University of Virginia
SCHOOL of EDUCATION and HUMAN DEVELOPMENT
YOUTH-NEX

UVA
TYDE
Thriving Youth in a Digital Environment

Thriving Youth in a Digital World: Understanding the Role of Digital Technology in Positive Youth Development

Panel 1

Youth Voices on Mental Health, Digital Technology & Positive Youth Development

- **Moderator**: Zaharra C. (*Conference Co-Chair*)
- Reanna V. (*Youth Presenter*)
- Aarya K. (*Youth Presenter*)
- Susitna V. (*Youth Presenter*)
- Gael Aitor (*Astro Studios*)

Panel 2

Digital Spaces and Youth Identity Development: What is the Role of Digital Technology in the Lives of Teenage Youth?

- **Moderator:** Ashleigh Greene Wade, Ph.D (*University of Virginia*)
- Vanessa V. Volpe, Ph.D (*North Carolina State Universsity*)
- Henry Willis, Ph.D (*University of Maryland, College Park*)
- Alisha J. Hines, Ph.D (*Center for Scholars & Storytellers @ UCLA*)
- Susitna V. (*Youth Presenter*)

To Be a Young Black Woman Online: Challenges at the Intersections

PI: Vanessa Volpe
blackhealthlab@ncsu.edu
@BlackHealthLab

BLACK HEALTH LAB
Est. 2014

96.3% Exposed to Hateful Racial Content Online

91.5% Exposed to Traumatic Racial Content Online

Like a video or image of police brutality targeting Black people

97.8% Exposed to Gendered Racism Online

Most often **vicarious** (observing it) vs. directly being targeted
Like seeing comments sexualizing Black women's appearance

Impacts: ⇧ Stress, symptoms of depression and anxiety, poor sleep quality

BLACK HEALTH LAB
Est. 2014

Black Women Online:
We Are the Solution We Seek

Social media can serve many roles for Black young adults, from **relationship building** and **identity formation** to **recreation** and **wellness**

"Feel connected and find **community** during a difficult time"

"**Speak my mind.**"

Many receive social support including **emotional support, social companionship, informational and instrumental support**

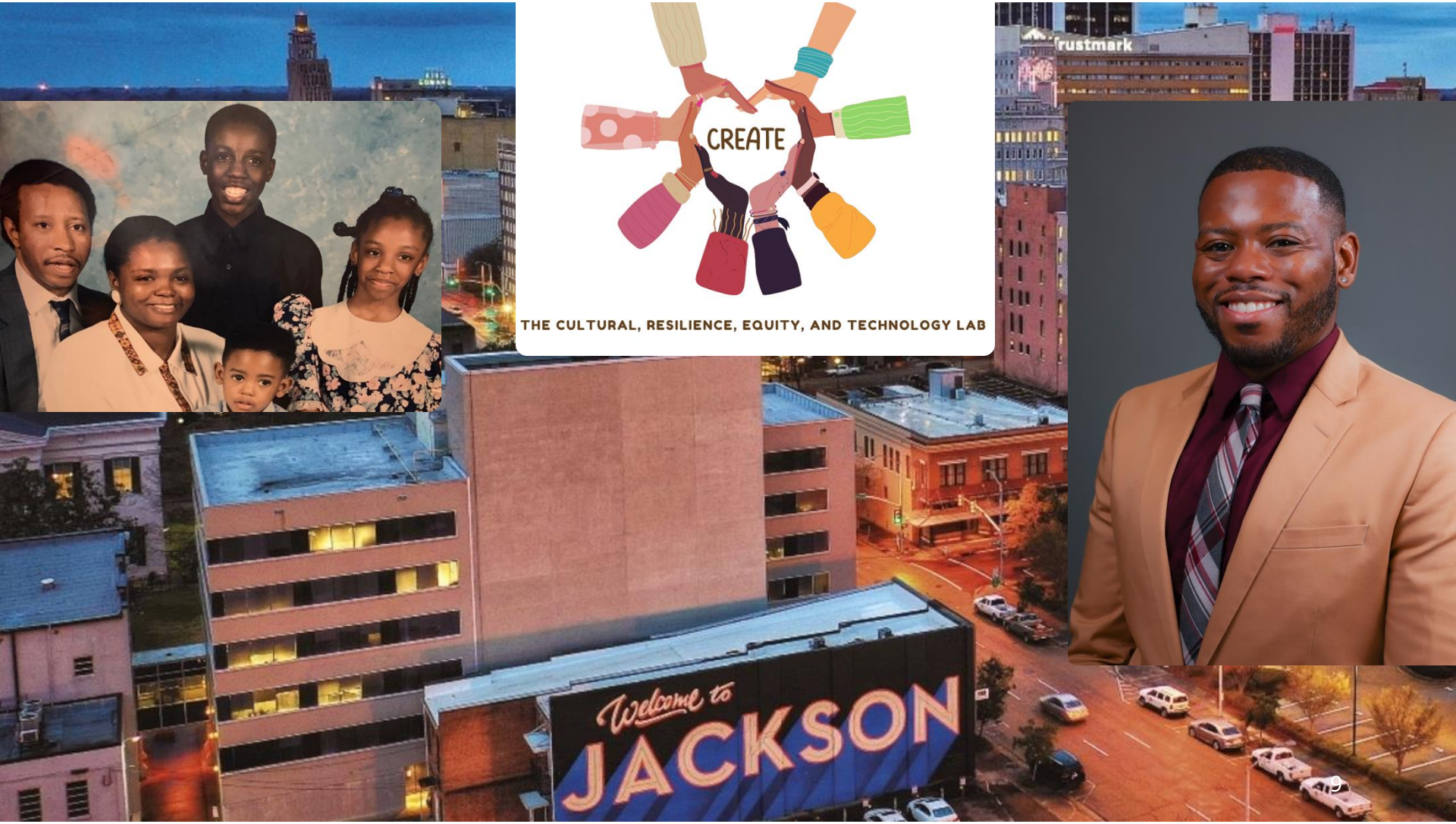
99% have **positive racial experiences** online that affirm their racial identities

"for the **shared experience** of being Black"

80% **curate** their social media feeds

"I work to find people that are **advocating for Black women**"

PI: Vanessa Volpe
@BlackHealthLab

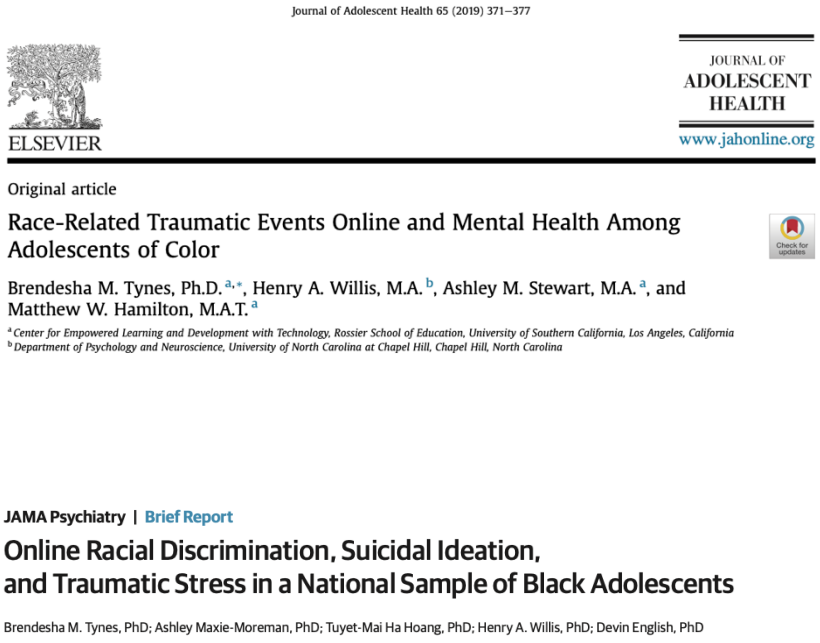

CREATE
THE CULTURAL, RESILIENCE, EQUITY, AND TECHNOLOGY LAB
Welcome to
JACKSON

The Digital World and Race During Adolescence

- Black and Hispanic teens are more likely to say they are online constantly as compared to White and Asian teens. (Pew Research Center, 2022).
- Developmental theories of ethnic-racial identity development. (Cross & Cross, 2008; Sellers et al., 1997)
- Youth of color are exploring their race online, which has its own risks and rewards. (Tynes et al., 2004)

Online Racism and Psychosocial Adjustment for Black Youth

- Associated with anxiety, depression, PTSD, alcohol use, and suicidal ideation symptoms (e.g., Keum et al., 2022; Tynes et al., 2019; Tynes et al., 2021)
- Online + Offline/In-Person Racial Discrimination
- In one 2-week daily diary study, Black youth reported experiencing over 5000 instances of online and offline experiences and reported experiencing an average of over 5 racist encounters a day. (English et al., 2020)



Journal of Adolescent Health 65 (2019) 371–377

ELSEVIER

JOURNAL OF ADOLESCENT HEALTH

www.jahonline.org

Original article

Race-Related Traumatic Events Online and Mental Health Among Adolescents of Color

Brendesha M. Tynes, Ph.D. [a,*], Henry A. Willis, M.A. [b], Ashley M. Stewart, M.A. [a], and Matthew W. Hamilton, M.A.T. [a]

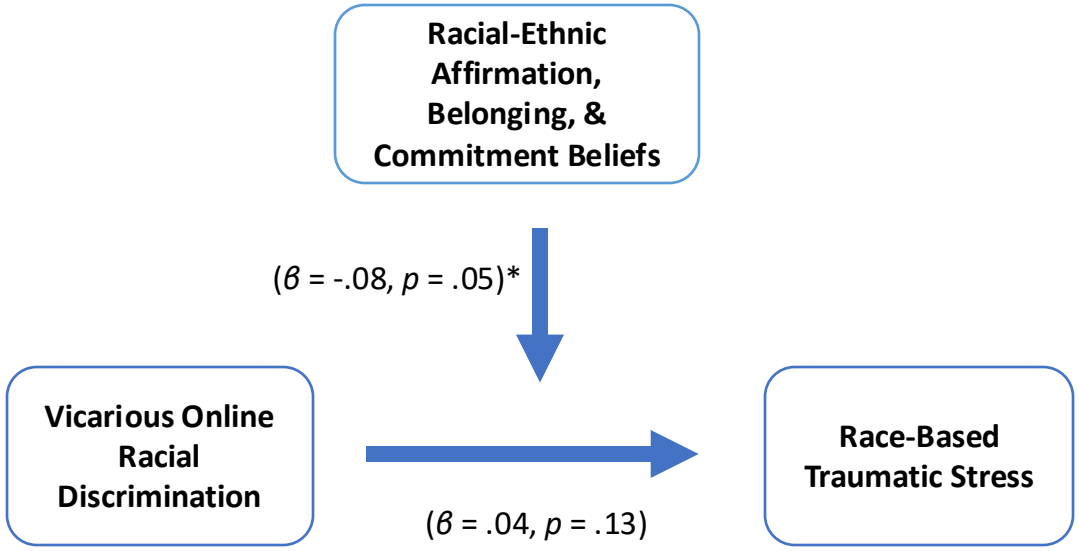
[a] Center for Empowered Learning and Development with Technology, Rossier School of Education, University of Southern California, Los Angeles, California
[b] Department of Psychology and Neuroscience, University of North Carolina at Chapel Hill, Chapel Hill, North Carolina

JAMA Psychiatry | Brief Report

Online Racial Discrimination, Suicidal Ideation, and Traumatic Stress in a National Sample of Black Adolescents

Brendesha M. Tynes, PhD; Ashley Maxie-Moreman, PhD; Tuyet-Mai Ha Hoang, PhD; Henry A. Willis, PhD; Devin English, PhD

Racial Identity Beliefs as a Protective Factor against Online Racism



Note: Adjusted R^2= 0.43; Covariates: Age, racial-ethnic identity, gender, SES, & offline racial discrimination frequency

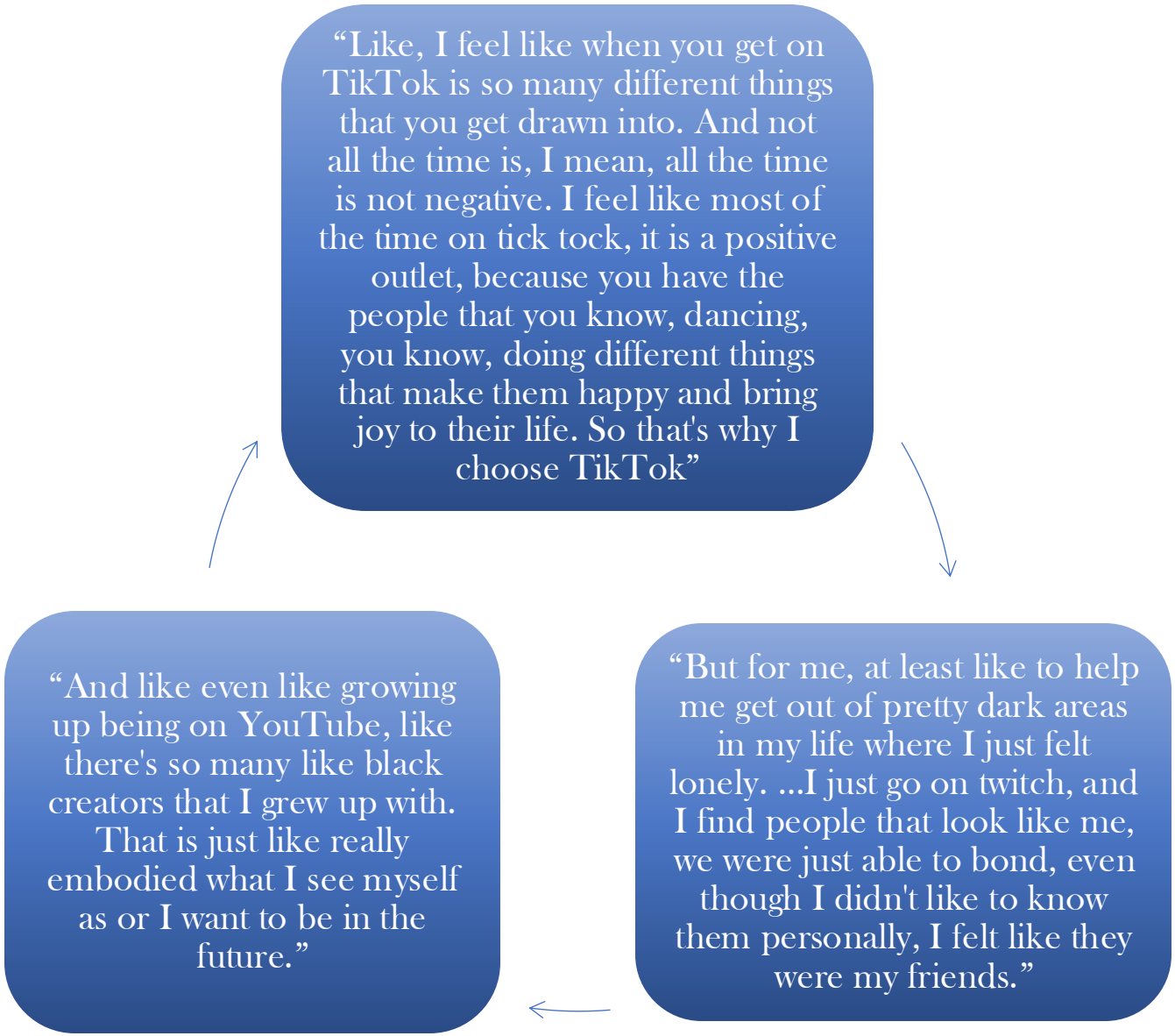
FUBU (For Us, By US)

- We need accessible digital interventions for helping youth cope with online stressors.
- Influenced by Afrofuturist Developmental Theory (Tynes et al., 2023)
    - Black children and young people, often powered by their Afrofuturistic selves, imagine, build, and reinvent liberated, pro-Black futures and technologies.
- Using innate creativity to imagine and create a better, more equitable reality

JoyNet - Team

Co-creative project developed by a transdisciplinary research team (psychiatry, social work, psychology, design, computer science, and community organization)

Lessons from the YAC: Social Media Platforms as a Place for Joy & Hope



Lessons from the YAC: Why was JoyNet important?

- Went to social media for distraction and entertainment.
  For example Black Twitter, TikTok

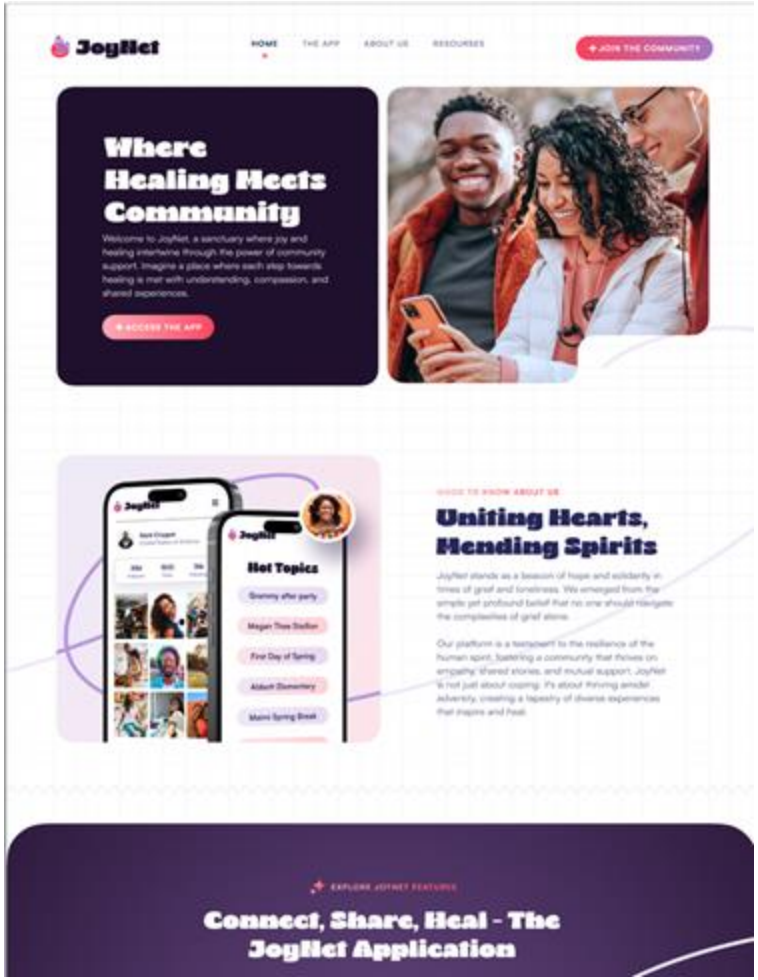
→ But often confronted with "toxic" content (e.g., hate-based content and cyberbullying)

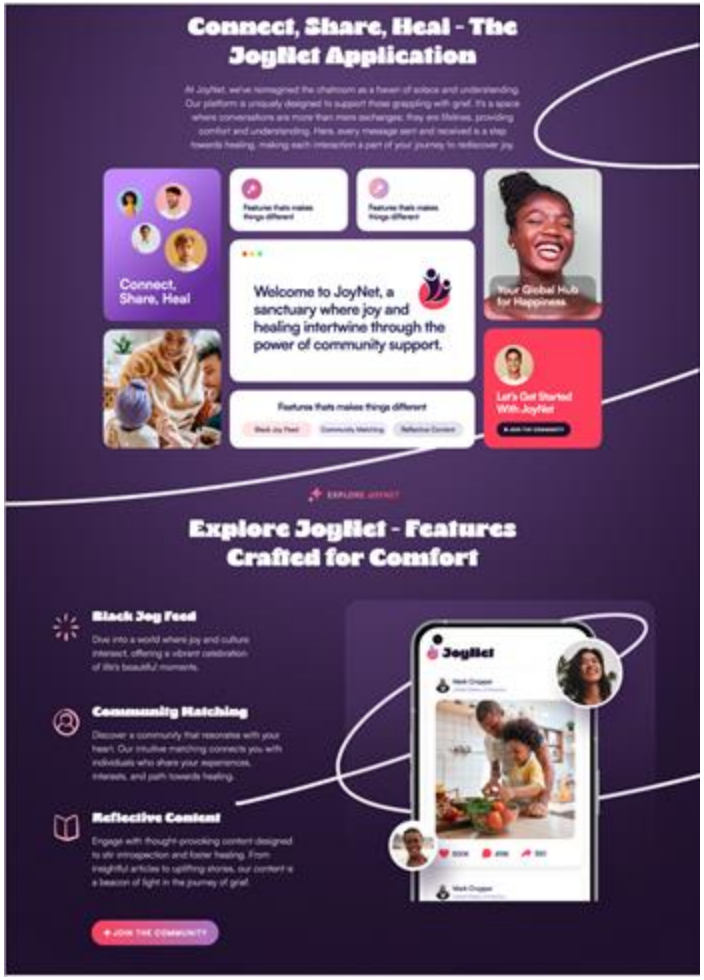
- Found talking to someone helped to overcome grief

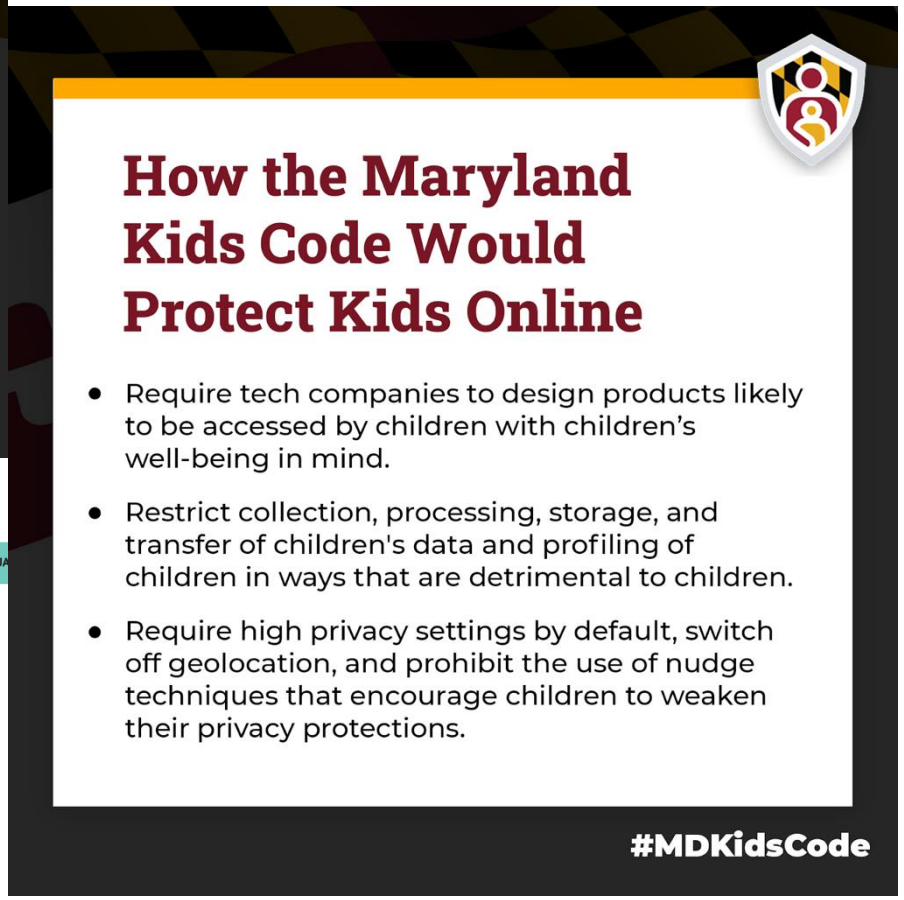
→ But finding the right combination of distance and trust to be open was difficult. Risk of being cyberbullied.

The challenge
How do you build a platform for sharing content that does not promote toxic content and cyberbullying? The algorithm curating content should move from maximizing attention from many, to giving joy to the individual user.

JoyNet


JoyNet
HOME
THE APP
ABOUT US
RESOURCES
JOIN THE COMMUNITY
Where Healing Meets Community
Welcome to JoyNet, a sanctuary where joy and healing intertwine through the power of community support. Imagine a place where each step towards healing is met with understanding, compassion, and shared experiences.
ACCESS THE APP
Hot Topics
Uniting Hearts, Mending Spirits
Connect, Share, Heal - The JoyNet Application


Connect, Share, Heal - The JoyNet Application
Connect, Share, Heal
Welcome to JoyNet, a sanctuary where joy and healing intertwine through the power of community support.
Your Global Hub for Happiness
Let's Get Started With JoyNet
Features that makes things different
Explore JoyNet - Features Crafted for Comfort
Black Joy Feed
Dive into a world where joy and culture intersect, offering a vibrant celebration of life's beautiful moments.
Community Matching
Discover a community that resonates with your heart. Our intuitive matching connects you with individuals who share your experiences, interests, and path towards healing.
Reflective Content
Engage with thought-provoking content designed to stir introspection and foster healing. From insightful articles to uplifting stories, our content is a beacon of light in the journey of grief.
JOIN THE COMMUNITY



The Importance of improving Social Media & Tech Policies

Acknowledgements

THE CULTURAL, RESILIENCE, EQUITY, AND TECHNOLOGY LAB

The Cultural Resilience, Equity, & Technology (CREATE) Lab at UMD College Park
UMD College Park, Behavioral and Social Sciences, Department of Psychology

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Twitter: @HeyArtez

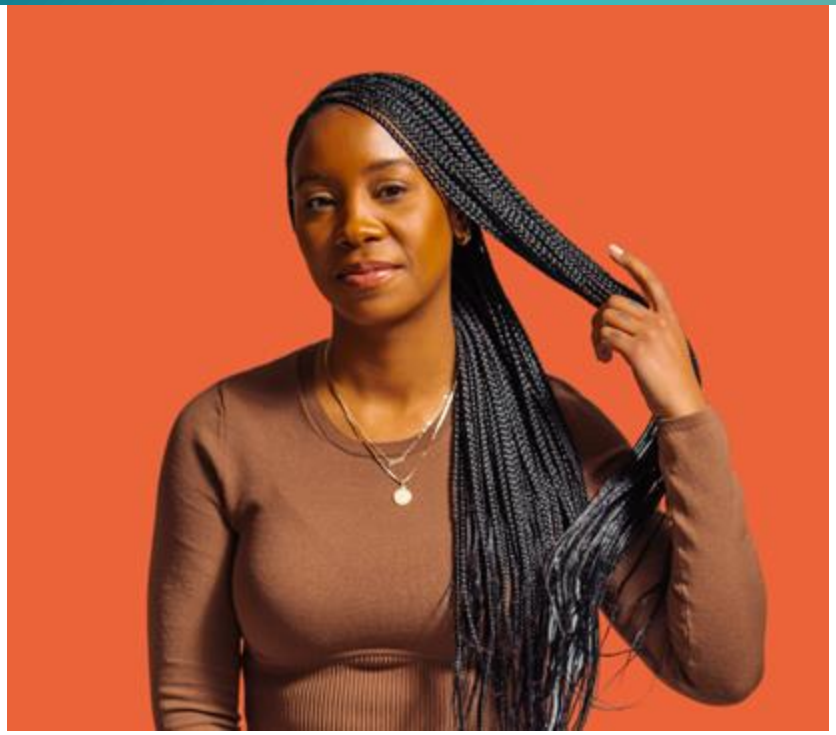
Youth Voices on Mental Health, Digital Technology, & Positive Youth Development

Alisha J. Hines, PhD

Charlottesville, VA

October 8, 2024

Alisha J. Hines, PhD



Dr. Hines is currently the Director of Research for the Center for Scholars & Storytellers at UCLA. Dr. Hines leads a team of 12 researchers across the entire portfolio of original and third-party research conducted on behalf of the Center, including our signature annual Teens and Screens Report.

Dr. Hines earned her PhD from Duke University and is a former faculty member of Wake Forest University. Dr. Hines is originally from Chicago, IL and currently resides in Los Angeles, CA.

Teen Snapshots

Hearing what Adolescents are saying

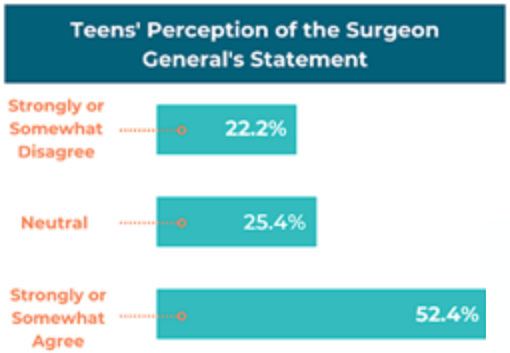
now.

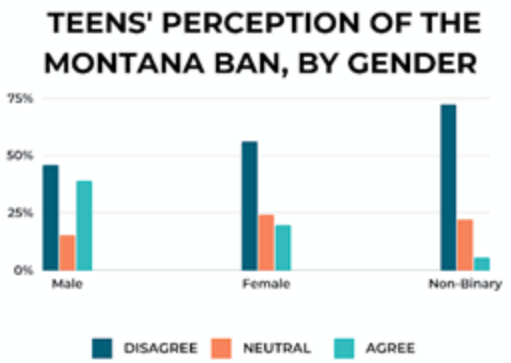
This research series from CSS aims to capture the opinions of adolescents regarding current events through short surveys with research questions pulled from the headlines.

Teens Speak Out Research Snapshot: Social Media Regulation

"I feel like the problem is that social media companies do not take any effort to censor harmful content to minors. When done correctly social media does help many kids socialize and improves their mental health." — 16, California, preferred not to state gender/sexual identity

"I think it is definitely true that negative things on social media are harmful to teens. I believe that the positive things outweigh this though and that restrictions or rules can be added to get rid of negative things but positive things can be there still."





Borrow My Eyes: Oral History Video Series

FAST
FUNDERS FOR ADOLESCENT SCIENCE TRANSLATION

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USING SCIENCE & MEDIA TO HELP THE NEXT GENERATION THRIVE AND GROW.

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alisha@scholarsandstorytellers.com

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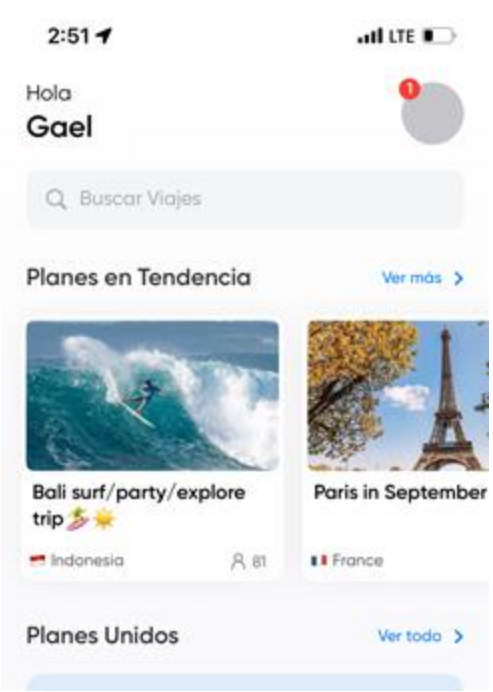
Panel 3

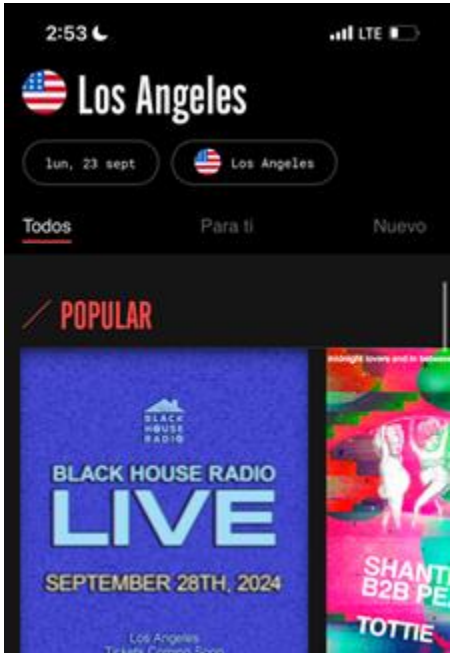
Leveraging Digital Technology to Advance Youth Mental Health Equity

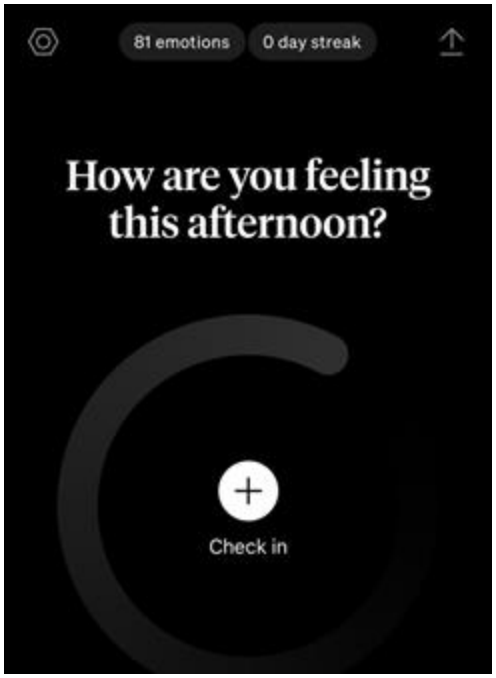
- **Moderator**: Stef Sequeira, Ph.D (*University of Virginia*)
- Riana Elyse Anderson, Ph.D, LCP (*Columbia University*)
- Jessica Schleider, Ph.D (*Northwestern University*)
- Gael Aitor (*Astro Studios*)

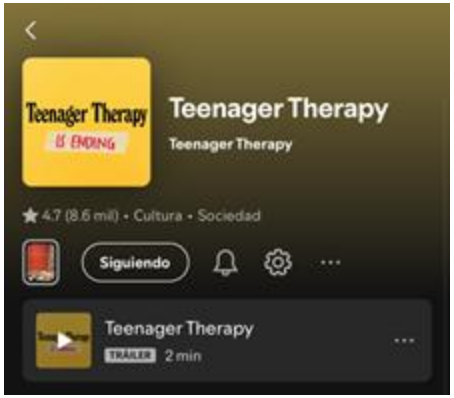
Next Up
Listeners
Raise your hand to share what you are struggling with today


2:51
LTE
Hola
Gael
Buscar Viajes
Planes en Tendencia
Ver más
Bali surf/party/explore trip
Indonesia
81
Paris in September
France
Planes Unidos
Ver todo

2:44
LTE
Saturday, Sep 14
Gael's entrepreneurial journey, note-taking process, fiber intake concerns
Sunday, Sep 15
Navigating solitude and disappointment, finding joy in dancing and music, struggling with platonic connections
Monday, Sep 16
Quick recipe for pan-fried tofu


2:53
LTE
Los Angeles
lun, 23 sept
Los Angeles
Todos
Para ti
Nuevo
POPULAR
BLACK HOUSE RADIO
LIVE
SEPTEMBER 28TH, 2024


81 emotions
0 day streak
How are you feeling this afternoon?
Check in


Teenager Therapy
IS ENDING
Teenager Therapy
Teenager Therapy
4.7 (8.6 mil) • Cultura • Sociedad
Siguiendo
Teenager Therapy
TRÁILER
2 min

Online

How We Feel - mood tracker

Youth Hosted Podcasts

Discord - find online communities

Humans Anonymous - online voice support groups

Dot - AI Chat Bot

Individual

In Community

Headspace - meditate

pikmin bloom - track your steps

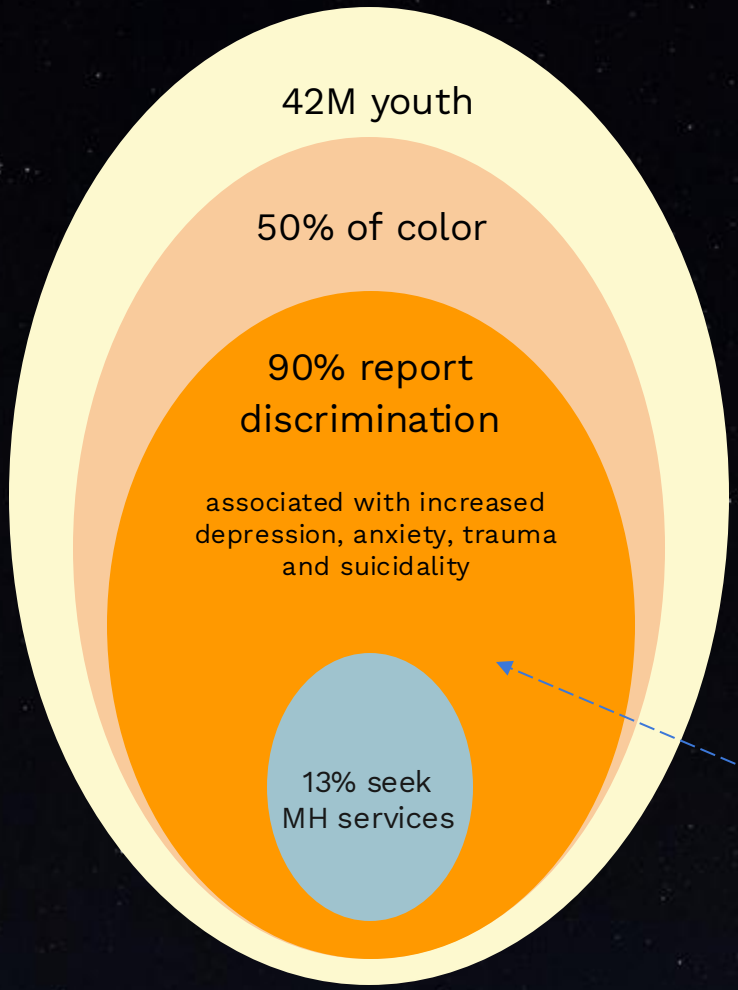
Resident Advisor - find music events

TripBFF - find travel groups

Mapping of Youth Mental Health Tools

Offline

THE PROBLEM FACING YOUTH IN AMERICA



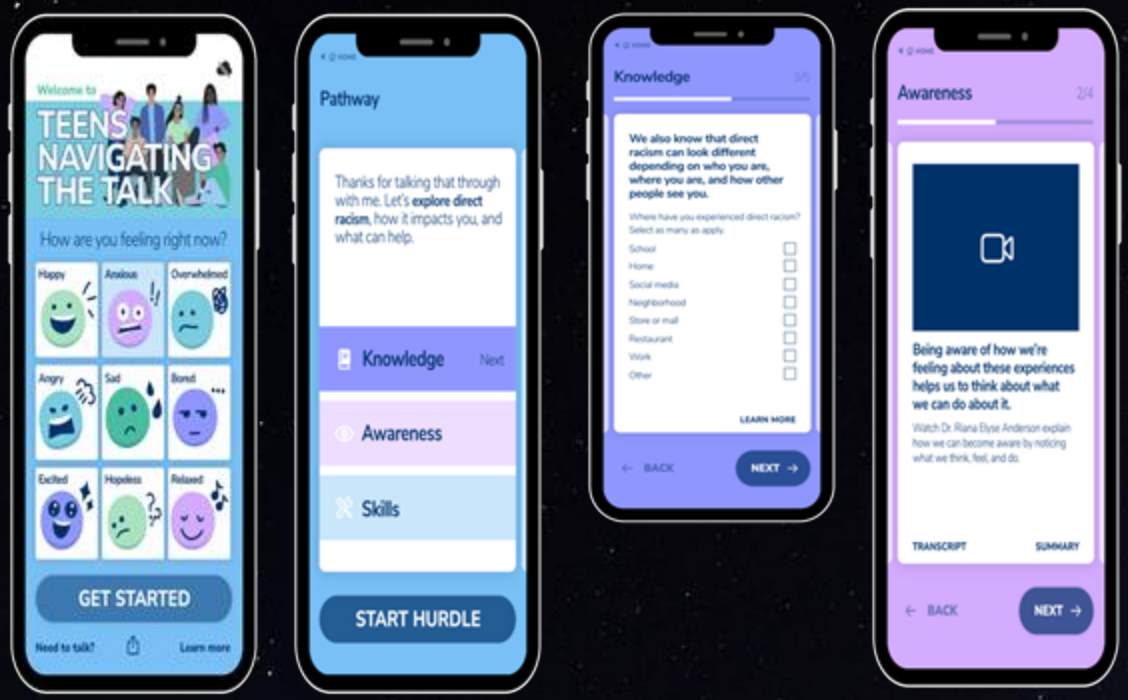
Mental health problems have drastically increased for American youth of color [age 10-19]

Over 90% of youth of color report experiencing racism, a major cause of mental health problems

Despite increasing need, youth of color are less likely to have access to traditional mental health care

THE SOLUTION: TEENS NAVIGATING THE TALK

The app improves youth of color's ability to **process** and **cope** with racism to reduce mental health problems.



Wellness Assessments.

In-app assessments to **identify personalized clinical goals** and **track treatment outcomes.**

Guided Lessons.

Tailored, interactive treatment programs to **increase knowledge, awareness, and skills**.

Customer Analytics Platform.

Access **real-time, aggregate data** on youth health outcomes and racial experiences.

Based on our team's research from the past decade, we estimate TNT will **reduce depression, anxiety, and stress in youth of color by 75%.**

Panel 4

Leveraging Public Policy to Promote Youth Mental Health in a Digital Environment: Challenges & Opportunities

- **Discussant**: Delegate Laura Jane Cohen (*Virginia General Assembly*)
- **Moderator**: Brooke Lehman, MSW, JD (*Capitolworks, LLC*)
- Vaile Wright, Ph.D (*American Psychological Association*)
- Lakeisha Steele (*CASEL*)
- Rachel Deane, JD (*Voices for Virginia's Children*)
- Reanna V. (*Youth Presenter*)

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