

Adolescents in the digital age

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Digital outlook in Kenya

- ▶ Population 44 million
- ▶ 19 million under the age of 18
- ▶ Mobile penetration of 88% i.e. 39.6 million internet users (including children and adolescents)
- ▶ 6.1 million Kenyans active on Facebook
- ▶ 10 million WhatsApp users
- ▶ #1 in Africa in high speed internet availability
- ▶ Only country in Africa to have fully migrated from analog to digital



Characteristics of teen internet use

- ▶ Youth are most digitally connected group worldwide
- ▶ 70% maintain social media portfolio Facebook/Twitter/Instagram
- ▶ Older teens are engaging in riskier behaviors online compared to younger teens.
- ▶ Girls are significantly more likely to post photographs online than boys.
- ▶ Boys are significantly more likely to engage in risky behaviors such as responding to stranger contact, posting personal information and engaging in four or more risky behaviors.



Characteristics of Kenyan adolescents

- ▶ Prefer to access media via mobile phones versus PC's and tablets
- ▶ Access depends on bundles bought by parents or personal savings
- ▶ Cybercafes were used especially for video games
- ▶ 24% of the 152 children interviewed accessed the internet several times a day
- ▶ 25% once a day
- ▶ 42% two to three times a day
- ▶ 9% two to three times a month
- ▶ Risks and safety issues were viewed mostly in an abstract manner.



Benefits of media

- ▶ Increased opportunity for socialization and communication
- ▶ Exposure to new ideas
- ▶ Knowledge acquisition
- ▶ New opportunities to access health promotion messages and information.



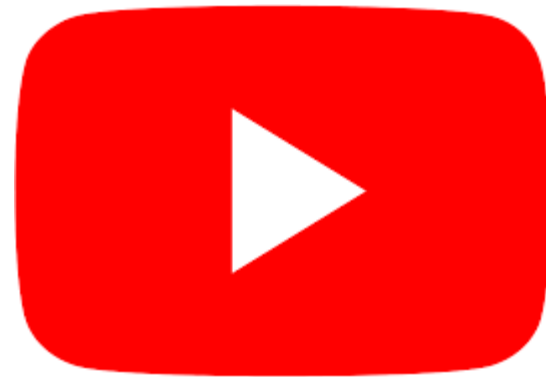
Risks of media use

- ▶ Negative health effects on weight and sleep
- ▶ Exposure to inaccurate, inappropriate, or unsafe content and contacts
- ▶ Compromised privacy and confidentiality



Online Child Sexual Exploitation OCSE

- ▶ Live online child sexual exploitation
- ▶ Live performance by children of sexual acts in front of cameras and transmitted to adults
- ▶ Distribution of child pornography
- ▶ Online sexual grooming



10 APPS TEENS ARE USING THAT PARENTS NEED TO KNOW



Calculator%
This app looks like a calculator but functions like a secret photo vault.



Omegle
A free online chat website that promotes chatting anonymously to strangers.



Yellow
This app is designed to allow teens to flirt with each other in a Tinder-like atmosphere.



Whisper
An anonymous app where the creators promote sharing secrets and meeting new people.



Ask.fm
Ask an anonymous question and get an answer. This app has been linked to the most severe forms of cyberbullying.



Hot or Not
Strangers rate your profile. Goal is to lead to a hook up.



Burn Book
Post anonymous rumors about people through audio messages, texts, and photos.



Wishbone
An app that allows users to compare kids against each other and rate them on a scale.



Kik
Messaging app. Kik has built in apps and web content that would be filtered on home computer.



Instagram
Many kids are now creating fake accounts to hide content from parents. Kids also like to text using Instagram because messages are deleted once a user leaves conversation.

Problems in our setting

- ▶ Existing legislative and policy framework has not adapted to ICT advances
- ▶ The Children's Act is under review to address new issues e.g. OCSE, bullying and sexual enticement
- ▶ Department of Children Services has not devolved.
- ▶ MOU between the national government and the COG to be signed



Role as health care providers



- ▶ Work with families and schools to promote understanding of the benefits and risks of media.
- ▶ Family media use plan (<https://www.healthychildren.org/MediaUsePlan>)
- ▶ Advocate for and promote information and training in media literacy.
- ▶ Be aware of tools to screen for sexting, cyberbullying, problematic Internet use, and Internet gaming disorder.

Role of families

- ▶ Develop, consistently follow, and routinely revisit a Family Media Use plan(www.HealthyChildren.org/MediaUsePlan).
- ▶ Engage in selecting and co-viewing media with your child, through which your child can use media to learn and be creative.
- ▶ Have ongoing communication with children about online citizenship and safety.
- ▶ Actively develop a network of trusted adults (aunts, uncles, teachers) who can engage with children through social media and to whom children can turn when they encounter challenges.



Role of government

- ▶ Continue research into the risks and benefits of media.
- ▶ Prioritize interventions including reducing harmful media use and preventing and addressing harmful media experiences.
- ▶ Review and identify gaps in existing legislation and work with government ministries to ensure that OCSE is mainstreamed into Kenyan law
- ▶ Prepare and implement training programmes to increase awareness of digital safety aimed at young children, adolescents, parents and teachers.



Texting Acronym Quiz

- ▶ LOL
- ▶ BRB
- ▶ PAW
- ▶ ATM
- ▶ CYA
- ▶ IDC
- ▶ TTYL
- ▶ Laugh out loud
- ▶ Be right back
- ▶ Parents are watching
- ▶ At the moment
- ▶ See ya
- ▶ I don't care
- ▶ Talk to you later

Texting Acronym Quiz

- ▶ IDK
- ▶ UGTBK
- ▶ WOMBAT
- ▶ FWIW
- ▶ IMHD
- ▶ RT
- ▶ HBY
- ▶ I don't know
- ▶ You've got to be kidding
- ▶ Waste of money, brains and time
- ▶ For what it's worth
- ▶ In my humble opinion
- ▶ Real time/Retweet
- ▶ How about you

Credits

- ▶ The Impact of Social Media on Children, Adolescents, and Families (Pediatrics, April 2011, VOLUME 127 / ISSUE 4)
- ▶ Media Use in School-Aged Children and Adolescents (October 2016 American Academy of Pediatrics Policy Statement)
- ▶ Online Child Sexual Exploitation in Kenya- A Rapid Assessment Report (Terre des homes, February 2018)
- ▶ A (Private) Public Space – Examining the use and impact of digital and social media among adolescents in Kenya (UNICEF 2013)
- ▶ Catherine and Malaika Abilla

Thank you

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- ▶ Develop, consistently follow, and routinely revisit a Family Media Use plan(www.HealthyChildren.org/MediaUsePlan).