

TETHERED TO TECHNOLOGY:

The Good, The Bad, & The (Potentially) Ugly

THE HELP GROUP'S
Advance LA Preparing teens and young adults with diverse challenges for a successful future

THE HELP GROUP

FRIDAY, MAY 5
Advance LAs 2017 Conference
#CONNECT
Cutting Edge Research and Best Practices for
Young Adults with Diverse Needs

ACADEMIC & CAREER
RELATIONSHIPS
DIAGNOSTIC CONSIDERATIONS & INTERVENTIONS
MINDFUL AWARENESS

DR. DON GRANT, CCDC, MA, MFA, PhD

And now... the most DREADED words ever spoken in the history of mankind...

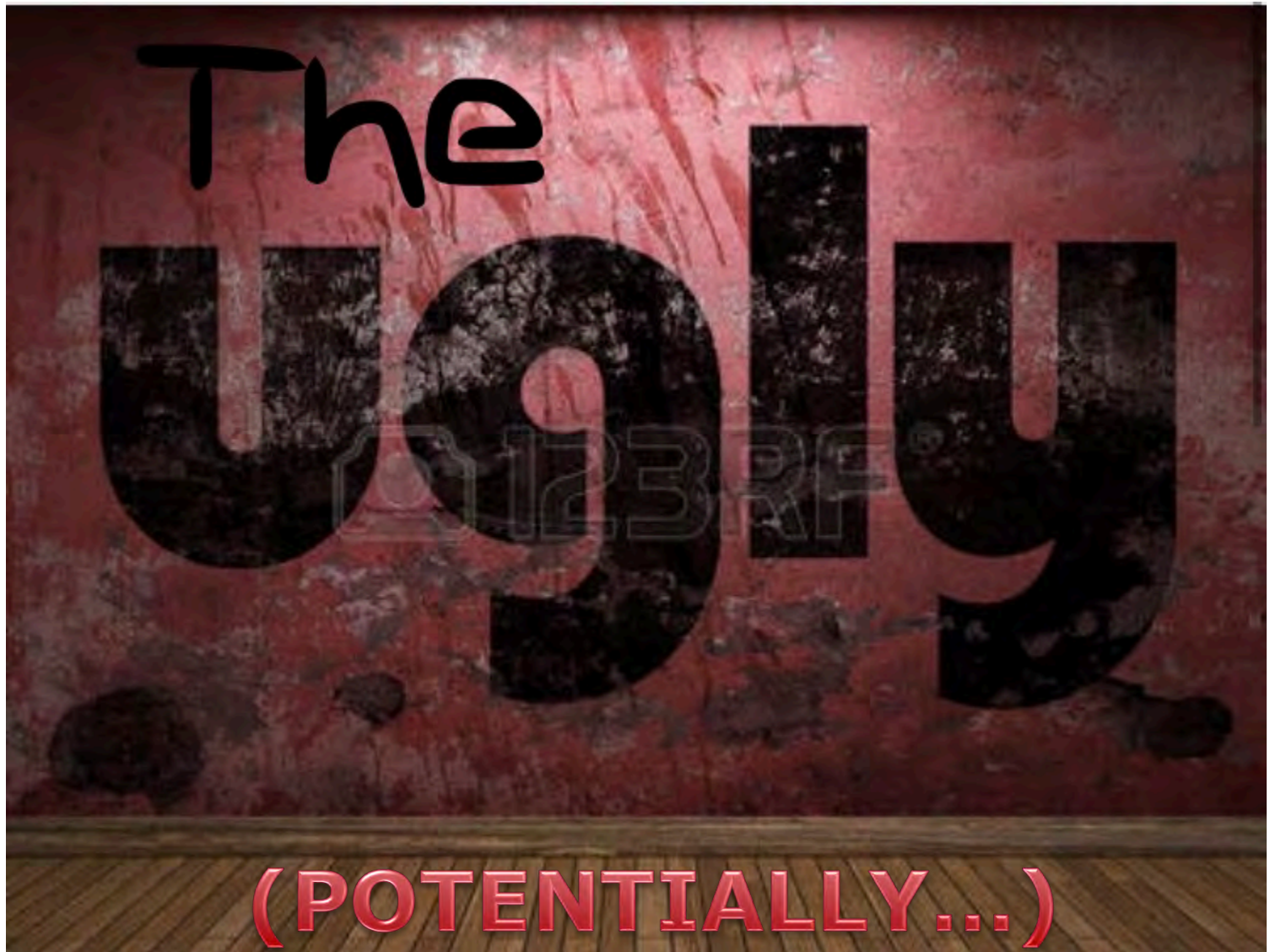
PLEASE TURN YOUR
PHONES
EITHER OFF OR TO VIBRATE...



the good

The

Bad



(POTENTIALLY...)

WARNING:

**(QUASI)IMMERSION
THERAPY
APPROACHING...**

FIRST SOME INPUT FROM THE EXPERTS....

- ✓ According to the CDC, 1 in 68 children in the U.S. has Autism Spectrum Disorder (ASD); 1 in 42 for boys & 1 in 189 for girls
- ✓ For most with ASD, communicating with others is difficult
- ✓ Many struggle with anticipating the responses of others and have a hard time reading emotions
- ✓ An individual's ability to communicate is tantamount to their success
- ✓ Face-To-Face (F2F) communication can be a problem when you cannot read what someone else is feeling, or anticipate what they will say
- ✓ Awkward pauses are common. Stuttering is common
- ✓ Many individuals with ASD are more comfortable interacting with inanimate objects such as a computer, Smartphone, or iPad
- ✓ Children with ASD are visual learners

HOW'D YOU DO IN READING THAT? WAS IT DIFFICULT? FOR ASD INDIVIDUALS, THIS IS HOW CONFUSING ALL COMMUNICATION MIGHT FEEL...

SOME SUPER FUN FACTS!!!

1. American youth spend an average of 7.5 hours per day – EVERY day-engaged with media; Most spent multi-tasking
2. 24% of teens self-report going online almost constantly
3. Heavy media multitaskers significantly demonstrate poorer memories, increased impulsivity, higher social anxiety and depression, lower perceived social success, neuroticism, and reduced volume in the anterior cingulate cortex
4. Two types of assistive technology currently exist for ASD students: Teaching Technologies & Communication Technologies

SO...
how can
TECHNOLOGY
Be HELPFUL FOR
PEOPLE WITH asd?

(AKA: "THE GOOD")

SUPER GLAD YOU ASKED!!!

(‘CAUSE HERE ARE A FEW-LIKE 9!-POTENTIAL REASONS...)

- 1. Many people with autism are visual thinkers. They think in pictures instead of language. Thoughts are like videotapes running in their imagination. Pictures are their first language, and words are their second (Grandin). As concrete visual thinkers, people with ASD process information well when they can look at a picture or words to help them visualize information.**
Technology makes pictures more accessible – they can search exactly what they are looking for whenever needed. Computer graphics also capture and maintain the attention of autism. This can improve behavior, and be reinforced into routine with operant conditioning to increase learning and memory.
- 2. Some autistic children will learn reading more easily with phonics (auditory), and others will learn best by memorizing whole words (visual).**
Technology offers the best of both worlds – voice output can be used for auditory reinforcement for those who learn better by hearing, and graphics can reinforce visualize what is being learned through sight.
- 3. Some children & adults with ASD have sound sensitivity & are able to respond best with low whisper sounds.**
With a computer, autistic children can adjust the volume to where they are comfortable. Frequencies can also be edited for further needs – learning how to edit these also does not benefit education, but benefits children through the education of technology use as well.
- 4. Some people with ASD have problems remembering sequences to carry out tasks.**
Technology can reduce the number of steps required for completion of certain tasks.
- 5. Often people with ASD have difficulty with fine motor skills.**
Technology helps reduce the frustration involved with handwriting or drawing. Using a keyboard or touch screen reduces difficulty and helps students enjoy learning.

(...and the “Back four!”)

- 6. It is thought that some non-verbal children and adults are mono-channel meaning they can only process one of their senses at a time. Their immature nervous system is not able to process simultaneous visual and auditory input and so they should be given either a visual or auditory task.**
Using technology, they can gradually increase their ability or save their work to proceed step by step and can even alternate between visual and auditory input
- 7. Some autistic individuals do not use speech for communication. Language learning can be taught if language exercises promote communication.**
They can use technology to produce words and learn the cause and effect of using appropriate speech.
- 8. ASD may make verbal communication difficult, technology can increase communication by helping someone express themselves more fluently or by helping them learn how to express themselves.**
- 9. Technology also increases communication by allowing us to communicate using the sensory skills someone with autism prefers (e.g. using symbols and pictures, video email, etc.)**



IN ADDITION... Digital tools can promote CONFIDENCE.

(The Aspect Hunter School in Australia uses Sphero robots to encourage ASD children to explore outside of their comfort zones-and outside of the classroom! #COOL!



There are devices, and tools, programs, & apps that promote STEM (Science/Technology/Engineering/Mathematics) abilities.



STEM abilities can improve social skills. Of students with ASD that went to college, 34% of them chose to pursue a STEM major!



- A. Time spent with social digital media is beneficial
- B. Non-social digital media provides a "safe space" for kids with ASD
- C. Three primary connections between computer technology & ASD:
 1. Computers involve no social factors
 2. Computers are consistent and predictable
 3. Children can take control & determine the pace of the activity
- D. Technology commonly exercises visual-spatial skills
- E. Technology may enhance the drive for learning

SOME COOL TECHNOLOGY-BASED ASSIST TOOLS (a.k.a. more o' "THE GOOD")

(A) VIRTUAL ENVIRONMENTS (VE & CVEs)

(B) ASSISTIVE TECHNOLOGY (AT)

(C) AUGMENTATIVE & ALTERNATIVE COMMUNICATION (AAC)

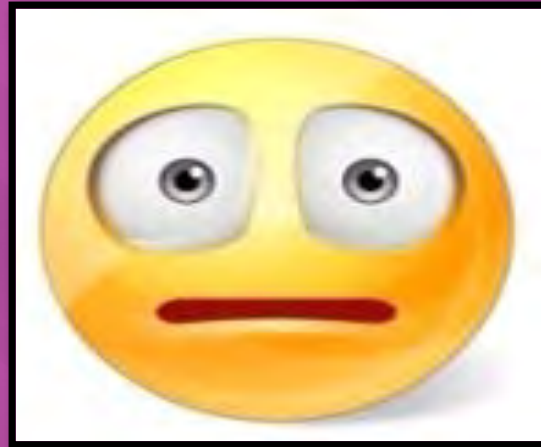
VE: A computer-generated three-dimensional simulation of a real or imaginary environment. Two forms are available, a single user VE and a multiuser, collaborative (CVE). Both use self-selected avatars. There is optimism that CVEs can be used effectively as an assistive technology, as an educational technology, & as a means of helping address potential theory-of-mind impairments.

AT: Any item that is used to increase, maintain, or improve functional capabilities of individuals with disabilities. AT Service is any service that directly assists an individual with a disability in the selection, acquisition, or use of an assistive technology device.

AAC: These strategies assist those with severe communication disabilities to participate more fully in their social roles, including interpersonal interaction, learning, education, and community activities. AAC entails learning to communicate by typing on a keyboard or pointing at letters, images, or other symbols to represent messages. Devices utilized include iPads or other tablets with communication apps such as an AAC tool.

These new advances in technology hold great potential for people with ASD.

HOWEVER...



7 FEARS RELATED TO ADOLESCENTS' USE OF TECHNOLOGY

1. Parents worry about **Who** adolescents are interacting with online & **What** type of information they are sharing with others.

(Not to worry on THIS one at least...

Research has consistently shown that online versus offline networks look very familiar)

2. Parents fear that their children will be victims of **cyberbullying** or be solicited by strangers online.
3. Adolescents' **constant connectivity** prevents them from being present in "real life" and interferes with offline socialization experiences and friendships.
4. Smartphones are creating a "**digital divide**" between parents and their children.
5. Adolescents are experimenting with alternative identities online while leaving a "**Digital Dossier**" archive of data that may damage their sense of self and future lives.
6. Constant **multitasking** on smartphones is impairing adolescents' cognitive performance.
7. Adolescents are losing **sleep** due to their devices.



THE AVERAGE ATTENTION
SPAN OF A HUMAN BEING IS
8 SECONDS



THIS IS ONE SECOND LESS
THAN THE ATTENTION SPAN
OF A **GOLDFISH.**

A 4 SECOND DROP IN JUST 13 YEARS.

#UNPLUG A WHILE!



www.DhariLo.com

Media Saturation Overwhelm Syndrome

The image displays a comprehensive grid of logos for various digital marketing and social media tools, categorized into several sections:

- Social Marketing Management:** Includes logos for shoutlet, SYNCAPSE, vitrue, involucr, hootsuite, Social Publishing Platforms, Flowtown, Spreadfast, awareness, tweet, tapil, Socialware, hearsay, MUTUALMIND, SPROUT SOCIAL, offerpop, Social Promotion Platforms, Social Amp, Seismic, Strutta, votigo, Fanzilla, SocialAppsHQ, extole, NORTH SOCIAL, Zuberance, BzzAgent!, and CalinSea.
- URL Shorteners:** Includes bity, tiny arrows, and TinyURL.com.
- Stream Platforms:** Includes UberMedia, TweetDeck, twirl, Aol Lifestream, and others.
- Twitter Apps:** Includes twitpic, tweetmeme, StockTwits, Cadmus, wefollow, flixup!, Listorious, and twitvid.
- Facebook Apps:** Includes LIKESTER, BranchOut, snapchat, bodoo, smile, causes, booshaka, and others.
- Facebook Gaming:** Includes playfish, zynga, MetroGames, Playdom, socialpoint, and others.
- Social Advertising Platforms:** Includes TBG, Lexicity, spruceMEDIA, Adaptly, BLINQ, epic social, SOCIALTYZE, nanigans, Ybrant, KENSHOO, Marin, and EfficientFrontier.
- Social Brand Engagement:** Includes socialvibe, mylikes, adly, local response, apps, DYNAMIC SIGNAL, and sharethrough.
- Social Commerce Platforms:** Includes Payment, Moontoast, SHOPTAB, live gamer, dotbox, Moolko, trialpay, Storenvy, shop, FLUID, VendorShop, and miiyoni.
- Social Ad Networks:** Includes OnePilot, rockyou, across, LIFESTREET, radium, XGRAPH, media6degrees, and Gnip.
- Social Data:** Includes DATASIFT and RapLeaf.
- Social Search & Browsing:** Includes Topsy, winle, Aardvark, StumbleUpon, greplin, and spokeo.
- Social Intelligence:** Includes PostRank, Trendrr, ATTENTION, VISIBLE, actionly, bottlenose, colligent, trackur, synthesio, systems, brandprotect, backtype, ALTERIAN, and NETBASE.
- Social Scoring:** Includes KLOUT, empireavenue, and PeerIndex.
- Social TV:** Includes PHILIP, GetGlue, clipsync, SmaggyTV, INTO-NOW, and tunerfish.
- Social Networks - Other:** Includes Linked in, TAGGED, my, friendster, gaia, plaxo, Path, CLUB, HABBO, orkut, Google+, #hashable, renren, and friend.ly.
- Social/Mobile Apps & Games:** Includes foursquare, wozze, IWIX, Foodspotting, glu, loopt, YLF, playjam, and footaki.
- Social Shopping:** Includes Giant, Zappily, Zappi, Swipely, LOCKERZ, SYPPLY, and kaboodle.
- Content Sharing (Reviews/Q&A/Docs):** Includes topix, digg, fotopeia, sideshare, DocShare, yelp, Angie's list, Quora, and Scribd.
- Social Referral:** Includes Social, social, social, SmugMug, fixable, klip, flickr, photobucket, ZangZing, and Photo.
- Social Business Software:** Includes lithium, jive, telligent, External (Customer) Facing, Satisfaction, LeverageSoftware, Pluck, Kid Apps, mzinga, Assistly, Internal (Employee) Facing, huddle, cubetree, acquia, igloo, yammer, moxie, Watchtoo, Socialtext, nimbly, and SOCIALCAST.
- Blogging Platforms:** Includes tumblr, posterous, Blogger, WordPress, SQUARESPACE, Joomla!, and JUX.
- Community Platforms:** Includes KQ, GROU.PS, Yick Apps, mixxt, GroupLix, and NING.
- Plug-ins/Widgets:** Includes tynt, Bazaarvoice, gigya, Badgeville, ShareThis, spinback, javoin, conduit, clearspring, echo, PowerReviews, Mass Relevance, meebo, Cover it Live!, and widgetbox.
- Traditional Publishers:** Includes DAILY CANDY, ON, The New York Times, abc, Glam Media, THE WALL STREET JOURNAL, HEARST corporation, and Aol. CONDÉ NAST.

TECHNOLOGY/INTERNET ADDICTION

Any online-related, compulsive behavior which compromises biological, psychological, and/or sociological balance, interferes with normal living, and causes severe stress on self, family, friends, and loved ones

*Not included in the DSM-5 as a diagnosable condition, but Internet Gaming Disorder HAS been listed under "Conditions For Further Study"

TECHNOLOGY/INTERNET ADDICTION SIGNS

No single behavioral pattern defines Internet addiction.

If your Internet/technology use pattern interferes with your life in any way (i.e. impacts your work, family life, relationships, school, etc.), you *may* have a problem.

Symptomatic behaviors include:

- Compulsive use of the Internet and the platforms it supports
- A preoccupation with being online
- Lying or hiding the extent or nature of your online behavior
- An inability to control or curb your online behavior
- In addition to demonstrating other criteria, it has been proposed that a diagnosis of internet addiction must include symptoms for at least 3 months and at least 6 hours of non-essential internet use per day

OTHER SYMPTOMS INCLUDE:

- **Keeping devices near or at easy access 24/7**
- **Inability to "unplug" or turn off computer, phone, tablets, gaming devices**
- **Failed attempts to control behavior**
- **Neglecting friends and family**
- **Neglecting sleep to stay online**
- **Being dishonest with others**
- **Feeling guilty, ashamed, anxious, or depressed as a result of online behavior**
- **Withdrawing from other pleasurable activities**
- **Loss of interest in hobbies and social interactions**
- **Physical issues before, during or after use: carpal tunnel syndrome, headaches, sleep disorders, weight gain or loss, backaches, vision problems**
- **Getting a "rush" (dopamine "squirt") from "using" or anticipation of "using"**
- **R.I.D. when denied use**
- **Focused more on posting where/with whom, than the **ACTUAL** where/with whom**
- **Compulsive use**
- **Lying about or hiding extent or nature of online behavior**
- **Choosing to be online posting/texting/gaming over commitments/relationships**

SPINNING WHEEL OF DOOM



CONSTANT VIBRATING HERTZ ALLOWING
FACED DIFFICULT ANXIETY DETERMINING CONFUSION
SHOWER LINKS SOUND FREQUENCY NOISY SOURCES
PLEASANT PLAY UNDERSTOOD WATCHING
PHANTOM
FALSE TONES
NATURE SENSATION ALARM FALL
VIBRATION
HEAR CONCEPT OWNER DEVICE EXPERIENCED
BASIC PRESENTATION DISTANCE AUDITORY RURAL PSYCHOLOGICALLY SENSITIVE PHONE
TELEPHONE POTENTIAL INCLUDE ITEM
SYNDROME
COMPARED FEELING MODELED RING GLASSES PAIR
ACTUAL BELIEF AREA TELEVISION VIBRATIONS
NAKED NEUROLOGICAL WEARING
ORIGINAL PHANTOM MOBILE PSYCHOLOGICAL
LOCATE RANGERS RINGERS RANGE

WITHDRAWAL

No biological per se. Psychological however can be profound: depression, anhedonia, anxiety, irritability, sleep disturbances, & LOTS of screaming!

NEUROLOGICAL



Frontal lobe, executive functioning affected. Arrested development-especially happens in early adolescence with substance abuse. Now we are seeing it with overuse of technology



Affected regions: dorsolateral prefrontal cortex, rostral anterior cingulate cortex, supplementary motor area, parts of the cerebellum



Can cause the brain to shrink 10-20%



The longer the "addictive" use, the more pronounced the tissue reduction, which can cause reduced inhibition of inappropriate behavior/filtering & diminished goal orientation



Achieving a goal or anticipating the reward for a task can excite neurons in the ventral tegmental area of the midbrain, releasing dopamine into the brain's pleasure centers. The brain "Likes" & seeks it. As with amphetamine abuse, the dopamine is blocked from being "uptaked" & remains in the brain's "pleasure centers," causing pleasurable feelings. Organic dopamine production can be significantly altered or cease completely.

A photograph of Mark Zuckerberg standing in front of a chalkboard. The word "TIME" is written in large, dark letters on the chalkboard behind him. He is wearing a grey t-shirt and blue jeans. The entire image is framed by a thick red border.

TIME

HALF THE WORLD

IS NOT ENOUGH

MARK ZUCKERBERG'S

PLAN TO GET EVERY

HUMAN ONLINE

by
Lev Grossman



ADOLESCENTS, TEENS, & YOUNG ADULTS ARE GREATER RISK:

- **How they were "raised"**
- **How they socialize**
- **Brains developing and pruning until age 25**

And Furthermore...

- A correlation exists between excessive Internet use, ADHD, depression, social phobia, & hostility, with a pattern reminiscent of correlates with alcohol & drug addiction
- Excessive, long-term exposure to electronic environments is reconfiguring young people's neural networks and possibly diminishing their ability to develop empathy, interpersonal relationships, and nonverbal communication skills
- Struggle with reading social cues in corporeal co-presence
- 70% of those suffering with Internet addiction also struggle with (or have a history of) other addictions & emotional dysregulation such as depression, mood disorders, social disorders, anxiety disorders, relationship problems, sexuality-based disorders.
- Technology and Internet use, like other drugs, and alcohol, are reinforcing, stimulating, and rewarding.

OKAY, OKAY...
BLAH, BLAH, HASHTAG
BLAH...
WE ALL TOTALLY GET
IT!

So what do we DO about it?

A blurred background image showing a person's hand, likely the author, positioned over a computer keyboard.

Chinese Teen Hacks Off His Own Hand To 'Cure' Internet Addiction

Thomas Tamblyn 

The Huffington Post UK

Posted: 04/02/15 10:19

Updated: 04/02/15 10:59

HOLY EXTREME MEASURES,

VIRTUAL SMELLS LIKE
TEEN SPIRIT...

(don't DO that!)



DIGITAL DETOX

*disconnect to
reconnect*

- DEVICE-FREE ANALOG ZONE -



Tea Lounge



Typewriters



Arts n' Crafts



Board Games



Acoustic Music

**SOME STRATEGIES
ARE COMING**

BUT FIRST...

#TBT



SMARTPHONES

According to a 2015 study, we check them
an average of 110 times a day,
set them beside our plates at the dinner table,
use them in the bathroom,
and even while...

(What?! Who DOES that?! That's NASTY!)

Arguably the most popular drug of choice today

Wait a
minute...

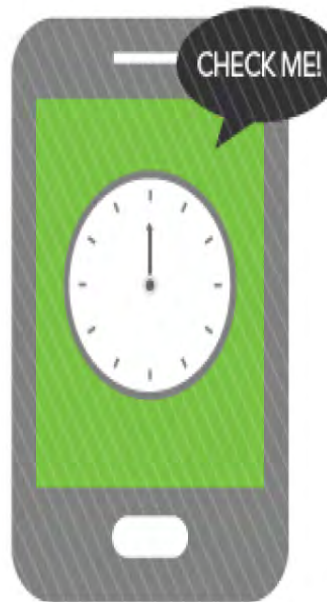
Phones aren't
DRUGS!

That's just
ri-DONK-
ulous!!!

WE'RE ADDICTED TO CHECKING OUR PHONES

58%
OF SMARTPHONE USERS

**DON'T GO
1 HOUR
WITHOUT CHECKING
THEIR PHONES**



AGE 18-34:



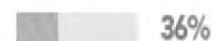
AGE 35-44:



AGE 45-54:



AGE 55+:



 **lookout**

SMARTPHONE NOT JUST LIKE A DRUG?

- Always have to have it on/near you; ALWAYS know where it is
- Compulsively pat your pocket, check your pocketbook over and over; fuels anxiety
- Leave it somewhere and panic
- Don't have it and FREAK OUT!
- If misplaced, EVERYTHING STOPS and anxiety escalates until it has been found
- Don't want anyone to touch it or (G-d forbid!) ask to use it
- Even keep it with near you and on while you sleep. Like a newborn baby, always listening-even in your sleep-for that ring or "ping." Then have to decide whether or not to check it
- No more structured work days or even weeks. No more vacations. It is a 24/7/365 thing
- You will overextend finances in favor of maintaining/improving your "user" experience
- You will go back home-even risking being late-to retrieve it
- A dopamine "squirt" rush comes from using or the anticipation of using
- Relationships, responsibilities, academics & social events become supplanted or even demoted secondary to its use
- Battery starts to die, conserve your stash and priority becomes hunting down the dealer (charger)
- Phantom vibration syndrome...
- Attempts to "sneak" use even against better judgment become the norm and ever more "justifiable"
- Lack of ability to use generates restlessness, irritability, and discontent
- Attempts to control or cut back prove unsuccessful
- Overuse or misuse is invariably followed by guilt, shame, decreased self-esteem (especially after a session stalking social media or "sexting"), and a self-promise not to fall so far the next time

You fail.

In the Chinese city of Chongqing, cell phone addicts have their own sidewalk lane.





#RecipeForDisasterOrViralMeme?



#really?

STOP
LOOKING
AT YOUR PHONE.

LOOK
AROUND
YOU

The text "LOOK AROUND YOU" is centered in the lower half of the image. Six hand-drawn arrows radiate outwards from this text, pointing towards the corners and midpoints of the sides of the frame, suggesting a 360-degree field of vision.



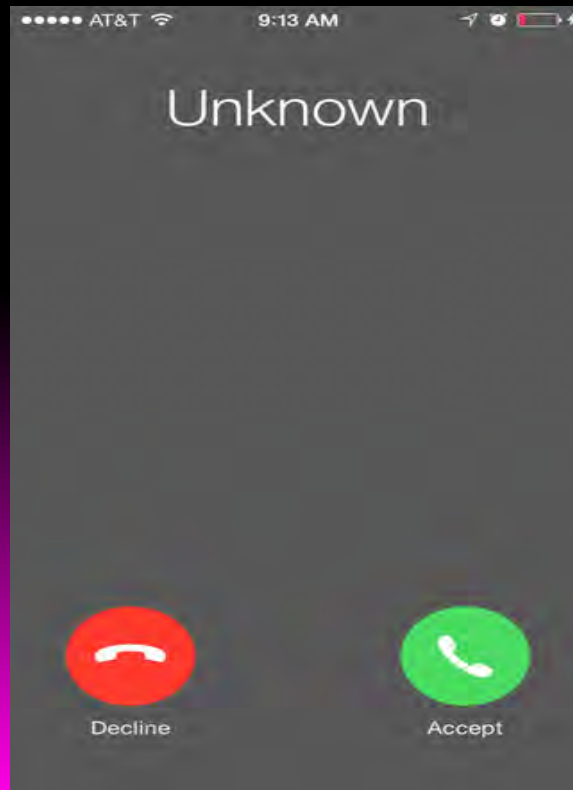


Well... isn't THAT convenient...
Thanks, IKEA!
(#WTH?)

And then there's this new weird phenom I like to call...

FOUC

(Fear Of Unknown Callers)



THE 7 DAY SMARTPHONE "DETOX" DIET

MONDAY:

Unfollow/delete people who aren't your REAL friends, (be honest: you must have at least a couple... DOZEN!), unsubscribe from unwanted email lists, and delete apps you don't use (awww c'mon - we ALL have at least a few of THOSE!)

TUESDAY:

Turn off any "push" notifications

WEDNESDAY:

Resist the urge to look at your phone first thing in the morning

THURSDAY:

Set up a charging station OUTSIDE of your bedroom, put the phone in it, and don't look at your phone an hour before bed

FRIDAY:

Go out to dinner and leave your phone... at home!

SATURDAY:

Spend the day not looking at, or posting to, social media

SUNDAY:

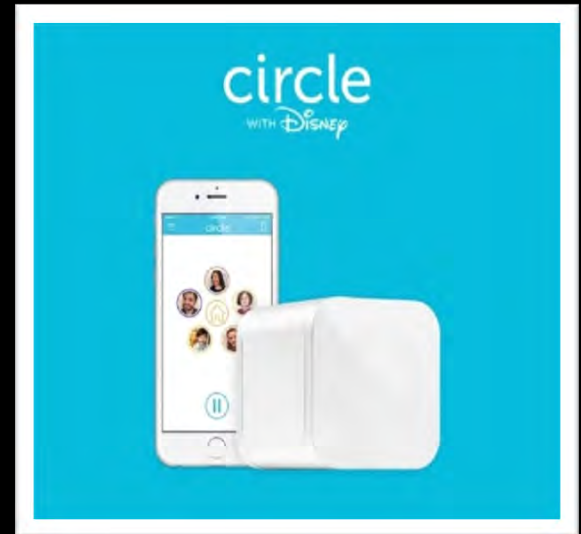
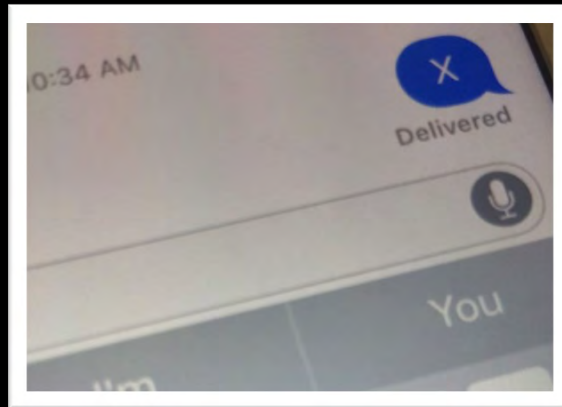
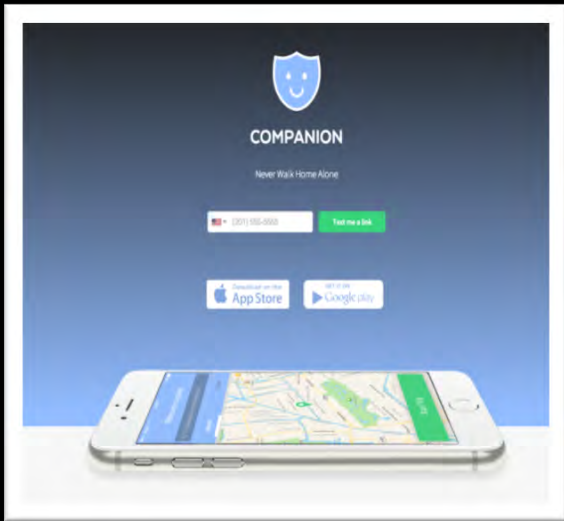
Turn off your smartphone for THE ENTIRE DAY
#WHAAAAA????

(Then see if anything has changed, and try incorporating "smart" use of your smartphone!)



THERE IS NO WIFI AT CAMP
BUT YOU WILL FIND
A BETTER CONNECTION

UNPLUGGED FOR THE SUMMER



the



7-DAY SMARTPHONE DETOX

- MONDAY**
Unfollow people who aren't your real friends, delete apps you don't use.
- TUESDAY**
Turn off push notifications.
- WEDNESDAY**
Resist the urge to look at your phone first thing in the morning.
- THURSDAY**
Charge your phone outside your room and don't look at your phone an hour before bedtime.
- FRIDAY**
Go out to dinner and leave your phone at home.
- SATURDAY**
Do not look at or post to social media.
- SUNDAY**
Turn off your phone for the whole day.

TheColorRun.com

good...

covenanteyes.com

CovenantEyes MENU

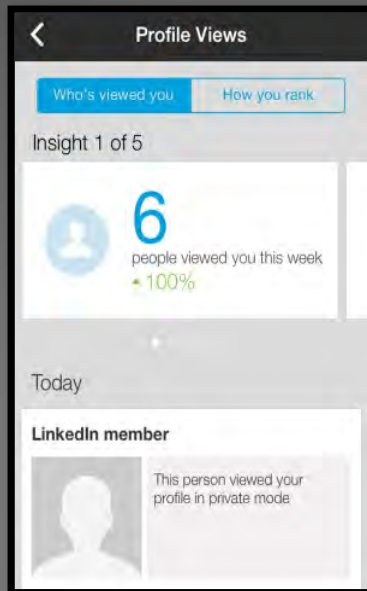
Protect the ones you love.

One wrong click can change a life. Protect your family with trusted Internet Accountability and Filtering from Covenant Eyes. Family Accounts make it simple.

Get Covenant Eyes

The Bad...

C
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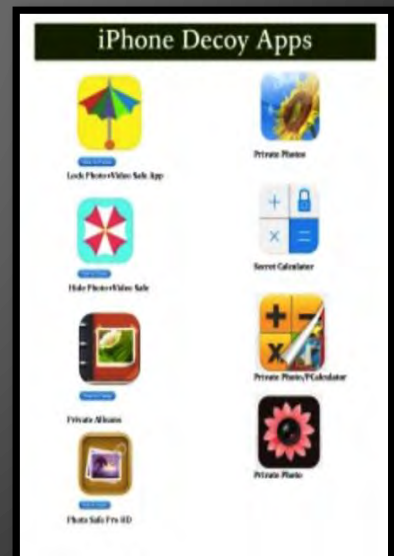
- ### SECRET TEXTING CODES YOUR KIDS COULD BE USING
- LMIRL - Let's Meet in Real Life
 - Broken - Hung Over
 - CU46 - See you for sex
 - DOC - Drug Of Choice
 - NIFOC - Naked in front of computer
 - GNOC - Get Naked On Cam
 - GYPO - Get Your Parts Off
 - IWSN - I Want Sex Now
 - 53X - Sex
 - LH6 - Let's have sex
 - TDTM - Talk Dirty To Me
 - B - Oral sex
 - SUGARPIC - Suggestive or erotic photograph
 - IPN - I'm posting naked
 - PAL - Parents Are Listening
 - PAW or PRW - Parents Are Watching
 - PIR - Parents in Room
 - POS - Parents Over Shoulder
 - 9 and C09 or "Code 9" - parents are nearby
 - 99 - Parents are gone
 - KPC - Keeping Parents Clueless
 - MOS - Mom Over Shoulder
 - P911 - Parent Alert or Parent Emergency
 - WTTP - Want to trade pictures?
 - KOTL - Kiss on the lips
 - PRON - Porn
 - 420 - Marijuana
 - ZERG - To gang up on someone
 - AF - As F**k
 - WTF - What The F***
 - WUF - Where You From
 - WYCM - Will You Call Me?
 - WYRN - What's Your Real Name?
 - OZC - Quick To Cum
 - RU/18 - Are You Over 18?
 - RUMORF - Are You Male OR Female?
 - RUH - Are You Horny?
 - S2R - Send To Receive
 - MPFB - My Personal F*** Buddy
 - NALOPKT - Not A Lot Of People Know That
 - MOOS - Member Of The Opposite Sex
 - MOSS - Member(s) Of The Same Sex
 - MoF - Male or Female
 - C-P - Sleepy
 - F2F - Face-to-Face, a.k.a. FaceTime
 - HAK - Hugs And Kisses
 - ILU - I Love You
 - IWSN - I Want Sex Now
 - JIO - Jerking Off
 - KOTL - Kiss On The Lips
 - KFY -or- K4Y - Kiss For You
 - 459 - I love you
 - ADR - Address
 - AEAP - As Early As Possible
 - ALAP - As Late As Possible
 - ASL - Age/Sex/Location
 - 143 - I love you
 - 182 - I hate you
 - 1174 - Nude club
 - 1337 or L337 - Leet, a coded alphabet
 - KMS - Kill Myself
 - KYS - Kill Yourself

NO SLEEP

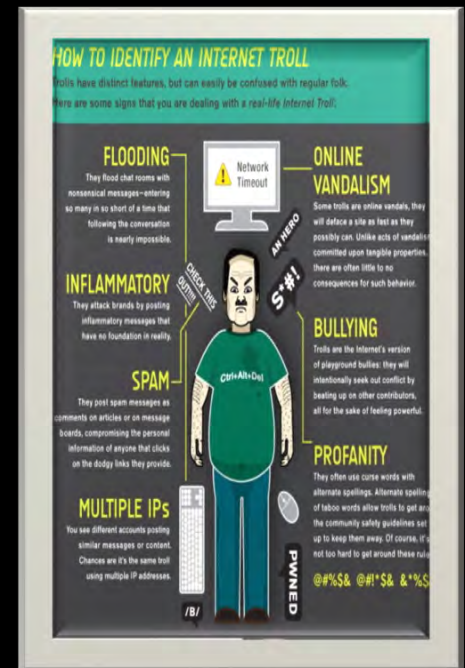
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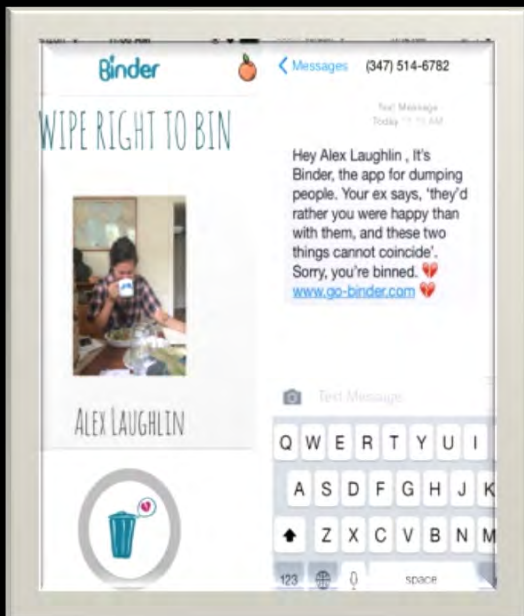
TEXTING WHILE DRIVING



cyberbullyin



THE UGLY









I. D. THEFT



digital burn

CYBERBULLYING / CYBERAGGRESSION

DEFINITION: "Behavior aimed at harming another person using electronic communications, and perceived by the target as aversive"

-  From 10%-40% of adolescents reported having been the victims of cyberbullying
-  23% of youth reported being the victim of any type of bullying (physical, verbal, relational, and cyberbullying)
-  50% of youth reported having been victims of ALL four types of bullying
-  Only 4.6% reported having been ONLY the victim of cyberbullying
-  Prevalence rates for PERPETUATION of cyberbullying range from 1%-79%; Most self-report rates hover around 10%
-  32.7% of youth reported that the harmful digital communication came from someone they thought was their friend; 27.7% said it was from someone in their school

Being a victim of cyberbullying is routinely associated with negative outcomes, such as...

Embarrassment Worry Fear
Depression Loneliness Betrayal
Anger

The severity of both “offline” & online bullying events has been shown to predict future psychopathology including:



Suicidal ideation (cyberbullying relates more strongly than traditional bullying)



Self-harm

Already marginalized adolescents, teens, and young adults (such as those with ASD) report more frequent online attacks (Finn, 2004) than other populations.

Perpetuating cyberbullying has been found to be associated with multiple forms of maladjustment including:

DEPRESSION

LOW SELF-ESTEEM

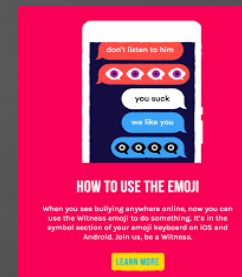
LOW ACADEMIC ACHIEVEMENT

LONELINESS

ANXIETY

SUBSTANCE USE

LOW LIFE SATISFACTION



Cybervictimization was associated with risk factors, including:

TRADITIONAL BULLYING

AGE

FREQUENCY OF INTERNET USE

RISKY ONLINE BEHAVIOR

SOCIAL STRUGGLES

MENTAL HEALTH ISSUES

LOW ACADEMIC ACHIEVEMENT

SUICIDAL IDEATION

POOR LIFE SATISFACTION

LOW SELF-ESTEEM

LONELINESS

DEPRESSION

SUBSTANCE USE

SOMATIC SYMPTOMS

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EXPERTS BELIEVE THAT...

**CYBERVICTIMS ARE LIKELY TO HAVE
SIGNIFICANT MENTAL HEALTH & SOCIAL
PROBLEMS**

and also that...

**CYBERAGGRESSION HURTS
DIFFERENTLY & MORE DEEPLY THAN
FACE-TO-FACE BULLYING**

(I personally believe it is because whether true or not, the assumption is that "everyone" sees it online, as opposed to F2F bullying which is usually more contained)

**FOR MORE INFORMATION, EDUCATION,
PREVENTATIVE MEASURES, & HELP, VISIT:**

www.Cyberbully411.com

PROTECTIVE FACTORS TO PREVENT CYBERVICTIMIZATION:



SOCIAL INTELLIGENCE



PARENTAL MONITORING



PARENTAL CONTROL OF TECHNOLOGY



AVOIDANCE OF RISKY CYBER BEHAVIOR



AVOIDANCE OF RISKY CYBER PLATFORMS



PERCEIVED SUPPORT FROM PEERS & OTHERS



PRACTICING GOOD "DIGITAL CITIZENSHIP"

SOCIAL MEDIA RULES!

(Um... just to clarify, I mean the actual "RULES" of social media,
not that it *ACTUALLY* "rules." Then again...)

RULE

#1:

DO NOT

CONFESS

TO

MURDERI

NG

YOUR

BOYFRIEN

D

ON



AT&T 11:12 PM abc7chicago.com

abc 7

NEWS

SAN BERNARDINO WOMAN CONFESSES TO MURDER OF BOYFRIEND ON FACEBOOK



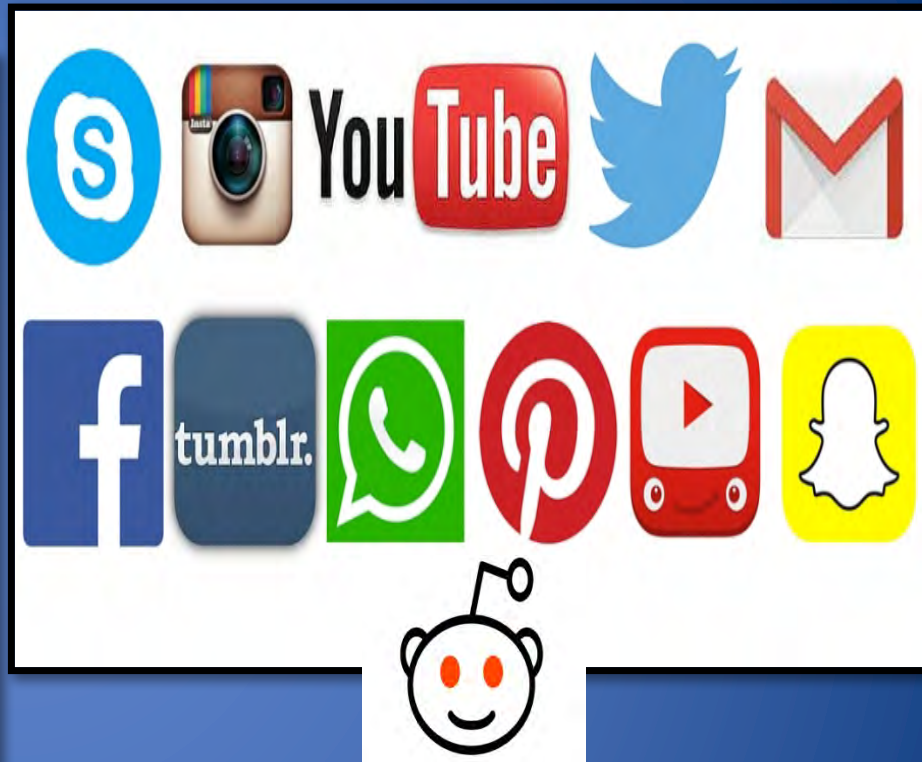
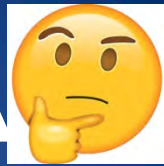
A local woman is believed to be hiding after she took to social media stating why she allegedly stabbed and killed her boyfriend in San Bernardino.

Share G+1 Tweet EMBED

abc 7 By Leticia Juarez

#OhNoSheDINNIT

WHY AM I SO DARN TIRED AT THE TIME?



...and chill... 



THE ONLY RULE:



BTW: OVER 20 MILLION MINORS GLOBALLY USE FACEBOOK; 7.5 MILLION OF WHOM ARE UNDER THE (REQUIRED) AGE OF 13 (Consumer Reports, 2011)

"LIKES" (& their "like") RULE; They are the SOCIAL CURRENCY of MILLENIALS & GEN Z

5 TYPES OF STRESS RELATED TO FACEBOOK

1. Dealing with annoying content
2. Lack of privacy
3. Social comparison (FOMO/JOMO)
4. Jealousy
5. Relationship conflict

... in addition, frequency of using Facebook were related to elevated levels of psychological distress both directed and via increased communication overload and decreased self-esteem (Chen & Lee, 2013)

next time I will..didnt know you climb:)

“ANONYMOUS”

Ok let's hear it!! 🤔🙄😏

tell me your
honest opinion of me

rules: i can't reply to anyone

14 Likes 29 Comments



Like



Comment



Share



News Feed



Requests



Messenger



Notifications



More

#TB80's



INSTA(or FINSTA)GRAM

(now the “preferred” social media platform for 76% of adolescents & teens)

2017: Wanna be “Liked?”

No worries-there’s an app for that!

The screenshot shows a mobile advertisement for an app. At the top, it says "Get Followers for Instagram,..." with a small icon of three people and the number "1,000,000". Below this, it says "Ad Download on iTunes" and "Gain 1000+ Followers. Fast &..." with a "Free" button. Below the ad are three video thumbnails. The first video is titled "How To Get 100% REAL UNLIMITED Instagram Followers FOR ..." and has a duration of 7:36. The second video is titled "How To Get THOUSANDS Of Instagram Followers Without Following ..." and has a duration of 3:41. The third video is titled "THOUSANDS Of Instagram Followers FAST and FREE! (MUST ...". Each video has a link to "m.youtube.com/watc..." and a date.

Get Followers for Instagram,...

Ad Download on iTunes

Gain 1000+ Followers. Fast &... Free

How To Get 100% REAL UNLIMITED Instagram Followers FOR ...

m.youtube.com/watc... Apr 1, 2015

7:36

How To Get THOUSANDS Of Instagram Followers Without Following ...

m.youtube.com/watc... Aug 30, 2013

3:41

THOUSANDS Of Instagram Followers FAST and FREE! (MUST ...

m.youtube.com/watc...

Social Media Explained

www.theAdaptiveMarketer.com



I'm at the donut shop – again!



Instagram

Here is a vintage picture of a donut



My donut recipe



I like donuts



Hey! I am eating a donut



Listening to 'Donuts'



This is how you eat a donut



Hotmail

Click for the secret to stop overeating donuts



I'm a Google employee and I like Donuts



Funny donut eating videos



I want to work at a donut shop



Snapchat

Saw the donut? It's gone



The sounds of eating a Donut



Call me from the donut shop



WIKIPEDIA

Who invented the donut?



My donut photo collection



Is it Donut or Doughnut?



Join us for Donut Tuesdays!



I WORRY THAT FACEBOOK
IS KILLING MEANINGFUL
COMMUNICATION.

LIKE.

-brian.

#FDMD
vs.
#JDMO



#iwannabelikekimkourtneykhloekylie #NOT! #sorrynotsorry

- 🐦 In F2F we are subjects of our relationships, communication, interplay; Online we are objects which are self-created, curated, compared, managed & maintained
- 🐦 Self-presentation becomes key
- 🐦 Reviewing the "lives" of others decreases our own feelings of value, self-worth & happiness. "Everyone else is having such a better time." #FML
- 🐦 We post/tweet everywhere we go, everything we do
- 🐦 There is a direct negative correlation between the amount someone posts on social media & their self-esteem. More postings = lesser ego strength
- 🐦 Even when together F2F it is all about documenting the event & posting it
- 🐦 When together, always on or aware of social media, email, & texts
- 🐦 We sit with friends & spending the entire time on our phones, then post photos of ourselves with our friend(s) (What's up with THAT?!)
- 🐦 Posting during/after events-"thanking" the host we already thanked-& the guests to whom we already said goodbye to AT the event-becomes PRIORITY!
- 🐦 We list everyone there we just saw; tagging only the socially "important" people
- 🐦 All tied to building, buttressing, leveraging and/or maintaining social currency
- 🐦 Mean girls (& boys); catfishing, cyberbullying & online posts, tweets, images...
- 🐦 Use, perception, emotional reaction, reaction, response

Do we contemplate the affect/effect our posts
might have before posting?

Do we edit our posts?

What is our motivation/agenda (or not)
for posting (or not)?



THESE QUESTIONS ARE HARD ENOUGH FOR THE AVERAGE PERSON.
FOR INDIVIDUALS WITH ASD, THEY CAN BE RENDERED MOOT...
AND EVEN CAUSE SIGNIFICANT CONSEQUENCES.

0 Likes



My life has no value

MAY 28, 2013

Obama's New Boss / Syria face-off / McCain vs. Brzezinski / PLUS: Summer's best movies & more

TIME

THE MEH GENERATION

Millennials are lazy, entitled narcissists
who still live with their parents

Why they'll save us all



time.com

WHAAAAAAAAA???

SWIPE RIGHT TO BIN



ALEX LAUGHLIN



Text Message
Today 11:10 AM

Hey Alex Laughlin , It's Binder, the app for dumping people. Your ex says, 'they'd rather you were happy than with them, and these two things cannot coincide'. Sorry, you're binned. 💔
www.go-binder.com 💔



Text Message



okay... now THIS is just BEYOND UNCOOL...

#PlummetingMEHtoDouchel levels

SOCIAL MEDIA REASONABLE USE STRATEGIES

(It's all about practicing good "Digital Citizenship")



Join social media platforms & be "friends" or "followers" of adolescent children



Structure homes & children's time to guard against excessive involvement with social media



Charge all family member phones OUTSIDE of bedrooms



ABSOLUTELY NO devices at meals or family gatherings



Illustrate the power of intermittent reinforcement



Remind them that what they see & receive may not be vitally important – and also



not even be real or authentic



Set & utilize privacy settings to avoid problems



Encourage them to put devices aside from time to time

Talk to your children about their online social lives, from the BEGINNING of their

engagement, so that they feel more

MILLENNIALS

(a.k.a. Digital Natives)

- M** Born after 1984 ("Gen Z"-ers were born from the mid-1990's on)
- M** Surpassed Baby Boom generation in 2015 as nation's largest living generation
- M** Came of age during a recession, dot com bubble/burst, terrorism, and U.S. housing crash
- M** Overexposed and underdeveloped
- M** Self-esteem gauged by "Likes" (or lack thereof), number of "followers," comparisons to other as seen through postings on social media
- M** Their "narcissism" different than previously defined in DSM. Entitled by Baby Boomer parents & society, Self(ie)-absorbed, Reality TV tells them everyone can be famous, Twitter shows them everyone cares about their every opinion, blogs (same; unvetted; building an audience)
- M** Tinder (etc.) & cyberporn have changed dating/sexuality for the worse.
- M** Post 9/11 culture; they don't understand privacy, rather they CRAVE exposure
- M** Have developed an entire "language" of codes/emoticons/emojis to express their feelings through digitally-mediated communication

DIGITAL IMMIGRANTS VS. DIGITAL NATIVES

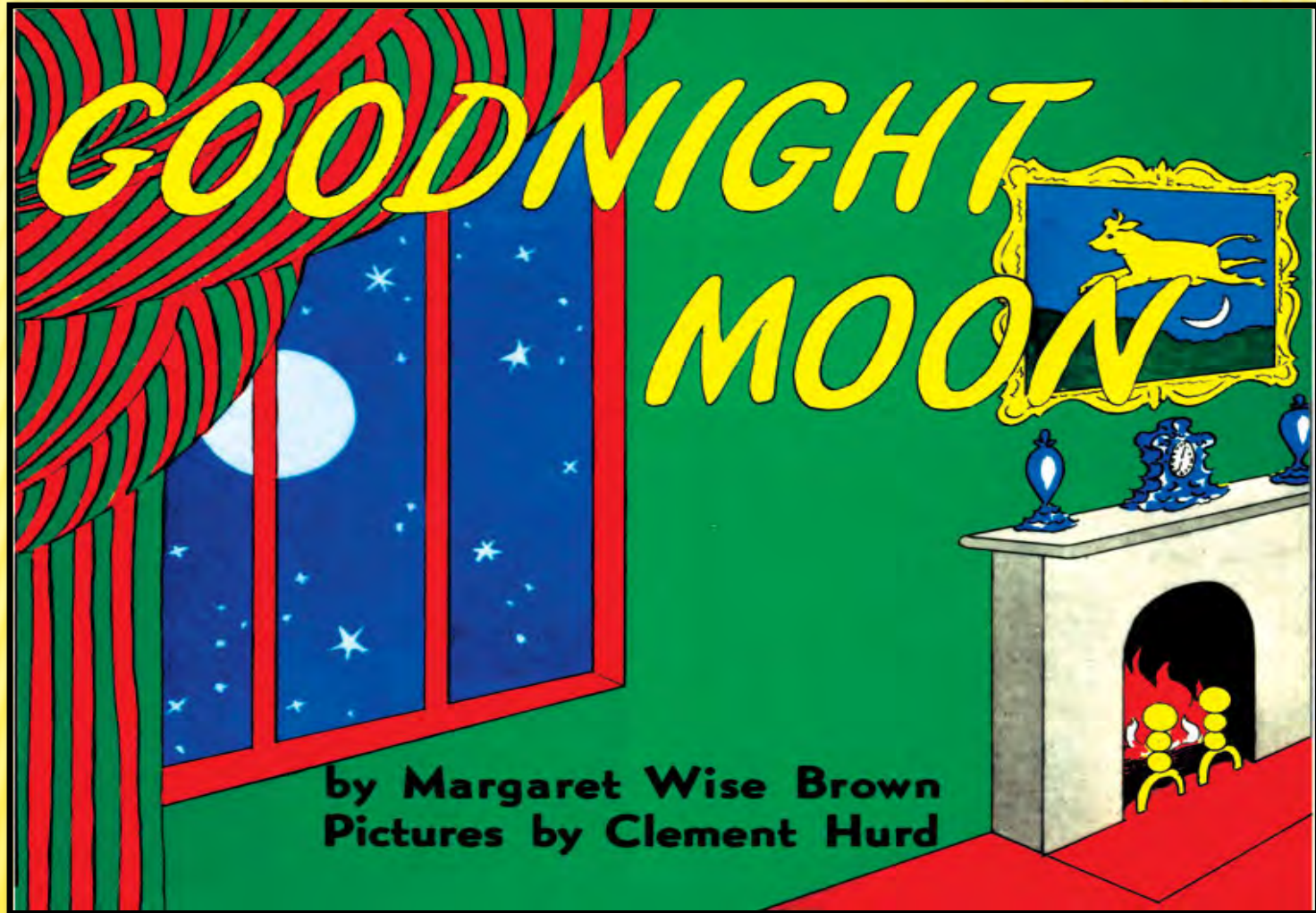
IMMIGRANTS

- Prefer to talk on the phone or in person
- Cell-mostly; use their phones to access Internet, connect with others, and even do their homework.
- Text sparingly
- Value proper English when texting or posting; use correct grammar/punctuation and will go back to edit, correct
- Prefer synchronistic communication
- Accustomed to and like manuals/instructions with clear steps
- Assume they will work their way up the ladder in the workplace
- Hang out in person, in social clubs, restaurants
- Tell friends about a trip on the phone or in person
- Use Internet to harvest information
- Think young people waste time online
- Think of the Internet as not "real life"
- One task or pleasure at a time
- Safety concerns are physical kidnapping, assault, robbery, illness, or mortality

NATIVES

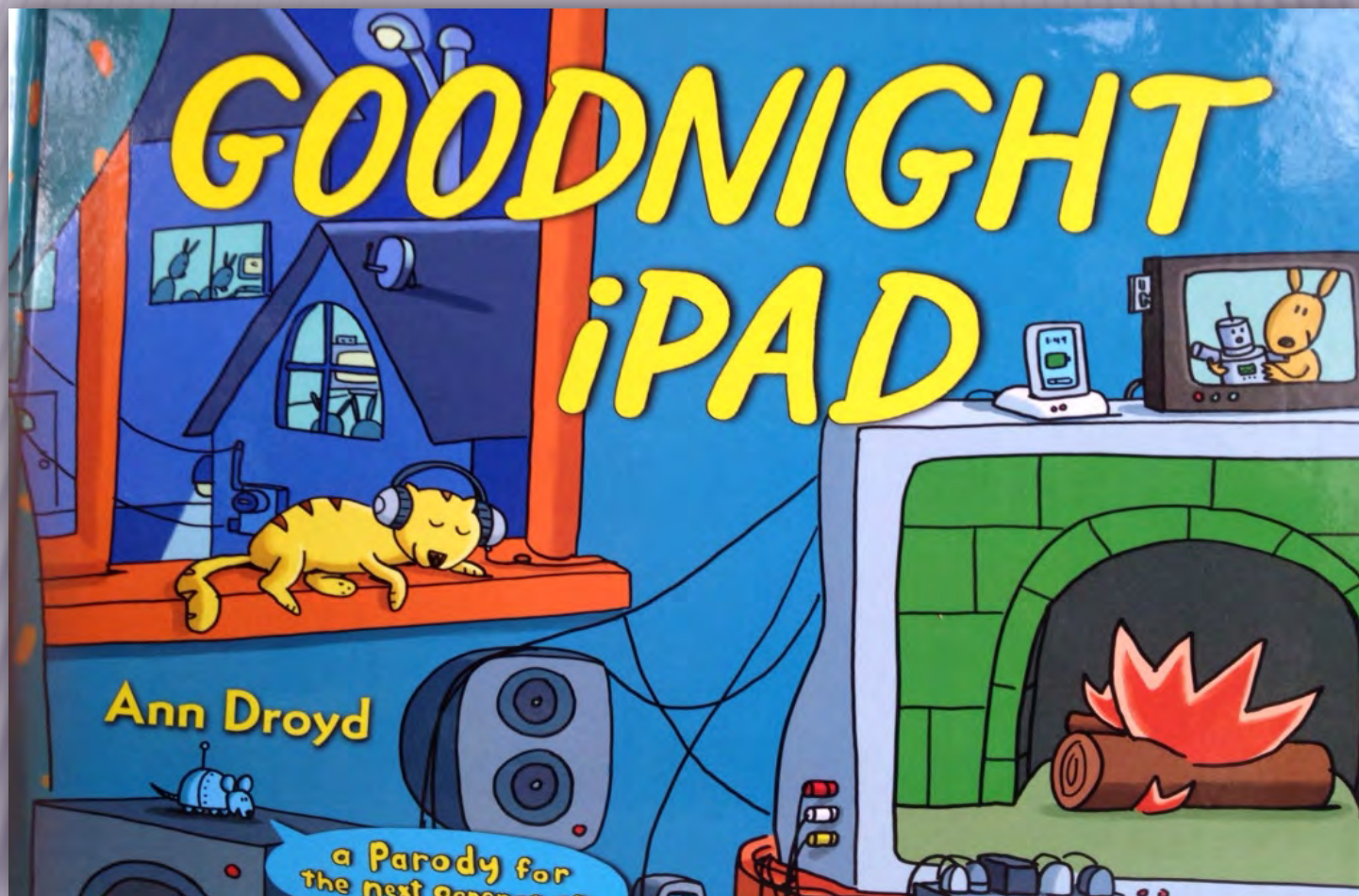
- Prefer to connect via text, chat, gaming, social media
- Text more than call; 47% of teens can text with their eyes closed
- Prefer asynchronistic (sequential) communication
- Cannot relate to manuals; figure it out intuitively
- Try many careers, prefer flexible hours, opportunity to make up work remotely expected
- Hang out online in chats, social network sites, and games
- Use texting and instant messaging shorthand, codes, emoticons & emojis
- Tell friends about trips through posting
- Use Internet to socialize, play, watch videos, shows, movies, etc.
- Believe many aspects of life are only happening online
- Prefer shopping and watching movies online
- Internet is as real, and often more pleasurable, than offline is
- Believe everything they read online has at least some authenticity
- Multitasking is their life

DIGITAL IMMIGRANTS BE LIKE...



by Margaret Wise Brown
Pictures by Clement Hurd

BUT DIGITAL NATIVES BE LIKE...



(...And they usually DON'T be likin' it at all!)



And so it

1 .

AND YOU WONDER WHY WE DON'T TRUST YOU!!!

Calculator or Hidden App? Teens Are Disguising Content With Apps

iPhone Decoy Apps

Lock Photo/Video Safe App	Private Photos
Hide Photo/Video Safe	Secret Calculator
Private Albums	Private Photos/Calculator
Photo Safe Pro HD	Private Photo

#SHADY

Discreet Lock System

The best discreet Calculator Like Lock System in App Store.

#SUS

appcrawlr.com

APP CRAWLR

1,234 =

+ [Lock Icon]

Secret Calculator Icon - Safe and Secure Photo Videos Secret Notes Password Keeper Manager Send Encode Messages Keep and Protect All Private Data and Information in One App

i-App Creation Co., Ltd.

ios 4+

Password keeper | Home screen

Photo & Video | Utilities

8.3 / 10
41 reviews

\$1.99

DOWNLOAD SIMILAR APPS

Android Decoy Apps

Smart Hide Calculator	Lely Yeah
Vanish Hide SMS, Plus & Video	Magic Box
PhotoVault - Hide Pictures	
Hide Pictures - Hide All Pro	

*THE 12 DAYS OF CHRISTMAS...
I MEAN... The 12 APPS EVERY PARENT SHOULD KNOW ABOUT...*

(#SORRYBRAHSMIBAD)

1. AUDIO MANAGER
2. VAULTY
3. SNAPCHAT
4. BURN NOTE
5. LINE
6. OMEGLE
7. TINDER
8. BLENDR
9. KiK MESSENGER
10. YIK YAK
11. ASK.fm
12. NSFW SUBREDDITS

SOON AS YOU SEE THE TEXT



#Like a phone call, but we feel the pressured need to instantly reply and also to instantly receive reply ourselves

#An inherently selfish behavior

#Self-esteem & relationship determined by response time

#Ambiguity of non-verbal communication can cause relationship fissures/problems – especially for those with ASD

REPLY ME

TEXTING...



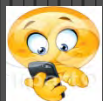
Basically the "lazy" and "selfish" version of a phone call, but we feel the pressured need to immediately check it, & also to instantly reply. Or wait. Depending upon the "sender" & our intent/goals regarding them



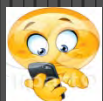
Self-esteem & relationship determined by response time



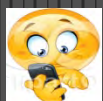
Send a dopamine "squirt" to the brain pleasure receptors



Ambiguity of non-verbal communication can cause stress, anxiety, and/or relational fissures/problems-especially common with individuals with ASD



Adolescents, teens, young adults, and... yes... even many adults... crave the peer affirmation, attention & connection afforded to them by text messages



The power of this reinforcement is enhanced by the fact that it is deliverable via an intermittent schedule

SOME FACTS REGARDING TEXTING BEHAVIOR...



Adolescents in the U.S. send an average of 60 (& upwards of 100) text messages per day



Digital Natives (and even A LOT of us Digital Immigrants!) prefer to communicate via text messaging than ANY other mode of communication, including F2F interaction

THE GOOD:

Controllable

Asynchronous

Relieves pressure of communication struggles

THE BAD:

Lack of facial cues can cause misinterpretation of texts

Perseveration can lead to over-texting and negative consequences

Reinforces lack of F2F or talking engagement

A kinda super selfish form of communication

THE UGLY:

Cyberbullying

“Sexting” which can lead to negative consequences

TO LIMIT SMARTPHONE AND TEXTING WITH KIDS

- **Be aware of the variety of devices available**
- **Decide which type of Smartphone, if any, is appropriate for the age of your child.**
- **Control usage; purchase limited minute plans/phones for calling/texting, or by monitoring child's access**
- **Consider linking the privilege of phone usage with responsibilities like completing homework, chores, etc.**
- **Discuss the necessity of using caution when texting or sending photos since they are not private & may be shared with people your child does not know**
- **Instill an awareness that sending hurtful or untrue messages can have serious consequences for both the sender & the child or children who are being discussed**
- **Take time to express interest in your child's friends & in the messages he/she sends**
- **Limit times/places where your child can use electronic devices since maintaining open parent-child communication is essential. Insist that your child refrain from texting during short car trips, and family dinners, when adults are speaking directly to him or her, etc.**
- **Encourage your child's interest & participation in various activities: athletics, drama, photography, art, crafts,
playing a musical instrument, singing, dancing, reading, volunteering, etc.**
- **Provide quality family interaction time by eating together, taking walks, playing games, etc.**
- **Foster "technology free" times when your child can reflect on his or her life, feelings, friends, & identity.**

AND THEN OF COURSE, THERE ARE...

THE GAMERS!

(aka: What you've all been waiting for!)

- Single Player games
- MMORPG's: Massively multi-player online role playing games (began with Dungeons & Dragons, now most popular in 2015 is World of Warcraft)
- MUD's: Multi-use domain games; self-constructed
- Studies indicate that those with ASD spent over 50% more time playing video games & watching TV than all non-screen activities combined.
- Gamers can create a completely self-constructed persona & test/play out identities and roles they are unable to manifest in real life.

Like a drug addict on a bad run, a gaming addict often will neglect personal health, hygiene, any/all responsibilities, sleeping, eating, work, school, & even their own children when lost in a gaming "blackout."

Video games for children with ASD are a potential source of great learning opportunities, but can present a host of dangers and the potential for problematic use as well

Kids & teens with ASD are especially vulnerable to video game addiction

Boys with ASD average 2.4 hours a day playing video games; girls 1.8

Compared to typically developed siblings, children & teens with ASD had higher levels of problematic, or addictive, video game use

RELATED BEHAVIORS INCLUDE:

1. Becoming overly focused on their video game play
2. Difficulty in transitioning from video game play to other activities
3. May display argumentative behavior in an effort to have access to more play
4. Getting angry when interrupted from games
5. Spending more time with games than with friends and/or family

THE GOOD...

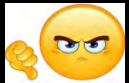


Video games show promise for helping individuals with ASD overcome social & communication challenges

THE BAD...



The more inattention a child displays, the more likely he is to play video games for extended periods of time



Some parents of ASD children may offer increased access to video games as a means of managing difficult behavior

THE UGLY



Excessive video game use has been correlated to increased oppositional behaviors including:



Arguing



Refusing to follow directions



Aggression

IT'S ALL ABOUT CHOICE & BALANCE...

GOOD CHOICES:

Scene Speak

Teachtown

Sports & Educational Games

Super Hexagon

Echochrome

Portal 2

New Super Mario Bros

Pinterest

Wii Sports Resort

Kinect Adventures/Sports

Sports Champions

BAD CHOICES...

ROLE PLAYING GAMES



Have particular features such as high reward schedules (including virtual rewards such as scores, achievements, and in-game items) and social rewards (such as peer attention) that **may foster a preoccupation** or intense interest in the game



Have the potential to **be more time-consuming** than other games because players much create and maintain characters over time and have the option to explore open-ended virtual worlds, possibly **increasing the likelihood of problematic use** patterns



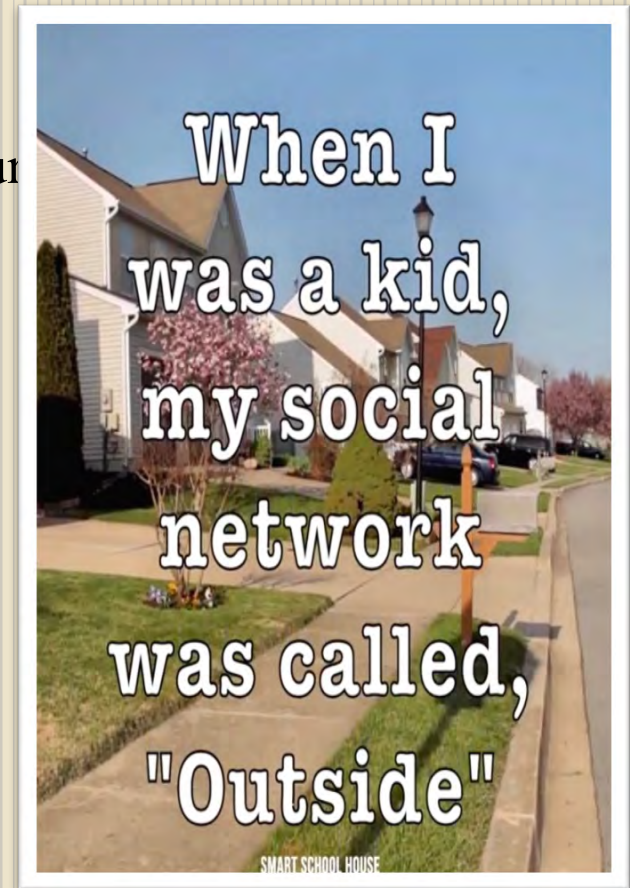
Have been more closely associated with **addiction**



Game designers purposely install rewards systems and other attractions while prolong intended playing time and **can increase emotional activation**

COMMON SENSE STRATEGIES TO AVOID PROBLEMS

1. Keep it out of the bedroom
2. Emphasize and expect other forms of play for your child
3. Be selective in approved game choices
4. Set limits; Offer a “10 minute warning”
5. Use a visible timer
6. Have another fun “transition” activity in place
7. Own the technology
8. Establish a specific routine/time schedule for video game play
9. Establish & be **CONSISTENT** with reasonable-use rules & strategies
10. Go on a family “Game Play Diet”



WHAT HAPPENS IF I JUST...



...TURN
IT OFF?

APP-Y ENDING!

GOOD:

Two **good** search engines for finding appropriate apps:

AUTISM APPS

i.AM search

When assessing an individual for a mobile device or communication app, issues such as:

USABILITY

CONTEXT

INTEGRATION

DISCONTINUANCE

TECHNOLOGY COMPATABILITY

CONTEXT, SENSORY/COGNITIVE DEMANDS

ABILITY TO BLOCK/DISRUPT/MONITOR

...need to be considered.

OTHER POTENTIALLY GOOD SOFTWARE/APPS/PLATFORMS*

"Speech With Milo"

"Look2Learn"

"Tap To Talk"

"Tobbi Sono Flex"

"APP Caution Tab"

"Boardmaker"

"Noise Down"

"Virtual Scene Displays"

"Too Noisy Pro"

"TouchChat"

"Internet Solutions For Kid"

"Sequencing Tasks: Life Skills"

Smartphone-based autism social alert system

Autism Tutor; "An eparenting tool" (Android phones only-sorry Apple Lovers!)

Also recommended are the use of games / apps that involve:

Strategy



Problem Solving



Adaptability

Organizational/Self Management Assistance (such as "Visual Schedule Planner" & "Pocket Schedule" type apps)

SIRI™ (& similarly designed Virtual Assistants) can be positive IF MONITORED. They are predictably kind & "reach children where they live" (i.e. can be programmed in the voice of a Disney™ or other media-based character that "reaches them")

NEWS Sections

Technology

Not in front of the telly: Warning over 'listening' TV

5 hours ago | Technology



Samsung said personal information could be

PRIVACY, SCHMIVACY- THIS STUFF IS SUPER COOL!!!



Hello Barbie

HELLO HELLO HELLO

Microphone, speaker and tri-color LED lights embedded in necklace.

Turn the doll on with the power button on her belt.

Press and hold down belt buckle to activate speech recognition. Speech recognition is not for U.S. use only.

Doll cannot stand alone.

Flat feet for charging stand placement.

ONE TIME APP DOWNLOAD AND WIFI CONNECTION REQUIRED FOR 2-WAY CONVERSATION. Optional. Computer must have internet.

PARENT CONSENT REQUIRED

CHARGING STAND INCLUDED. Make Barbie sit in the stand, lie it down on her.

DOLLS AVAILABLE IN THREE SKIN TONES

Your privacy and product experience are extremely important to us. For questions or concerns, please contact us: hello@barbie.com and 1-800-590-0204. ©2015 Mattel. All Rights Reserved. Barbie and the Barbie logo are trademarks of Mattel, Inc. Apple, the Apple logo, and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries.

Amazon Rekognition

Deep learning-based image recognition service
Search, verify, and organize millions of images



Object and Scene Detection

- PERSON 85.3%
- CYCLIST 73.4%
- BICYCLE 76.9%
- PATH

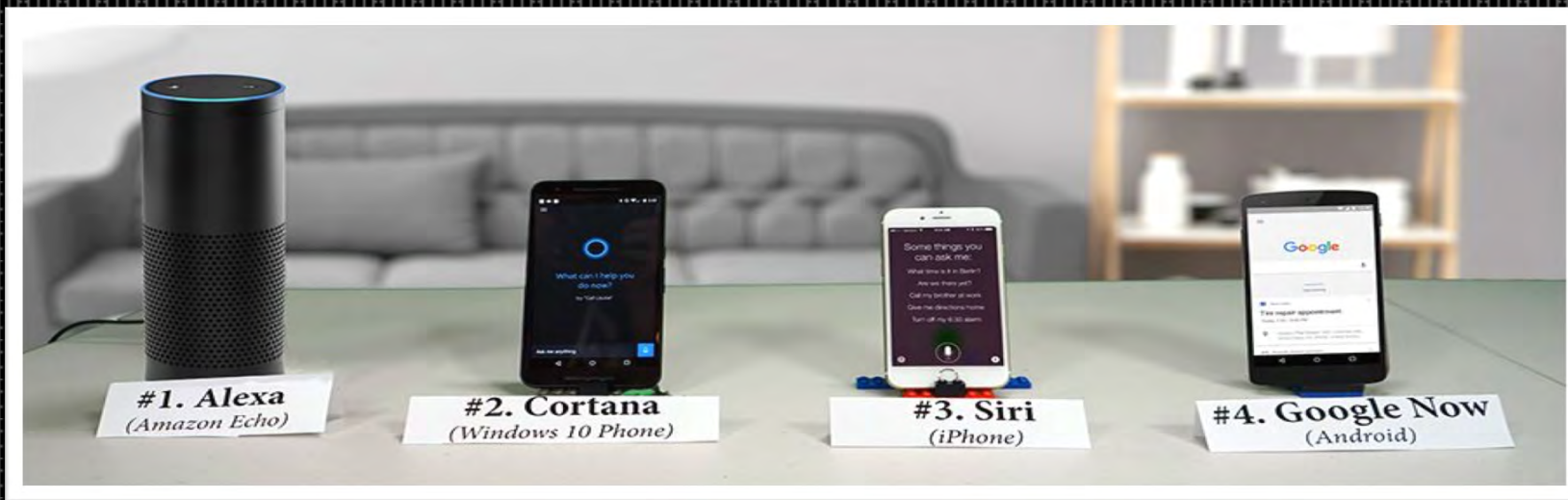
Facial Analysis

- Face ID 100%
- Eyes are open 100%
- Smiling 72.8%
- Right eye 100%

Face Comparison

Similarity 98.0%

Facial Recognition



#1. Alexa (Amazon Echo)

#2. Cortana (Windows 10 Phone)

#3. Siri (iPhone)

#4. Google Now (Android)

ONES TO WATCH ON THE IMMEDIATE DIGITAL HORIZON...?

Or just more über hyped “(Google) Waves” of the Future types???

BITCOIN

PERISCOPE

OCULUS (VR / AR)

SYNEREO

ETHEREUM

FIRECHAT

TIME

Never Offline.

The Apple Watch is just the start. How wearable tech will change your life—like it or not

BY LEV GROSSMAN
AND MATT VELLA



He had over 2000 friends on Facebook, I thought it would have more people here.



#BummerDude

Sample Sources & Resources

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Walton, A., www.forbes.com/sites/alicegwaltton/2012/10/02/the-new-mental-health-disorder-internet-addiction/

Young, K., www.netaddiction.com

& LOTS & LOTS OF OTHER JOURNAL ARTICLES, BOOKS, RESEARCH, AND (LEGIT!) WEB-BASED SOURCES WHICH I WOULD BE GLAD TO SHARE WITH ANYONE WHO ASKS!!!

With profound and humble appreciation to:

ADVANCE L.A.
THE HELP GROUP
DR. HOLLY DANIELS
EVELYN SANTIAGO
MY DOG "LUNA"
ALL OF YOU...

& AS ALWAYS,

My Most Esteemed Mentor:
DR. KAREN DILL-SHACKLEFORD



THE MORE YOU CONNECT, THE LESS YOU CONNECT
A reminder to "Put People First" from



Facebook

I am trying to make friends outside of Facebook while applying the same principles.

Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have done the night before, what I will do later and with whom.

I give them pictures of my family, my dog and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch and doing what anybody and everybody does every day.

I also listen to their conversations, give them the "thumbs up" and tell them I like them.

And it works just like Facebook! I already have four people following me: two police officers, a private investigator and a psychiatrist.