

OVERCOMING THE FEAR AND SHOCK OF TECHNOLOGY



Carl Hooker

Educational Strategist
& Digital Wellness
coach

An Interactive & Entertaining Discussion
covering the following:

Latest Trends, Screen Time, Social
Media, Smart Phones, & Monitoring

CarlHooker.com

@mrhooker



**Take out your phone
find a picture that brings
you joy.
Stand up and share it
with someone.**

00

SECONDS



**Take out your phone
find a picture that brings
you joy.
Stand up and share it
with someone.**

00

SECONDS

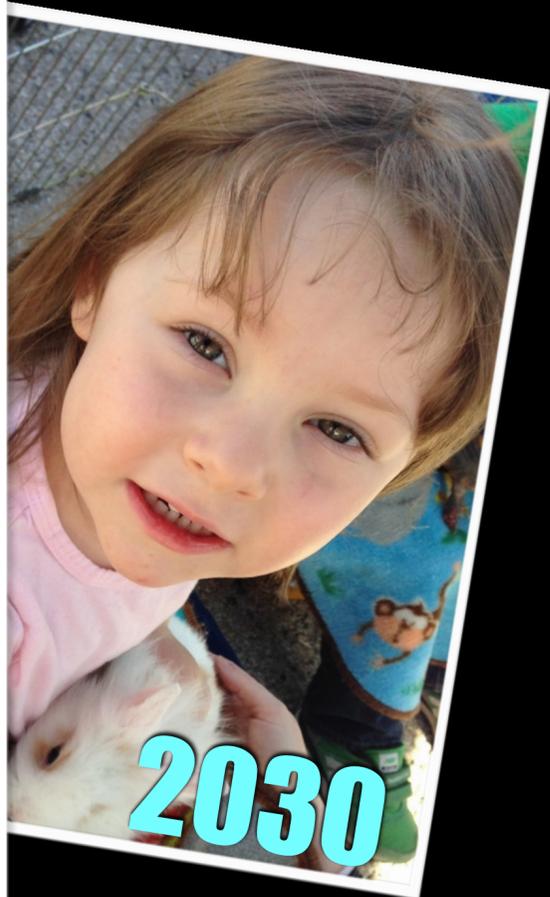
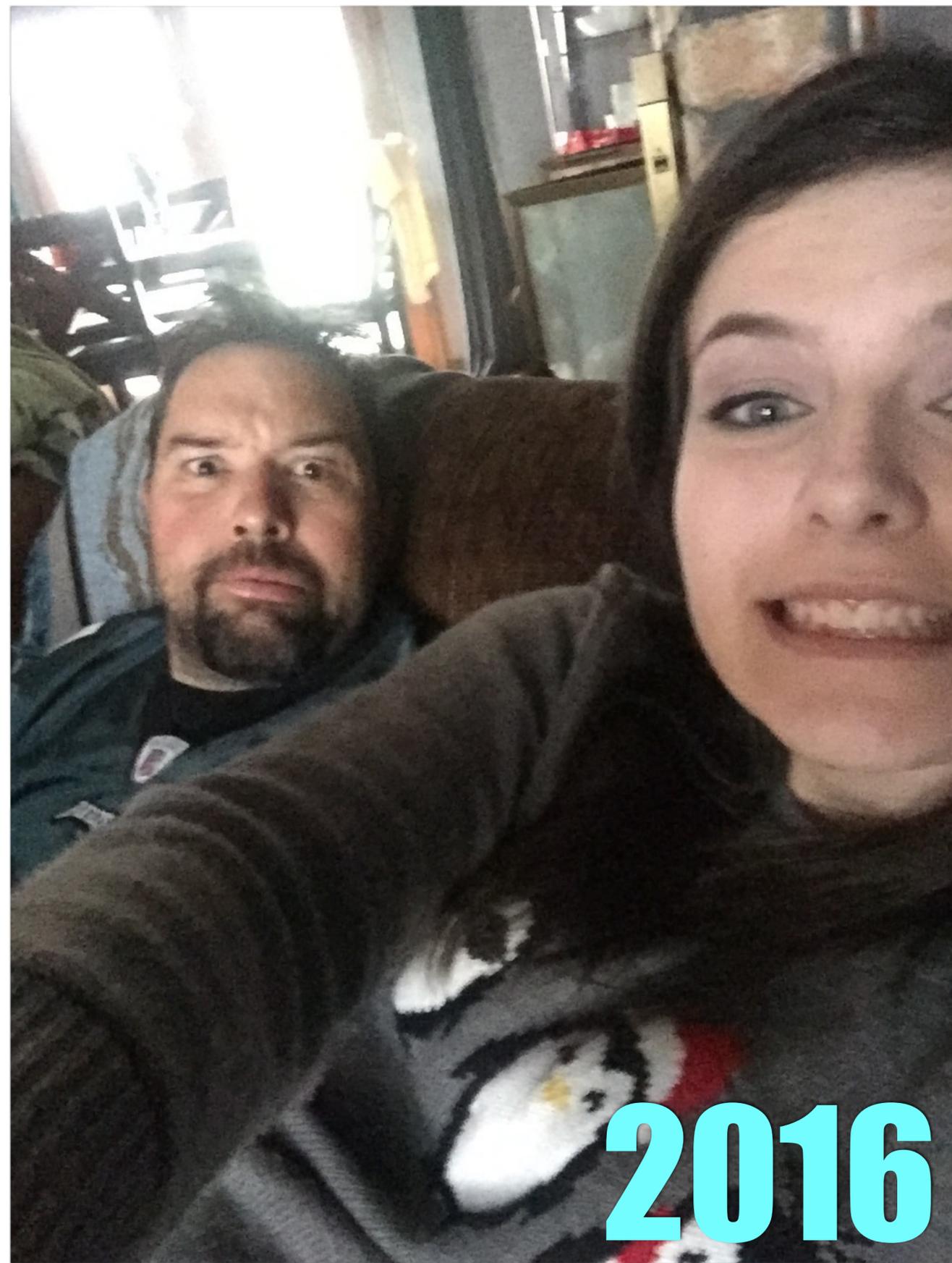
Kids?

Pets?

Location?

Spouse?

G



...

“Alexa, I want some puppies.”

“Alexa, give me a pet from the Amazon.”





A gift for you

Daddy, Enjoy your gift! I sure like that Echo Dot! From Caroline



A gift for you

Thanks Dad for the Echo Dot, Enjoy your gift! From Sophia



A gift for you

Hi Dad, Thanks for the Echo Dot! From Lauren

amazon Gift Receipt



Send a Thank You Note

You can learn more about your gift or start a return here too.

Scan using the Amazon app or visit <http://a.co/f65JU3k>

50" Boa Constrictor Jungle
Order ID: 111-0235696-5416224 Ordered on August 29

**** COMMODORE 64 BASIC V2 ****

64K RAM SYSTEM 38911 BASIC BYTES FREE

READY

LOAD "X",8,1

■ NOW TIMES HAVE CHANGED ■

PREVIOUSLY

POUR THE BOILING OIL!!!



NOW

TURN OFF THEIR INTERNET...



A white, heavily rusted and damaged van is parked on a residential street. The van is in poor condition, with significant rust and peeling paint, particularly on the hood and front bumper. The background shows a suburban neighborhood with houses, trees, and a fence. The text "Don't get a car with a stranger" is overlaid in white on a dark semi-transparent banner across the middle of the image.

Don't get a car with a stranger

A person wearing a dark hoodie is shown from the side, typing on a laptop. The background is a light blue gradient with a pattern of binary code (0s and 1s). The text "Don't meet people from the internet" is overlaid in the center in a white, bold, sans-serif font.

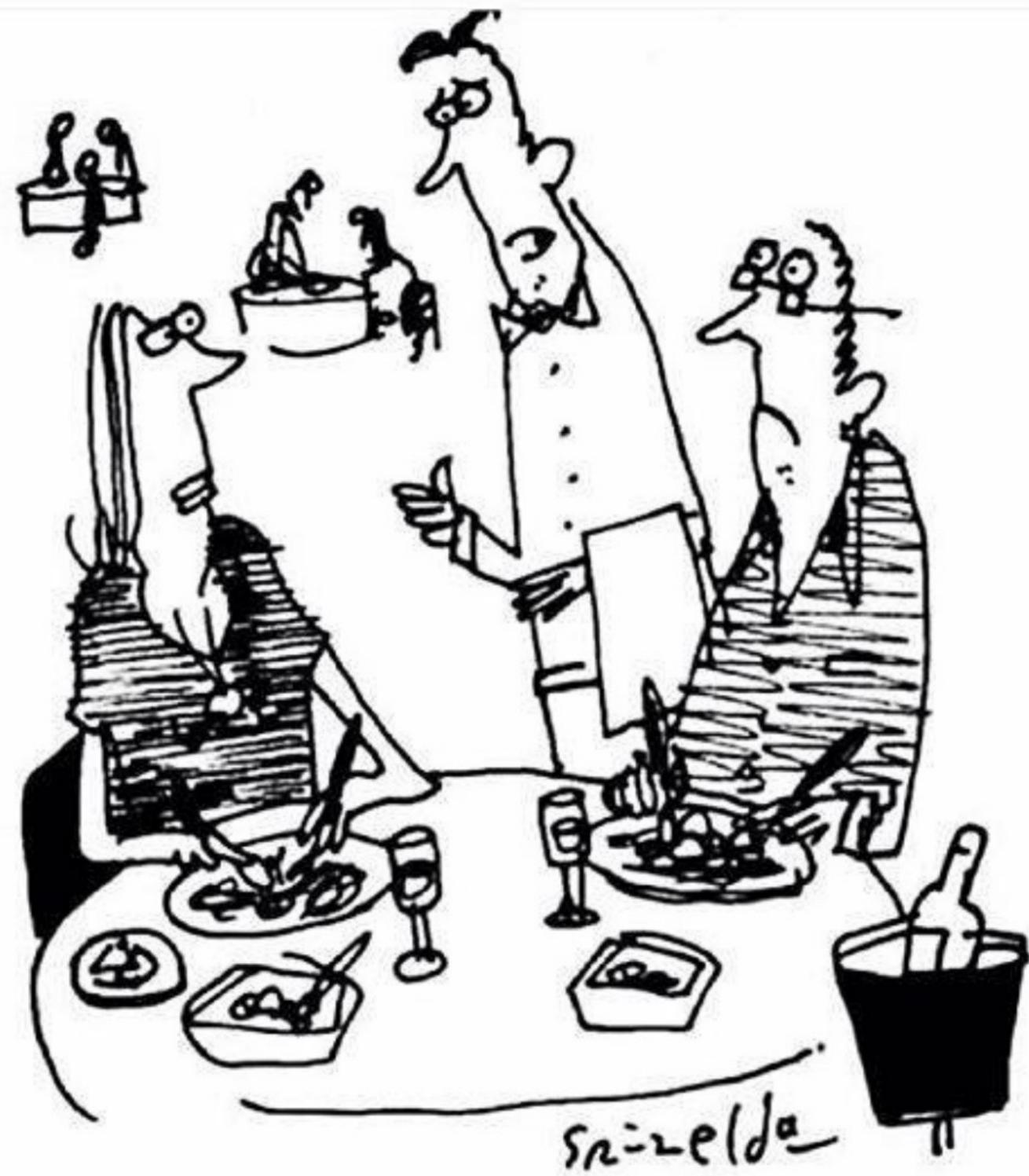
Don't meet people from the internet

**Today:
Contact a stranger from the
internet to ride in their car.**



I live for the moment when my phone is fully charged, so I can unplug it and roll to the other side of my bed





“Is everything OK? You haven’t
photographed your food.”





21ST CENTURY PARENTING

TRENDS



MILLENNIALS

Percentage that would give up something vs. giving up their phone:



When I asked 3rd-5th graders to identify the following....



Invented in 2008

Invented in 2007





Technology is....

1. Anything that is in the world when you're born is normal and ordinary and is just a natural part of the way the world works.

2. Anything that's invented between when you're fifteen and thirty-five is new and exciting and revolution and you can probably get a career in it.

3. Anything invented after you're thirty-five is against the natural order of things.

-Douglas Adams





When we change
the way we
communicate, we
change society.

-Clay Shirky

Imagine **young people** longing for an **alternate reality**. One where regular rules of life do not apply, and one where your imagination prevails. **Their parents worry**, because this **alternate reality** is so compelling that these young people sometimes don't want to leave it. They don't want to go outside – they have all they need from their new world. Some of them never want to go back to the **realities of everyday life**.

Margaret Cohen - Professor - Stanford University

Margaret Cohen
Professor of 19th
Century French
Literature



NATURE

11. 22. 1889 - 5

A Weekly Journal for the Gentleman Sportsman, Tourist and Naturalist.

VOLUME I,

NEW YORK, SATURDAY, NOVEMBER 2, 1889.

NUMBER 1.

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Contributing Editors:

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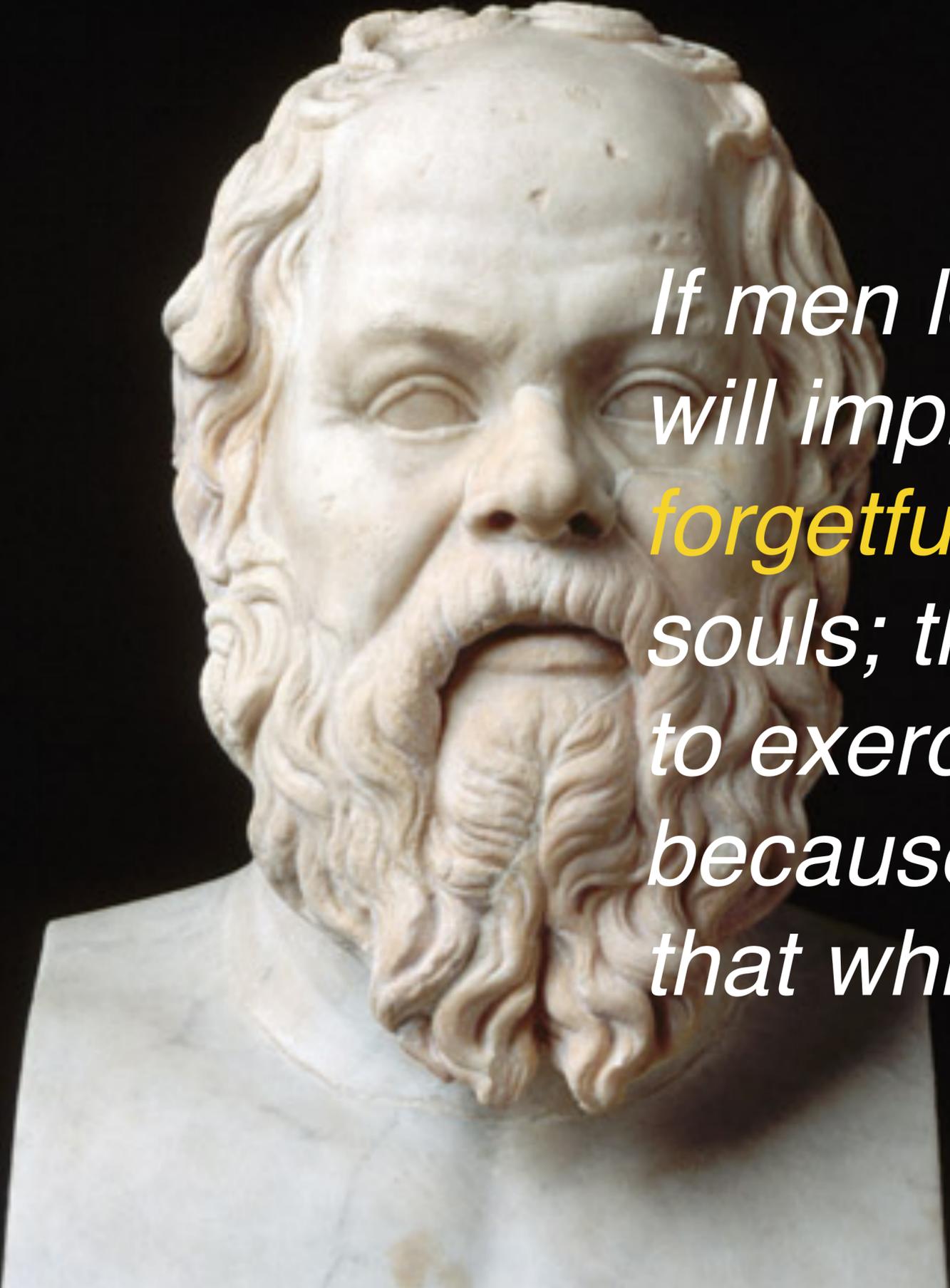
The telephone is the most dangerous of all because it enters into every dwelling. Its interminable network of wires is a perpetual menace to life and property. In its best performance it is only a convenience. It was never a necessity.

And the thunder in the mountains,
Whose immensurable spheres

THE true sportsman—not the murderous, law-breaking market-game supplier, who wastefully butchers game in and out of season for money, nor the fellow who “shoots because it is quite the thing, his joy,” but the true sportsman who hunts and angles for the pleasures of the chase itself and the natural beauties of the out-door world—studies and follows the game law as much as he studies and follows its subjects.

THE generally bright little *Evening World* in its issue of October 17 has a column of short stories of field sports. Here are a few of the cockney errors for practical sportsmen to laugh over. One of the writers says he heard a noise in the bushes and fired in the direction of the sound. This is, indeed, a chivalrous sporting incident. Another writer contributing to the same column says he used in killing a deer two and one-half ounces of duck shot. Further down in his yarn he says the shot was No. 8. Some persons may use No. 8 shot on duck, but it can not be called duck shot any more than No. 10 can. The copy-reader should have marked the number down just half. And he used two and one-half ounces! If so, he must have had luck of it at least seven drams of powder and in order to burn that amount his gun must have been a small cannon and his arm made of steel. The contributor of the last yarn says he called his dog and started for mouse. We shall next hear of the daily newspaper sportsmen going for buffalo and elephants with the dog.

SINCE the publication of that charming work, “The American Angler’s Book,” by Thaddeus Norris, issued in 1864, we have not had an exhaustive text-book on our native fishes. Norris was the first American writer on the subject, but he treated of only sixty-four species—do-

A marble bust of the philosopher Socrates, showing him with a full, curly beard and hair, and a serious expression. The bust is set against a dark background.

*If men learn this, it
will implant
forgetfulness in their
souls; they will cease
to exercise **memory**
because they rely on
that which is **written***

-Socrates

Stand n' Talk

What are some issues you struggle with as an educator or parent around technology?



Parent Fears

45%



25%



DISCLAIMER

ON

RESEARCH



BEWARE OF:

A Dark Consensus About Screens and Kids Begins to Emerge in Silicon Valley

“I am convinced the devil lives in our phones.”

- Misleading or extreme titles
- Lack of research
- Anecdotes that support the narrative

A person is shown from the side, wearing a black headset with a microphone. They are sitting at a desk with a computer monitor and a keyboard. The monitor displays a colorful, abstract image with various shapes and colors. The keyboard has green backlighting. The person is wearing a red shirt. The background is dark, suggesting a dimly lit room.

Discussing **FACTS** and **myths**
around technology

Myth:

Using apps release dopamine that affect the brain like heroin.

FACT:

Dopamine is a chemical release that alerts the brain that there is about to be a reward. It happens when you look at your phone...

...and when you look at an infant child.

Myth:

Steve Jobs, Bill Gates and other Silicon Valley Execs ban their kids from technology and send them to non-technology schools.

FACT:

Gates and Jobs limited technology use in homes and less than .5% of Silicon Valley execs send their kids to non-tech schools...

...the same percentage of non-Silicon Valley parents that send their kids to non-tech schools.

SCREEN TIME



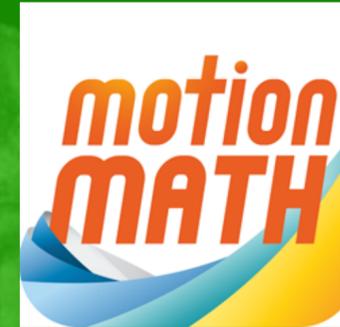
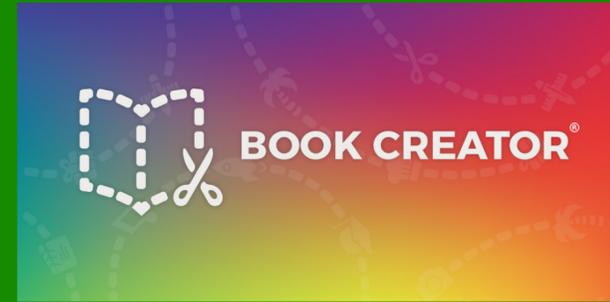
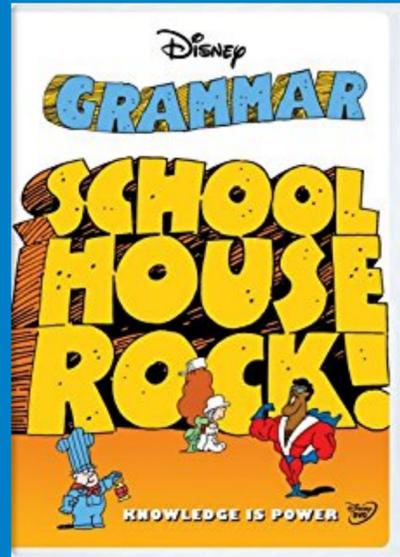
FACT:

Screens affect the brain.

...as does reading, laughing, listening to music, watching a movie, or going on a jog.

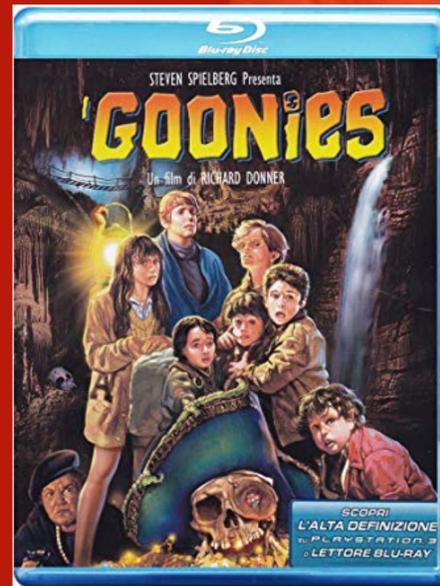






Passive

Interactive



Entertainment



FORTNITE

The background of the image shows four Fortnite characters in a battle royale environment. At the top center, a character with a skull tattoo on her arm and goggles on her head holds a purple assault rifle. To her right, a blonde character in a brown jacket holds a pickaxe. In the foreground, a character with a beard and a blue sash is crouching, holding a blue shield. To the left, another character with blue hair and a grey jacket is aiming a handgun. The background features a sunset sky and a partially destroyed building.

Negatives:

Addiction

In-App purchases

Cyberbullying

Online strangers

No filters

Positives:

Collaboration

Communication

Socialization

Problem Solving

Strategy

<https://www.commonsense.org>



We rate, educate, and advocate for kids, families, and schools

Search our site



Reviews Top Picks Family Guides **Parent Concerns**^{NEW} Videos Blogs Education Advocacy About Us

Parent Concerns

More Topics 

Have a question or digital dilemma? Here you will find age-appropriate guidelines for your family plus videos and articles to help with the tough conversations.



**Sex, Gender,
and Body Image**



Screen Time



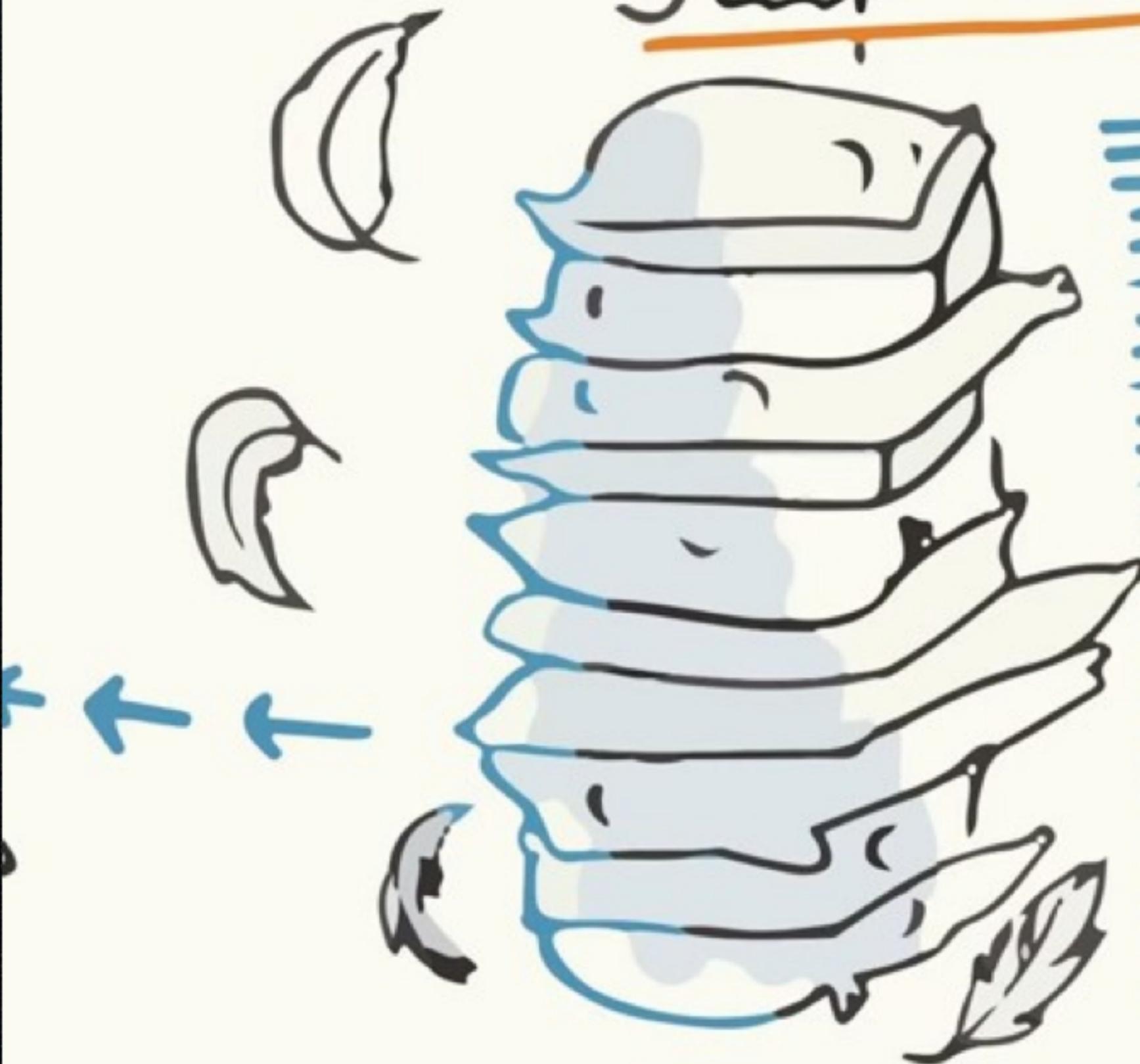
Affect on Circadian

Rhythm





Sleep 0-meter



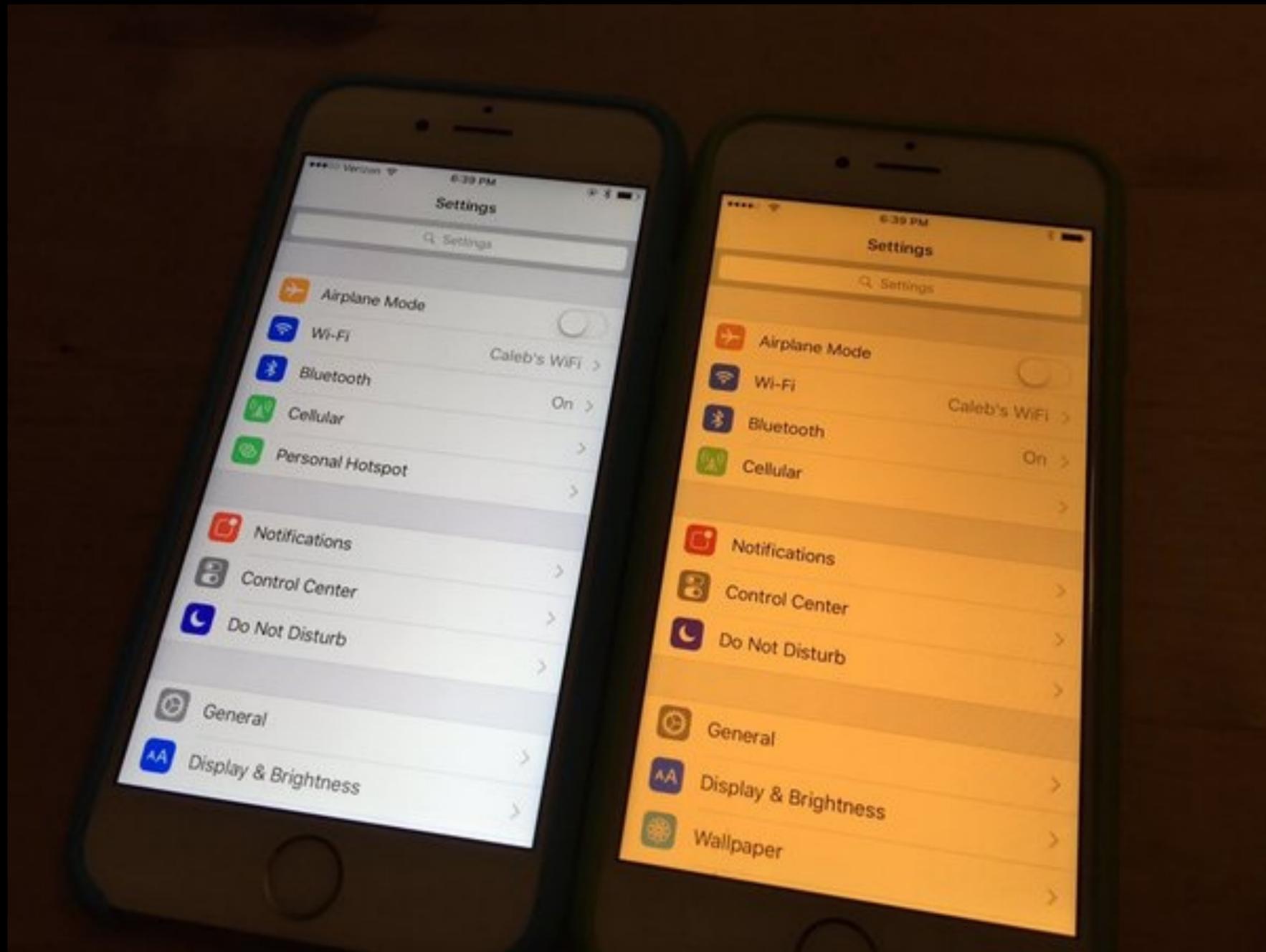
TEENAGERS NEED 9h

AVERAGE 1950's 8h

AVERAGE 2013 6.5h

VERY COMMON 2013 5h





Night Shift automatically shifts the colors of your display to the warmer end of the color spectrum after dark. This may help you get a better night's sleep.

Scheduled



From
To

10:00 PM
7:00 AM >

Manually Enable Until Tomorrow



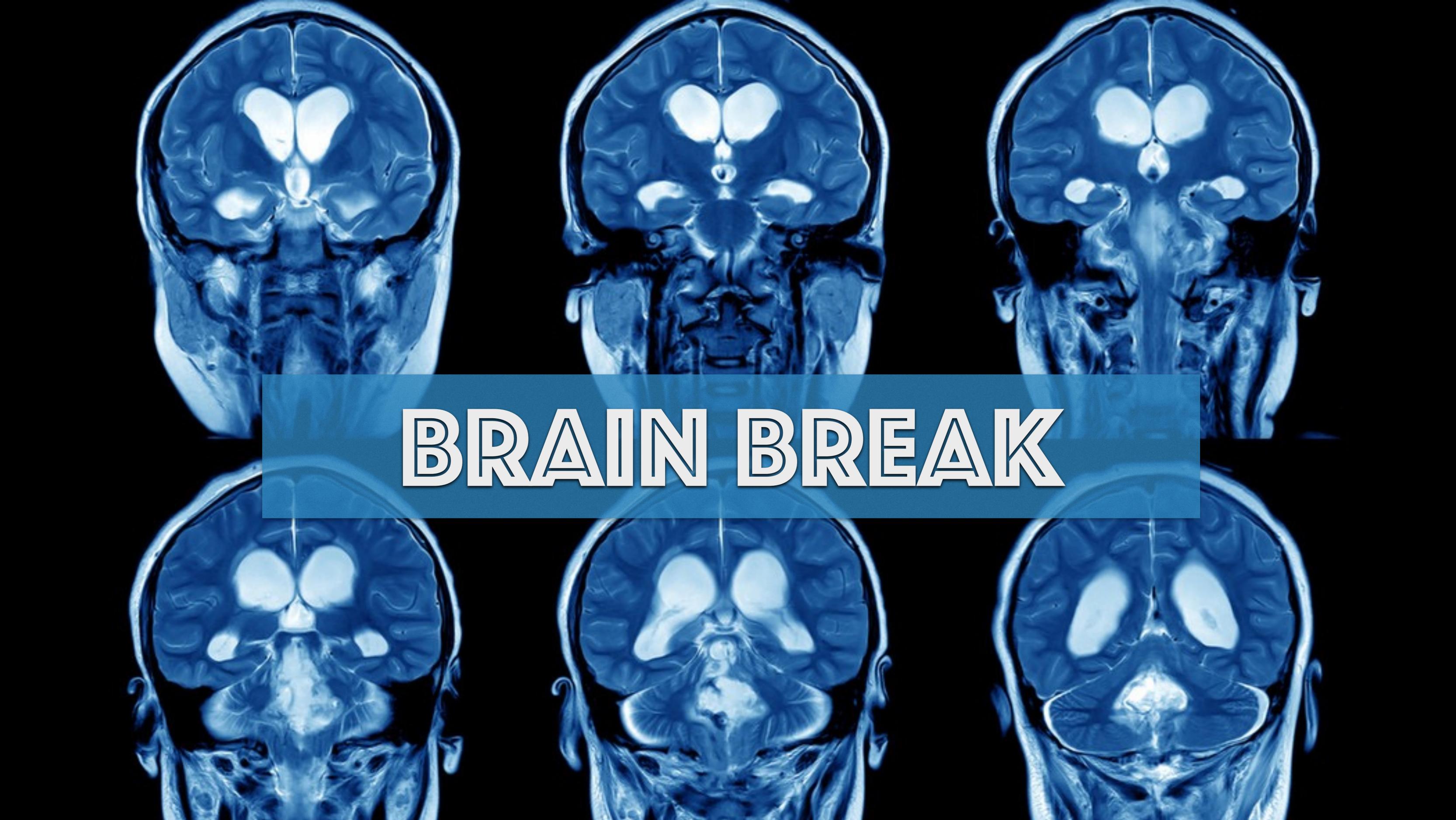
COLOR TEMPERATURE

Less Warm

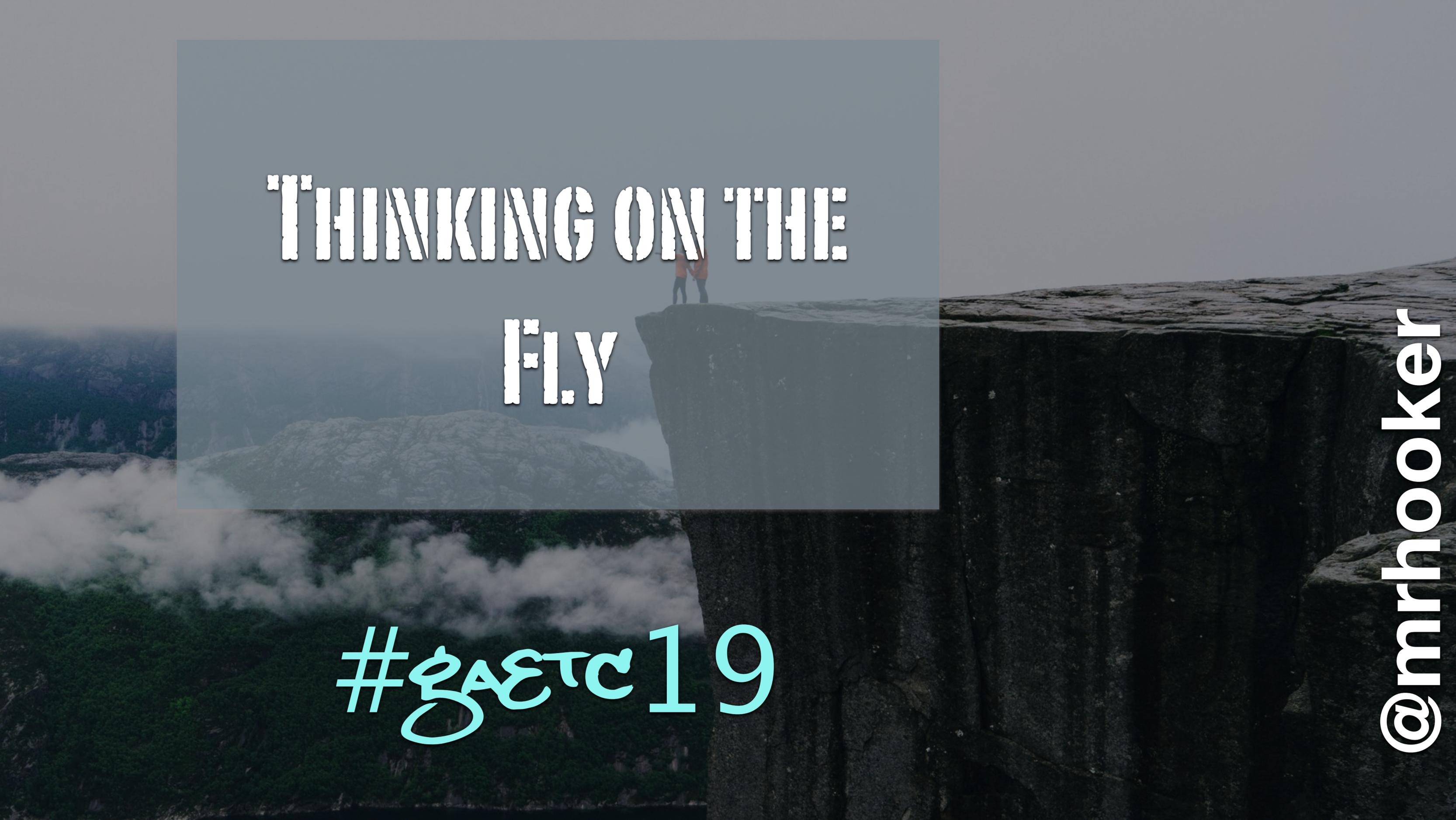
More Warm



Warmer settings may affect the appearance of some onscreen motion.



BRAIN BREAK

A person is standing on the edge of a dark, rocky cliff. The background shows a vast, hazy landscape with rolling hills and a layer of white clouds or mist. The sky is a pale, overcast grey. The overall mood is contemplative and adventurous.

"THINKING ON THE FLY

#GAEYC19

@mrhooker



00

SECONDS

THINGS FOUND

AT HALLOWEEN



00

SECONDS

“THINGS FOUND IN A CLASSROOM

INTERACTIVE DISCUSSION

**What are some ways
technology helps you
in your daily life?**

CYBER SECURITY



CYBER SECURITY TEST

3 Step Challenge

1. Take out your phone
2. Open up your text messages
3. Pass it to the person next to you



**What do you think of
When you hear the term
“hacker”?**



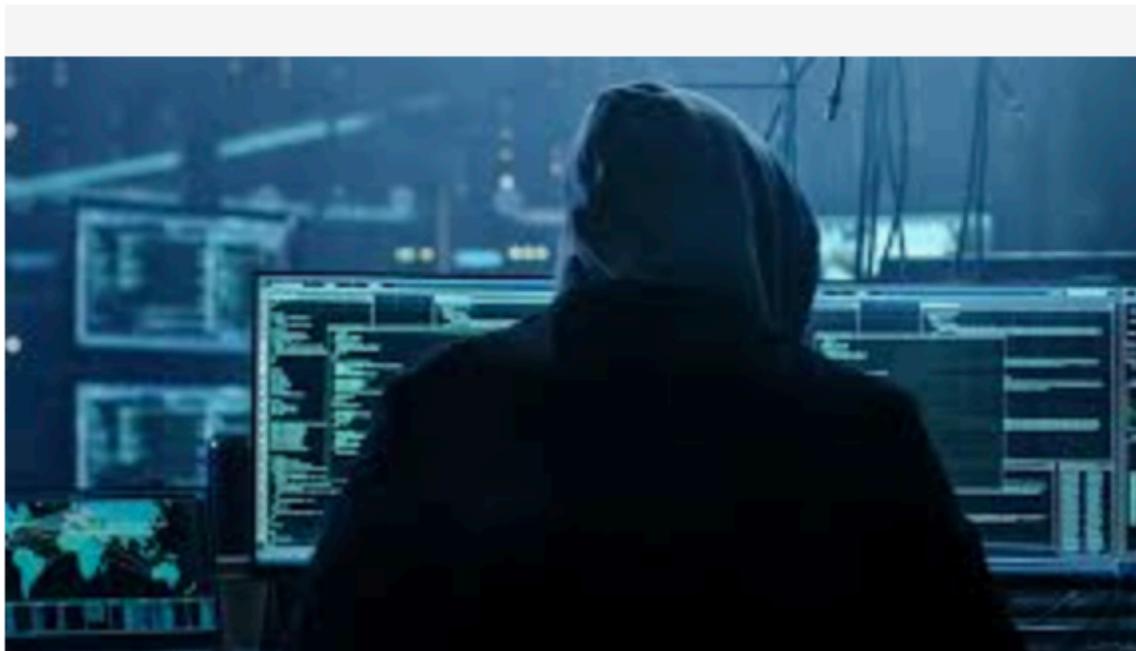
The Time Hacker Method – Hacker Noon
hackernoon.com



Hacker shows Reg how one leaked ho...
theregister.co.uk



How To Be A Hacker (Latest Version ...
youtube.com



Hack The Hacker - Info-Desk - SWITCH ...
switch.ch



What Is Network Hacking and Why Is...
lifewire.com



Hacker group Legion calls Indian...
m.economictimes.com



Former ...
fortune.com



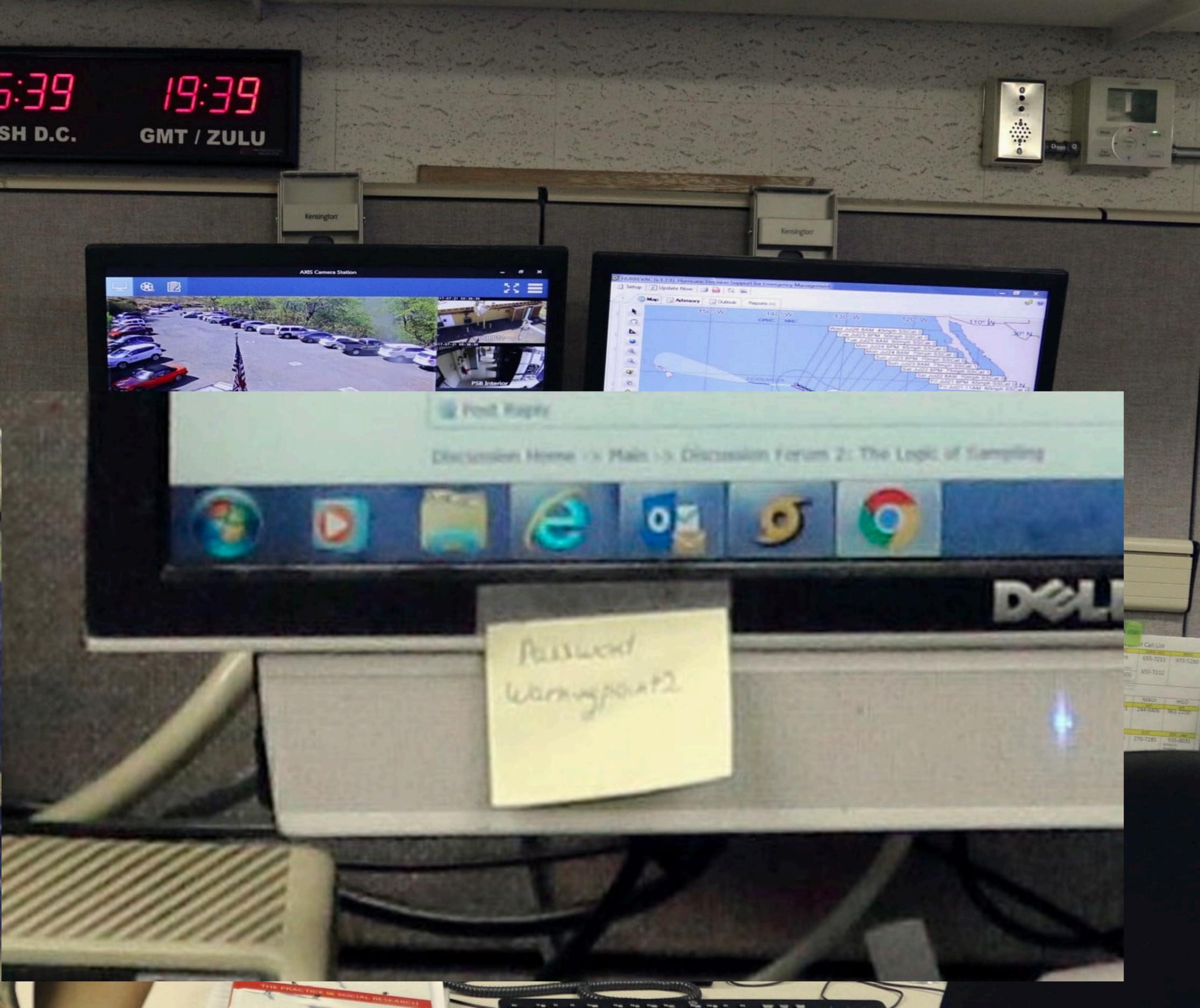


A WARNING
To reduce risk of personal injury, read
Safety & Comfort Guide provided with
product and at www.hp.com/go

Bank pswd:
lucky 77

Yahoo: mary 79/a
pswd: eric 3132004

HP Pavilion Entertainment PC



Call List	Area	Phone
653-7231	979-5280	
653-7232		
653-7233		
653-7234		
653-7235		
653-7236		
653-7237		
653-7238		
653-7239		
653-7240		

PASSWORD TRENDS

Top Passwords Used in 2018

123456

password

12345678

qwerty









';--have i been pwned?

Check if you have an account that has been compromised in a data breach



Generate secure, unique passwords for every account

[Learn more at 1Password.com](#)

[Why 1Password?](#)

368

pwned websites

7,860,178,429

pwned accounts

97,934

pastes

118,971,478

paste accounts

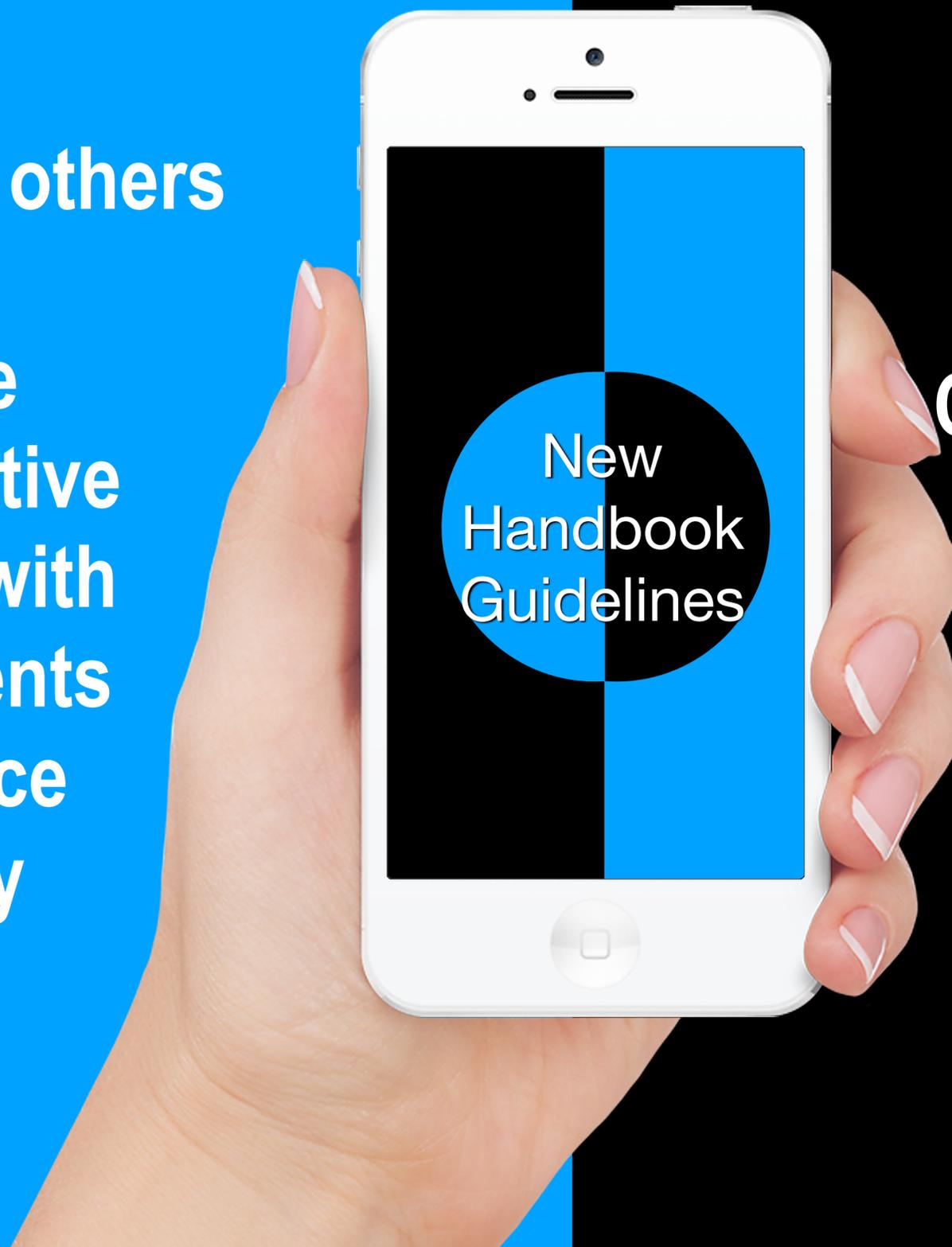
Stand n' Talk

What are some of the ways that **technology** helps you in your daily life?



What it does for you:

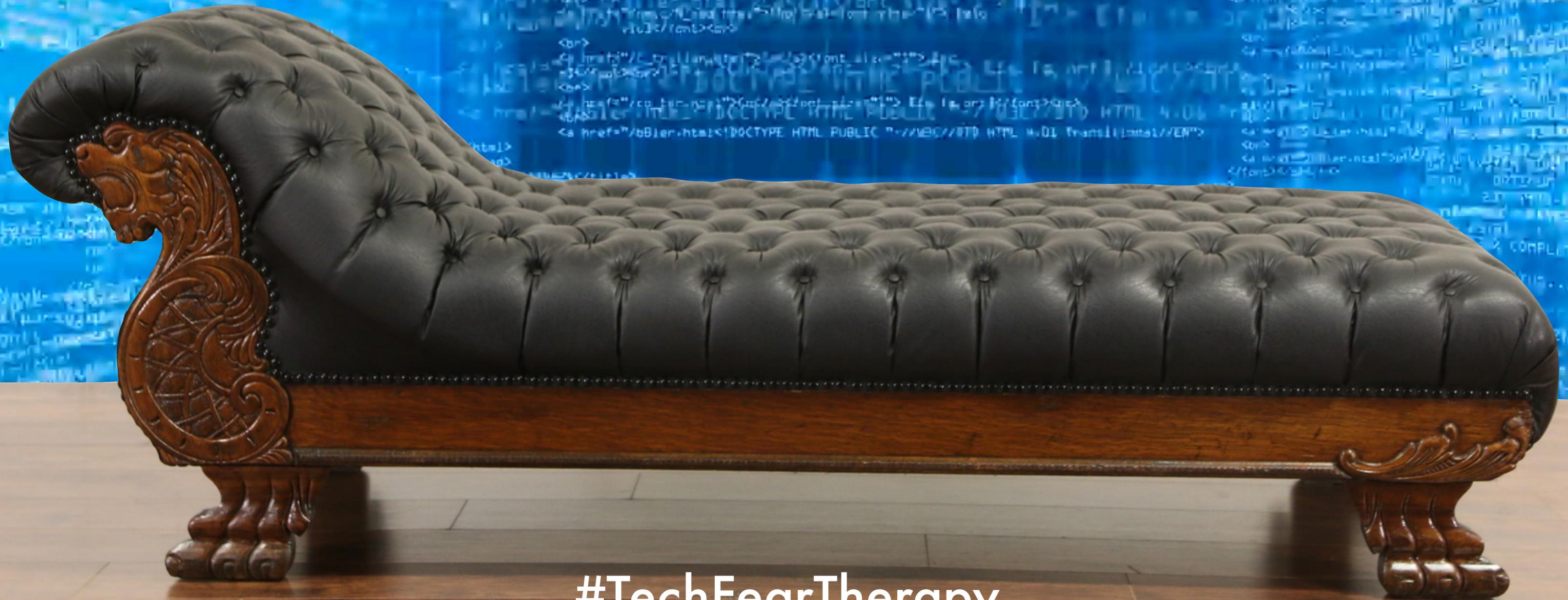
Connect with others
Create
Capture
Be productive
Catch up with
world events
Commerce
Security



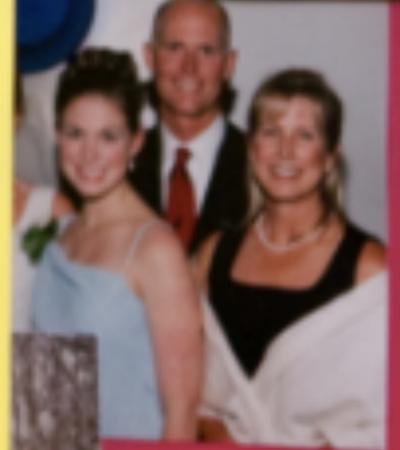
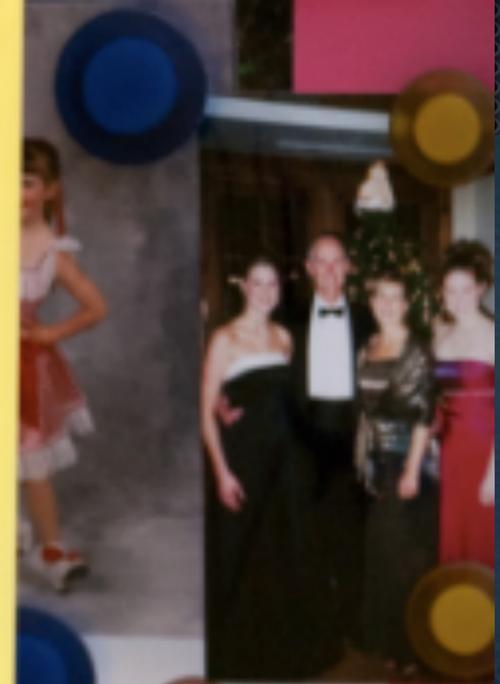
What it *could* do to you:

Distraction
Inattentiveness
Constant communication
“Always On”
Decrease social
interaction
Sleep disorders
Reduces privacy

SOCIAL MEDIA



#TechFearTherapy



CHALLENGE #2

In 1 minute - Get with a partner or small group and list as many **social media** sites/apps you can think of.

1:00

Stop

WHO WE FOLLOW



Paul Ryan ✓
 @SpeakerRyan
 Office of the 54th Speaker of the House, Paul Ryan.

Followers
3.62M

Born on January 29



Michelle Obama ✓
 @MichelleObama
 Girl from the South Side and former First Lady. Wife, mother, dog lover. Always hugger-in-chief.

Followers
10.8M

Tweet to Michelle Obama

381 Followers you know



Pope Francis ✓
 @Pontifex
 Welcome to the official Twitter page of His Holiness Pope Francis

Followers
17.7M

Tweet to Pope Francis

266 Followers you know

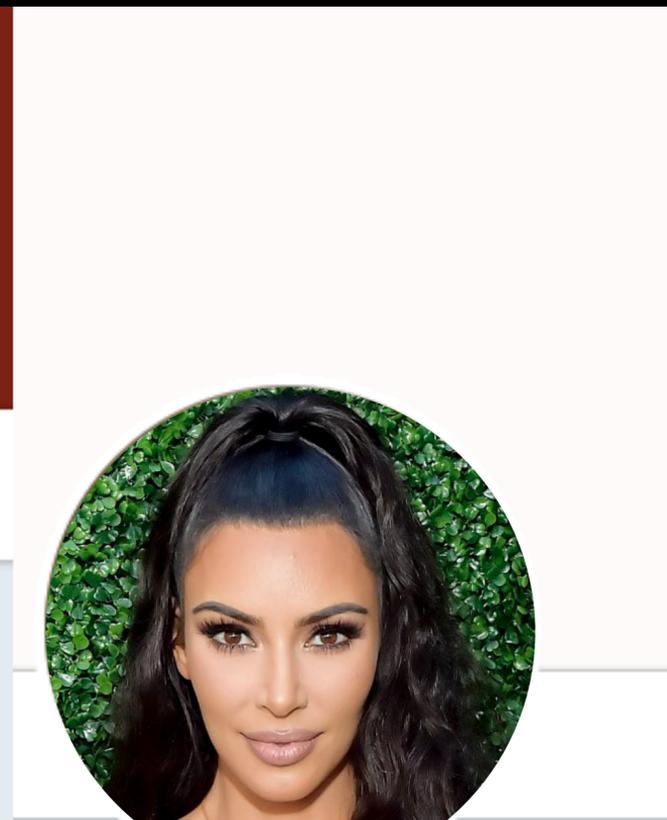
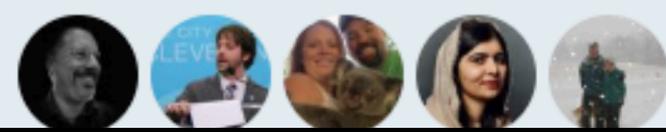


Dalai Lama ✓
 @DalaiLama
 Welcome to the official twitter page of the Office of His Holiness the 14th Dalai Lama.

Followers
18.6M

Tweet to Dalai Lama

279 Followers you know



Kim Kardashian West ✓
 @KimKardashian

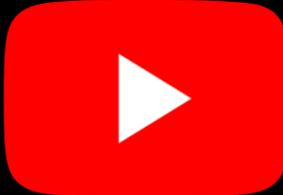
Followers
58.5M

Tweet to Kim Kardashian West

63 Followers you know



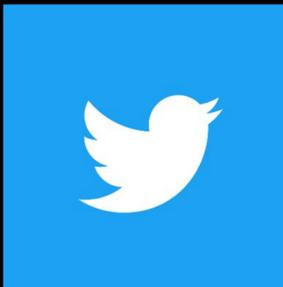
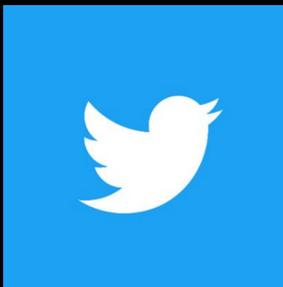
Top 5 Social Media apps amongst U.S. Teens

#1          85%

#2         72%

#3        69%

#4      51%

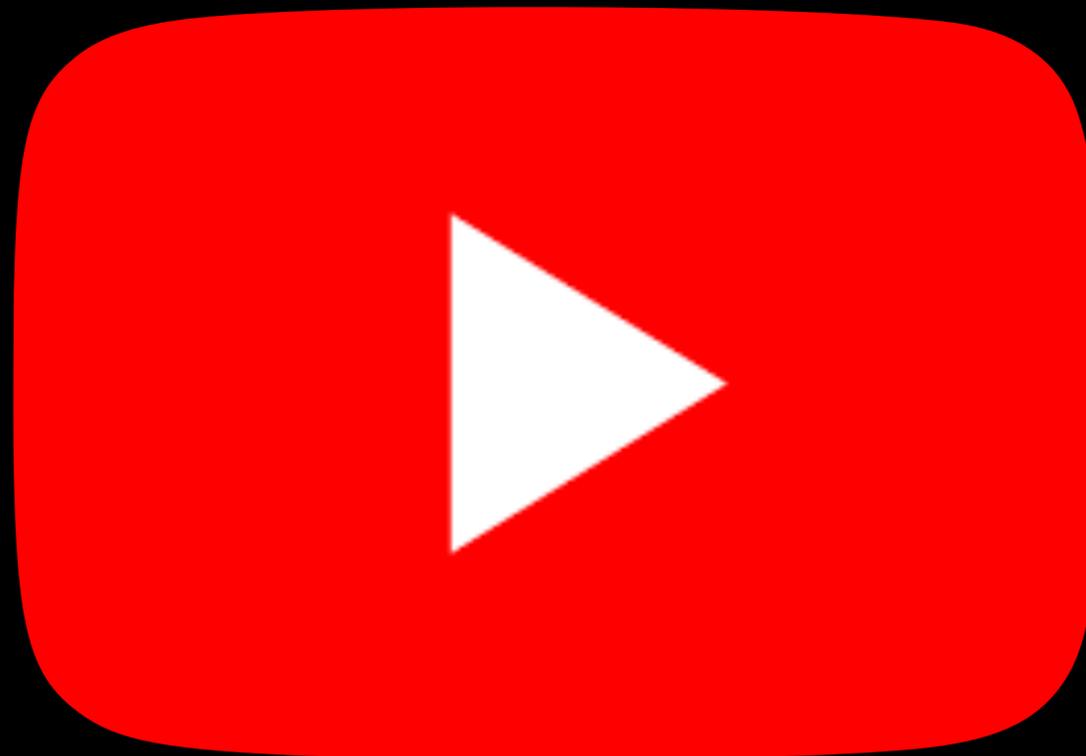
#5    32%

Social Media apps used “Most Often” by U.S. Teens

35%



32%



15%



10%



3%



Social Media Effect on Teens Lives

45%



31%



24%



Social Media Pros/Cons



Stay connected
Crowd-source questions
Boosts self esteem
Helps with student voice
Branding

Cyberbullying
Hurts self esteem
Distraction
Oversharing Personal Info
Face-to-face skills diminished

“Social Media is like water. It’s everywhere
and you can either teach us to swim or let us
drown”

–Student

Social Media Parenting Tips



Carl Hooker

@mrhooker



Ask questions

Limit the amount of apps

Open communication when things go awry

Monitor behavioral changes

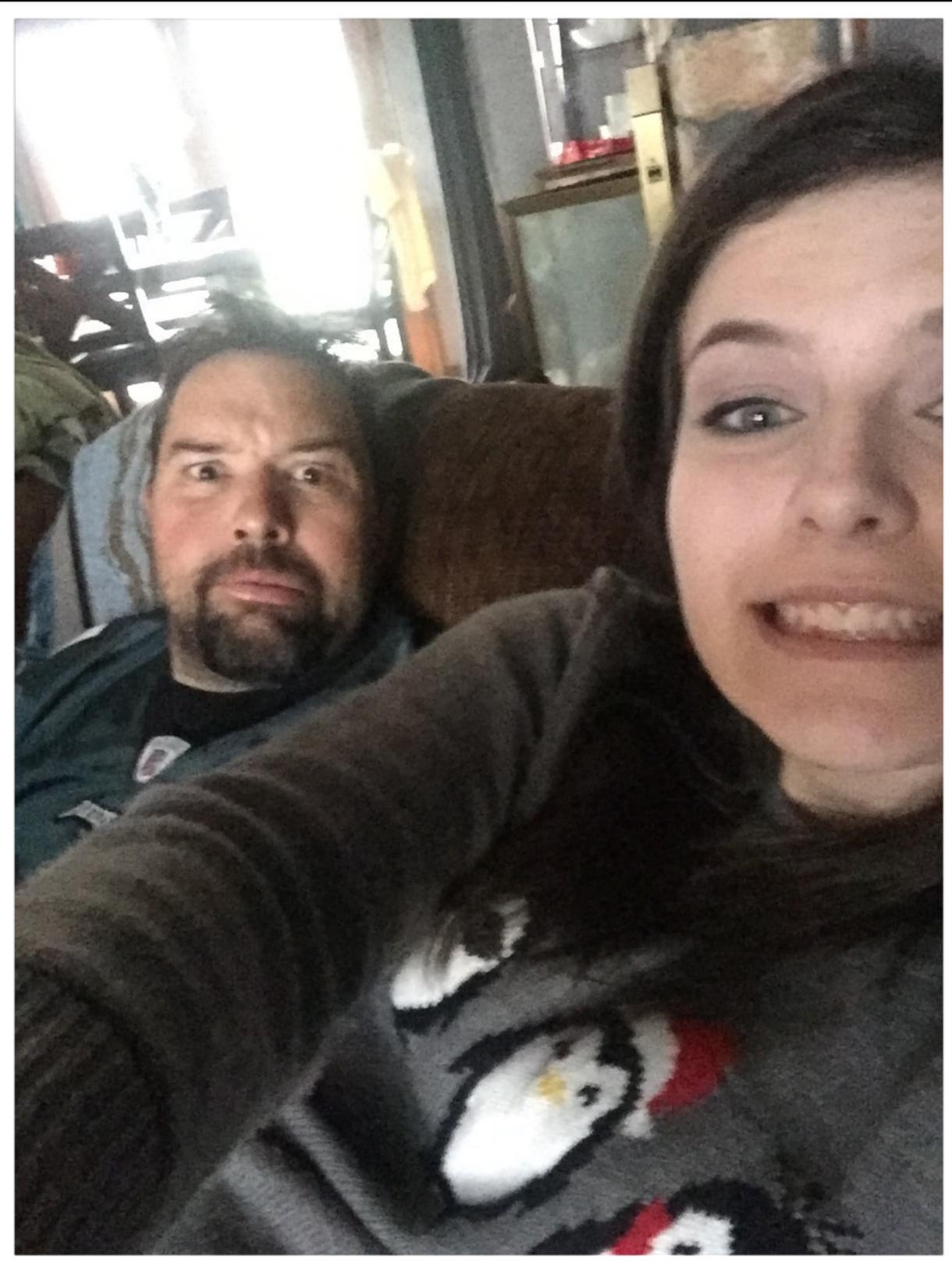
Check privacy settings

Increased Autonomy = Increased Responsibility

Make a “Social Media Agreement”

4 Retweets 12 Likes

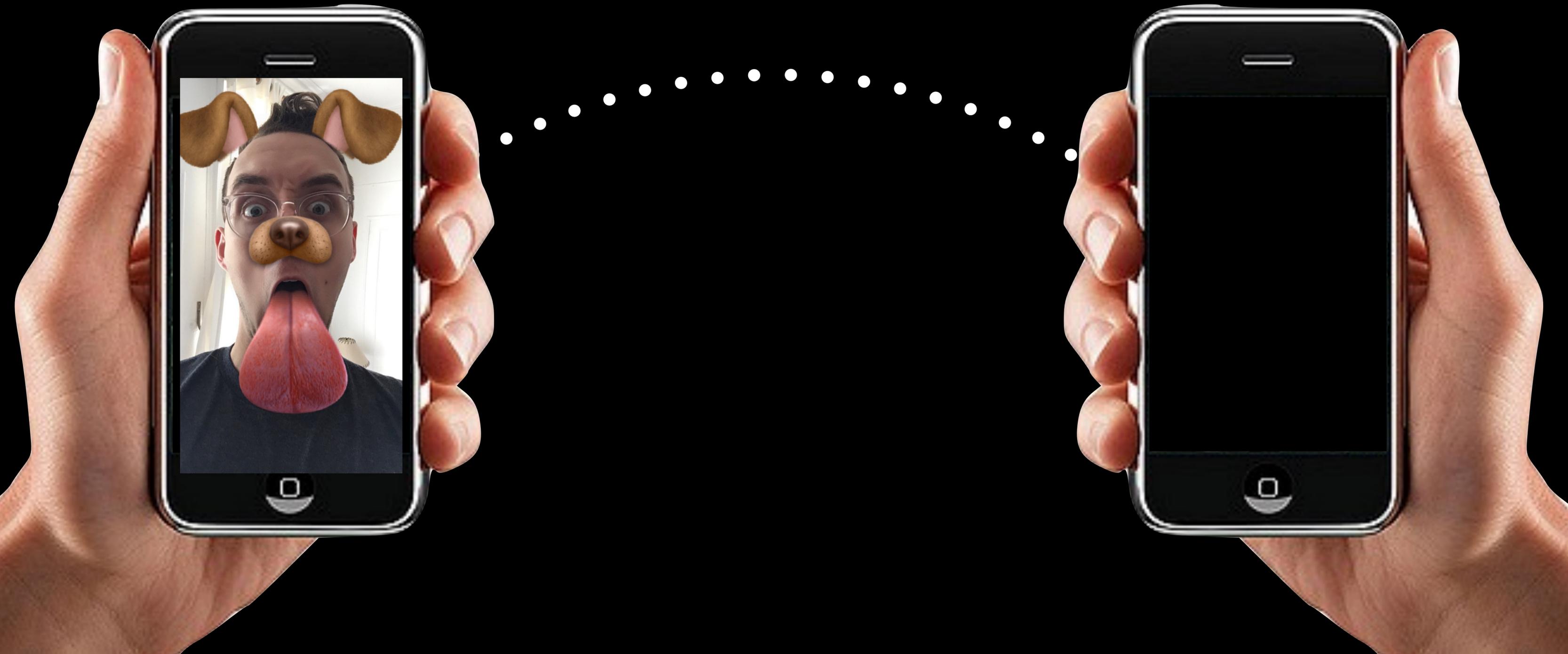


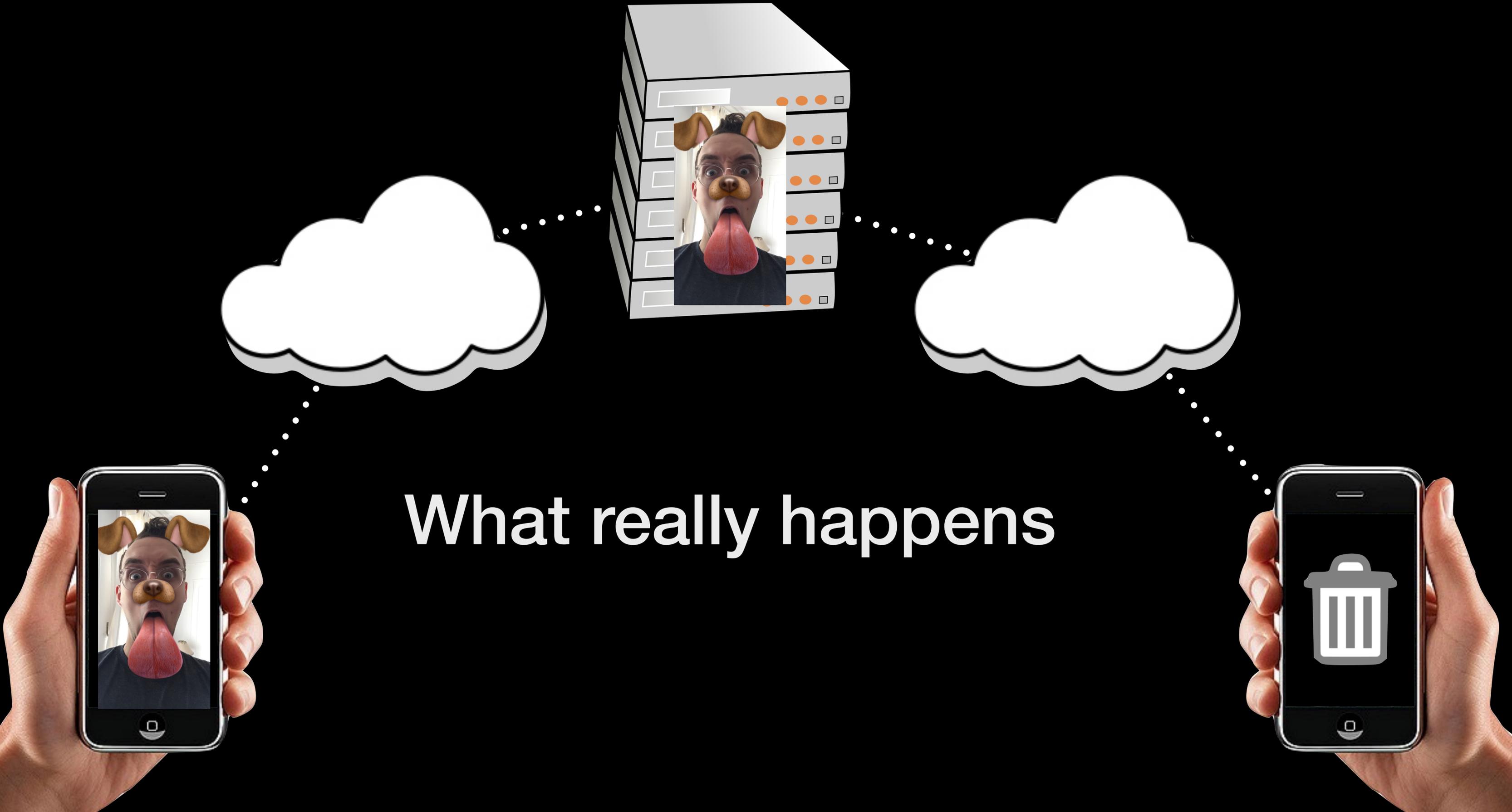


Hacking SnapChat



How we think messages/photos are sent





What really happens

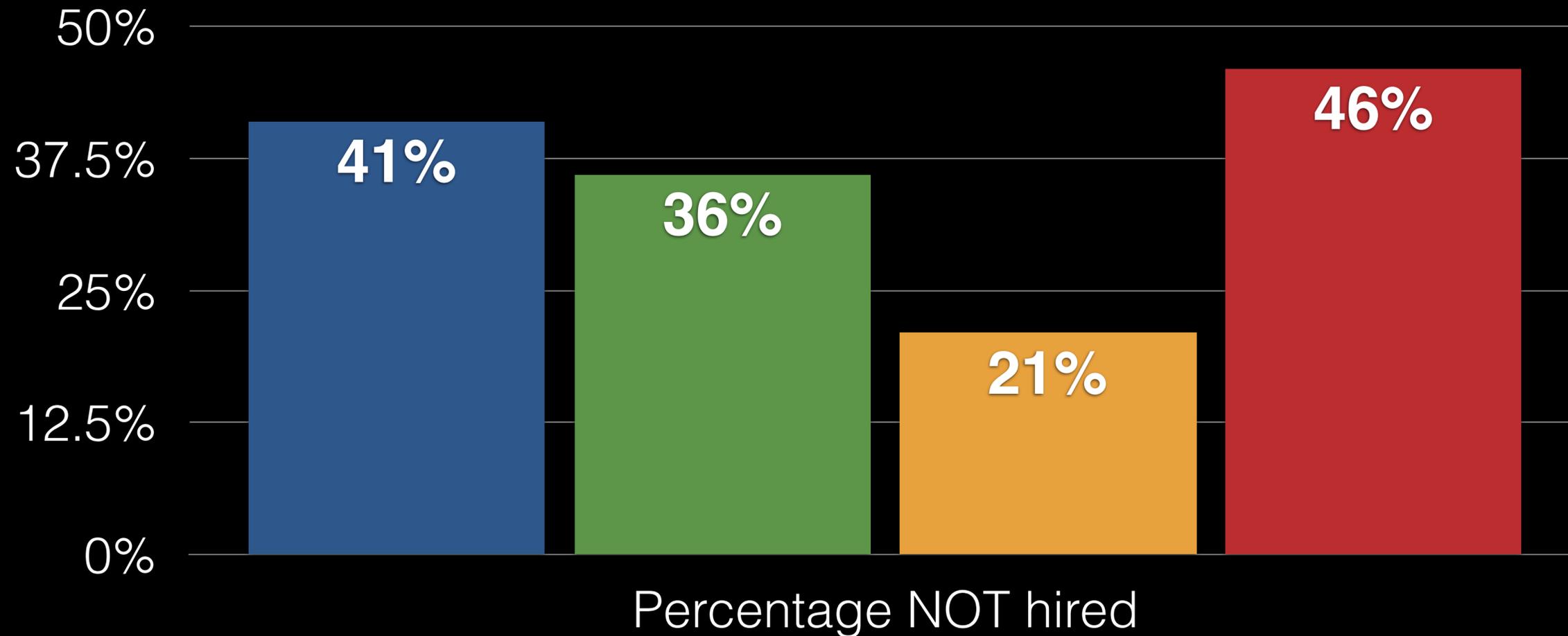


Social Profile

70%

Jobs

- **Pics of drinking/illegal acts**
- **Bad mouthed previous company**
- **Unprofessional screen name**
- **Posted inappropriate photos**



PARENTING

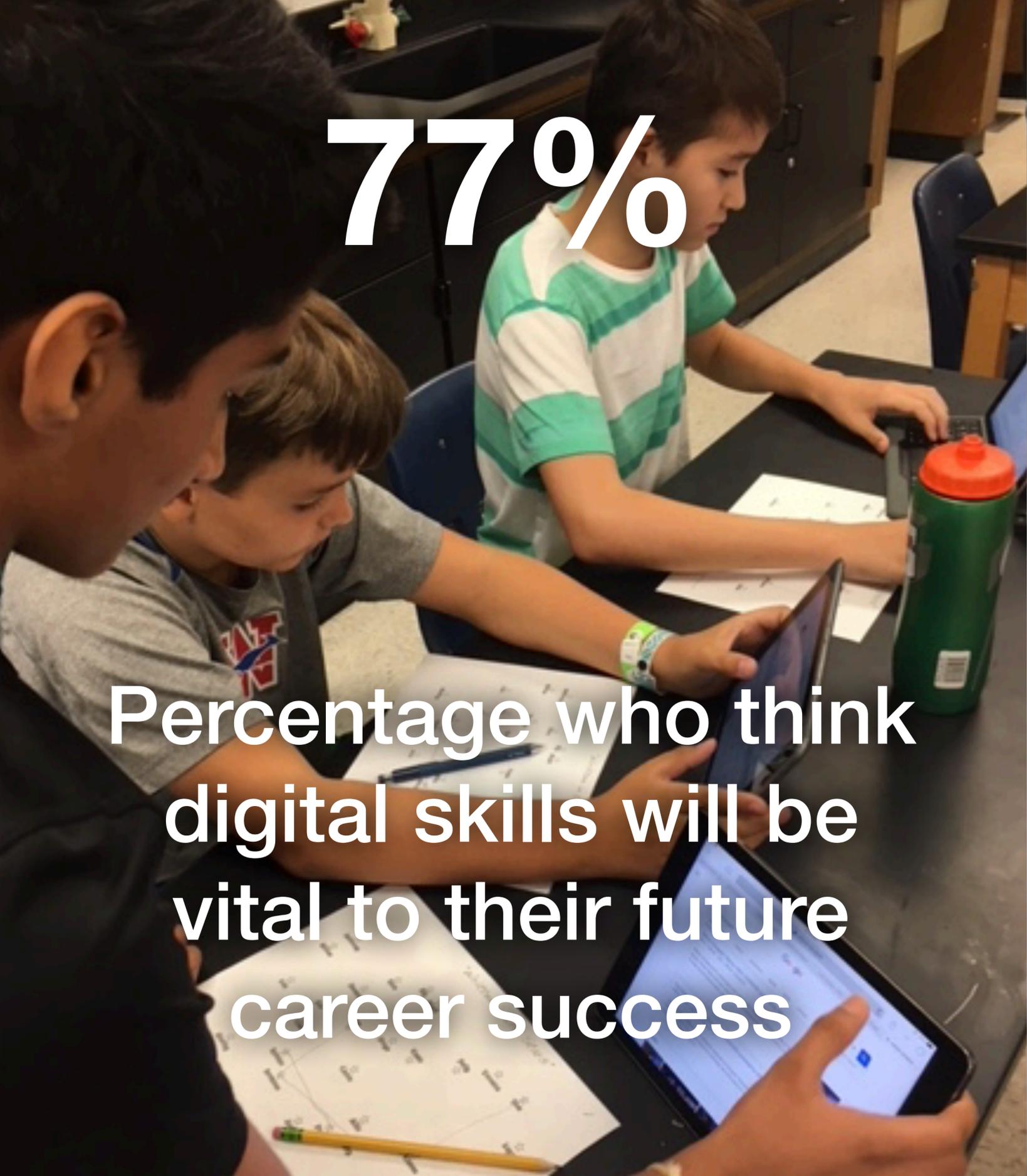


Surveillance



Support



A photograph of three children in a classroom setting. They are seated at a desk, each using a tablet computer. The child in the foreground is a young boy with dark hair, wearing a grey t-shirt, looking intently at his tablet. Behind him, another boy in a green and white striped shirt is also using a tablet. To the right, a third child is partially visible, also engaged with a tablet. The desk is cluttered with papers, a green water bottle with an orange cap, and a yellow pencil. The background shows typical classroom furniture like desks and chairs.

77%

Percentage who think digital skills will be vital to their future career success

A close-up photograph of a man and a woman. The man, on the left, has dark hair and a light beard, wearing a white dress shirt and a blue and white plaid tie. He is looking directly at the camera with a serious expression. The woman, on the right, has long blonde hair and is wearing a grey and white striped sweater. She is also looking directly at the camera with a neutral expression. The background is a plain, light-colored wall.

11%

of parents that encourage their kids to use technology to express creativity or skills





Television is here to stay, and its ubiquity and power must be harnessed to help our youngest and most vulnerable.

*“You can have
as many as you
want.”*

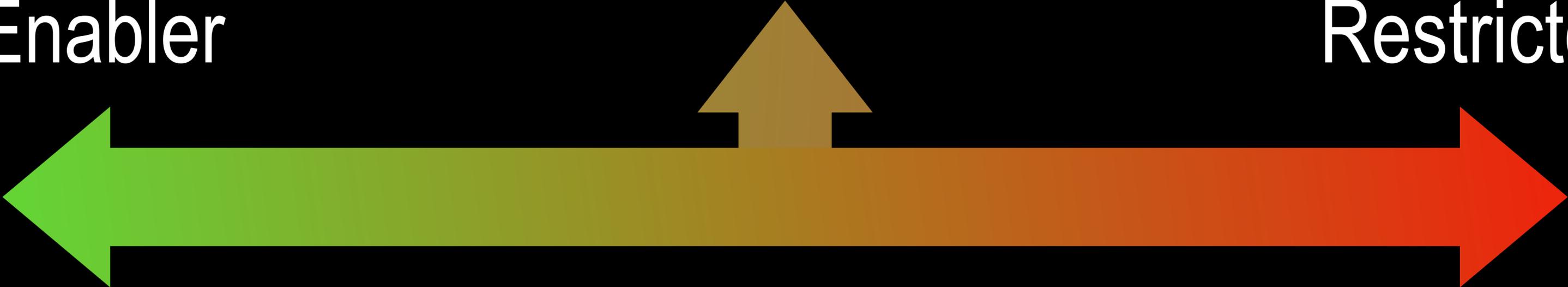


MEDIA MENTOR

Mentor

Enabler

Restricter



*“You can have
as many
cupcakes as
you want.”*

*“How many
cupcakes is
appropriate?
When should
you have it?”*

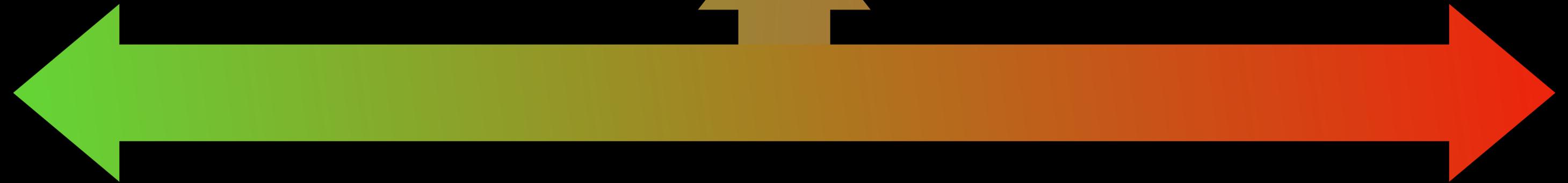
*“You can
NEVER even
look at a
cupcake.”*

MEDIA MENTOR

Mentor

Enabler

Restricter



“You can do whatever you want with your device.”

*“Why are you using the device?
How much time is the right amount of time?”*

“You can NEVER be on a device or technology of any kind.”



MEDIA MENTOR

Mentor

Enabler

Restricter



*Every kid is different and
can change over time.*

MEDIA MENTOR

Mentor

Enabler

Restricter



*Every kid is different and
can change over time.*

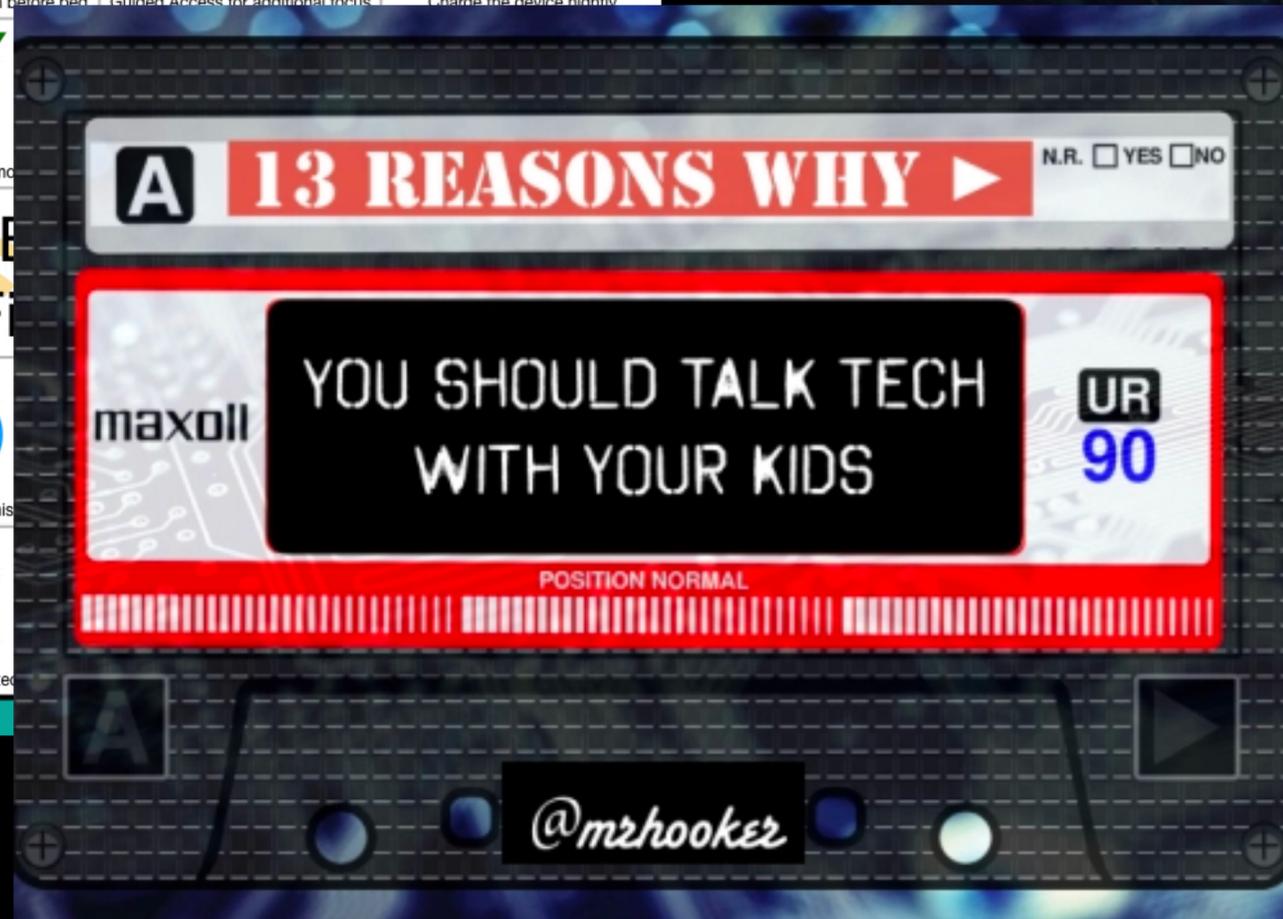
RESOURCES



HookedonInnovation.com

Digital Parent				
B	I	N	G	O
 Devices in a common space	 Check filter settings	 Turn devices off 30 min before bed	 Guided Access for additional focus	 Charge the device nightly
 Rules at a friend's house	 Know their account information	 Be a good role model		
 What happens if they come across inappropriate content	 Discuss how the device is being used	 FREE WiFi		
 Check battery usage for which apps they are using	 Set limits	 Check browser history		
 Balance between tech and non-tech times	 Encourage problem-solving	 Keep device protected		

WHEN SMART HOMES ATTACK



A 13 REASONS WHY N.R. YES NO

maxoll YOU SHOULD TALK TECH WITH YOUR KIDS UR 90

POSITION NORMAL

@mrhooker



Common Sense Media

For Parents

For Educators

For Advocates

🏠 For Your Family ^{New} Log in | Sign me up



Donate

Movies & TV Shows

Books

Apps & Games

Advice for Parents

Latino

Research

About Us

By Age

- Preschoolers (2-4)
- Little Kids (5-7)
- Big Kids (8-9)
- Tweens (10-12)
- Teens (13+)

By Topic

- Cellphones
- Screen Time
- Social Media
- Privacy and Online Safety
- Learning with Technology
- Violence in the Media
- More ...

Parents' Ultimate Guide to ...

- Fortnite
- YouTube
- Snapchat
- TikTok
- Roblox
- YouTube Kids
- Parental Controls
- More ...

Articles

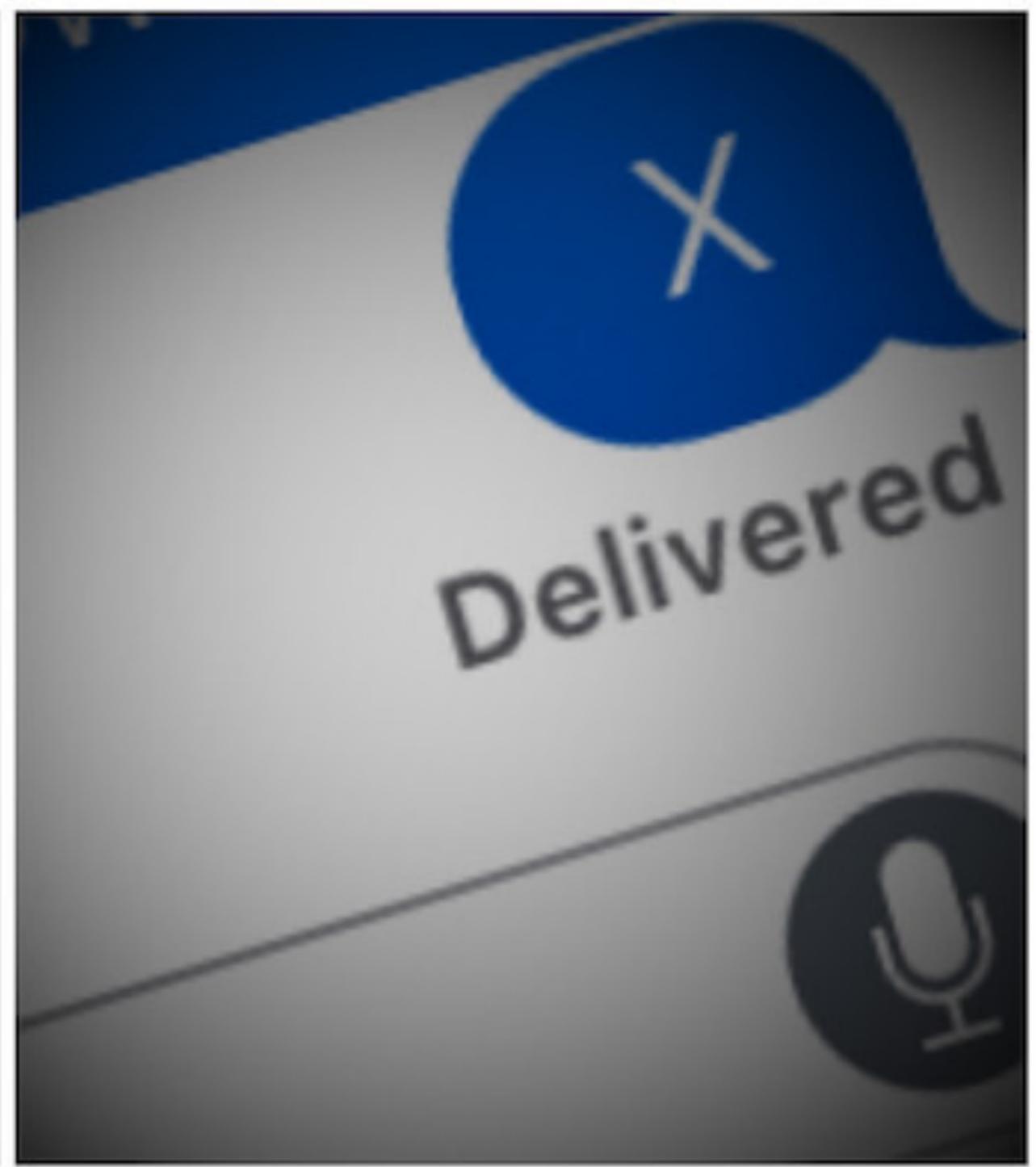


- Where Kids Find Hate Online**
- All Articles
- Family Media Agreement

Exposure to graphic images, distressing information, and horrific headlines can affect kids'

Get started

"X" PLAN



GO POCKET GUARDIAN



Keep Your Kids Safe Online

PocketGuardian™ helps parents monitor their kids iPhone & Android Smartphone plus social media accounts without invading their privacy. Parents receive notification when Cyberbullying or Sexting are detected, plus resources to start a conversation with their child.



Available For Parents In



FAMILY MEDIA CONTRACT

Family Media Agreements for Internet Use— Sample Contract

The best rules are the ones you discuss and agree upon together with your child. Use this contract to promote discussion about your family's rules.

Monitoring

- My family has rules about when I can and can't use electronic devices that connect to the internet. We agree that I am not allowed to be online:

(Examples: during dinner, in my room at night)
- I must get permission from my parents to sign up for social media sites or apps on my computer or phone, because some sites/apps are not appropriate for people my age. My parents will reach a decision based on our family's values and my level of maturity and responsibility.
- I understand that to keep me safe, my parents may sometimes check my email or social media accounts.

FAMILY MEDIA CONTRACT



Promotes being alert and engaged



Promotes getting along with others



Promotes solving problems peacefully



Promotes being secure and calm



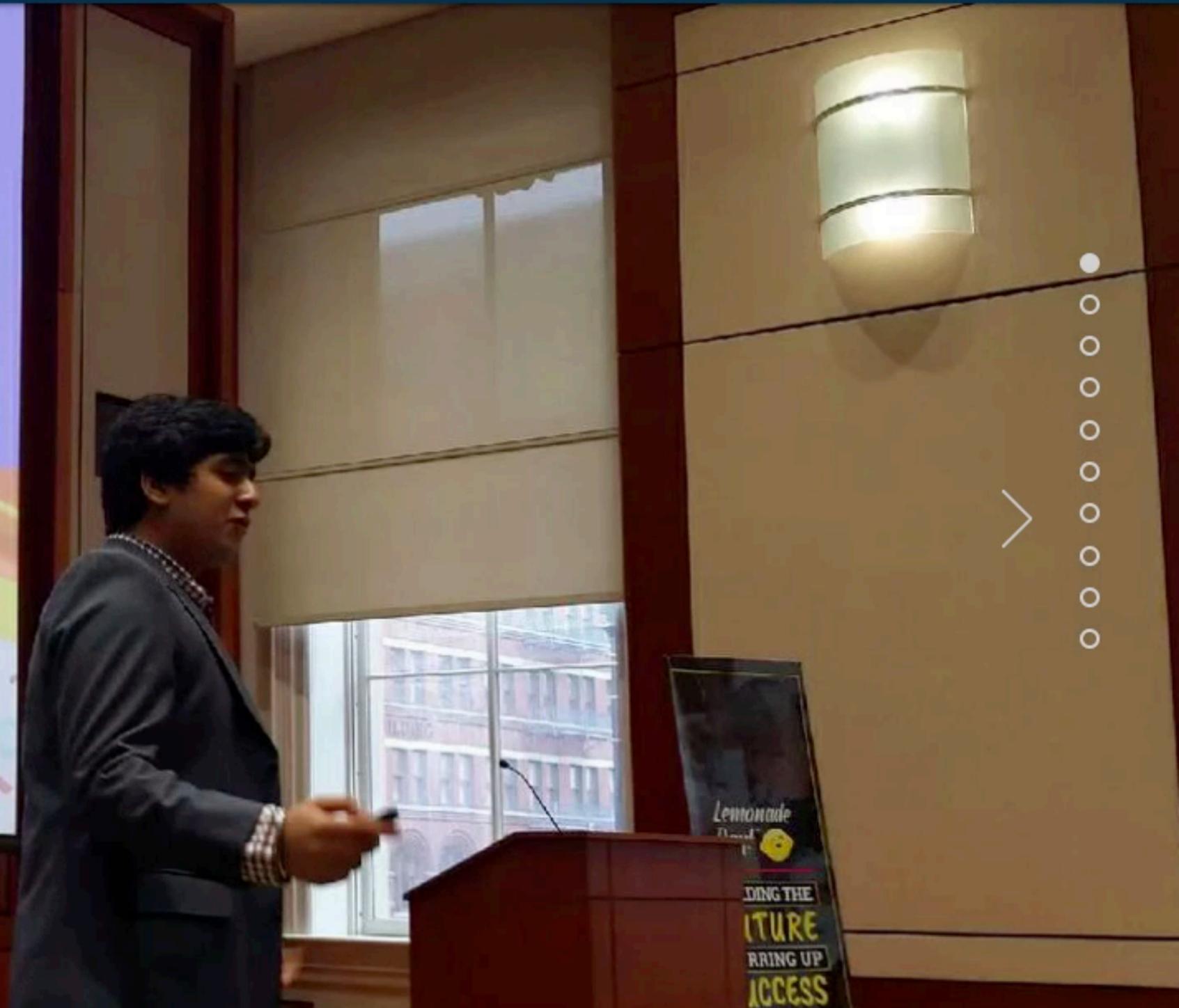
Promote being compassionate and kind

DISNEY CIRCLE



<https://meetcircle.com/>







We need to create a
generation of empathetic
risk-takers

@mrhooker

OVERCOMING THE

FEAR AND SHOCK

OF TECHNOLOGY



Carl Hooker

Educational Strategist
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