Using the Advances of Prevention Science to Promote Digital Citizenship

J. David Hawkins PhD

University of Washington

jdh@uw.edu

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My story:
From probation to prevention

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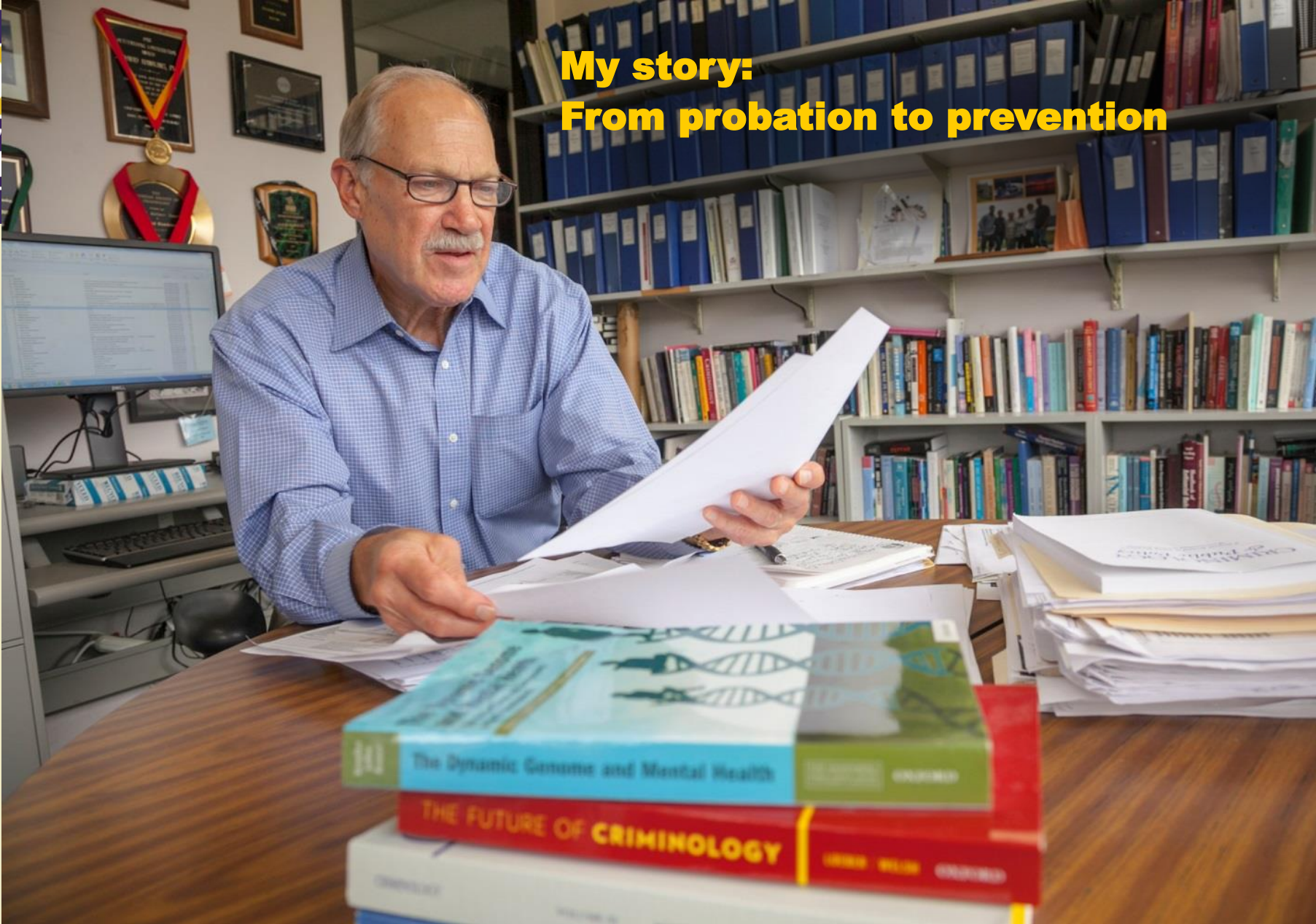
Prevention of Behavioral Health Problems in the U.S.

- Before 1980, nine experimental tests of delinquency prevention programs were conducted in the U.S.

- None prevented delinquency.

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Drug Abuse and Delinquency Prevention in 1970's

- Strategies:
  - Information
  - Fear arousal – "Scared Straight"
  - Just say "No"
- Outcomes:
  - No decreases in drug use or delinquency
  - Some information programs *increased* drug use
  - Scared Straight *increased* delinquency
- Lesson: Untested good ideas can make things worse.

Risk Factors for Health & Behavior Problems	Substance Abuse	Delinquency	Teen Pregnancy	School Dropout	Violence	Depression & Anxiety
Community						
Availability of Drugs	•				•	
Availability of Firearms		•			•	
Community Laws and Norms Favorable Toward Drug Use, Firearms, and Crime	•	•			•	
Media Portrayals of the Behavior	•				•	
Transitions and Mobility	•	•		•		•
Low Neighborhood Attachment and Community Disorganization	•	•			•	
Extreme Economic Deprivation	•	•	•	•	•	
Family						
Family History of the Problem Behavior	•	•	•	•	•	•
Family Management Problems	•	•	•	•	•	•
Family Conflict	•	•	•	•	•	•
Favorable Parental Attitudes and Involvement in the Problem Behavior	•	•			•	
School						
Academic Failure Beginning in Late Elementary School	•	•	•	•	•	•
Lack of Commitment to School	•	•	•	•	•	
Individual/Peer						
Early and Persistent Antisocial Behavior	•	•	•	•	•	•
Rebelliousness	•	•		•	•	
Gang Involvement	•	•			•	
Friends Who Engage in the Problem Behavior	•	•	•	•	•	
Favorable Attitudes Toward the Problem Behavior	•	•	•	•	•	
Early Initiation of the Problem Behavior	•	•	•	•	•	
Constitutional Factors	•	•			•	•

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Risk reduction is essential, but not enough

- Build Protective/nurturing environments and individual strengths

- Protective factors predict decreased behavioral health problems, even in the presence of risk.

Protective Factors

- Individual Characteristics
  - High Intelligence
  - Resilient Temperament
  - Competencies and Skills (cognitive, affective and behavioral)
- In social domains of family, school, peer group and neighborhood
  - Prosocial Opportunities
  - Reinforcement for Prosocial Involvement
  - Bonding (connectedness, attachment)
  - Clear and Healthy Standards for Behavior

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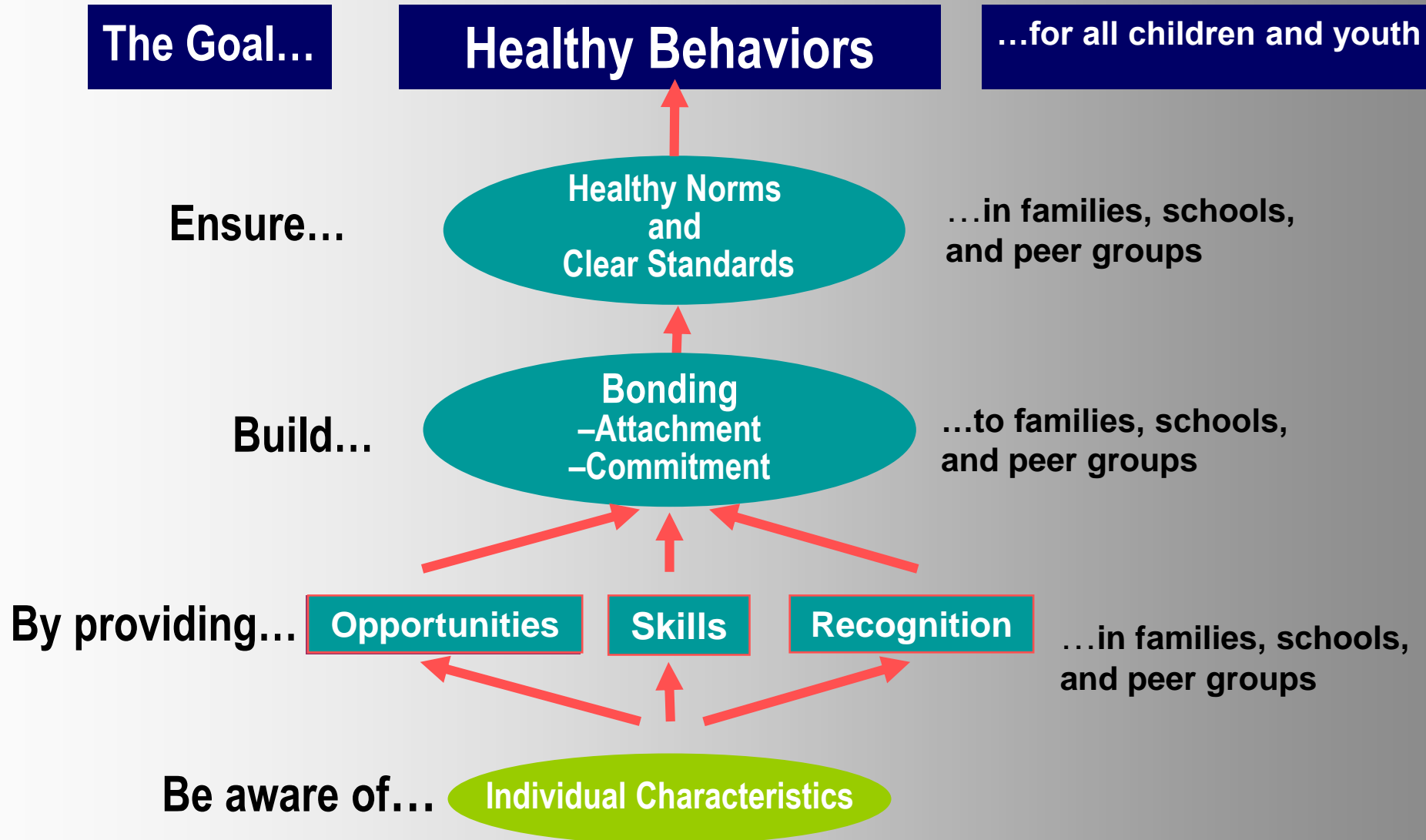
Provide Opportunities that:

- build on individual characteristics

- are meaningful and age-appropriate

- fit a young person's interests and abilities

- show young people that they are valued

Teach Skills

– take advantage of opportunities

– motivate the young person to want to learn the skill

– Break skills into small steps, model the steps, practice together

Provide Recognition

– Recognize specific behaviors

– focus on the positive

– be sincere

– Recognize effort, improvement, and achievement

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Over 70 effective policies and programs proven to prevent behavioral health problems are now available.

- Effective programs: **www.blueprintsprograms.com**

- Effective policies: Anderson et al. 2009; Catalano et al. 2012; Hingson & White 2013; Vuolo et al., 2016, **Surgeon General, 2016**.

- Effective prevention saves money: **www.wsipp.wa.gov**
  Washington State Institute for Public Policy Benefit-Cost Results, May 2017

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Blueprints for Healthy Youth Development

Effective Prevention *Programs*
Examples

Good Behavior Game, Life Skills Training, Positive Action, Project Northland, Raising Healthy Children, Incredible Years,

Achievement Mentoring- Middle school, ATLAS, BASICS, Coping Power, Keep Safe, Familias Unidas, Strengthening Families 10-14,

Strong African-American Families, Guiding Good Choices, MST,

Functional Family Therapy…

Effective Prevention *Policies* Examples:

- Graduated Driver Licensing
- Night Driving Restrictions
- Social Host Liability
- Increased Taxes - Alcohol & Tobacco
- Minimum Legal Drinking Age –Age of Tobacco Possession
- Tobacco Clean Air Restrictions-Smoking Bans
- Alcohol &Tobacco Sales Restrictions (outlet density regulations, single cigarette & vending machine prohibitions)

Some programs prevent multiple behavioral health problems by addressing shared risk factors

Program	Drug use	Delinquency	Violence	School	Risky Sex	Mental health
Life Skills Training	✓	✓	✓		✓	
High Scope Preschool		✓	✓	✓		
Strong African American Families	✓	✓	✓	✓		
MST (Multisystemic Therapy)	✓	✓	✓	✓		✓
Good Behavior Game	✓	✓	✓		✓	✓

Childtrends 2015

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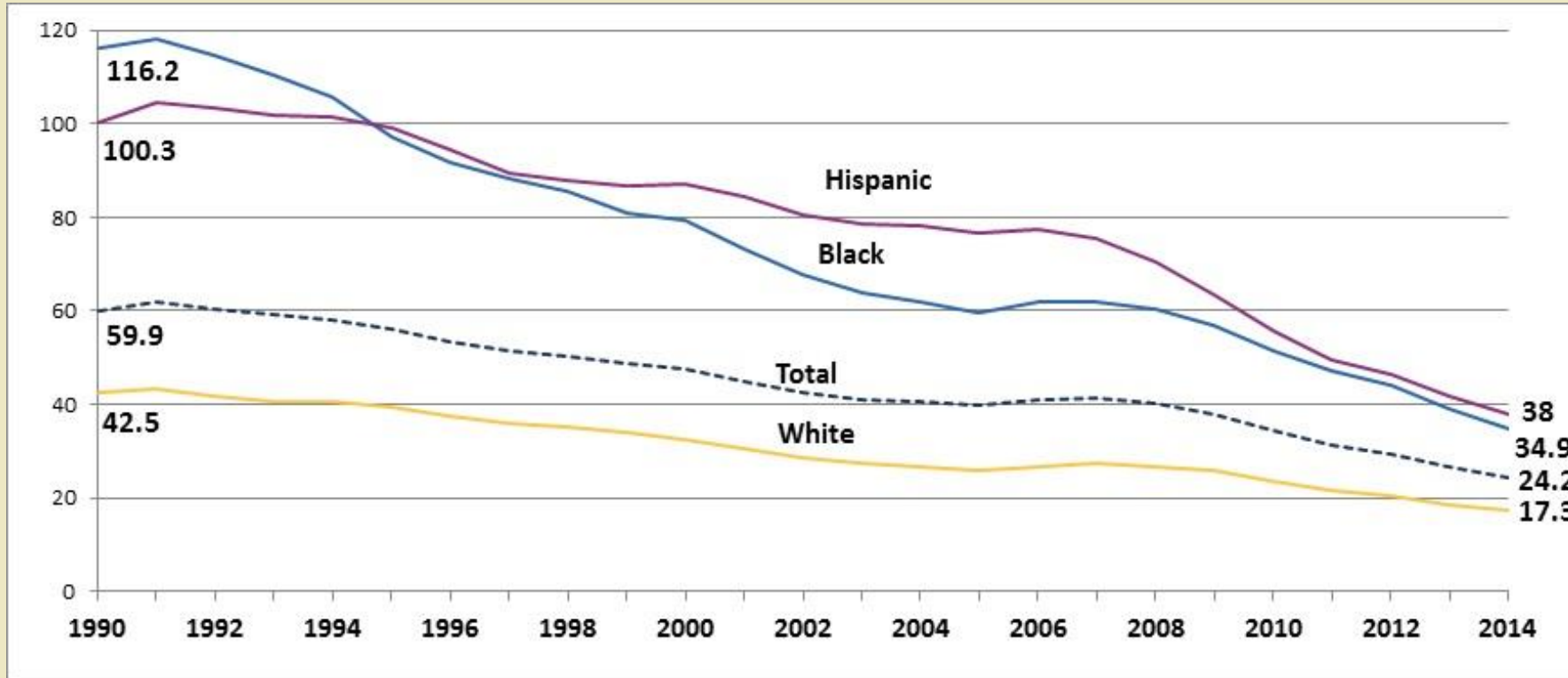
School Drop Out Rates are Declining

Figure 1

Status Dropout* Rates Among Youth Ages 16 to 24, by Race and Hispanic Origin:** October 1967-2014

*The status dropout rate measures the percentage of young adults aged 16 to 24 who were not enrolled in school and had not received a high school diploma or obtained a GED. This measure excludes people in the military and those who are incarcerated, but includes immigrants who never attended US schools.

**Due to changes in the race categories, estimates from 2003 are not strictly comparable to estimates from 2002 and before. After 2001, the black race category includes Hispanics.

Source: Child Trends' calculations of U.S. Census Bureau, *School Enrollment in the United States: October 2014: Detailed Tables: Table 1.* http://www.census.gov/hhes/school/data/cps/2014/tables.html

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Juvenile Arrests Are Declining- (example)

Arrests per 100,000 juveniles ages 10-17, 1980-2014

Larceny-theft

American Indian

Black

White

Asian
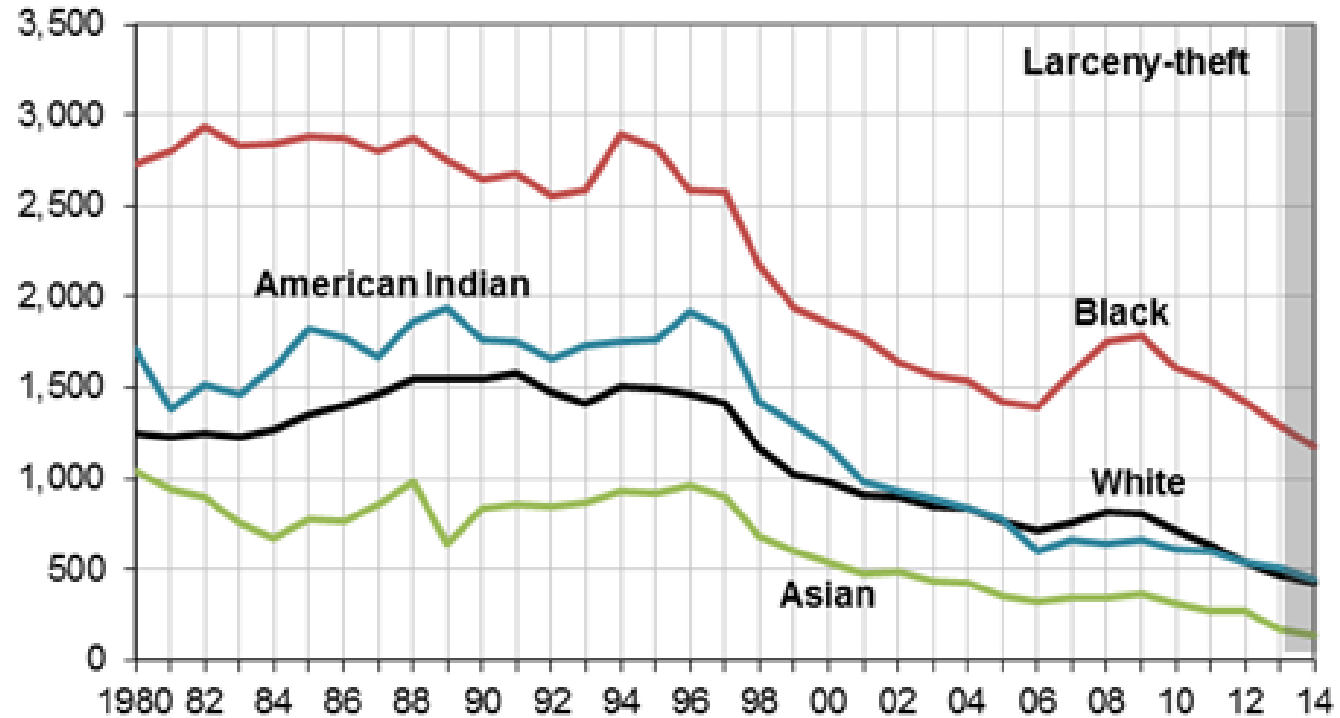
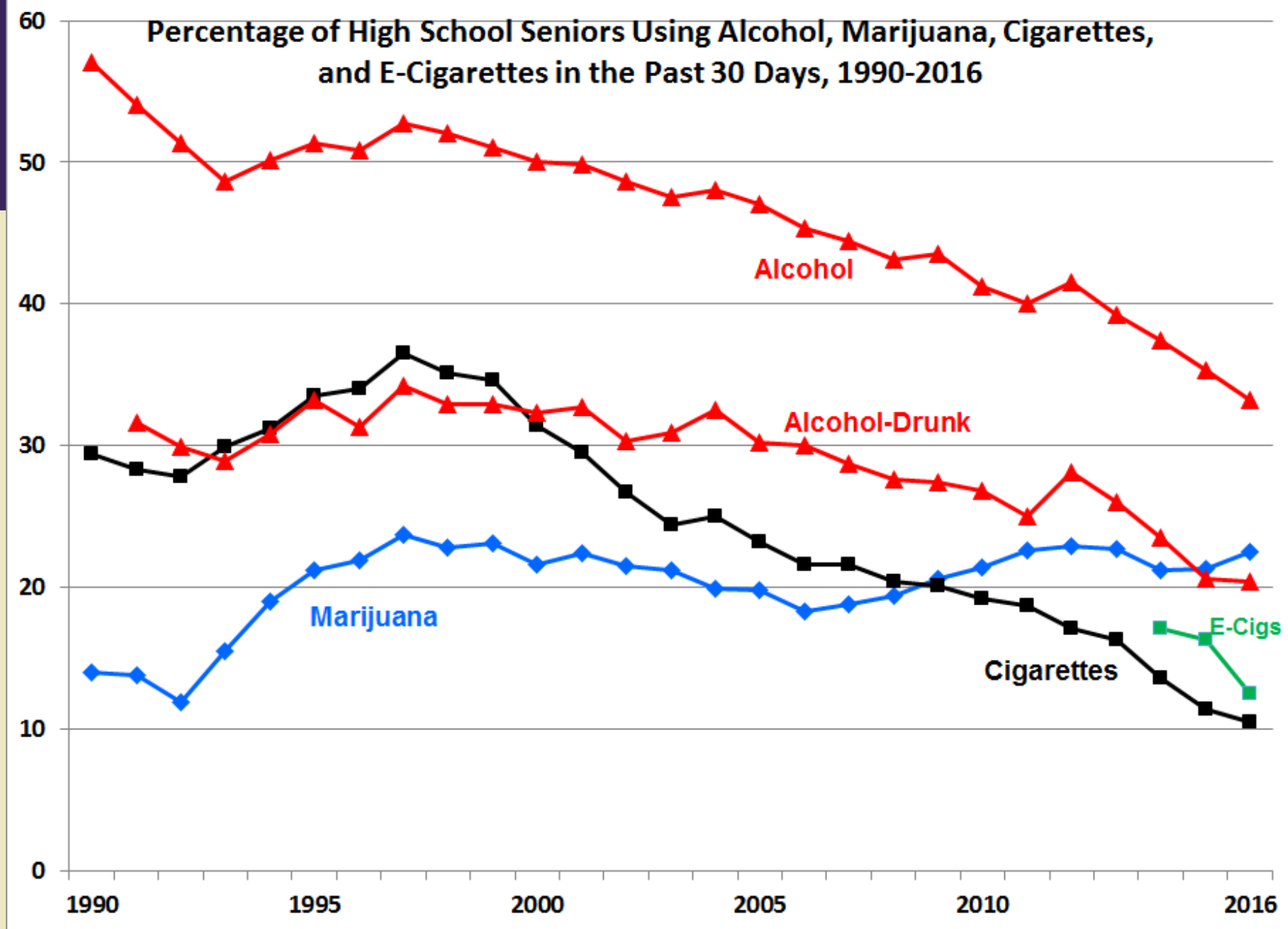Internet Citation: OJJDP Statistical Briefing Book. Online. Available: http://www.ojjdp.gov/ojstatbb/crime/JAR_Display.asp?ID=qa05268. December 13, 2015.

Teen alcohol and tobacco use have been declining...
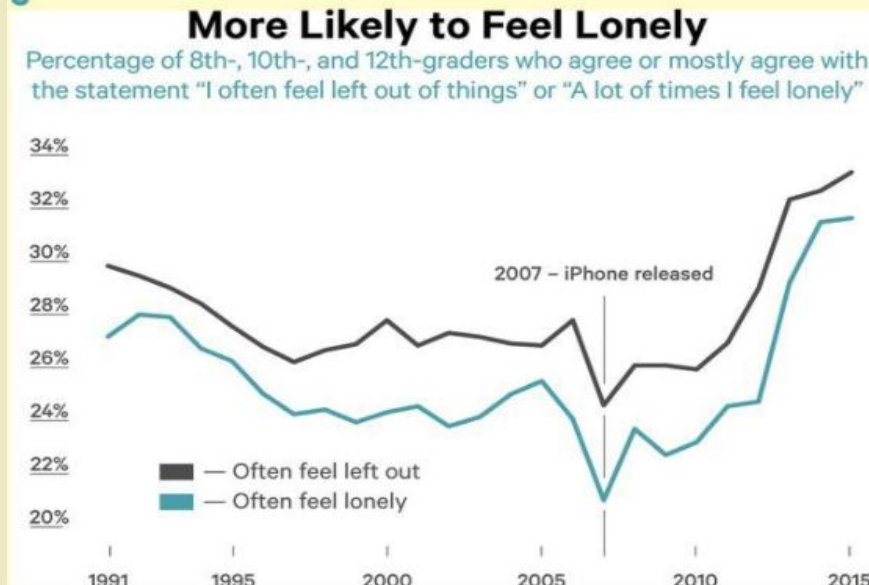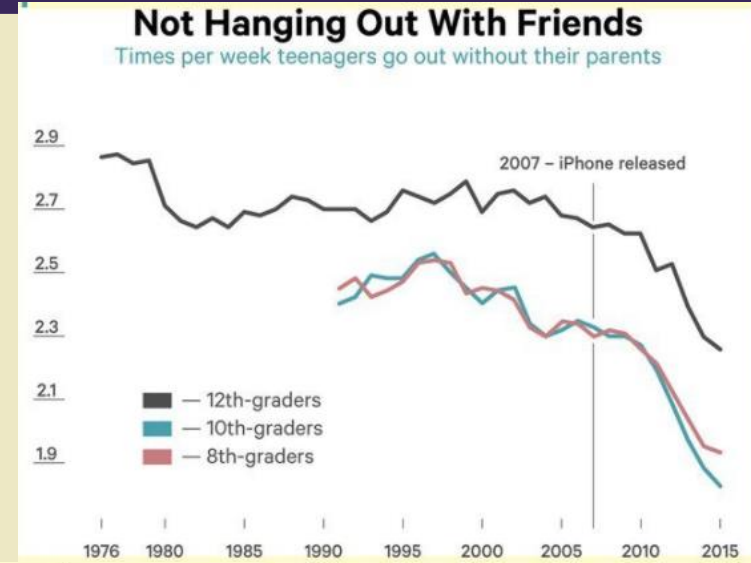
Why not marijuana?

Monitoring the Future, 2016

Percentage of High School Seniors Using Alcohol, Marijuana, Cigarettes, and E-Cigarettes in the Past 30 Days, 1990-2016

Alcohol
Alcohol-Drunk
Marijuana
Cigarettes
E-Cigs

BUT-Teens' Social Connectedness/Bonding Has Declined since I-Phone Release

Less Dating ...
Percentage of teenagers who ever go out on dates

- 12th-graders
- 10th-graders
- 8th-graders

2007 – iPhone released

Not Hanging Out With Friends
Times per week teenagers go out without their parents

- 12th-graders
- 10th-graders
- 8th-graders

2007 – iPhone released

More Likely to Feel Lonely
Percentage of 8th-, 10th-, and 12th-graders who agree or mostly agree with the statement "I often feel left out of things" or "A lot of times I feel lonely"

- Often feel left out
- Often feel lonely

2007 – iPhone released

Twenge, September, 2017, *The Atlantic*

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- How do we use the advances in digital technology to *promote* young peoples' prosocial opportunities, skills, recognition, bonding, and healthy standards for behavior?

Promoting Opportunities for Prosocial Involvement

- Family discussion topic:
  - How can our family uses technology in positive ways?

- Side by side learning- adults and young people

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- Social and emotional skills for recognizing one's own feelings, for self regulation, for recognizing the feelings of others, for avoiding hurting others, and for problem solving, are essential for participation in a democratic society. Collaborative for Academic, Social, and Emotional Learning. (CASEL)

- What are the social and emotional skills needed for healthy participation in the digital world?

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- Working together, families can create norms for healthy digital behavior.

- Peer groups can create norms for healthy digital behavior.
  - Given the data from population studies on loneliness and depression, what are our norms for use of digital space?
  - Examples:
    - What is polite/healthy use of digital communication when with others?
    - "Let's agree to not text after 10 p.m. so we can sleep."
    - "If we need to talk about something hard, let's talk in person rather than texting on social media."

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Think, Pair, Share

What did I hear worth remembering?

What questions do I have?

Where do we go from here?