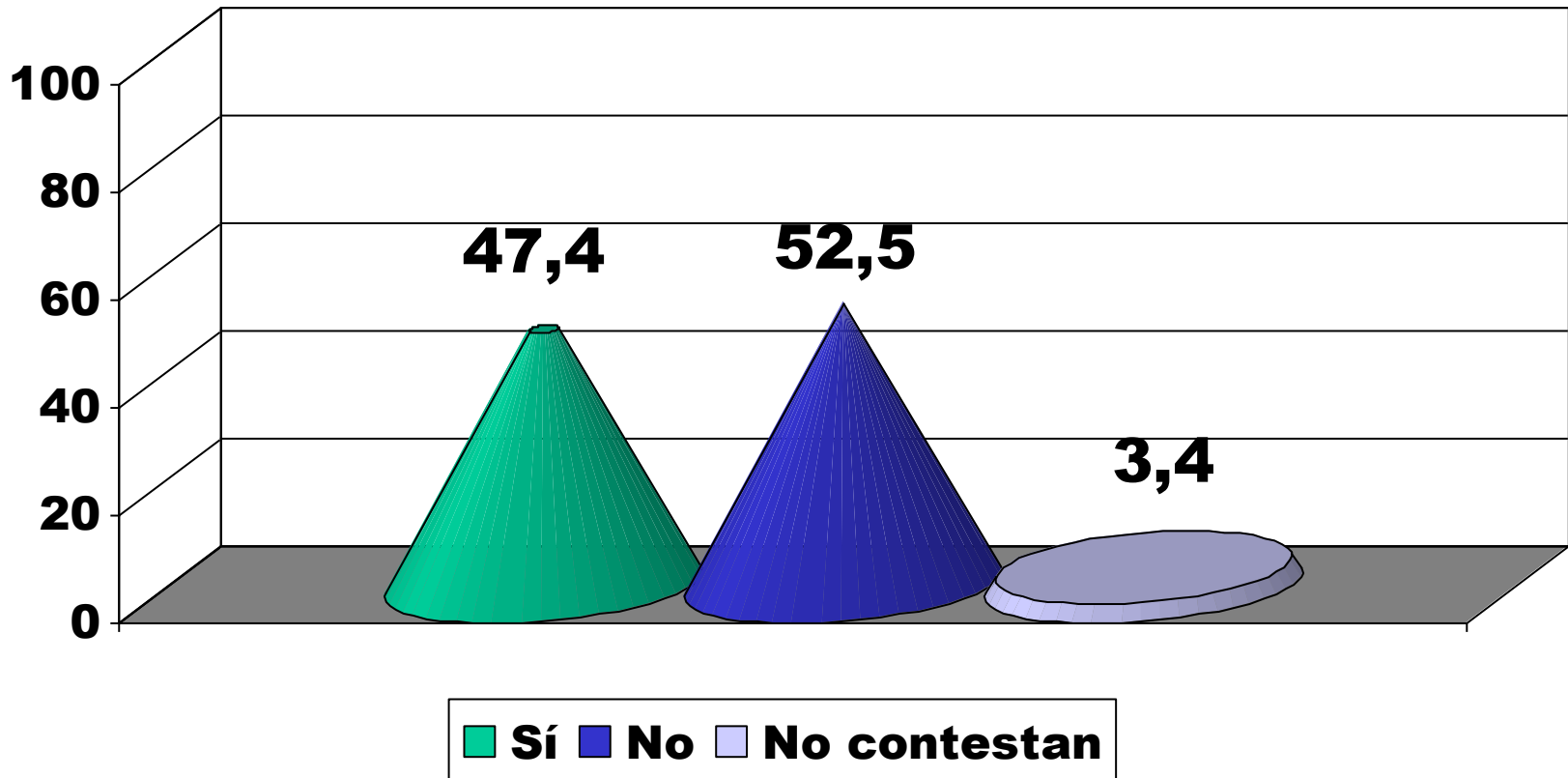
Artemi Rallo realizó estas manifestaciones durante una reunión informativa para comentar el barómetro de septiembre del Centro de Investigaciones Sociológicas (CIS) en el que se incluyen apartados sobre protección de datos y privacidad.



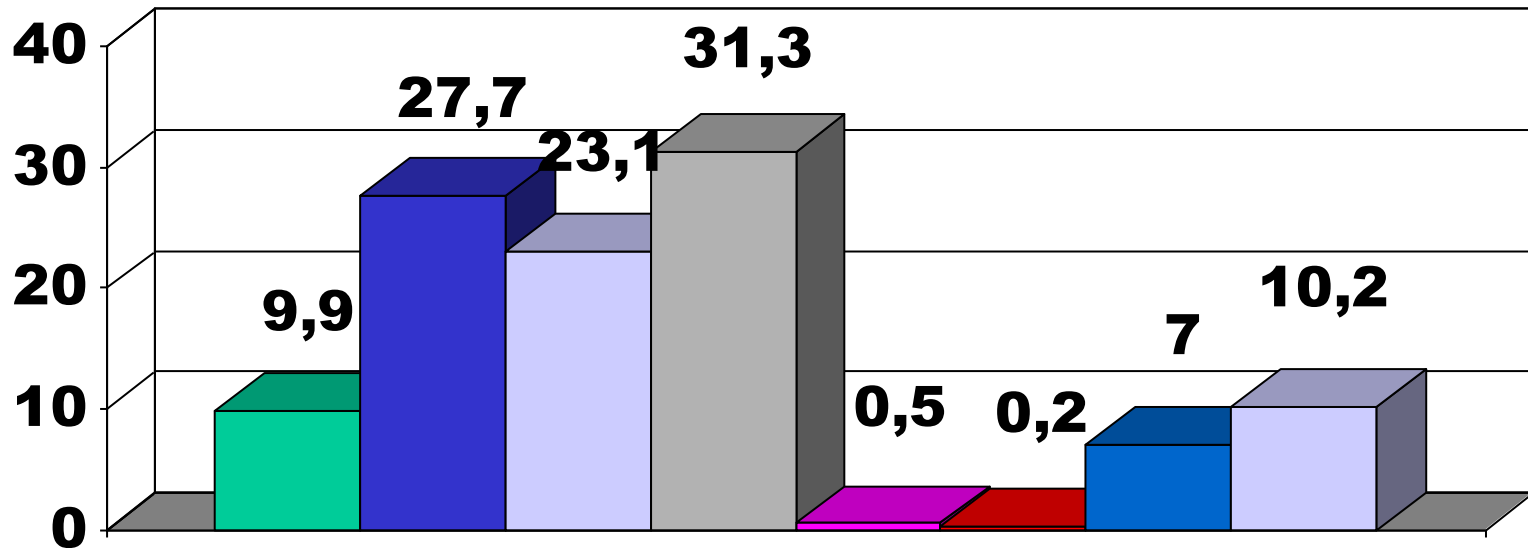
# SURVEY: YOUNG PEOPLE AND NEW TECHNOLOGIES

José Nicasio Gutiérrez  
Germán Castellano

# 42 – Is there a computer in your bedroom?



43 – Roughly how many hours a day do you spend on the computer from Monday to Friday?  
(Excluding the time you spend at school or intitute)



0 horas

1 hora

2 horas

3 horas

4 horas

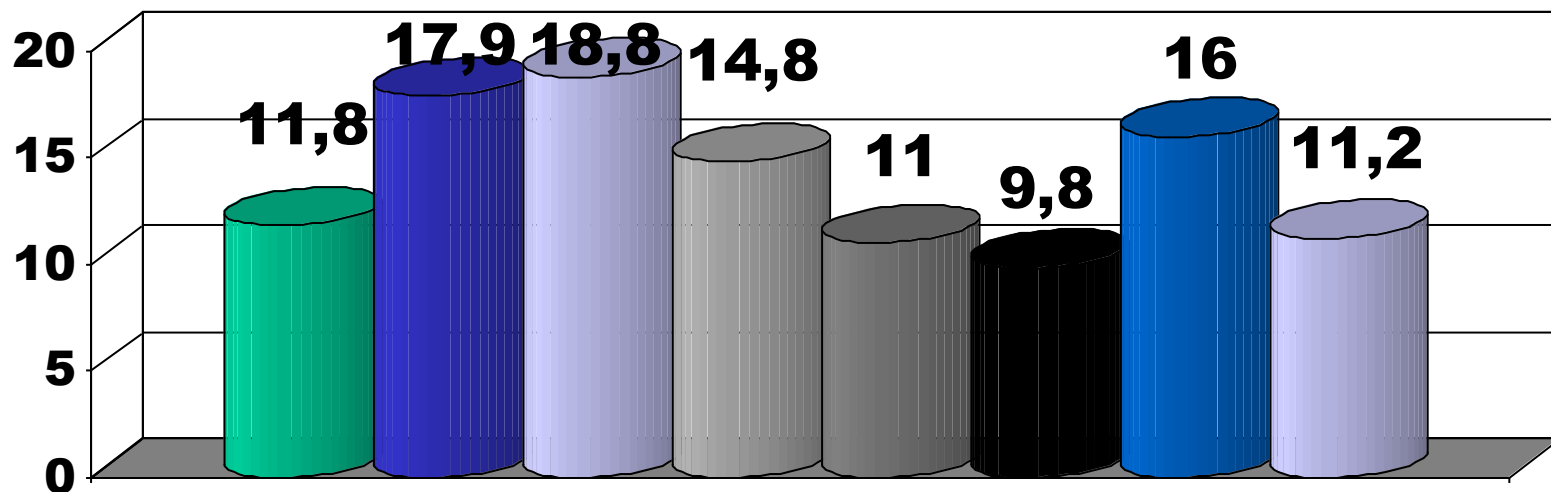
5 horas

Más de 5 horas

No contestan



# 44 – Roughly how many hours a day do you spend on your computer at the weekend



■ 0 horas

■ 1 hora

■ 2 horas

■ 3 horas

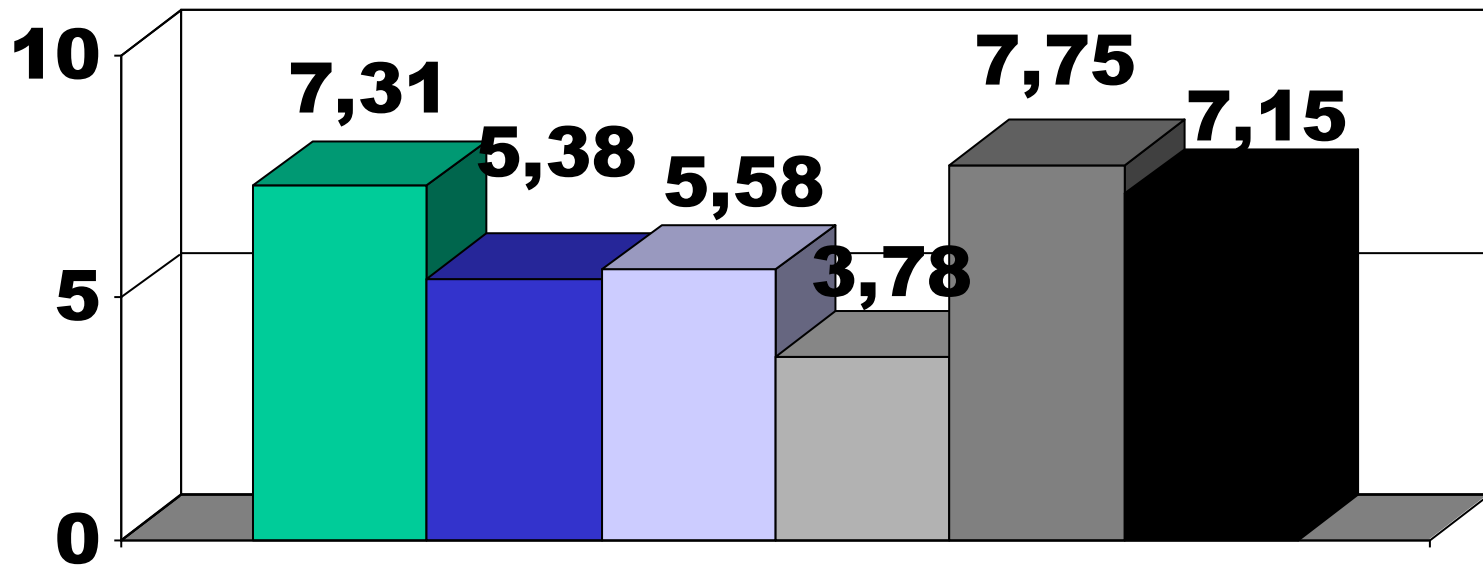
■ 4 horas

■ 5 horas

■ Más de 5 horas

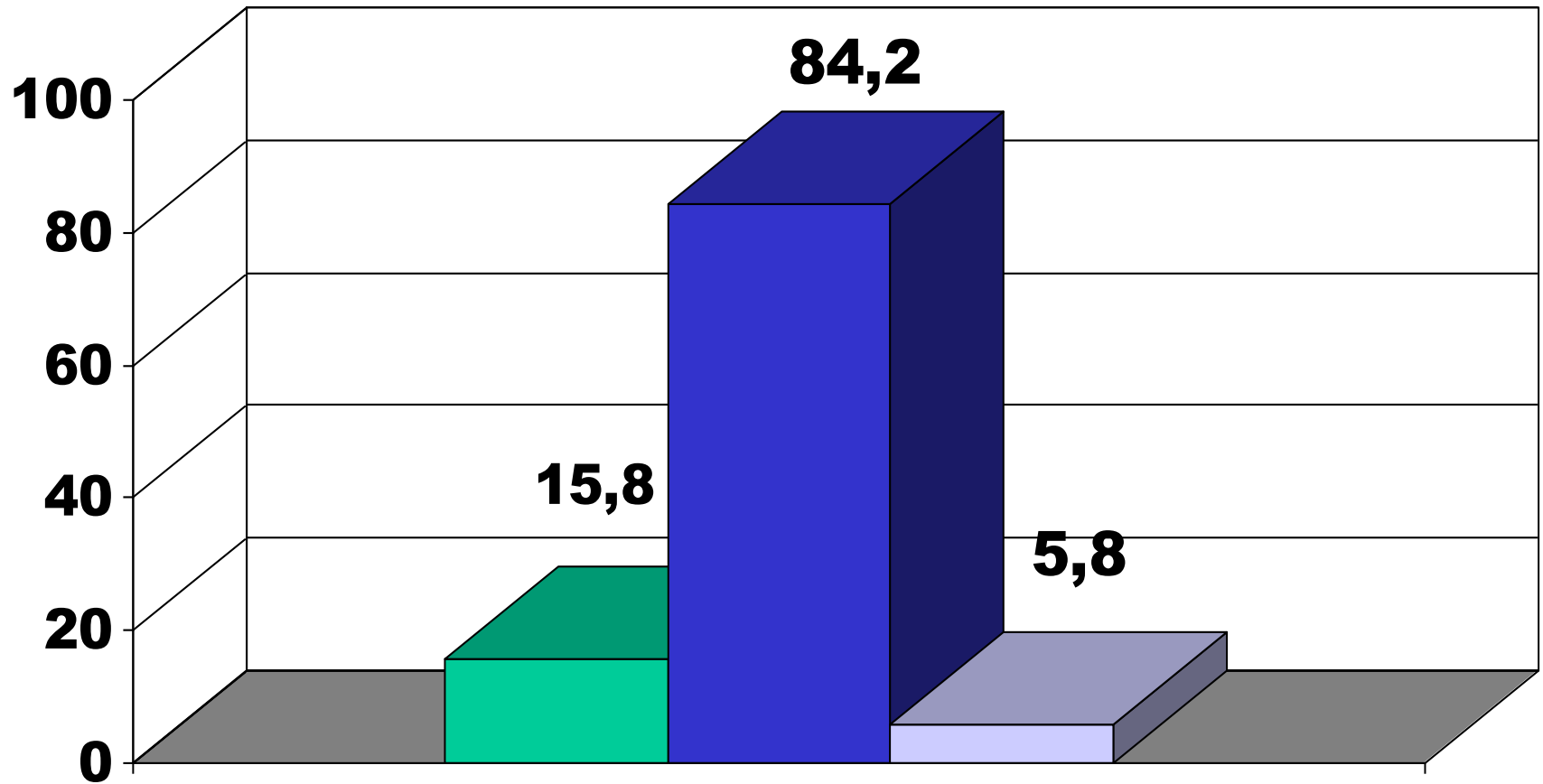
■ No contestan

# 45 – What do you use the computer for?



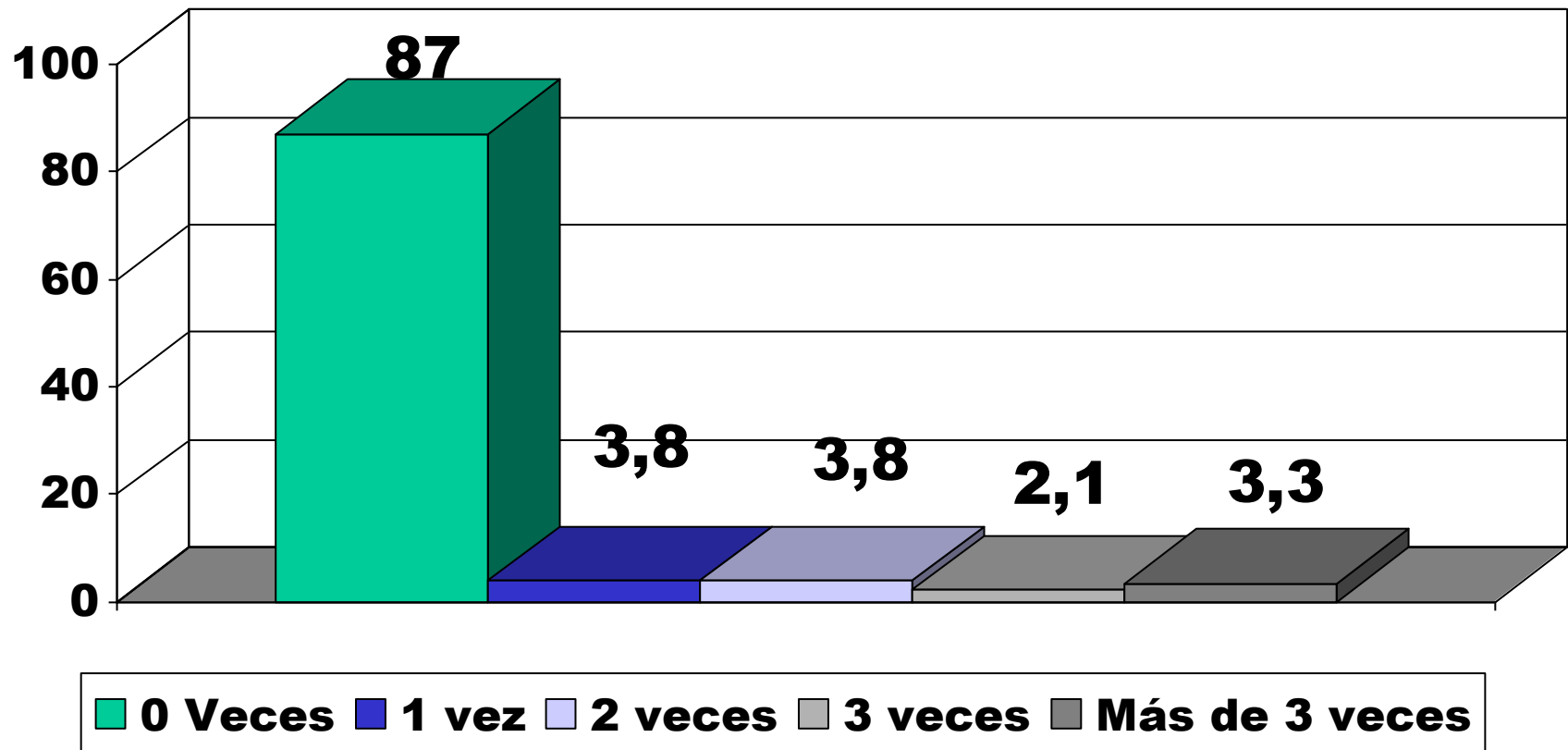
- Navegar por la red**
- Correos electrónicos**
- Buscar materiales o ayuda para trabajos escolares**
- Chat**
- Messenger**
- Descargar música**

47 – Has a limit or password been set to prevent you from entering any page/site?

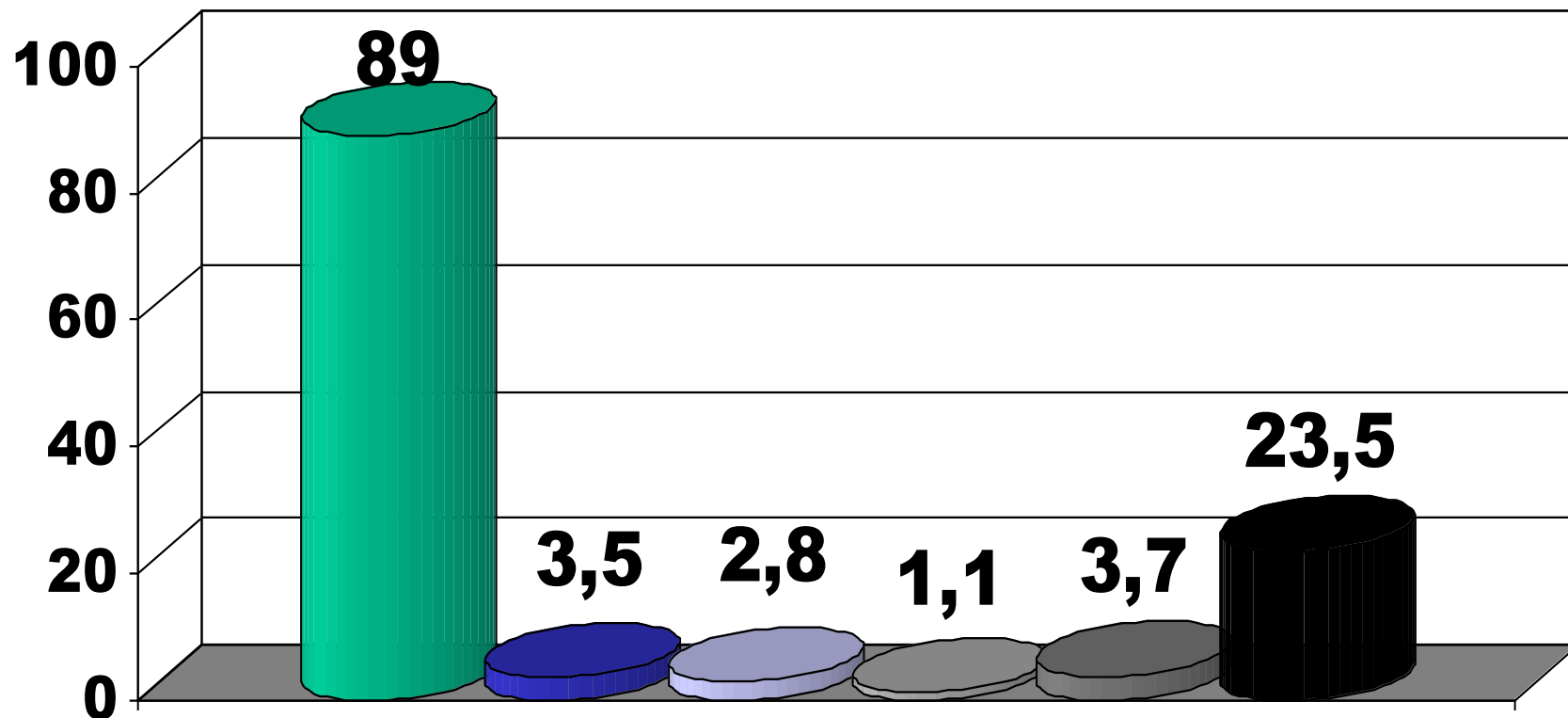


■ Sí ■ No ■ No contestan

48 – How many times have you been asked to meet somebody whom you only know via Internet?



# 49 – How many sexual propositions have you received via Internet?



■ 0 veces

■ 1 vez

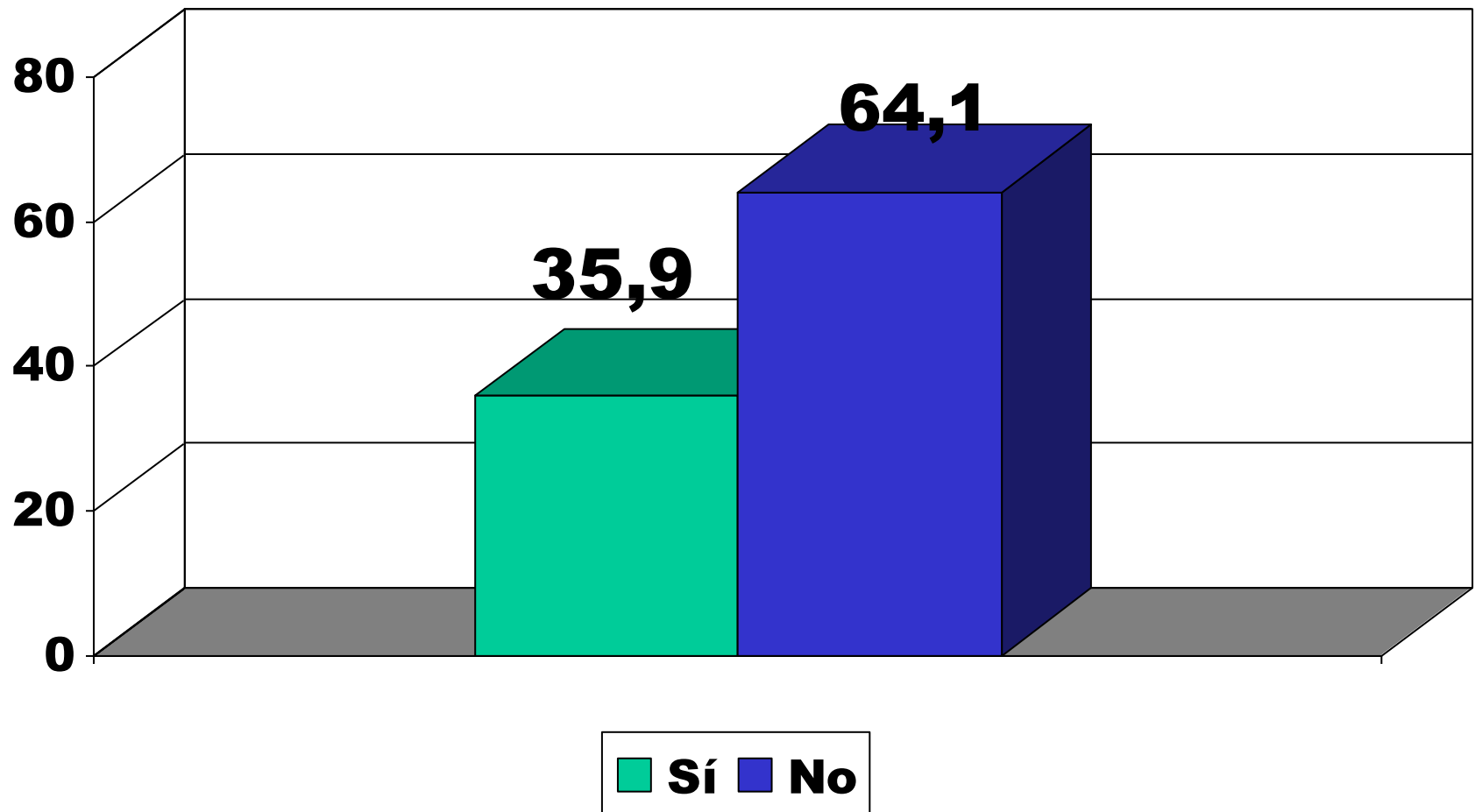
■ 2 veces

■ 3 veces

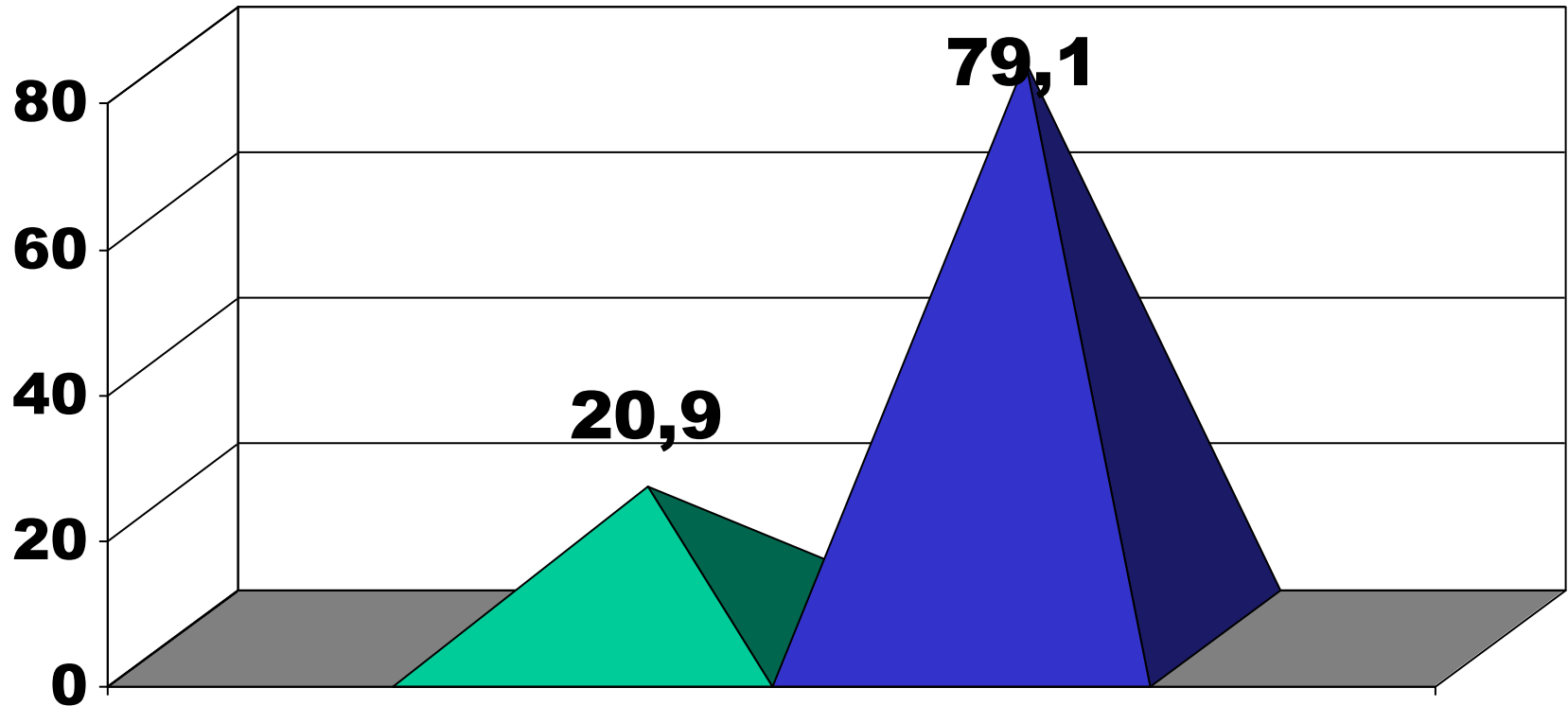
■ Más de 3 veces

■ No contestan

50 – If yes, has the other party identified him/herself correctly?



# 51 – What did you do to receive such a proposition?



 **Continuar la conversación**

 **No cotinuar la conversación**

# **“TECHNO” BEDROOM**

**38% TV.**

**46% VIDEO-CONSOLE.**

**22% INTERNET.**

**17% DVD.**

**16% LAPTOP COMPUTER.**

**36% MUSIC EQUIPMENT.**



**INTERNET**

# **INTERNET SOCIAL NETWORKS**

**EXTIMACY**

**NETOPATHS**

**HYPERCOMMUNICATION**

**13 YEAR OLD P.G. HAS BEEN ON THE  
NET FOR TWO MONTHS AND ALREADY  
HAS 273 FRIENDS?**

**HER SISTER M.G. 2 YEARS OLDER HAS  
203 PEOPLE IN HER ACCOUNT.**

**WHAT HAPPENS IF A MOTHER  
DISCONNECTS HER 3 CHILDREN  
FROM THE NEW TECHNOLOGIES  
FOR 6 MONTHS?**

**THE FAMILY DIDN'T USE  
TECHNOLOGY, THEY LIVED IT.**

**BEN, 15, ADDICTED TO TV AND  
VIDEO GAMES DISCOVERED MUSIC.**

**ANNI, 18, USED THE SCHOOL  
LIBRARY.**

**SUSY, 14, WENT WITH HER FATHER.**

# INTERNET USE

**BROWSE 65%.**

**SOCIAL NETWORKS 61%.**

**MESSENGER 59%.**

**77% DON'T MAINTAIN PRIVACY.**

**DAMBA COMPANY DATA WHICH  
INFORMS PARENTS OF THEIR  
CHILDREN'S ONLINE HABITS.**

**IN 1 YEAR THEY WENT FROM USING 66  
MINUTES ON INTERNET TO 115.**

**ON SOCIAL NETWORKS FROM 53  
MINUTES TO 90.**

**IN THE EU 38% OF CHILDREN FROM 9  
TO 12 USE SOCIAL NETWORKS.**

**IN THE 16-17 YEAR GROUP 77%.**

**35% MINORS HAVE 2 OR MORE  
PROFILES.**



# INTERNET SOCIAL NETWORKS

HALF THE USERS HAVE PUBLIC PROFILE CONFIGURED.

7 OUT OF 10 < 35 YEARS.

ONLY 34% FAMILIES EXERCISE REAL CONTROL.

UNDER 14s REQUIRE FAMILY PERMISSION.

- **FACEBOOK FRIEND SEARCHER (RELIABLE).**
- **TUENTI. FRIEND SEARCHER. (18-24 YEARS PRIOR INVITATION).**
- **MY SPACE. MUSIC.**
- **FLICKR. PHOTOS MORE THAN COMMUNICATION. WITH PRIVACY.**

# **TEENAGERS AND YOUNGSTERS'**

## **SURVEY ON THE NET 2009**

**25% DATE WITH AN UNKNOWN.**

**4.4% REGULAR DATE.**

**2.2% ALWAYS.**

**15% MINORS HARASSED/STALKED ON  
THE INTERNET.**

**50% DON'T SEE THE DANGER.**

**93% HAVE A COMPUTER.**

**INTERNET HOOKS 9 OUT OF 10  
YOUNGSTERS IN CANTABRIA.**

# EUROPEAN UNION FINANCES

## “EU KIDS ONLINE” STUDY”

Presentation Novembre 2010

29% CHILDREN BETWEEN 9 AND 16 HAVE COMMUNICATED WITH SOMEONE THEY DIDN'T KNOW PREVIOUSLY.

22% WERE EXPOSED TO ONE MORE POTENTIALLY DANGEROUS CONTENTS: PROANOREXIA, DRUGS, SUICIDE, ETC

**8% HAVE HAD REAL CONTACT.**

**14% HAVE SEEN SEXUALLY EXPLICIT IMAGES.**

**37% FROM 9 TO 16 YEARS BELIEVE THE STATEMENT “I KNOW INTERNET BETTER THAN MY PARENTS” IS TRUE AND 31% SOMEWHAT TRUE.**

# INTERNET SOCIAL NETWORKS

## PFIZER FOUNDATION SURVEY 2009

1000 TEENAGERS BETWEEN 11 AND  
20.

81% HAD OWN PROFILE.

PARENTS CONTROL CONNECTION  
TIME. NO CONTENTS CONTROL.

# **INTERNET SOCIAL NETWORKS**

**CYBERSTALKING.**

**CYBERBULLYNG.**

**CYBER SEXUAL HARASSMENT**

**GROOMING (PAEDOPHILE**

**STALKING/HARASSMENT).**



**IN SPAIN 400 ARRESTS WERE MADE  
BETWEEN JANUARY AND SEPTEMBER  
2010 COMPUTER CRIMES, OVER HALF  
FOR PEDERASTY AND CHILD  
PORNOGRAPHY.**

# **CLEMENTI CASE**

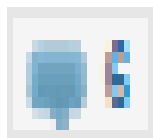
**FROM HUMILIATION TO SUICIDE**

---

MUNDO En Nueva York

22-09-2011

# Un adolescente de 14 años se suicida por ser víctima 'online' de acoso homofóbico



"Eres estúpido, gordo, feo y gay. ¡Debes morir!" ponía un anónimo en la red social en la que el joven solía utilizar.



**González Urbaneja**

«En España no se sintieron  
aludidos por la crisis, bancos y  
cajas pretendían ser sólidos  
como los mejores del mundo»

# ABC.es

EL TIEMPO en: Madrid

Ofrecido por:



Máx: 28 °

Mín: 14 °

Más localidades

ACTUALIDAD

OPINIÓN

DEPORTES

CULTURA

GENTE/ESTILO

TV

MULTIMEDIA

BLOGS

SALUD

HEMEROTECA

SERVICIOS

España Internacional Economía Sociedad Madrid Local Ciencia Tecnología Medios y Redes Motor

Buscar

Buscar

ESPAÑA 27-09-2011

## Cuatro años de cárcel por engañar a dos niñas en Tuenti y lograr sus fotos desnudas

El acusado llegó a amenazar a las jóvenes para lograr las imágenes

▶ [COMENTARIOS](#)

# **INTERNET**

**THERE IS ANONYMITY IN BLOGS, FORUMS AND CHARTS.**

**WHEN BUILDING AN INDIVIDUAL CIVIL MORAL PERSONALITY CONSEQUENCES ARE ACCEPTED BECAUSE THERE IS IDENTIFICATION.**

**INTERNET IS THE KINGDOM OF ANONYMITY.**

# CHAT Y MESSENGER

CHAT MEANS TALK OR TELECONFERENCE.

CHAT IS AN ANGLICISM REFERRING TO REAL TIME CONVERSATION BETWEEN 2 OR MORE PEOPLE ON INTERNET BUT MAY ALSO INCLUDE AUDIO AND VIDEO.

IN MESSENGER (MSN) CONTACTS ARE PREDETERMINED AND DON'T APPEAR BY CHANCE OR TOPIC AS IN CHAT.

**IN BOTH CASES THE WORD IS WRITTEN  
SIMILAR TO PRONUNCIATION, WITHOUT  
REFLECTION DUE TO IMMEDIACY CAUSING  
LOSS OF SYNTAXIS, GRAMMAR AND SPELLING.**

**ANONYMITY IS MAINTAINED IN CHAT. IN  
MESSENGER CONNECTION IS WITH KNOWN  
PEOPLE.**

# CHAT ROULETTE

UNCONTROLLED

DANGEROUS

COMMUNICATION.



**BROWSE INTERNET SAFELY**

- 1. USE FICTITIOUS NAME NOT REAL ONE.**
- 2. WHEN PUBLISHING AUDIOVISUAL CONTENTS OR AVOID DATA WHICH MIGHT COMPROMISE OR IDENTIFY OTHERS.**
- 3. DESIGN PRIVACY SO ONLY FRIENDS AND DIRECT CONTACTS ACCESS.**
- 4. DON'T ACCEPT ALL REQUESTS. IDENTIFY THE OTHER PERSON.**
- 5. AVOID DATA ENABLING LOCATION OF PLACE OF RESIDENCE-WORK-STUDY.**

- 6. UNDER 14s REQUIRE PARENTS OR GUARDIANS' CONSENT TO APPROVE REGISTRATION.**
- 7. PARENTS MUST KNOW THE SOCIAL NETWORKS.**
- 8. MINORS SHOULD ONLY ATTEND ONLINE DATES WITH AN ADULT.**
- 9. CONTROL USER PROFILE OF MINORS.**
- 10. MAKE SURE MINORS CAN'T ACCESS INAPPROPRIATE SITES.**

**S. MORENO, D. MARTÍN**

# **INTERNET ADDICTION (IAD)**

**USE BECOMES PATHOLOGICAL WHEN IT SIGNIFICATIVELY INTERFERES WITH USUAL ACTIVITIES.**

**ABSTINENCE CAUSES MOOD ALTERATIONS, ANXIETY, DEPRESSION, IRRITABILITY, IMPATIENCE WITH SLOW CONNECTIONS AND DIFFICULTIES IN SOCIO-FAMILY RELATIONSHIPS OR AT SCHOOL.**

# MODALITIES

COMPULSION REGARDING ONLINE ACTIVITIES  
(BIDS, BROWSING, GAMBLING, OTHER GAMES,  
PROGRAMMING OBSESSION).

CYBER SEX ADDICTION.

CYBER ROMANCE ADDICTION.

COMPUTER ADDICTION.

# **YOUNG'S DIAGNOSIS CRITERIA**

- 1. YOU'RE WORRIED ABOUT INTERNET, WITH THOUGHTS ABOUT YOUR LAST CONNECTION OR NEXT CONNECTION?**
- 2. YOU FEEL THE NEED TO INCREASE YOUR INTERNET TIME TO ACHIEVE SATISFACTION?**
- 3. YOU'VE REPREATEDLY MADE FRUITLESS ATTEMPTS TO CONTROL, REDUCE OR STOP INTERNET USE?**

**4. YOU'VE FELT ANXIOUS, BADTEMPERED, DEPRESSED OR IRRITABLE WHEN YOU'VE TRIED TO REDUCE OR STOP INTERNET USE?**

**5. YOU REMAIN CONNECTED LONGER THAN YOU INITIALLY THOUGHT?**

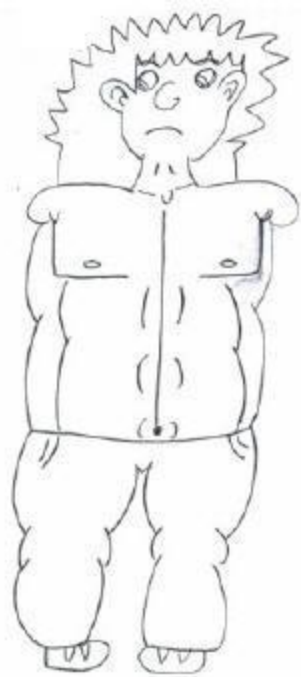
**6. YOU'VE LOST OR ENDANGERED AN IMPORTANT RELATIONSHIP, JOB, PROFESSIONAL EDUCATION OPPORTUNITY DUE TO INTERNET USE?**

**7. YOU'VE LIED TO MEMBERS OF YOUR FAMILY OR OTHERS TO HIDE YOUR DEGREE OF INTEREST IN INTERNET?**

**8. YOU USE INTERNET TO AVOID PROBLEMS OR ALLEVIATE A DYSPHORIC MOOD?**

**YOU'RE CONSIDERED ADDICTED IF YOU RESPONDE AFFIRMATIVELY TO 5 OR MORE QUESTIONS AND SYMPTOMS CAN'T BE ATTRIBUTED TO MENTAL ILLNESS.**





## Human Figure Test (HFD)

Thursday 03 December 2009

*These two human figures drawn by two children with very different profiles. One was by an 8 year old boy and the other by a 14 year old girl. Without more details we might say the figure on the left corresponds to an 8 year old given the poor execution, while the right corresponds to the 14 year old girl. However, it's the other way round. The important thing is that each figure provides us with a hypothetical world. Each one talks to us in their own way and conveys information. On this page, we will try to decipher some of the factors HFD. hides.*

**THIS TEST ASSESSES COMPLEX  
FUNCTIONS LIKE: ASSOCIATION,  
OBSERVATION, MEMORIZATION OF  
DETAILS, ANALYSIS, DISCRIMINATION,  
SPATIAL SENSE, JUDGEMENT,  
ABSORPTION/ALIENATION, SIGHT-  
MANUAL CO-ORDINATION AND  
ADAPTABILITY.**

**THE MORE COMPUTER – VIDEO GAME  
HOURS THE LOWER THE GOODENOUGH  
TEST MARK.**

**TIME COMPETITIVITY OR CAPACITY  
ALTERATION?**

**E. VARA ROBLES**

**REV PEDIATR ATEN PRIMARIA 2009;11:413-23**

**ARE WE CREATING A NEW  
GENERATION WITH  
UNDERDEVELOPED FRONT  
LOBES?**

# **PARENTS' SITUATION IN THE FACE OF INTERNET**

**FILTERS.**

**NO AT NIGHT.**

**NO COMPUTER IN THE BEDROOM OF  
MINORS.**

# AIMS

1. THE TEACHING OF NEW TECHNOLOGIES SHOULD BE PART OF THE SCHOOL SYLLABUS.
2. CLINICIANS SHOULD BE AWARE OF HOW MUCH TIME IS SPENT ON NEW TECHNOLOGIES. VIOLENCE MUST BE INVESTIGATED.
3. FAMILY MUST BE TAUGHT ABOUT VIOLENCE PREVENTION.

**LEARN HOW TO LEARN.**

**LEARN HOW TO BE.**

**LEARN HOW TO DO.**

**LEARN HOW TO COHABIT.**

**THE TEACHER'S ABILITY TO PROVIDE  
THE RIGHT ANSWERS IS NO LONGER  
IMPORTANT BECAUSE EVERYTHING IS  
ON THE INTERNET.**

**THEY MUST BE TAUGHT HOW TO ASK  
QUESTIONS.**



**EDUCATION IS THE KEY, EDUCATION IS  
EVERYTHING.**

**EDUCATION IS WHAT REMAINS WHEN  
EVERYTHING LEARNT AT SCHOOL HAS  
BEEN FORGOTTEN.**

**ALBERT EINSTEIN**

**THANK YOU**