

TIME MANAGEMENT

- ▶ Time management issues with ICT even for adults
- ▶ Adolescence = **elastic concept of time**
- ▶ They often lose track of time much more dramatically
- ▶ **Sleep deprivation, concentration problems, vision loss, obesity, ...** as well as numerous psychological issues
- ▶ Comparison with torture techniques

SOCIAL NETWORKS AND MINORS

- ▶ Networks like Facebook actually carry an age policy!
- ▶ Reality distortions
- ▶ The like factor (dopamine boost)
- ▶ Intolerance to unhappiness
- ▶ Unrealistic expectations in relationships



SOCIAL NETWORKS AND MINORS

- ▶ Getting used to paying attention only to events that contain action and excitement
- ▶ The I-culture (personality still develops throughout the teenage years)
- ▶ Overestimation of online anonymity
- ▶ Shift in social norms



MESSAGING APPS

- ▶ Not all negative, but caution is needed
- ▶ Whatsapp, Google Hang-out, Telegram, Snapchat, Messenger, ...
- ▶ Security/privacy concerns
- ▶ Monitoring made much harder (anonymity, erasing content automatically,...)
- ▶ Much more than just texting, **social messaging service** (considered the new social media)
- ▶ Bots
- ▶ Fake news
- ▶ Cyber bullying

