Life: Posted! Social Media and Its Impact on the Modern Family

William E Chavey MD, MS
Associate Professor
Service Chief
Department of Family Medicine
University of Michigan

President and Founder,
Emmaus Health
Cut to the chase!

Ultimate solution!
Acknowledgement of the Problem?

- Facebook, cocaine, opioids: How addictive is the social network? Fox News Headline
- “The short-term, dopamine-driven feedback loops we’ve created are destroying how society works,” Chamath Palihapitiya former Facebook VP
- "God only knows what it's doing to our children's brains." Sean Parker first Facebook President
- “I’m dead serious about this. Protecting our community is more important than maximizing our profit.” Facebook CEO Mark Zuckerberg in response to concerns about the impact of social media.
Who Owns This Problem?

we all do!
Texas Perspectives
We All Need to be Aware of the Dark Side of Social Media
Early Facebook and Google Employees Form Coalition to Fight What They Built

By NELLIE BOWLES FEB. 4, 2018; NY Times

SAN FRANCISCO — A group of Silicon Valley technologists who were early employees at Facebook and Google, alarmed over the ill effects of social networks and smartphones, are banding together to challenge the companies they helped build. The cohort is creating a union of concerned experts called the Center for Humane Technology. Along with the nonprofit media watchdog group Common Sense Media, it also plans an anti-tech addiction lobbying effort and an ad campaign at 55,000 public schools in the United States.

The campaign, titled The Truth About Tech, will be funded with $7 million from Common Sense and capital raised by the Center for Humane Technology. Common Sense also has $50 million in donated media and airtime from partners including Comcast and DirecTV. It will be aimed at educating students, parents and teachers about the dangers of technology, including the depression that can come from heavy use of social media.
What is the Response of the Faith Community?

• It’s the culture, stupid!
• High school never ends!
• Loneliness (hopelessness) is the biggest problem in the world
It’s the Culture, Stupid!

• Social media and technology are reflecting problems not just creating them
  - our posts are windows to the soul!
  - revenge porn

• Reject tribalism
  - learn to understand and respect those with whom we disagree
  - learn how to disagree

• Image versus identity
  - appeal to the will not the intellect
Deadly Sins (v2.0)

1. Lust
2. Gluttony
3. Greed
4. Sloth
5. Wrath
6. Envy
7. Pride
8. Social Media
Deadly Sins (v2.0)

1. Lust
2. Gluttony
3. Greed
4. Sloth
5. Wrath
6. Envy
7. Pride
8. Social Media

FAKE NEWS!  FAKE NEWS!  FAKE NEWS!
It’s the Culture, Stupid!

- Social media and technology are reflecting problems not just creating them
  - our posts are windows to the soul!
  - revenge porn
- Reject tribalism
  - learn to understand and respect those with whom we disagree
  - learn how to disagree
- Image versus identity
  - appeal to the will not the intellect
Social media presents unique psychological challenges for adolescents but not unique problem to adolescents

Different addictions (social media vs internet) for different personalities - different habits for different demographics \(\rightarrow\) function (utilitarian addiction) over social media addiction

When/how should exposure start?

Change must be intentional
Address Loneliness/Hopelessness

• A mile wide and an inch deep
  - social networks → possibility junkies (Mark Edmundson, UVA)

• Marginalization
  - illusion of acceptance
  - risk of increasing marginalization
  - parallel lives

• Hopelessness
  - dystopia realized
  - anxiety → loss of identity
  - deep thirst for connection
Human Flourishing
Tyler Vander Weele

Pathways
- Family
- Work
- Education
- Religious Community

Domains of Human Life
- Life satisfaction
- Health
- Meaning and purpose
- Character and virtue
- Social relationships
To love another person is to see the face of God

Les Miserables