

HBOW 2019

HEALTHY BEHAVIOURS IN AN ONLINE WORLD



KINGSMILL ROOM

9:30AM	Welcome Refreshments
9:40AM	Opening remarks <i>Dr. Tara Dumas, Assistant Professor, Psychology</i> <i>Meaghan Blight, VP, University Growth</i>
10:00AM	Detached: Exit the Social World <i>K. Clarke, J. Holden, M. Oldenhof, V Romanow, & R. Spylo</i> We discuss how social media networks, such as Facebook and Instagram, have created and implemented strategies to hook individuals and keep them consistently engaged within the social network (e.g., continuously checking in, updating and commenting). Additionally, we will provide helpful ways that teens can come up with strategies to avoid these “addictive” impulses, and introduce a new initiative called “Out 4 the Hour” (#O4TH), that promotes unplugging from social media for an hour at a time.
10:30AM	Break & Refreshments
10:45AM	Social Lives or Social Lies? <i>K. Karakatsanis, M. Kennedy, M. Maluka, N. Orlan, & M. Visca</i> How do you portray yourself in the virtual world? It might be affecting you and your followers more than you think. In this presentation, we will focus on this important topic and discuss how we how can we stay true to ourselves in a time where its normative to portray ourselves through deceptive online images.
11:15AM	Keynote Address It’s Cool, It Happened Online: Risky Tactics in an Online World <i>Dr. T. Dumas, Department of Psychology</i> Please see the back of the program for abstract.
12:00PM	Lunch

ROOM W8

10:00AM	<p style="text-align: center;">Follow or Unfollow? Avenues for Engaging in Healthy Social Media Use</p> <p style="text-align: center;"><i>D. Fisher, A. Monk, A. Wise, T. Wolf, & B. Zhu</i></p> <p>In today's society, social media has caused an increased desire for instant gratification and need for constant connection. This presentation will discuss healthy ways to integrate social media in your everyday life, as well as help identify and minimize negative impacts of social media use during adolescence.</p>
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10:45AM	<p style="text-align: center;">Ghost(ing) Busters: How Social Media Affects Your Relationship</p> <p style="text-align: center;"><i>T. Boyd, B. Geling, C. Grandner, E. Jacobson, & G. Millett</i></p> <p>Dating is tricky enough without technology and social media. Building good online habits is essential to maintaining a positive dynamic between you and your partner. We will answer your questions about online dating behaviours such as ghosting and snooping, and how they affect emotional outcomes in your relationships. In this presentation, we will discuss the stages of dating relationships and suggest ways you can use technology and social media to foster healthy relationships.</p>
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KEYNOTE ADDRESS

It's Cool, It Happened Online: Risky Tactics in an Online World

Dr. T. Dumas, Department of Psychology

It seems that more and more adults these days are concerned about risky online behaviours in which they hear teenagers are engaging (e.g., posting incriminating photos or participating in risky challenges like the Bird Box challenge). A lot of times, adults are heard explaining these behaviours as being due to teens being bad at considering the long-term consequences of their actions or because they crave the thrill of engaging in dangerous acts. Social pressures that teens face to behave in certain ways online or the social benefits that they get from acting in certain ways online are overlooked. In this talk, I will discuss why researchers are interested in studying teens' online risk behaviours, how we go about studying these behaviours, and some of my research lab's recent findings suggesting the importance of teens' social motives in predicting these behaviours. We will also discuss, as a group, ways in which this research might help adults better understand online social pressures that teens face and ways that this research could help dissuade teens from engaging in risky online behaviours.