



yth | youth+
tech+health

Teens & Tech

Presentation to California School-Based
Health Alliance
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About me

- mHealth program management
- Capacity building & training
- YTH Program Officer



Objectives

By the end of this session, you will:

- Develop understanding of adolescents' usage of social media and technology for health information
- Understand the basics and challenges to online privacy and confidentiality
- Identify programs that are good resources for your students

Young
people
deserve
real
information,
when
they need it,
how
they need it.



Creative Commons photo by [lian xiaoxiao](#) on Flickr

We:

+ **Pilot** new technologies

+ **Discover** what works

+ **Evangelize** our learnings



yth live

the youth + tech + health conference



#ythlive

April 24–26, 2016

San Francisco

yth.org/live



Understanding Youth & Social Media





How much do you know about social media?

Social media explained

“Platforms that enable the interactive web by engaging users to participate in, comment on and create content as means of communicating with their social [contacts], other users and the public.”



Talk To Your Neighbor: Social Media

Why do youth like social media so much?



Why do youth use social media?

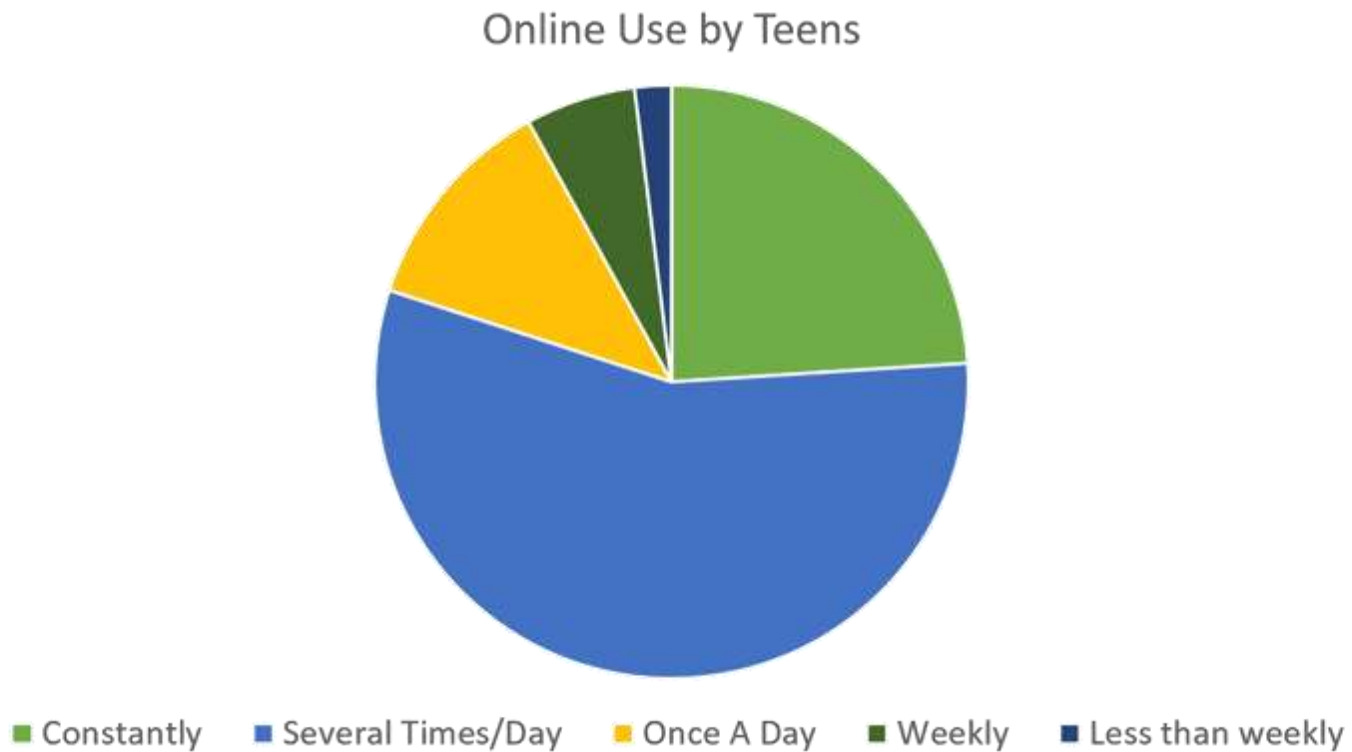
- Privacy
- Self-expression
- Discover interests & learn
- Their friends use it
- Socializing for the always-connected generation
- Social media is normal and expected





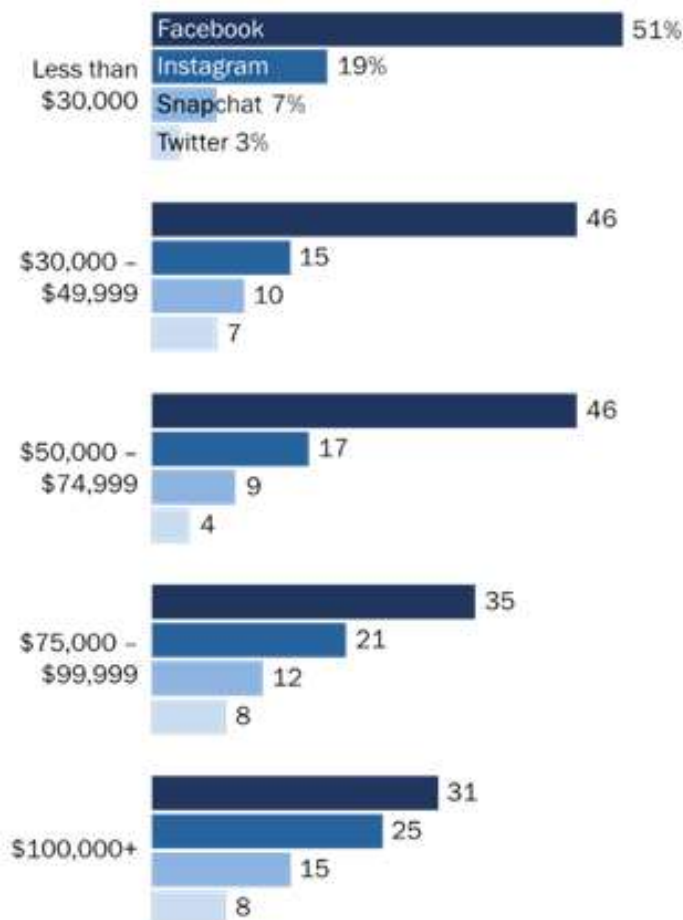
Group Poll

92 percent of teens go online daily



Snapchat More Likely to Be Used Most Often by Wealthier Teens; Facebook Most Popular Among Lower Income Youth

Among teens ages 13 to 17, the % of teens who use _____ *most often*, by household income

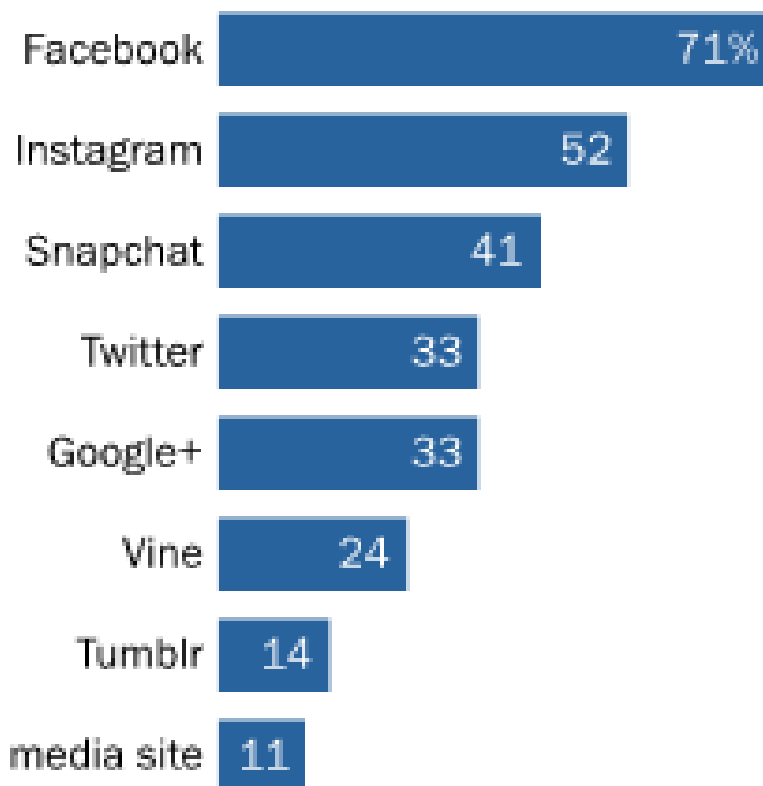


Source: Pew Research Center's Teens Relationship Survey, September 25-October 9, 2014 and February 10-March 16, 2015 (n=1,016 teens ages 13 to 17).

PEW RESEARCH CENTER

Facebook, Instagram and Snapchat Top Social Media Platforms for Teens

% of all teens 13 to 17 who use ...



Source: Pew Research Center's Teens Relationships Survey, Sept. 25-Oct. 9, 2014 and Feb. 10-Mar. 16, 2015. (n=1,060 teens ages 13 to 17).

PEW RESEARCH CENTER

33% of Teens with Cell Phones Use Messaging Apps

% of teen cell phone users who use messaging apps (i.e. WhatsApp or Kik) online or on their phones

All teen cell phone users	33%
Sex	
Boys	29
Girls	37 ^a
Race / ethnicity	
White, non-Hispanic	24
Black, non-Hispanic	47 ^c
Hispanic	46 ^c
Age	
13-14	32
15-17	34
Sex by age	
Boys 13-14	23
Boys 15-17	42 ^h
Girls 13-14	33 ^h
Girls 15-17	34 ^h
Household income	
<\$30K	40
\$30K-\$49,999	38
\$50K-\$74,999	29
\$75K+	31
Parent educational attainment	
Less than high school	36
High school	31
Some college	30
College+	37
Urbanity	
Urban	39 ^v
Suburban	32
Rural	25

Source: Pew Research Center's Teens Relationships Survey, Sept. 25-Oct. 9, 2014 and Feb. 10-Mar. 16, 2015. (n=929 teen cell phone users ages 13 to 17).

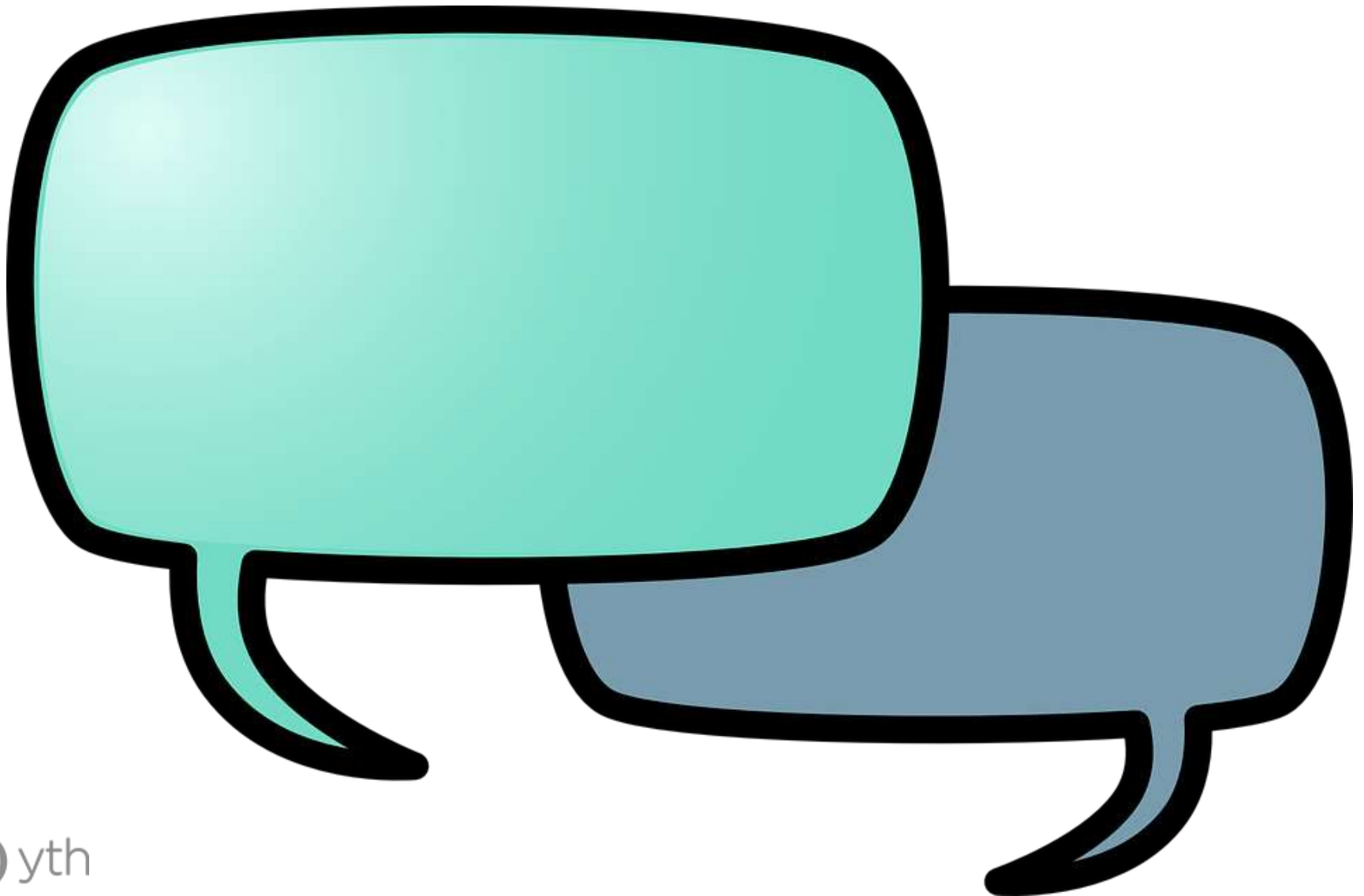
Note: Percentages marked with a superscript letter (e.g., ^a) indicate a statistically significant difference between that row and the row

11% of Cell-Ownning Teens Use Anonymous Sharing or Question Apps

% of teen cell phone users who use anonymous sharing or question apps (i.e. Whisper, YikYak, Ask.FM)

All teen cell phone users	11%
Sex	
a Boys	8
b Girls	13 ^a
Race/ethnicity	
c White, non-Hispanic	9
d Black, non-Hispanic	7
e Hispanic	16 ^c
Age	
f 13-14	10
g 15-17	12
Sex by age	
h Boys 13-14	7
i Boys 15-17	9
j Girls 13-14	13
k Girls 15-17	14 ^h
Household Income	
l <\$30K	6
m \$30K-\$49,999	15 ^l
n \$50K-\$74,999	14 ^l
p \$75K+	10
Parent Educational Attainment	
p Less than high school	10
q High school	9
r Some college	12

Teens receive 30 texts per day



Talk to Your Neighbor: Demographic Check

- Do your students have mobile phones?
- Do your students access social media?
- What are the biggest health issues facing your population?



Privacy & Confidentiality



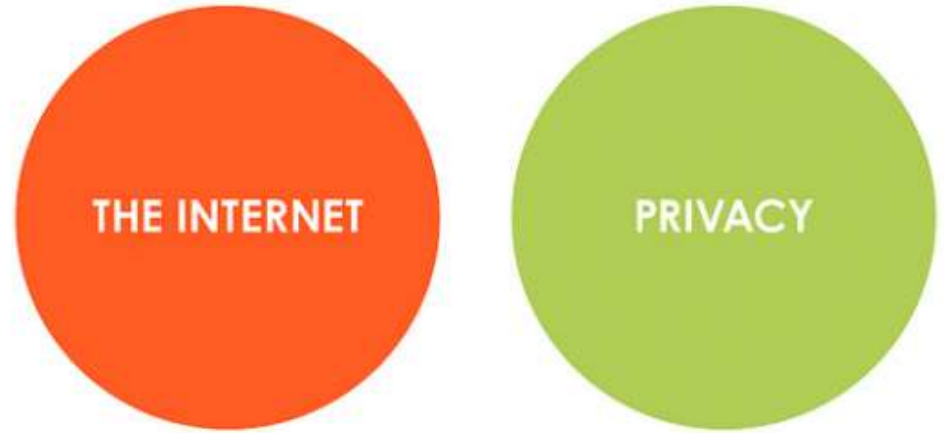


What can we do to ensure our teens' safety?



Confidentiality & Privacy 101

- When using a mobile device, you need to comply with HIPAA
- Know the rules about what you're allowed to disclose.



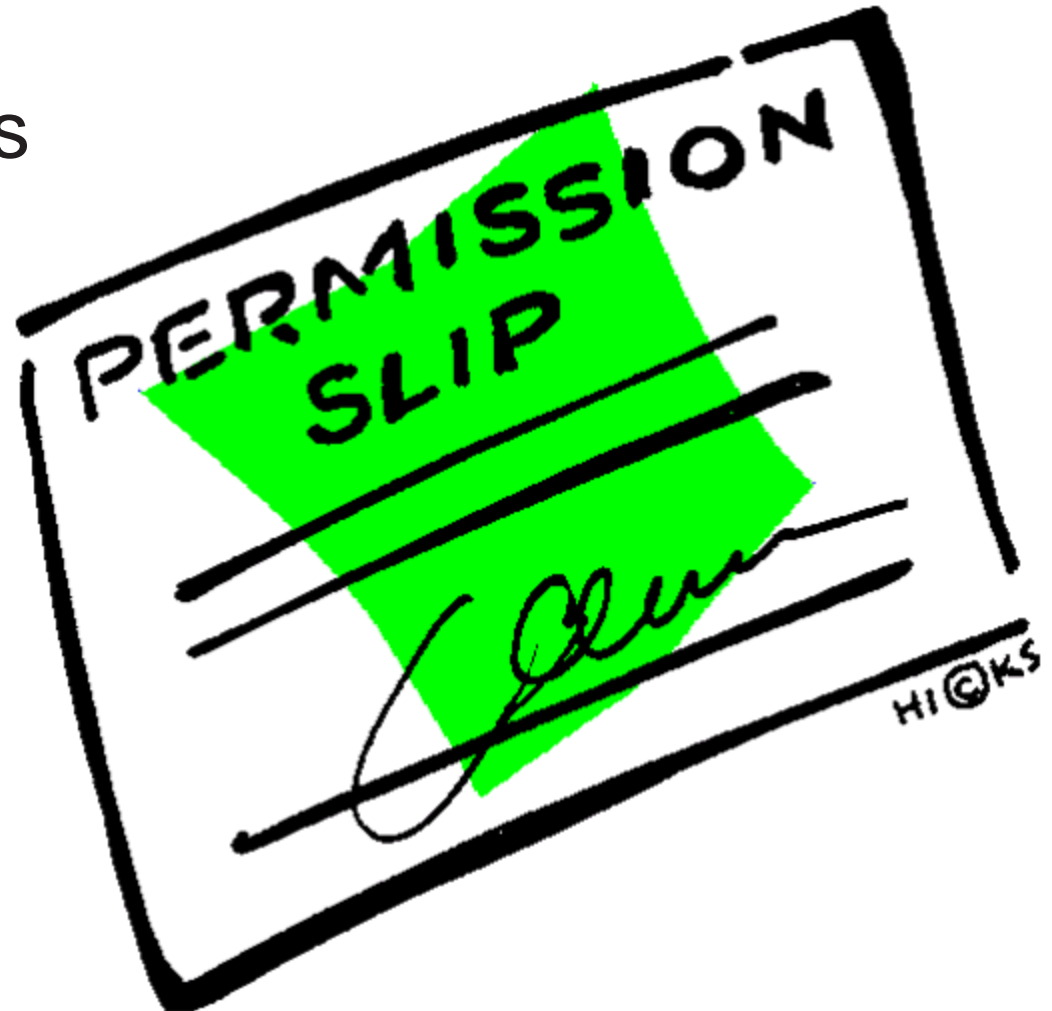
A HELPFUL VENN DIAGRAM

Organization phone vs. personal phone

- Don't use your own phone.

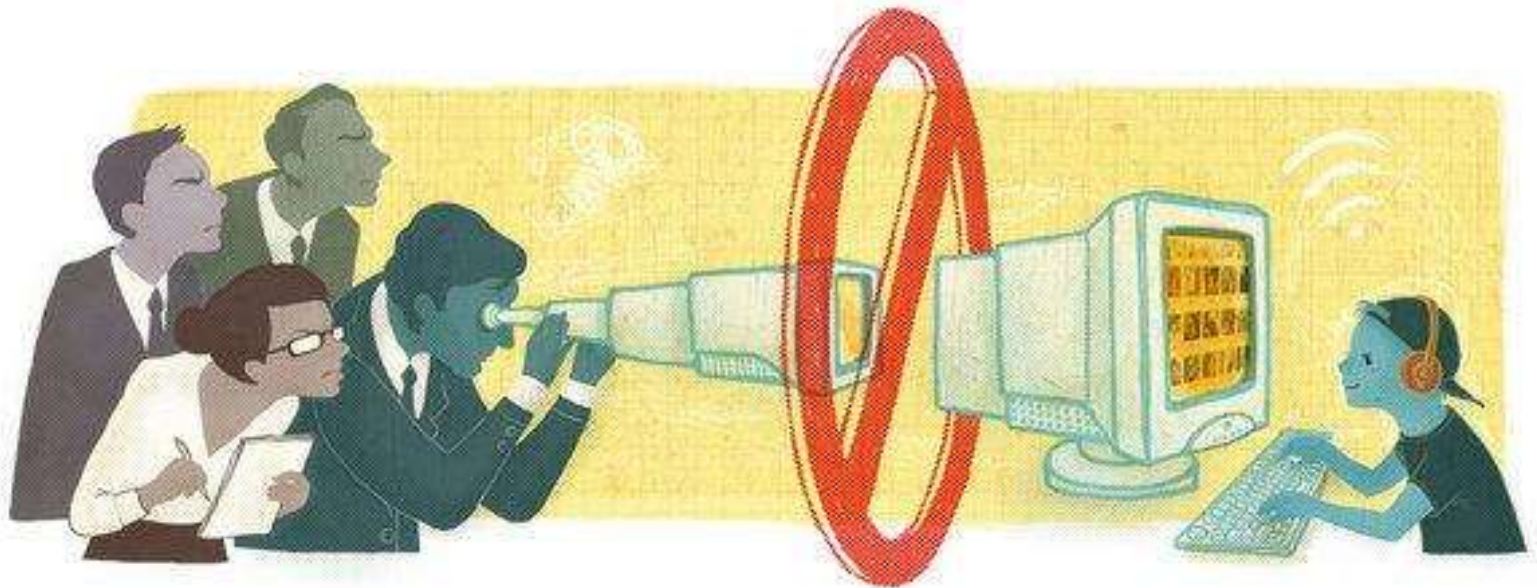
Get consent

- Users must opt-in
- Must inform of risks of service and potential loss of privacy.

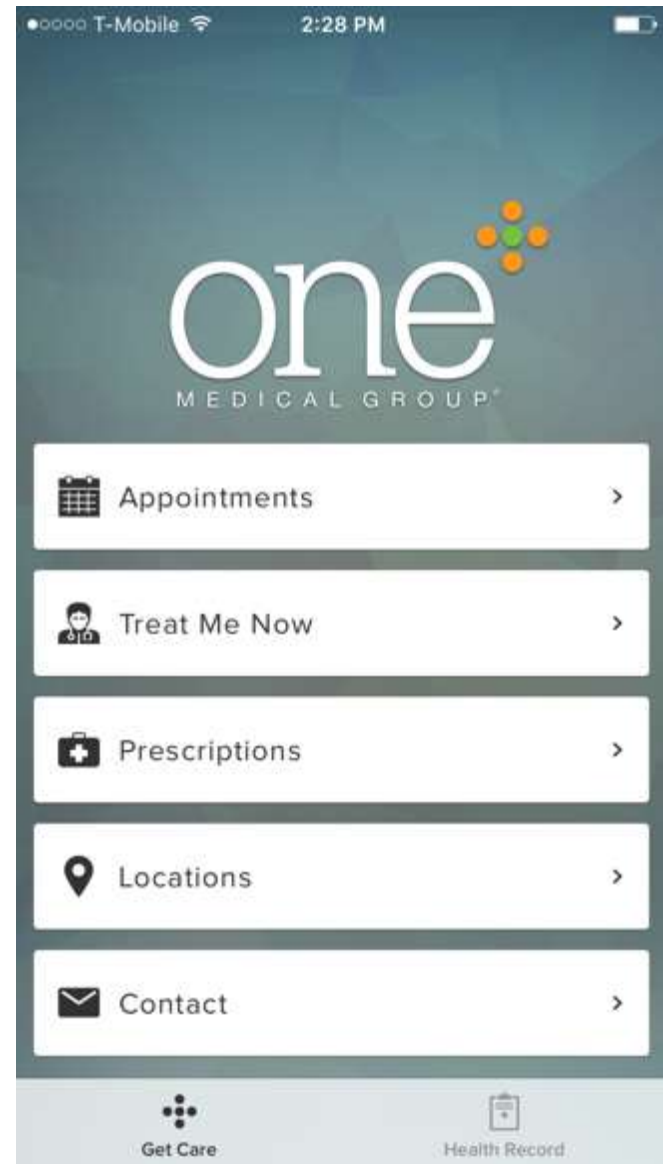
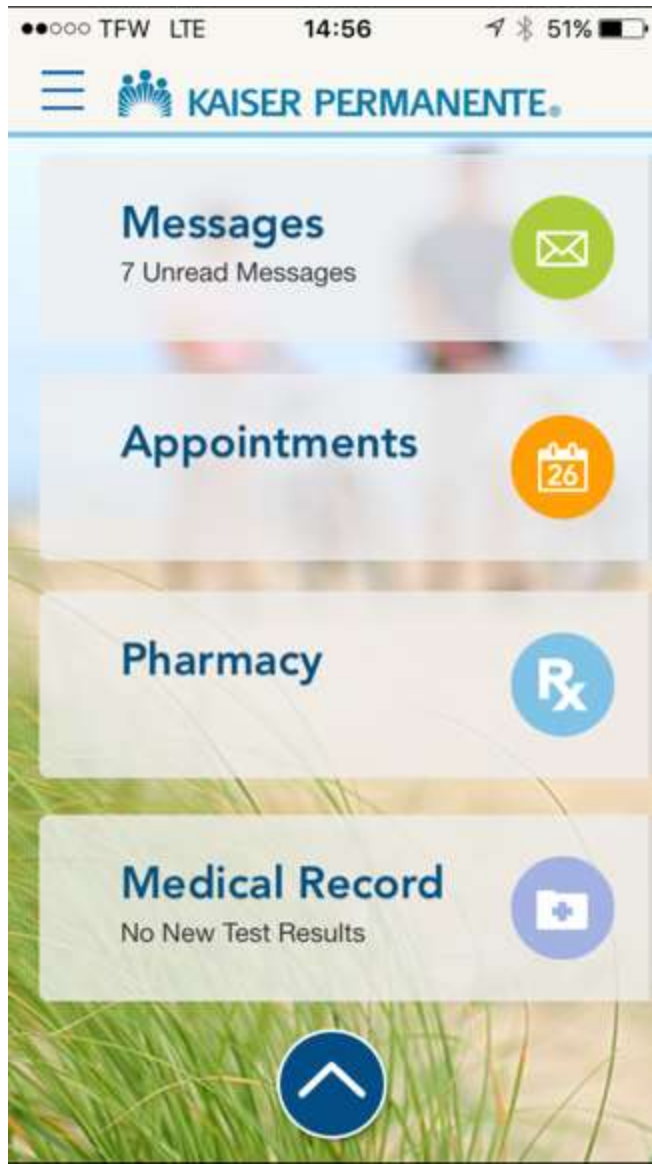


Privacy and...

- Email
- SMS
- Voice



Patient Portal



HIPAA & social media

- Use the “coffee shop” test: If you wouldn’t say it in a cafe, don’t put it online.
- Don’t talk about patients/clients, even generally
- OK to talk about treatment, research etc., in general
- Ignore your English teacher’s advice of “show not tell”

Talk To Your Neighbor: Privacy

- How can you help your students make good choices online?



Case Studies: What works and why?



Web Apps: SexInfo

SexInfoSF.org [SexInfoMobile](#)

a new text message service for youth

Home Advisory Board Campaigns Contact Us

Txt "1" if ur condom broke
- U may be at risk 4 STDs + prgnancy S.E. Clinic, Keith at ArmstrongSt, 415-671-7000
M-F8-5, W8-12, City Clinic 356 7th St
415-487-5500 MWF 8-4 TuTh 1-4

Plan B:
If you just had sex & are worried you might be pregnant, [click here](#).

About You...
If you are 12-17 and your sex partners are male, female and/or transgendered, [Click Here](#) to find out about lifestyle choices & STDs that could concern you.

Designed by health educators at **I.S.I.S., Inc.** with funding from the San Francisco Department of Public Health

Web Apps: Oregon Reminders

[Home](#)[Healthy Living »](#)[Reminders »](#)[Clinics](#)[Resources](#)

Welcome to the Oregon Reminders System.

This is the place where you can set your own reminders to test for HIV and other STDs, to take medications, refill prescriptions and sign up for weekly educational health tips. All the information stored in this system is secure, private and HIPAA compliant.

To get started:

What is your age? *

Select value ▼

Zip/Postal Code *

Where did you hear about Oregon Reminders? *

Select ▼

If Other please specify where you heard of Oregon Reminders.

Submit



There's a better way to

REMEMBER



[← Messages](#)

618-27

[Details](#)

Plz text YES to confirm u want weekly health tips. U can sign up for HIV/STD test reminders every 3-6 months or daily med reminders at www.OregonReminder.org

YES

ORReminders: Ur signed up 4weekly healthy living. Reply OREspanol if u want ur tips in Spanish. Standrd rates. Text stop 2end. Text help 4help

Thu, Mar 10, 3:29 PM

ORreminders: Healthy living includes mental health. Try to take time to relax and focus on yourself. Text stop to end.

Thursday 3:29 PM

ORreminders: Trouble sleeping? Avoid mixing ur work space with ur sleep space. Text stop to end.



Text Message

Send

SMS: Crisis Text Line



- Text 741-741 from anywhere in the USA, anytime, about any type of crisis.
- Crisis Counselor receives the text, responds, and helps.

SMS: Text to Connect



Think of a close family member. Think about what you like about them.

Think of someone you've recently had trouble getting along with. Take a moment to reflect on one positive quality this person has.

For the next 30 seconds, focus on what you have in common with someone you talk to every day.

In your next conversation, pay attention to the other person's body language to understand what they are feeling.

by HopeLab

Phone: 211



CALL 2-1-1

Speak with a live, highly trained service professional in your area from any cell phone or landline. All calls are private and confidential.

ACCESSIBLE 24/7 • ALL LANGUAGES • COMPLETELY CONFIDENTIAL

Phone: 211 - Health is more than healthcare

- Supplemental food and nutrition programs
- Shelter and housing options and utilities assistance
- Emergency information and disaster relief
- Employment and education opportunities
- Services for veterans
- Healthcare, vaccination, and health epidemic information
- Addiction prevention
- Reentry help
- Support groups for mental illness
- Safe, confidential path out of physical and/or emotional abuse

Website: TeenSource.org

The screenshot shows the TeenSource.org website with a teal background. At the top left is the logo "SEX + HEALTH + YOU teensource.org". To the right are social media icons for Facebook, Twitter, Tumblr, YouTube, Instagram, and RSS, followed by a search icon. Below these are navigation links: HOME, CONTACT, ABOUT US, and RESOURCES. A red banner across the middle contains the following categories: FIND A CLINIC, BIRTH CONTROL, STDS, RELATIONSHIPS, BLOGS, and KNOW YOUR RIGHTS. Below the banner, a section titled "LATEST NEWS UPDATES" lists several tweets. The main content area features three articles under the heading "WHAT'S HOT" with a megaphone icon. The first article is about birth control, the second about condoms, and the third about STDs. At the bottom, there is a "FIND A CLINIC NEAR YOU!" section with a map of California, a zip code input field, a distance selector set to 5 miles, and a search button.

SEX + HEALTH + YOU
teensource.org

HOME CONTACT ABOUT US RESOURCES

FIND A CLINIC BIRTH CONTROL STDS RELATIONSHIPS BLOGS KNOW YOUR RIGHTS

LATEST NEWS UPDATES: @StayTeen @TeenHealthGuy @advocatetweets @NCSDdc @womenshealth @bedslder @TheNC @teensource @girlshealth #KTFchat <https://t.co/zXZU3m9Qnn> — 6 hours 15 min ago

WHAT'S HOT

U have control when it comes 2 ur sex life. Best way 2 prevent unwanted pregnancy? Contraception! Find out the best method 4 u
May 4, 2016
Does contraception (aka birth control) seem confusing? It doesn't have to be!...[Read more»](#)

Think things went 2 far? Not sure wut 2 do? Denim Week is abt rape & violence awareness. Find out who 2 talk 2 and where u can find help

THE BEST BIRTH CONTROL FOR YOU

Condoms. Good idea.
Get free condoms here.

STD? GET IN THE KNOW

FIND A CLINIC NEAR YOU!

ENTER YOUR ZIPCODE

5 MILES **SEARCH**

Apps: Healthy Oakland Teens

- Connects to the closest teen clinics and school based health centers
- Free for all OUSD students as part of a comprehensive sex education curriculum.



Apps: Healthy Oakland Teens

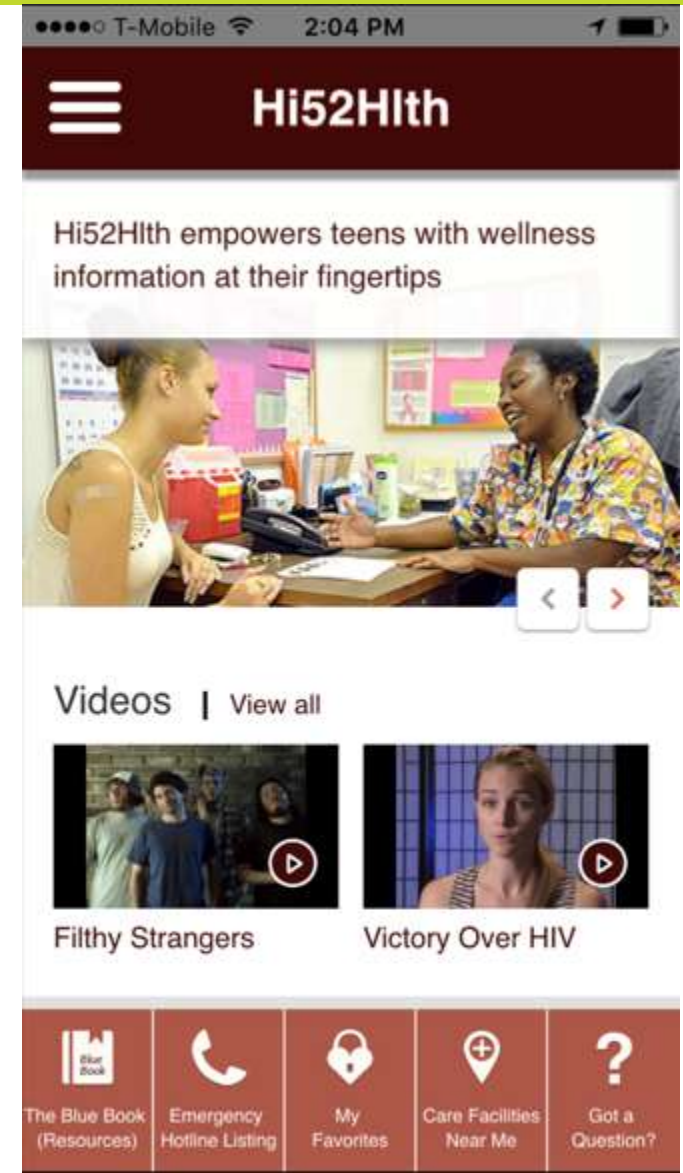
“...It's really useful when a friend needs the information.”

“Teens In Oakland should definitely download this app. [The app] is useful for anything you need or have questions for!”



Apps: Hi52Health

- Up to date articles on resources, HIV news, youth and City of Houston information.
- Ability to submit questions to avatar “Ask Tiff/Ty”
- Reminders, event, and connections to care



Articles | View all



Featured Article

**Sexual Risk Behavior:
HIV, STD, & Teen Pregnancy
Prevention**

Posted on: 15 Apr 2015
Author: CDC

Many young people engage in sexual risk behaviors that can result in unintended health outcomes. For example, among U.S. high school students surveyed in 2013 47% had ever had sexual intercourse. 34% ha...

About HIV/AIDS

Posted on: 16 Mar 2015
Author: CDC

PrEP

Posted on: 17 Feb 2015
Author: CDC

**CDC Fact Sheet:
Information for Teens:
Staying Healthy and
Preventing STDs**

Posted on: 04 Sep 2014
Author: CDC

One of Our Primary Purposes
in this Life is to Help Others.

Looking for a clinic?

List of clinics



Need to talk to someone?

Call us if you need to talk



Want to protect yourself?

Precaution is easy and helps you always



Think you may have been exposed?

We will help you to get protected



Looking for a shelter?

We provide you the shelter



Want some more information



The Blue Book
(Resources)



Emergency
Hotline Listing



My
Favorites



Care Facilities
Near Me



Got a
Question?



The Blue Book
(Resources)



Emergency
Hotline Listing



My
Favorites



Care Facilities
Near Me



Got a
Question?

Apps: Eve by Glow

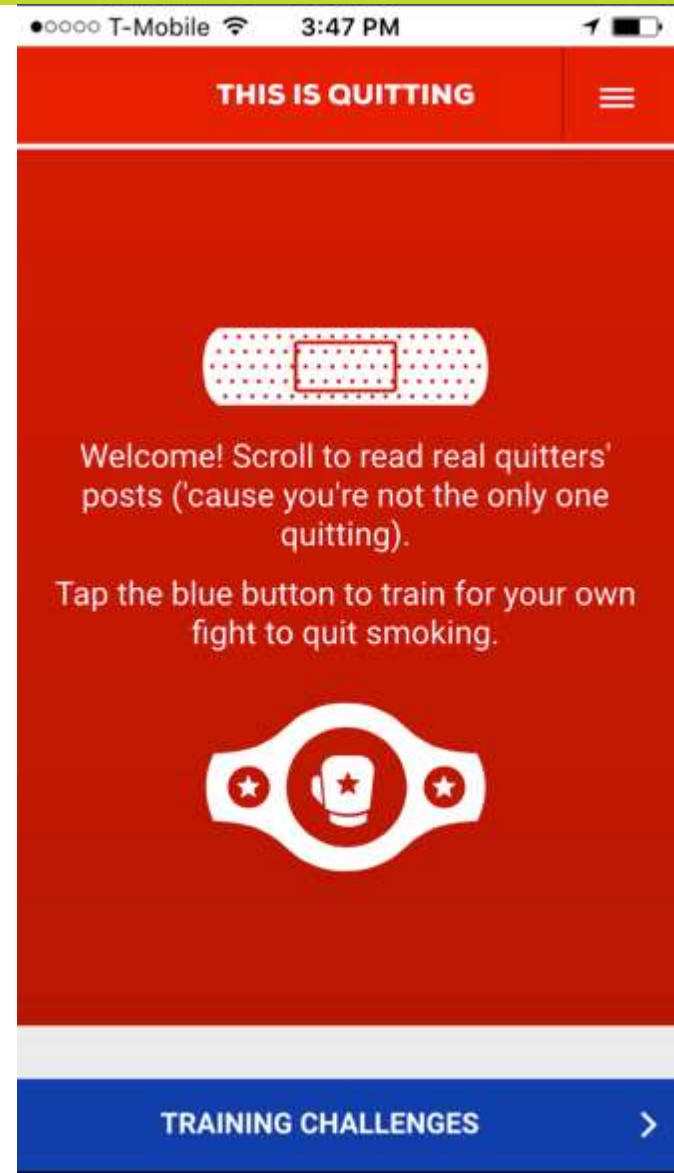
- Helps young women understand their reproductive health and cycle
- Parent app is Glow - designed to help women get pregnant





Apps: This Is Quitting

- By the Truth Initiative
- Social component
- Connection to quitting counselors



THIS IS QUITTING



Chase Mosley
@77_mosley



5 MAY 16



Update on me quitting smoking It didn't last 5 hours I'll try again after finals



meeka_baby
@jameek_millz13



5 MAY 16



TRAINING CHALLENGES



Call a quitting expert



Read about meds



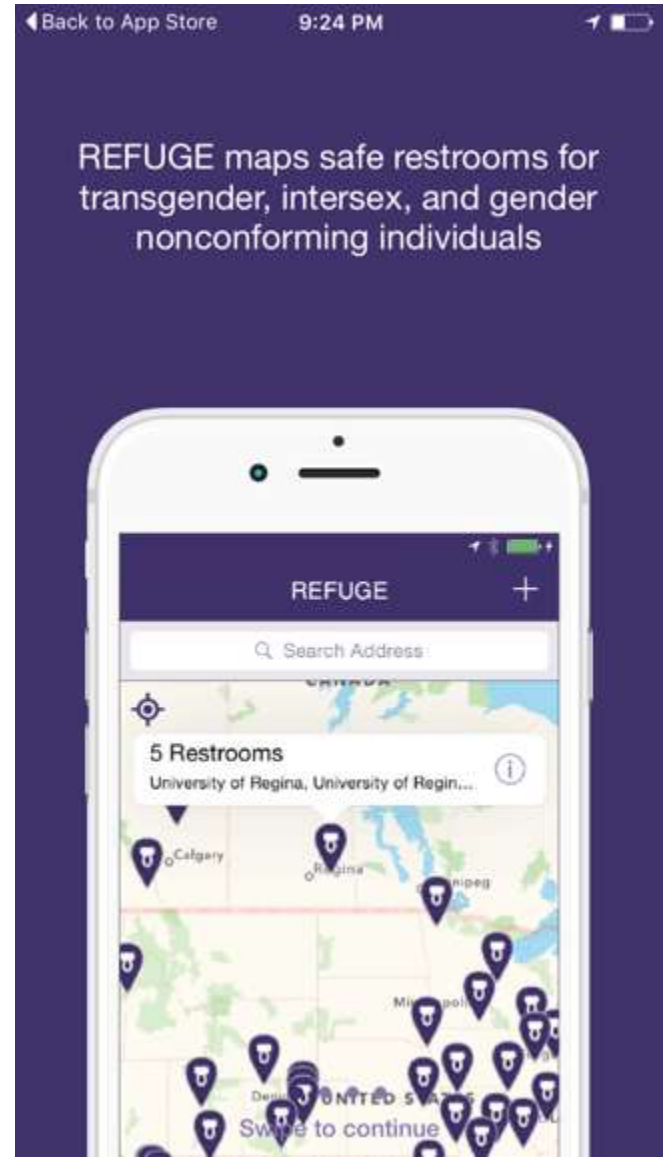
About us



About This is Quitting

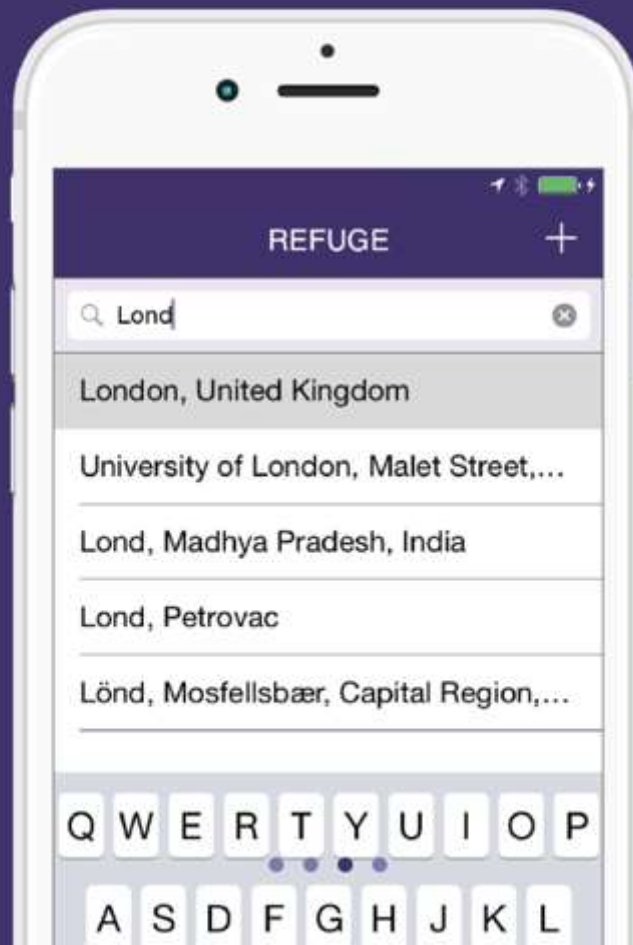
Apps: REFUGE

- REFUGE provides safe restroom locations through a database collected through crowdsourcing
- Predecessor is Safe2Pee

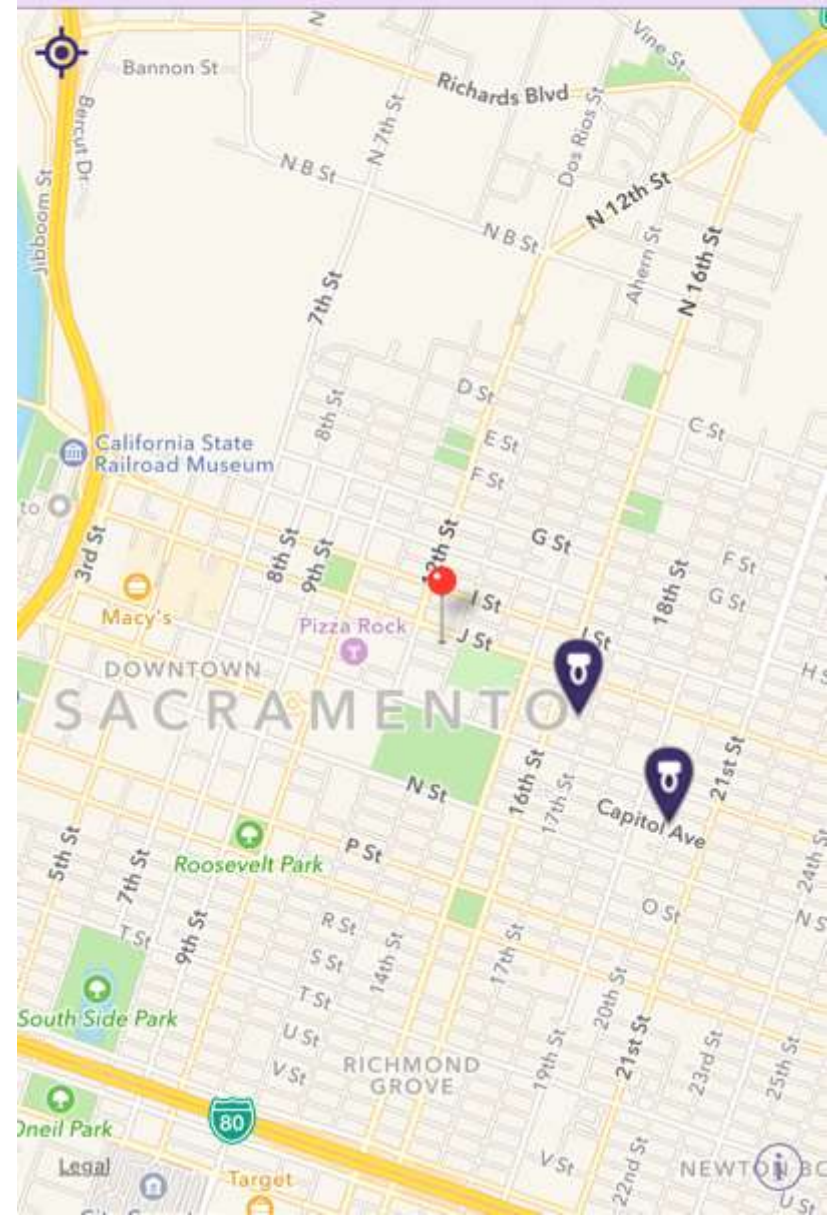




Search allows you to look for restrooms around specific locations, great for everyday use or travel



REFUGE



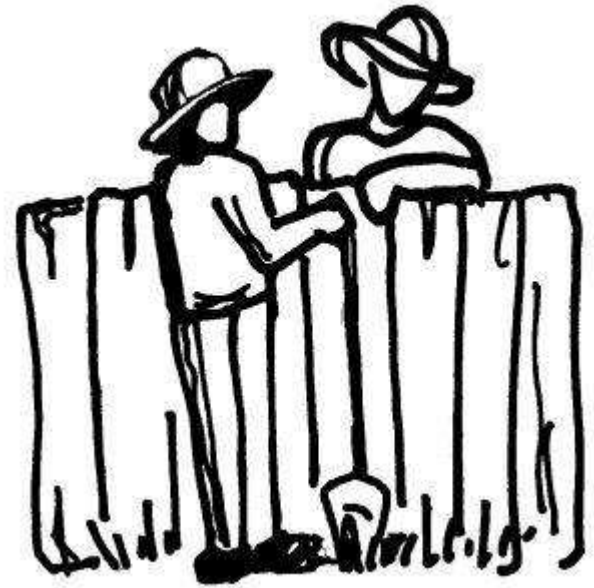
Devices: Zamzee



Talk to Your Neighbor: Pick an App

Pick an app. Download it. Share what you like/dislike. How could you use it?

- Healthy Oakland Teens
- Hi52Health
- This is Quitting
- Eve by Glow



Livestreaming



Common Live Stream Platforms



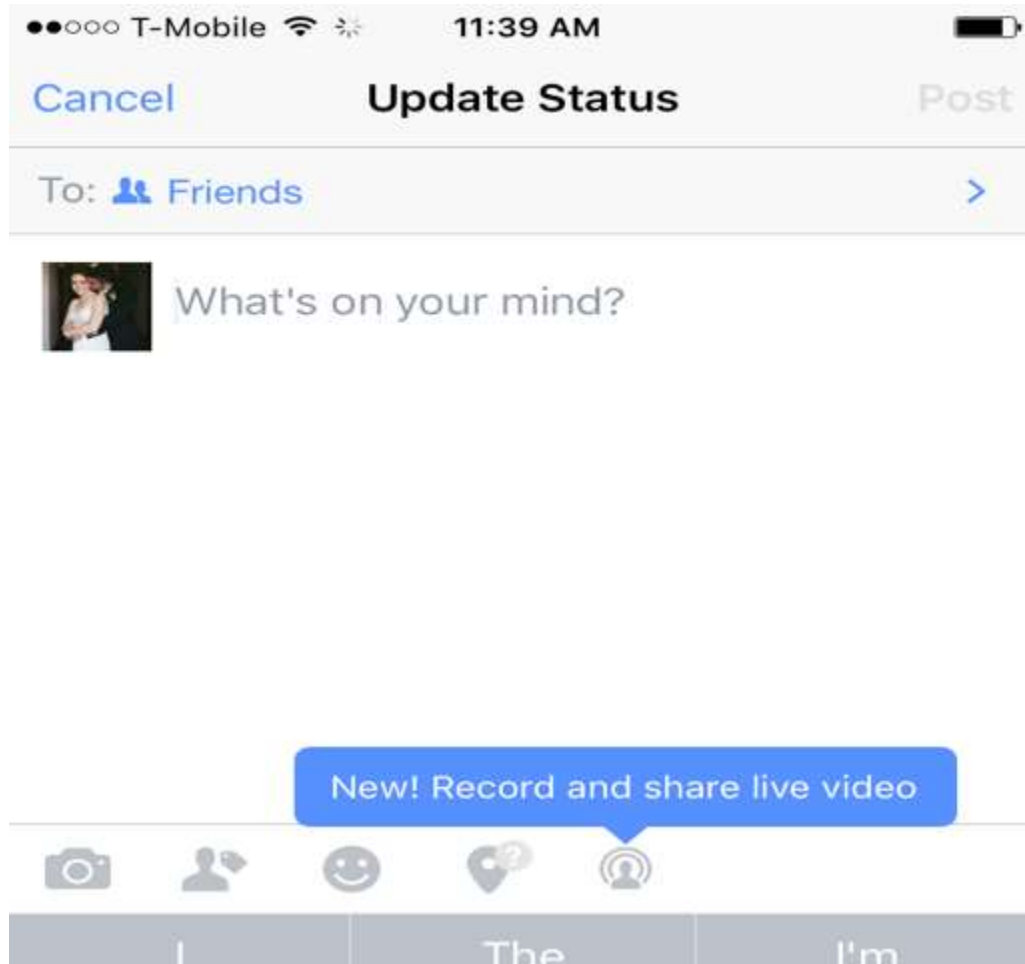
- Periscope**
- Meerkat
- Hang w/
- LiveStream
- UStream
- Stringwire
- Snapchat
- Vine

Have I ever seen a live stream?



Apps you may use every day, like Snapchat, Vine, Skype, and Google Hangouts, are live streams too!

You can even live stream with facebook!



How are live streams used?

- To entertain - music, internet personalities, celebrities
- To educate- online schooling, webinars, sharing information
- To communicate- conversation, meetings
- To promote- self, professional, business
- To connect- friends, family, online friends, fans

Are live streams used in healthcare?

YES!!!

- To talk with a doctor
- To view surgeries or operations
- ER Tours



Talk to Your Neighbor: Live Streaming

- Have you ever used livestreaming?
- Download Periscope and play around



Any Questions?





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health design

thank you!

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join our network



yth.org



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