




September 13, 2017
“Digital threats more than a virtual reality”
Moderator: Robin Fawkes,
Director of Risk Management San Mateo County Schools Insurance Group
Speakers:
Daniel Shinoff, J.D.
Glenn S. Lipson, Ph.D., A.B.P.P.

RECIPE FOR SUCCESS
CAJPA 2017 CONFERENCE
SEPTEMBER 12-15, 2017



EDUCATIONAL OBJECTIVE(S)

- Impact of internet use on the brain
- When the digital natives are restless
- Preventing school violence
- The use of the Ethics in setting boundaries
- Policies, prevention and approaches

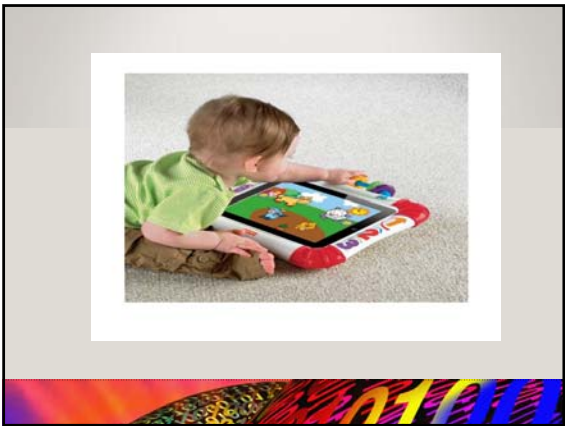
A BRAVE NEW DIGITAL WORLD

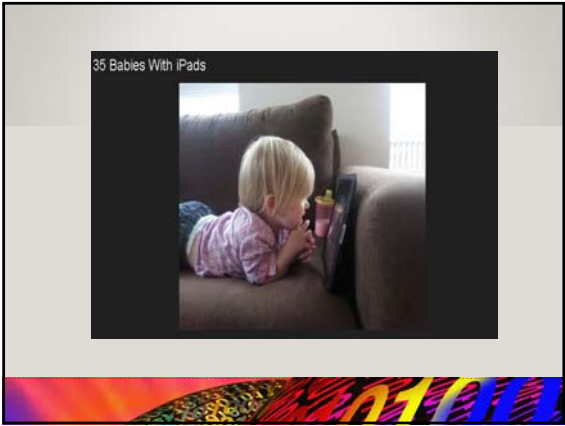


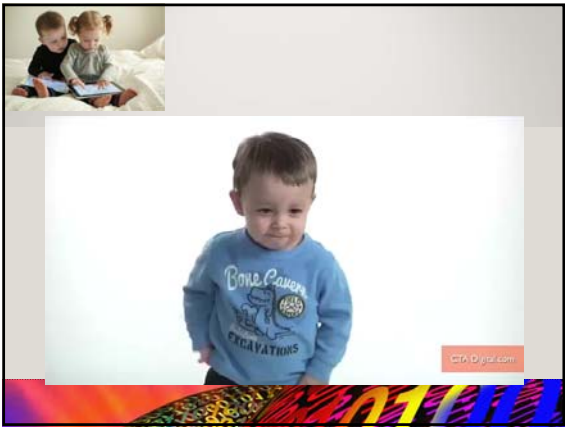
LEFT TO THEIR OWN DEVICES

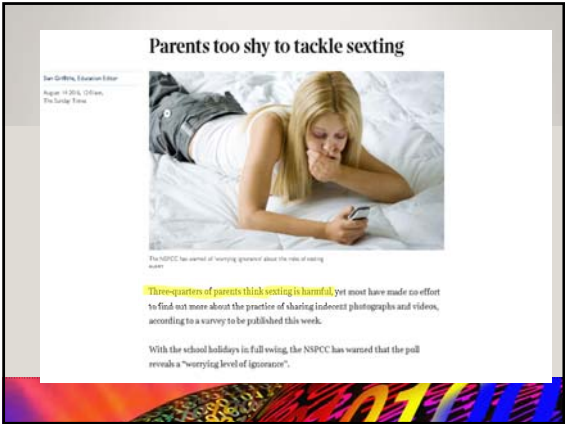
- Younger and Younger Access to Powerful Mobile Devices
- Mobile OSs Highly Accessible by Young Children
- Unregulated Experiment in Exposure to Sex and Violence
- Many Parents Reluctant or Unsure of How to Supervise

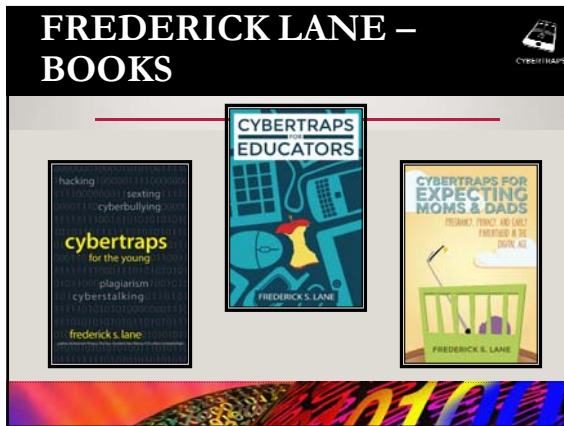


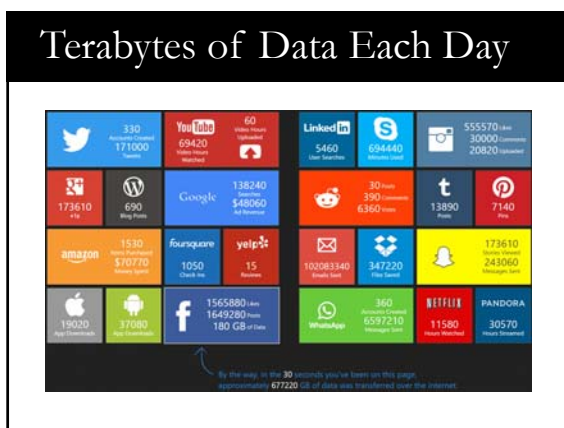












Every 30 Seconds, People ...

- Watch **69,420 hours** of YouTube
- “Like” **1.5 mil** Facebook posts
- Send **243,060** Snapchat messages
- Search **138,240** times on Google
- Send **6.5 mil** WhatsApp messages
- Send **171,000** tweets

SIGNS OF DIGITAL ADDICTION

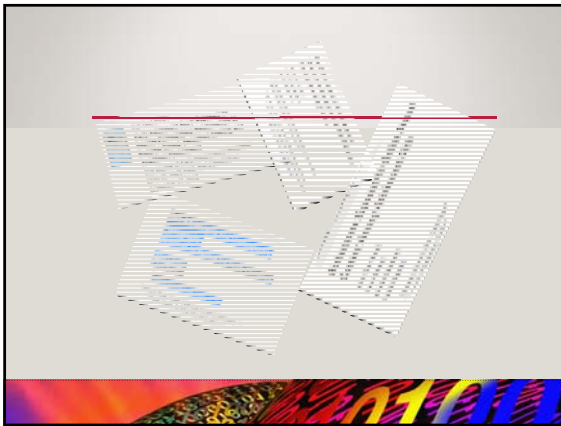
- Preoccupation with checking cell phones and other digital devices (Times checked)
- Facebook Parents
- Internet Gambling
- Element of Escape, virtual world better than their own
- Support separate life Avatars

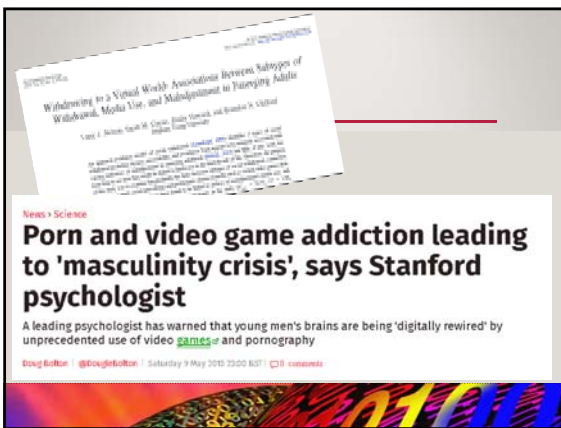
CyberPsychology & Behavior
Volume 8, Number 5, 2005
© Mary Ann Liebert, Inc.

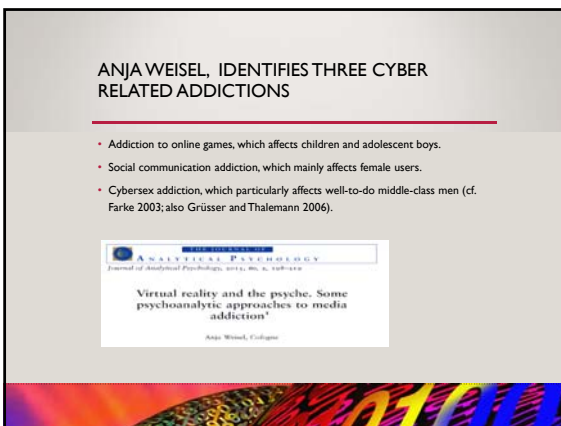
Exposure to Internet Pornography among Children and Adolescents: A National Survey

MICHELE L. YBARRA, M.P.H., Ph.D.¹, and KIMBERLY J. MITCHELL, Ph.D.²

Estimates suggest that up to 90% or more youth between 12 and 18 years have access to the Internet. Concern has been raised that this increased accessibility may lead to a rise in pornography seeking among children and adolescents, with potentially serious ramifications for child and adolescent sexual development. Using data from the Youth Internet Safety Survey, a nationally representative, cross-sectional telephone survey of 1501 children and adolescents (ages 10-17 years), characteristics associated with self-reported pornography seeking behavior, both on the Internet and using traditional methods (e.g., magazines), are identified. Seekers of pornography, both online and offline, are significantly more likely to be male, with only 5% of self-identified seekers being female. The vast majority (87%) of youth who report looking for sexual images online are 14 years of age or older, when it is developmentally appropriate to be sexually curious. Children under the age of 14 who have intentionally looked at pornography are more likely to report traditional exposures, such as magazines or movies. Concerns about a large group of young children exposing themselves to pornography on the Internet may be overstated. Those who report intentional exposure to pornography, irrespective of source, are significantly more likely to cross-sectionally report delinquent behavior and substance use in the previous year. Further, online seekers versus offline seekers are more likely to report clinical features associated with depression and lower levels of emotional bonding with their caregiver. Results of the current investigation raise important questions for further inquiry. Findings from these cross-sectional data provide justification for longitudinal studies aimed at parsing out temporal sequencing of psychosocial experiences.









INTERNET PORN IMPACT

- Canadian Researcher Simon Lajeunesse, Ph.D. found, "Most boys seek porn by age 10"
- Novelty of internet porn "Changes in the eye blink startle response during the habituation of sexual arousal." Behaviour Research and Therapy 38 (2000) 573-584




BRAIN CHANGES

- Excess or chronic consumption (dopamine surges)
- Binge (Delata-FosB accumulates)
- Cravings for more
 - Numbed pleasure response (reality does not compare)
 - Hyper-reactivity to porn
 - Willpower erosion (frontal cortex changes)



- Excitement, genetics, Coolidge Effect (dopamine releaser)
- No emotional connections are as stimulating
- Lajeunesse (2009) found no college males that did not watch internet porn



BRAIN CHANGES

- Ex-Internet porn users because ED
- Greater stimulation with increase of bandwidth

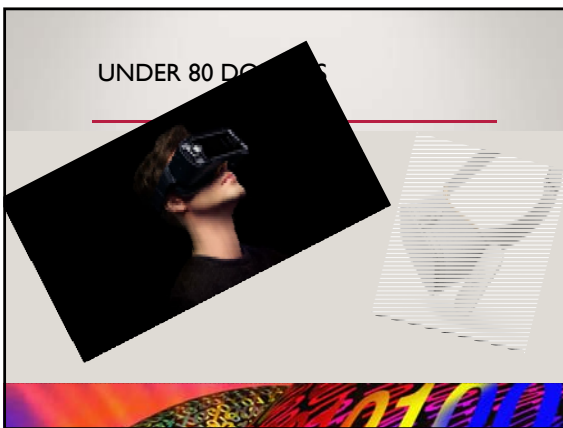


AROUSAL ADDICTION HAS A NUMBER OF MISTAKEN DIAGNOSIS

- ADHD
- Social Anxiety
- Depression
- Performance Anxiety
- OCD







Significant differences in males....

- "Some of what I enjoy is illegal and I appreciate that online I anonymously interact with others with similar interests"
- "I have multiple social network accounts with different names that I selectively share with only a few of my friends or family."
- "I have downloaded an app like Tinder, OkCupid, Bumble, Grindr, Her, BeNaughty, Plenty of Fish, etc.?"

envy 6 6 6

May your life someday be as awesome as you pretend it is on Facebook.

Facebook Depression:
[feys-baa k] [dih-presh-uh n]
A depressed feeling brought on by comparing oneself to others on Facebook.

your cards

BY THE EDITORS OF WOMEN'S HEALTH, August 4, 2016

DICK PIC DO'S AND DON'TS

Most guys are straight-up clueless when it comes to **dick pics**. Technology has given men the ability to expose their junk in the hopes of winning our affection, yet they squander that opportunity time and time again.

If you're going to be bold enough to send **photographic evidence** of your peen, make sure you take the time to do it right.

Here are some dos and don'ts to live by:

How To Take A Dick Pic
How To Take An XXX Photo Of Yourself That She'll Actually Love

Madeline Holden

SHARE TWEET 1.7K SHARES

Meet the Woman Who Critiques Hundreds of Penises Every Day

Men open up about some of their biggest bodily insecurities: the size and shape of their penises.

By Jill Hamilton / AlterNet | June 25, 2015

1.1K 27 COMMENTS

Madeleine Holden has a website called [Critique My Dick Pic](#). Its mission is simple: "Send me your dick pics, & I'll critique them with love... with love" is an important addendum. I'm never going to shame you about the size of your dick or what it looks like... I will, however, be ruthlessly honest when it comes to things like angles, lighting & general tone. I'm trying to help you improve, because in all likelihood your dick pics are artless & dull."



[Home](#) / [News](#)


This Is What Happens When A Woman Sends A Dick Pic Equivalent

m The responses are interesting - but not what you might expect...

By [Marie Claire](#)
November 23, 2015


As any woman who has stepped into the digital minefield of online dating will attest, there's a few weirdos out there and even more exhibitionists.

Receiving a photo of a penis (dick-pic) is pretty commonplace and really gross, so one LA-based writer decided to turn the tables on the guys and fire off a photo of the female anatomy to prove how weird the practice is.



DP THE MUSICAL

Mr. Whiskers
music by Matthew Levine
lyric by Richard Castle
Performed by Elise Dewsberry
Accompanist: Ron Barnett



EVIDENCE



EVIDENCE



EVIDENCE

While Michael is a good kid, I am very concerned with what I saw on the front and back of his notebook. To be specific, the note on the top right stating, "I'm here to die & take as many of your type with me as I can. So don't assume I'll think twice before killing you. On the other hand if I enjoy talking to you, congrats, your safe... MF". Attached you will also see a picture I took of Michael after school wearing for his Halloween costume a tactical vest, helmet, and even a holster on his right leg. And no-one stopped him all day? Is this not a sign that should have been noted at 7:30 by security? Please talk to his parents of this. Like I said, I know he is a good kid, but I am sure the ones depicted in the picture on his notebook were good kids at one time too. Thank you.

Respectfully Submitted,

SCHOOL COLLECTED EVIDENCE

From:
Sent: Monday, November 04, 2013 5:57 AM
To: **Subject:**

You'll need to get a student number for this student and then collect what we have:
 1. Whatever files we have in his user directory on the server. Just make a copy.
 2. Run an iBoss user report on his account. We'll want to see any searches and websites visited as well as anything that was blocked.
 3. Anything else you can think of that would give us insight into this student's frame of mind.

The sooner the better. If he has files on the server you don't have to sort through them--just put them somewhere safe and burn them to a CD.

I'm seeing searches for Sandy Hook Elementary, and M4 Carbine (assault rifle). Trying to get this in a legible format for you. I'll see what else I can find.

EVIDENCE



THE DESENSITIZATION PORTAL



MONEY AND YOUTUBE

It's not about subscribers, it's about views. For simplicity, let's assume you get \$2 for every 1,000 views. If you'd want \$2000 a month, that means you'd have to get around a million views on your videos every month. The actual number of required views is a bit lower (because if you get that many views, you usually get more specific ads on your videos), but it's safe to assume that you'd need at least 700K views to make that kind of money.

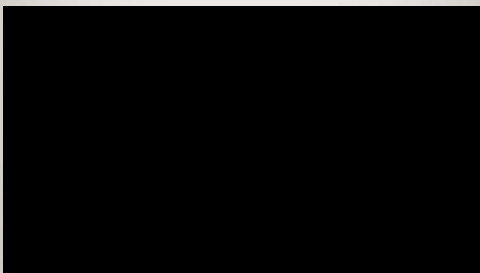


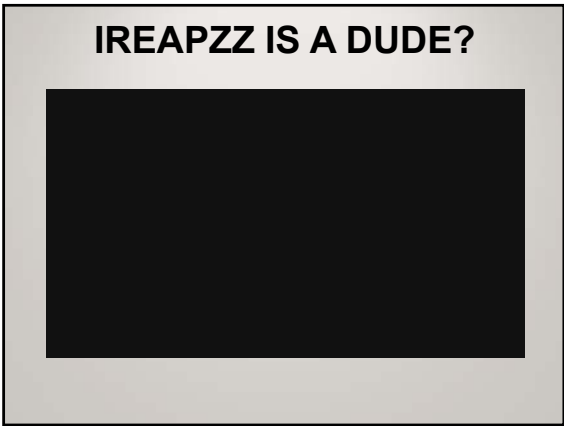
WORLD WIDE FAME



- IReapZz - MW3 Sniper Montage 3
 - 1,230,975 views
- Best Of IReapZz - MW2 Montage
 - 1,779,710 views
- IReapZz - Ascendancy v2
 - 1,688,807 views
- IReapZz - MW2 Montage 5
 - 3,872,174 views
- Subscribers: 169,214
- Thumbs Up: 40,900 / Thumbs Down: 814

SCENE FROM ASCENDENCY MONTAGE









DIGITAL DETOX

- Digital Nutrition
- Check your checking
- Be more present
- Set time limits
- Digital Diet (hours of restriction)
 - Check Less



Thank You for joining us



Dr. Glenn S. Lipson :
drglipson@gmail.com
Cell: 619-977-9771
[Dr. G Lipson@DrGLipson](mailto:Dr.G.Lipson@DrGLipson) twitter.com/drglipson



Daniel Shinoff, J.D. :
DSHINOFF@AS7LAW.COM
PHONE 619.232.3122



SEPTEMBER 12-15, 2017
