Healthy Sexuality in a Time of Distraction

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Sexuality Education Over the Years

1980s
Don't get pregnant; Don't get VD; Moral Status; Marriage

1990s
Abstinence-only movement; HIV/AIDS

2000s
Healthy Relationships; Sexual Assault

2010s
Inclusive Education for All; Identity; Pleasure; Responsible Digital Citizenship
What Else Has Changed???
SMARTPHONES & Our Daily Lives
How do you use your smartphone for every day tasks?
Who’s Who???

Baby Boomers born: 1946-1964

Gen X born: 1965-1979


Gen Z / iGen born: 1995-2012
American Academy of Pediatrics 2016 Report:

75% of teenagers own a Smartphone and 95% have access to one

24% describe self as constantly connected

50% report feeling “addicted” to their phone
Average User: 2,617 screen touches/day (145 mins/day)

Extreme User: 5,400 screen touches/day (225 mins/day)

Average Person checks phone 82/day
Average Millennial checks phone 157/day
Sleep for Teen Mental Health

[See: Trouble Sleeping? Ask Yourself Why.]

Avoid sugar at night. Consumption destabilizes our glucose levels, creating a burst of energy. That’s followed by a drop in blood sugar that, in turn, stimulates the release of adrenaline and cortisol—waking us up in the wee hours.

Altering healthy sleep habits, these practices—regular exercise, yoga, reducing sugar intake and reducing smartphone use—all produce additional benefits independent of their positive impact on sleep.

Can These New Devices Really Help You Be Drug Free?

Technology deals with humans as well as with tools, and how it affects a species of animals.

The word technology comes from Greek (tekhnē) and (logos), the study of art.

A strict definition of technology is elusive, and it may also be a form of art.

Specific terms are often used to describe processes.
Imagine that the U.S. is preparing for the outbreak of an unusual Asian disease, which is expected to kill 600 people. Two alternative programs to combat the disease have been proposed. Assume that the exact scientific estimate of the consequences of this program are as follows:

If Program A is adopted, 200 people will be saved.
If Program B is adopted there is a 1/3 probability that 600 people will be saved and a 2/3 probability that nobody will be saved.

Which of the two programs would you favor?

Program A  
Program B

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Endless stories on Indian Railways

I have been traveling by train and particularly Indian Railways. One amazing experience was traveling for a few hours on my trip from Darjeeling to Kolkata last year. We were delayed at Kurseong and arrived in Kolkata at 11:30 pm.

During the trip to Kolkata, I regarded my whole story of how it took me 11 hours to cover 500 km by train and all the adventures in between to be a marvel. One story led to another, and we realized that just between the 3 of us we had some 10 incidents to tell journeys to tell. Apart from my train, I have seen the 1st class from Delhi to Varanasi in Varanasi and now back and London were truly impressed by the hospitality and staff on board. No air travel can come close to the Indian railway in this aspect.

There was the story of the food served to us as well...

We would like to change trains at Bandra station due to high usage and once I had a strange encounter. When I walked towards the counter, I was instead greeted by an expensive ticket and it was very late at night. In fact, it would have been better if I had not come. I was sitting on a bench looking at my train when I saw this old man with a smile and black eyes on his head come bustling towards my way. He stopped in front of him and said if I have a light. And then the moment I lit the cigarette and took it towards him to light it again, all I saw was darkness.

For a very long time I thought the story to be true until I read Indian Bond's home story.

One story about an incident where the train and the driver of the train express used to meet at an intermediate station, and the two or opposite platforms. One can imagine the confusion that could occur. Passengers boarding from the opposite station were double checking it they boarded the right train.

And was still talking about an incident when she and her mother had to board a train with departure time 12:00 am. When they boarded the required seat was already taken. Now it's not very uncommon that 2 passengers have been given the same seat so they went to check with the T1 that they discovered that they were a day late for the flight.

The last incident I was mentioning our 1st experience with Mumbai local trains. We were a group of 10 friends going to Bombay which means changing train at CST. The local took stops for exactly 2 minutes on each stop and platforms. We alone couldn't board the train. It was the time when cell phones were still fragile and we initially not knowing that college students would pass by. The rest of us in the train just

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45% of teens say they’re online almost constantly

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% of U.S. teens who say they use the internet, either on a computer or a cellphone …

<table>
<thead>
<tr>
<th></th>
<th>Almost constantly</th>
<th>Several times a day</th>
<th>Less often</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018</td>
<td>45</td>
<td>44</td>
<td>11</td>
</tr>
<tr>
<td>2014-2015</td>
<td>24</td>
<td>56</td>
<td>20</td>
</tr>
</tbody>
</table>

Note: “Less often” category includes teens who say they use the internet “about once a day,” “several times a week” and “less often.”


PEW RESEARCH CENTER
72% of teens and feel the need to immediately respond to texts, social networking messages and other notifications.

Source: Common Sense Media
MARSHALL
SOULFUL
JONES

“TOUCHSCREEN”

“I’ve uploaded this hug... I hope she gets it.”

“Doesn’t it feel good to touch...”
“I’ve uploaded this hug...I hope she gets it.”

“Doesn’t it feel good to touch...”
LET’S MOVE!!!
sexuality.
What does it mean to be truly human?
SEXUALITY

- Capacity for sexual feelings
- Way you experience and express feelings
- Communication with others, how you advocate for your needs, wants & desires
- Part of your Mental, Social, Spiritual, Emotional & Physical Health
- Changing and growing throughout your life
- Self-esteem; Self-respect; Beliefs; Values
- Biological Sex
- Identity
- Body Image
- Sexual Orientation
- Gender Expression
- Rights; Respect; Equality
- Relationships
- Attraction; Flirting; Affection; Dating; Sexual Activity; Pleasure
- Understanding your role in AND how you fit in: in society, in your family, and in your relationships with others
- Loving & Being Loved
Impacts
The “Stuff”...
Relationships & Communication …

an effective communication tool

I don't know what you have planned for those days off but I would like to hang out again. 😞

Yea we will for sure.

Great!

How about Wednesday then?

Sounds good to me.

Your turn to figure out what were doing. Tag, you’re it!

Delivered

Wanna know something?

What?

Loving you was the second best thing I ever did.

What was the first?

Finding you
Relationships & Communication
Keeping Track

Relationships & Communication ...
a not so effective communication tool
Relationships & Communication … a not so effective communication tool.
Navigating Conflict & Confusion... a not so effective communication tool...

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Wanna see a magic trick?
Sure hun(
POOF. you're single.
Wanna see a better one?
Sure
POOF. I'm pregnant with your child.
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Awww 😍
Spell it out, it will make it more special
I'm leaving you
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Finding Oneself...
Boredom?...NO!!!!!!!!!!

BACK IN 2003, WE HAD SOMETHING CALLED BOREDOM.
• Decrease in Life Satisfaction
• Decrease in Happiness
• Decrease in Mental Health
• Increase in Depression
• Increase in Self-Harm & Suicide
Mental Health Support

(877) 870-HOPE (4673)
Call or Text 24/7

CALL NOW  TEXT NOW

IMAlive Crisis Chat
www.IMAlive.org
to be best in an point of view.

Empathy [ˈɛmpəθi] understanding feelings, though another. ex: empathetic

9 Essential Habits that Provide the “Empathy Advantage”

UnSelfie
Why Empathetic Kids Succeed in Our All-About-Me World

MICHELE BORBA, Ed.D.
Loneliness

False Realities that our kids can’t navigate. In the end, it’s loneliness that prevails.
LGBTQ Support
Risks Young People Experience when Viewing Images and Videos:

- Unrealistic expectations of body image and performance
- More casual attitudes towards sex and relationships (love and consent are missing)
- More risky or violent sexual behavior
- Unrealistic attitudes towards gender roles and identities in relationships
- Violent or discriminatory language about sexual behavior, relationships and gender
Safety – Vault Apps – Ghost Apps- Photo Vaults- Ninja Cam!

Looks like calculator

Functions like a calculator

Wait…

What do we have here?...a secret file
Student prompt:
How does technology impact relationships & sexuality
Student prompt:

How does technology impact relationships & sexuality
...as health professionals, we “might be more effective approaching sexting as an aspect of adolescent sexual development and exploration and in some cases, a risk-taking and psychosocial challenge.”

-Ybarra and Mitchell, 2014
Student Prompt:

What we know about sex
How do we respond?

Home...
School/Organizations Response:

– Understand the relationship our students have to their Smartphones
– Make sure schools are putting protective factors in place
– Develop ways to help students navigate in a safe way/curriculum re-development
– Educate parents
School/Organizations Response:

– Attend to Communication Skills within multiple programs of study
– Teach students how to be more Empathetic
– Address the Mental Health Impact
– Teach Internet Safety differently
– Help students identify Supportive/Helpful sites
– Teach Compassion and Non-judgement when sexting is involved
“We need to help our kids become part of something bigger and more important than high scores and “likes” counts.” – Richard Freed
Commit to ONE action you will take to address the issues presented.

Please write it out once of EACH piece of cardstock. Take one with you and leave the copy on the table. Thank you.
Teacher? I prefer the term Educational Rock Star!