


 with  and  present

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THE INTERNATIONAL CONFERENCE IN CEBU

Theme:  
**CYBERPROTECTION OF CHILDREN**

Cyber Safety of Children:  
Internet and Mobile Protection for Minors




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APSE2013



## **Simultaneous Symposium 9:** **Internet Addiction, Sexting, Sex Videos and Other Risky Online Behaviors**

Beijing-Shanghai Room, 3<sup>rd</sup> level Marco Polo Plaza  
1:30 – 5:00 PM



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### **Dr. Joseph Mauro Sayo** *Moderator*

- Diplomate, Philippine Board of Psychiatry
- Psychiatrist, CPU-PGH, DOJ Witness Protection Program, Philippine Mental Health Association and several hospitals in Bulacan
- Member, Philippine Society of Child and Adolescent Psychiatry
- Residency Training in Psychiatry at UP-PGH
- Doctor of Medicine graduate of UERMMMC
- BS Biology graduate of the University of Sto. Tomas




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### **OBJECTIVES:**

At the end of the symposium, the participants will be able to:

- 1) Define and discuss Internet Gaming Disorder based on DSM V.
- 2) Discuss the approach in the management of Internet Gaming Disorder (internet addiction)
- 3) Discuss the impact of online gaming in terms of physical, behavioral and socio-economic aspects.
- 4) Discuss risks of online abuse.
- 5) Discuss the incidence and practice of self-generated CSA materials.
- 6) Discuss issues of privacy related to self-generated CSA materials.
- 7) Discuss intervention/ prevention for internet gaming generated CSA materials



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**PROGRAM**

TIME	TOPIC	SPEAKER
1:30 – 1:40 PM (10 mins)	Overview of symposium, objectives, and introduction of speakers and reactor	Moderator
1:40 – 1:50 PM (10 mins)	Case Presentation	Moderator
1:50 – 2:30 PM (40 mins)	Internet Gaming Disorder: Signs and Symptoms	Dr. Narcisa Cristina Cinco
2:30 – 3:10 PM (40 mins)	Approach to the management of internet gaming disorder	Dr. Norieta Balderrama
3:10 – 3:40 PM (30 mins)	Selfies, Sexting and Sex Videos How widely practiced are these by teens? (data from the YAFS4) What are the possible impact and consequences of these practices?	Ysrael Diloy
3:40 – 4:20 PM (40 mins)	Intervention/Prevention for internet gaming and self-generated Child Sexual Abuse (CSA) materials	Ysrael Diloy
4:20 – 4:30 PM (10 mins)	Brief Reaction	Judge Lorna Chua-Cheng
4:30 – 4:50 PM (20 mins)	Open Forum	Moderator
4:50 – 5:00 PM (10 mins)	Summary	Moderator

**A K**  
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**BETA**

**REACTOR:**

- Judge Lorna Chua-Cheng



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**BETA**

**Dr. Narcisa Cristina Cinco***Internet Gaming Disorder: Signs and Symptoms*

- Solo Practice, Vicente Gullas Memorial Hospital, Banilad, Mandaue City (2009-present)
- Volunteer Consultant in Child and Adolescent Psychiatry, Center for Behavioral Sciences / Women and Children Protection Unit, Vicente Sotto Memorial Medical Center, Cebu City (2009-2015)
- Visiting Consultant, Child and Adolescent Psychiatry, Department of Pediatrics, Cebu Doctors' University Hospital (2009-present)
- Volunteer Consultant in Psychiatry, Cebu Hope Center (2008-present)
- Medical Training: Child and Adolescent Psychiatry Residency, Harvard Medical School (1995-1997); General Psychiatry Residency, Albert Einstein Medical Center, Philadelphia (1991-1995); Postgraduate Medical Internship, Philippine General Hospital, Manila Philippines (1987-1988)
- Member: Cebu Medical Society; Philippine Medical Association; Philippine Mental Health Association-Cebu Chapter; Philippine Psychiatric Association



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**BETA**

**Dr. Norieta Balderrama***Approach to the management of internet gaming disorder*

- Doctor of Medicine, UERMMMC 1987
- Assistant Professor III (2007), UERMMCC
- Residency in General Psychiatry at UERMMMC (1991-1994)
- Fellowship training in Child and Adolescent Psychiatry, UP-PGH (1994-1995)
- Fellowship in Adult & Child Forensic Psychiatry, King's College, University of London (2002-2003)
- Master in Health Professions Education, UP-PGH (cand.)
- President, Philippine Psychiatric Association
- Diplomate, Philippine Board of Psychiatry



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## Ysrael Diloy

*Selfies, Sexting and Sex Videos /  
Intervention/Prevention for internet gaming and self-generated  
Child Sexual Abuse (CSA) materials*

- Senior Advocacy Officer, Stairway Foundation, Inc. (2005-present)
- Regional Child Protection Trainer for Asia, Kindernothilfe (KNH) Germany through Stairway Foundation (2012-present)
- NGO representative for Stairway Foundation, National Inter-Agency Council Against Child Pornography (IACACP) (2011-present)
- Technical Working Group Member, DOJ convergence group on Online Sexual Abuse of Children (2013-present)
- Member of the Advisory Panel, International Child Protection Network (ICPN); and National Crime Agency, Center for Exploitation and Online Protection, (NCA-CEOP) UK (2013-present)
- National Convener, Safe Internet Day Philippines via the Global Safer Internet Day network (2013-present)
- National Trainer on Child Protection, DepEd Child Protection Technical Working Group (2012-present)
- Project Coordinator, CyberSafe, an online safety partnership between Stairway and the Department of Education (DepEd) on integrating online safety education in the classrooms (2015)



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# Brief Reaction

## Open Forum

## Summary




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# THANK YOU!




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Child Protection Network

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Thematic:

## CYBERPROTECTION OF CHILDREN

Cyber Safety of Children:  
Internet and Mobile Protection for Minors



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## Simultaneous Session 9

Internet Gaming Disorder  
Sexting  
Sex Videos  
And Other Risky Online Behaviors

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**Dr. Narcisa Cristina Cinco**  
*Internet Gaming Disorder: Signs and Symptoms*

## Internet Gaming Disorder

Nancy Cinco, M.D.  
December 2, 2015  
Cebu City

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## Objectives

- To learn the definition of Internet Gaming Disorder and the DSM-5 diagnostic criteria
- To learn the physical, behavioral, and socio-economic impact of Internet Gaming Disorder

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## Definition

- Internet Gaming Disorder IGD is controversial in at least two ways:
- The first issue is one of terminology: In research “Internet Gaming Disorder” IGD has been used synonymously with:
  - “Internet Addiction Disorder” IAD
  - “Gaming Addiction”,
  - “Problematic Internet Use” PIU,
  - “Compulsive Internet Use” CIU

- Other overlapping terms used:
- Internet Overuse
- Problematic computer use
- Pathological computer use

- The second issue is whether IGD is, in fact, a bona fide disorder, given that there are no addictive substances involved in IGD.

## Behavioral Addictions

- DSM-5 reclassified Gambling Disorder as an addiction rather than a disorder of impulse control, “reflecting evidence that gambling behaviors activate reward systems similar to those activated by drugs of abuse and produce some behavioral symptoms that appear comparable to the substance use disorders”.



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- Alcoholics, drug addicts, and gamblers suffer similar socio-economic consequences as a result of their dependency to the gambling or drug being used repeatedly over a period of time.

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## Internet Addiction

- It is thus being argued that one can become addicted to internet use, a behavioral addiction like gambling, in which people addicted to the internet also manifest symptoms comparable to those addicted to drugs.

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Check it out:



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BUT.....

- What does the term “internet addiction” actually mean?
- Is it a generalized addiction to internet use per se, regardless of the nature of the online activity?
- Or is it an addiction to specific behaviors (e.g. gaming, gambling, shopping, sexting, etc) that just happens to be done online?

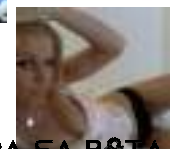
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- In other words, is the addiction to the internet itself (a medium of communication) **OR** is the term “internet addiction” an umbrella term referring to a host of different behavioral addictions such as a gaming addiction, a shopping addiction, a gambling addiction, etc?

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GF  
pics



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## Internet Gaming Disorder

- Given these unresolved issues, DSM-5 included this subtype (IGD) of problematic internet use in Section 3 as a “condition warranting more clinical research and experience before it considered for inclusion in the main book as a disorder”.
- It is not yet a formal diagnosis but that doesn't mean it isn't real.

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## 9 Potential Criteria for IGD

- Recommended to facilitate research
- Suggest presence of at least 5 criteria as threshold for diagnosis
- Must include that IGD causes clinically significant impairment

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## Proposed Criteria for IGD

- Persistent and recurrent use of the internet to engage in games, often with other players, leading to clinically significant impairment or distress as indicated by five (or more) of the following in a 12-month period:

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- 1. Preoccupation with internet games. (The individual thinks about previous gaming activity or anticipates playing the next game; internet gaming becomes the dominant activity in daily life).
- Note: This disorder is distinct from internet gambling, which is included under gambling disorder

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- 2. Withdrawal symptoms when internet gaming is taken away. (These symptoms are typically described as irritability, anxiety, or sadness, but there are no physical signs of pharmacological withdrawal).
- 3. Tolerance- the need to spend increasing amounts of time engaged in internet games.

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- 4. Unsuccessful attempts to control the participation in internet games.
- 5. Loss of interests in previous hobbies and entertainment as a result of, and with the exception of, internet games.
- 6. Continued excessive use of internet games despite knowledge of psychosocial problems

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- 7. Has deceived family members, therapists, or others regarding the amount of internet gaming.
- 8. Use of internet games to escape or relieve a negative mood (e.g. feelings of helplessness, guilt, anxiety)



- 9. Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of participation in internet games.
- Note: Only non-gambling internet games are included in this disorder. Use of the internet for required activities in a business or profession is not included; nor is the disorder intended to include other recreational social internet use. Similarly, sexual internet sites are excluded.



## Some IGD Statistics

- USA: The average child spends 7.5 hours/day online, longer on weekends (USA)
  - 10% are at risk for developing IGD
  - 2-4% meet criteria for IGD
  - 1.5-8.2% meet criteria (different source)
- Worldwide range: 1-18% of gamers
- Females up to 10X fewer than males
- 6-15% of all gamers meet criteria

## Mechanism of IGD

- Excessive release of dopamine, the neurotransmitter that regulates pleasure in the brain...various internet activities such as gaming and social media provide intermittent brain chemical reinforcement... rewarding just frequently enough so that the player's brain will continuously release dopamine. The person then associates pleasure with the activity and continues to play indefinitely.

- “Internet games are so addicting because they are designed to be that way” – just challenging enough to keep you coming back, but not too difficult that the players eventually give up in frustration.
- Newer games are even more addicting since they allow a player to pause. With the older online games, once you stop playing you have to start over.

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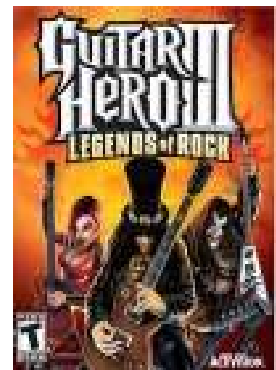
**VIDEO  
GAMES  
AWESOME**



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- “Internet games give teenagers a sense of connection to others, a sense of agency, and a sense of reward”.
- “For gamers, it’s a fantasy world that makes them feel better... the virtual life becomes more appealing than real life”.

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## IGD Risk Factors

- Internet availability and easy access via computers, laptops, tablets, and mobile phones
- Males
- Adolescents: middle school- early college and peaks at 11-17 year olds
- Asian: most reports from China and Korea

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- Being stressed
- Having low self-esteem
- Lack of social support
- Having an unhappy childhood
- Having a predisposition to addictive behavior

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- Being less mobile
- Being less socially active
- Having a pre-existing psychiatric problem: ADHD, learning disorder, depression, social anxiety, other addictions

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## Impact of IGD

- Social withdrawal, to the point of not coming down to dinner and having poor hygiene, not going out with friends or spending time with the family
- Violent MMORPGs (massive multiplayer online role playing games) correlates with increased aggression and decreased empathy through role playing and desensitization



- Staying up very late can lead to a reversal of one's wake cycle which then results in:
  - Being late for school → absences → dropping out
  - Daytime fatigue and irritability → decrease desire to be with people including friends and family → loss of friends and other relationships
  - Difficulty concentrating and staying focused (ADHD-like) → decrease in academic performance → failure

- Health problems: migraines, carpal tunnel syndrome, eyestrain, back pain, dehydration, dietary problems, sedentary problems from lack of exercise
- Violent gaming, especially MMORPGs (massive multiplayer online role playing games) correlates with aggressive behavior and decreased empathy through role playing and desensitization.



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- In MMORPGs players “enjoy creating and temporarily becoming an online character. They often build relationships with other gamers as an escape from reality. For some, this community may be the place where they feel they’re most accepted”.

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- Being online so much increases the likelihood of exposure to harassment, gambling, sexual solicitation, and pornography
- Lack of fundamental skills due to less practice through in direct, varied interpersonal experiences: communication, empathy, reflective thought, creativity, and other higher cognitive functions

- IGD is an **expensive** illness. Video games as well as the equipment to play the games are costly. Then there is the price of having a fast, reliable, high-speed internet connection to be considered. These games are **very time consuming**, leaving addicted players with less time to focus on their education or career.



## Brain Imaging Study

- A team of Chinese researchers used advanced imaging technology to determine if people potentially affected by IGD experience structural changes in their brains' grey and white matter (Addictive Behaviors, September 2014)
- Zhejiang Normal University
- East China Normal University

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- Grey matter: Nerve cells that produce the electrical/chemical signals that give the brain its basic ability to control the body's mental and physical processes
- White matter: mainly supporting cells
- *Note: Healthy brains have similar amounts of grey matter and similar amounts of white matter*

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- Researchers *compared the amount of grey matter and white matter contained in various brain areas* using MRI scans.
- Subjects were 71 young adults:
  - 35 with IGD and
  - 36 without IGD

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- Results:
  - Those with IGD had unusually low amounts of grey matter in several brain areas compared to their age counterparts without IGD
  - Those with IGD had unusually low amounts of white matter in some of the same brain areas, as well as in different brain areas.

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- Critically the affected areas help control executive function, a collective set of higher-level mental abilities that help adults do such things as control their behaviors, keep mood fluctuations in check, think logically, and make situation-appropriate decisions.

## Thank You For Your Attention

- Nancy T. Cinco, M.D.
- Child and Adolescent Psychiatry
- Gullas Hospital
- Banilad, Cebu City



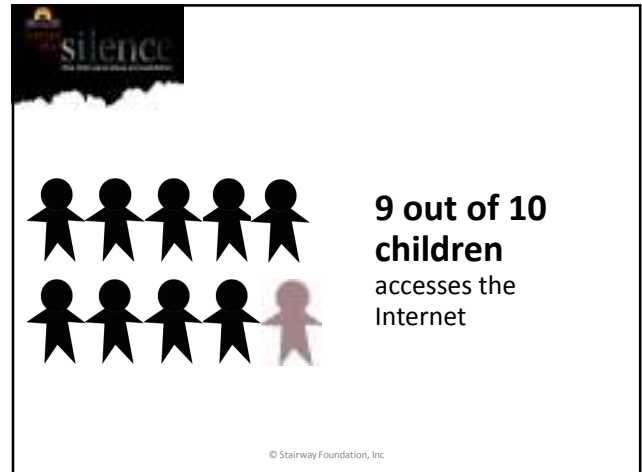
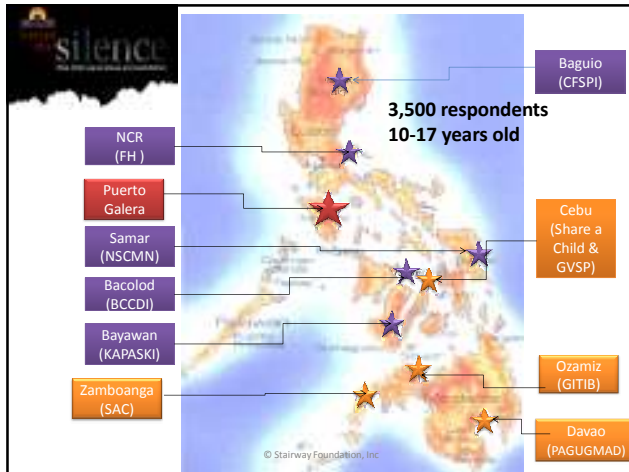
**break  
the** silence

Stop child sexual abuse and exploitation

# Selfies, sexting and self generated CSA materials



**Ysrael Diloy**

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Children are **native** online citizens

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## Self generated child sexual abuse materials

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## The availability of Online pornography

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*In the 10-17 age group*

**6 out of 10**  
have seen online pornography



2012 Stairway Online Safety Study

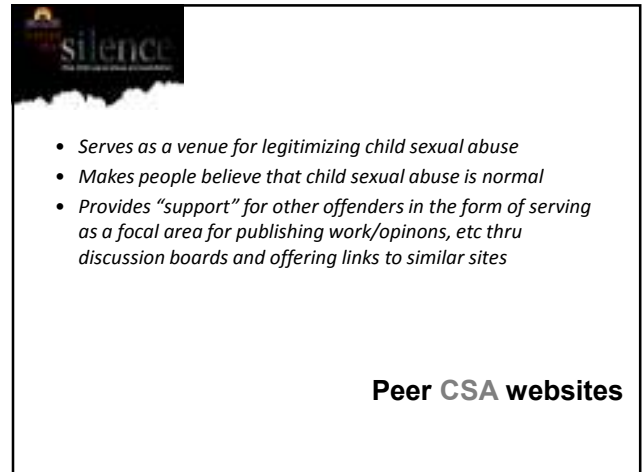
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graph TD
    A[Offline media] --> B[Online media]
    A --> C["Printed materials, magnetic and optical media"]
    B --> D[Peer CSA websites]
    B --> E[Commercial websites]
    B --> F[Social Media]
  
```

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There is a trend now of online child sex offenders “harvesting” non-nude photos of children in Social Media, and posting these photos in pedophile websites

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**Commercial CSA websites**



- Offers child sexual abuse materials such as images, videos, stories, “art”-work etc in exchange for money.
- Often times require credit card purchases or thru systems such as paypal
- Offers free tours in order to entice




- Can serve as a jumping point for potential offenders nurturing the urge to commit child sexual abuse
- Is easily accessible even to children, requires no strong age verification system

Commercial Child Sexual Abuse websites






**Social Media**




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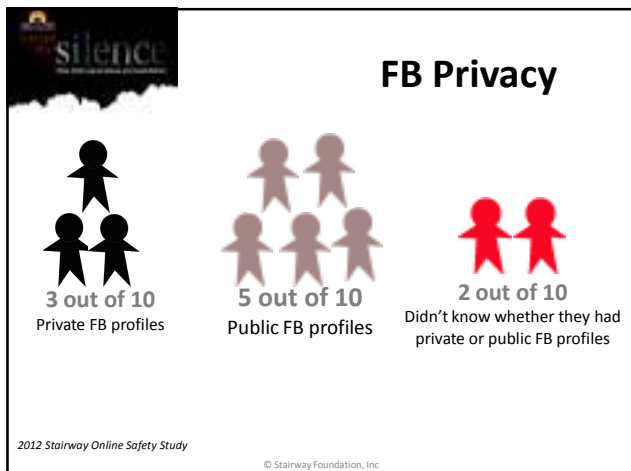
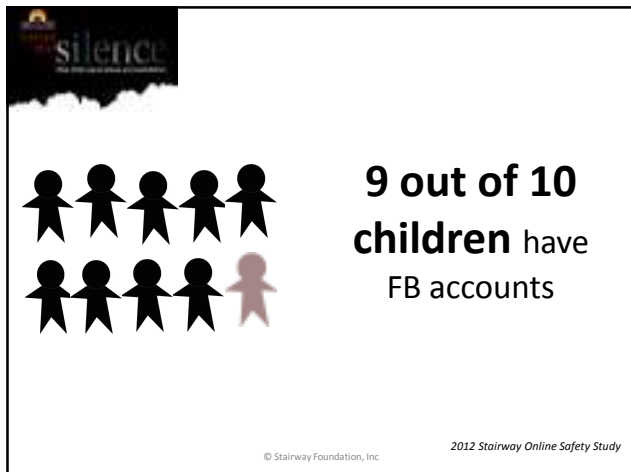


30 Million FB users (8<sup>th</sup> in the world)

33.6 Million Net users

A Facebook penetration rate of over **90%**

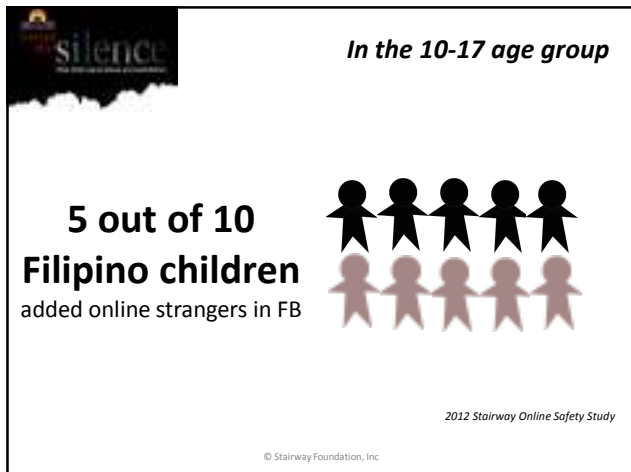
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How many FB Friends do you have?

***How many amongst these FB friends are also your "Real Life" friends?***

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**silence**  
The National Child Advocacy Center

The concept of private digital information

© Stairway Foundation, Inc.




**silence**  
The National Child Advocacy Center

*In the 10-17 age group*

**7%** *engaged in sexting*


© Stairway Foundation, Inc. 2012 Stairway Online Safety Study

  
Project Silence  
The Philippines Child Protection Foundation

*1 in every 4 Filipino Youth has sent or received sex vides through cellphones of the internet*

**YAS4**

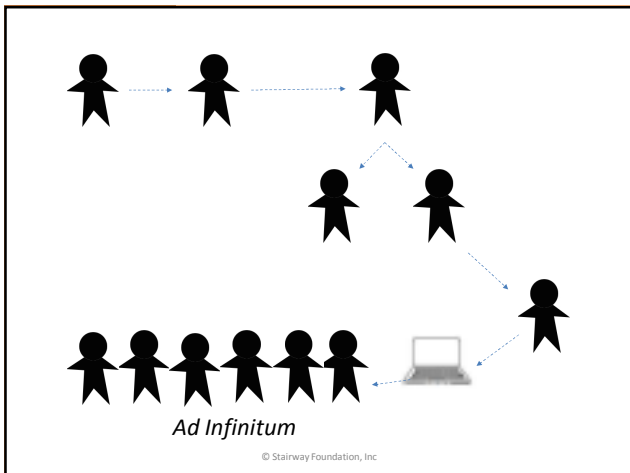
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Project Silence  
The Philippines Child Protection Foundation

*1 in every 100 Filipino youth has recorded his/her own sex video.*

**YAS4**

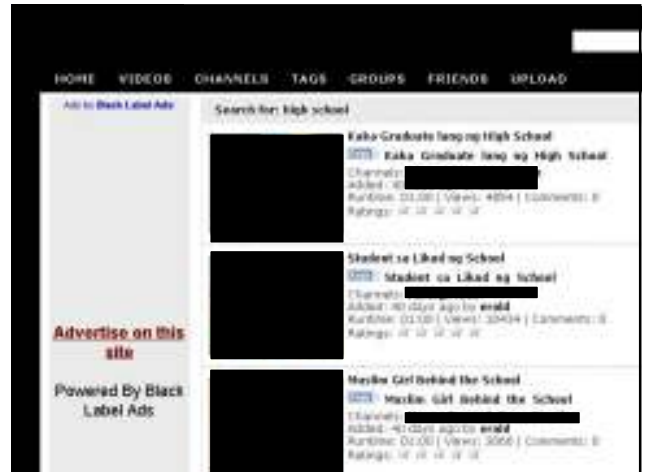
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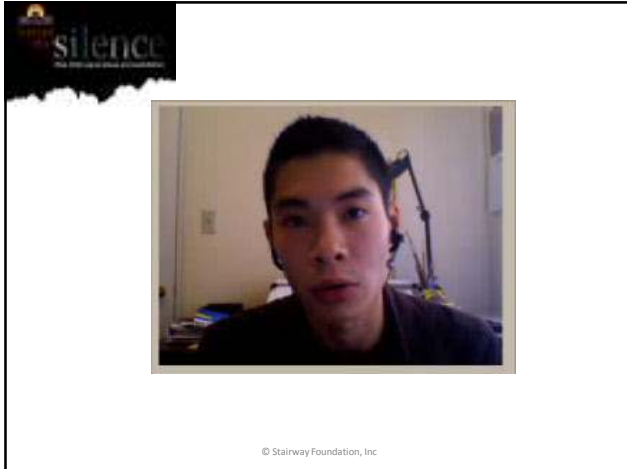



  
Project Silence  
The Philippines Child Protection Foundation

**Exposed by CEOP**

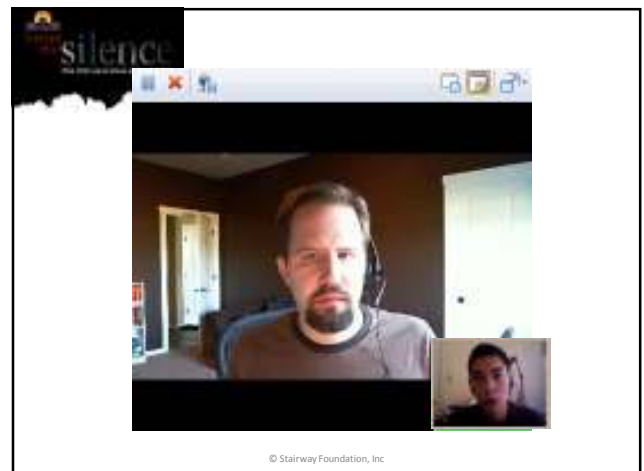
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- After a few rounds of chatting, your chatmate asks you; Can you take off your clothes for me? She promises to do the same after you perform in front of the webcam
- You get excited because you are chatting with a beautiful woman, and you take off your clothes in front of the webcam while she is watching
- After your “show”, she reveals something, she tells you that “she” is actually..

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- And that he recorded your webcam “show”
- That if you don’t send him money, he will post your nude webcam show on Facebook for everyone to see.
- Aside from money, some also ask for additional webcam shows.
- You now have been victimized by sextortion.

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## Online Grooming

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## Chatting



#ASL #IKR #C2C #SEB  
#BRB #TBT #GGSS  
#OOTD #LOL  
#SMH #YOLO #EB  
#IRL #FB #IDK  
#GTG

**The internet has its own language**

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In a 2008 online study done by Stairway Foundation, **“8 out of 10 online chatters initiated sexualized conversation with a person they believed to be a 14 year old girl.**

©Stairway Foundation, Inc.

14 year old girl (12:10:41 AM): what?  
Chat-man (12:10:54 AM): location  
14 year old girl (12:11:12 AM): 14 f Manila. you?  
Chat-man (12:11:19 AM): 18  
Chat-man (12:11:26 AM): bakit gising k pa (why are you still awake?)  
14 year old girl (12:11:33 AM): wala lng..(no reason)  
Chat-man (12:11:34 AM): pa view (I want to view you)  
14 year old girl (12:11:39 AM): wala me cam (I don't have a cam)  
Chat-man (12:11:45 AM): picture  
14 year old girl(12:11:57 AM): sorry wala din (sorry, no pic also)  
Chat-man (12:12:08 AM): friendster  
14 year old girl (12:12:35 AM): meron (I have one)  
Chat-man(12:12:42 AM): ano tingnan ko (what is it? I'll look)  
14 year old girl(12:12:48 AM): why?  
Chat-man (12:13:28 AM): para makita ko picture mo un lang (so that I can see you're pic)  
14 year old girl (12:13:40 AM): ayoko, di nmn kita kilala (I don't want to, I don't know you)  
Chat-man (12:14:20 AM): ok lang naman un for public d b (that's ok, its publicly available right)  
14 year old girl (12:14:39 AM): tunay na friends ko lng nakakakita ng friendster ko eh (only true friends of mine see my friendster)

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Chat-man (12:14:53 AM): gawin mo n ako tunay (make me you're true friend)  
14 year old girl(12:15:34 AM): antok na me, bye (I'm already sleepy, bye)  
Chat-man (12:15:39 AM): wala k hed set (Do you have a headset?)  
Chat-man (12:15:52 AM): view mo ako (view me)  
14 year old girl (12:16:17 AM): why?  
Chat-man (12:16:29 AM): virgin k pa (are you a virgin?)  
14 year old girl(12:16:39 AM): huh? 14 lng me noh, syempre! (I'm only 14, of course!)  
Chat-man (12:16:51 AM): tulog n b parents mo (are you're parents asleep?)  
14 year old girl (12:16:56 AM): oo (yes)  
Chat-man (12:17:08 AM): wala k nkasama jan (you don't have anyone else with you there?)  
14 year old girl (12:17:15 AM): wala, room ko to eh (no one, this is my room)  
14 year old girl (12:17:52 AM): yuck ano yan! (yuck what's that!)  
14 year old girl (12:18:29 AM): bastos! (pervert!)

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Chat-man (12:19:02 AM): d bastos yan (this is not perversion)  
Chat-man(12:19:08 AM): pag dalawa lang tayo (when its only the two of us)  
14 year old girl(12:19:23 AM): bakit, ano ba pag dalawa lng tayo? (why, what's the difference when its only the two of us?)  
Chat-man (12:19:41 AM): mas masarap lalo pag nag usap sa sex (its better when we talk about sex)  
Chat-man (12:19:45 AM): try mo (try it)  
14 year old girl (12:19:50 AM): 14 lng ako, ayoko (I'm only 14, I don't want to)  
Chat-man (12:19:56 AM): ok lang un (its ok)  
14 year old girl (12:20:04 AM): bata pa ako ayoko (I'm young, I don't want to)  
Chat-man (12:20:06 AM): computer lang naman (Its only through the computer)  
14 year old girl(12:20:16 AM): kahit na. Nakakatakot (no matter, its scary)  
Chat-man (12:20:25 AM): hindi wala un (its ok)  
14 year old girl(12:20:36 AM): ayoko, basta (I don't want to)

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Chat-man (12:20:38 AM): pag k off ko d wala na (When I turn it off, it would go away)  
Chat-man (12:20:50 AM): view mo uli (view it again)  
14 year old girl (12:20:59 AM): eh, kadiri eh (its gross)  
14 year old girl (12:21:21 AM): ayaw (I don't want to)  
Chat-man (12:21:36 AM): mas malaki n (its bigger already)  
14 year old girl(12:22:14 AM): ayoko bastos u (I don't want to you're a pervert)  
Chat-man (12:22:16 AM): sarap yan (This is delicious)  
Chat-man (12:22:45 AM): d bastos pag dalawa tayo (its not perversion when its only the two of us)  
Chat-man (12:23:03 AM): pag nakiliti k rin (when you get tickled)  
Chat-man 0 (12:23:37 AM): nasa room k pa mag isa (are you still in ur room alone?)  
14 year old girl (12:23:50 AM): kuya please stop na  
14 year old girl (12:23:54 AM): ayoko na po (I don't want to)  
Chat-man (12:24:03 AM): nakikiliti k n ba (do you feel tickled now?)  
14 year old girl(12:24:10 AM): please po.  
Chat-man (12:24:18 AM): try mo lang (just try it)

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*1 in every 4 Filipino youth has had sex  
with someone they met online or  
through text messaging.*

**YAS4**

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With mobile internet, contact with  
online strangers as well as distribution  
of child sexual abuse materials are  
become easier

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**My Channel Update  
Click! Subscribe Button**

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- In Stairway's 2012 survey, 42% of respondents said that they have seen children in online pornography while 28% were asked to strip (be naked) online.


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## Risks/Impact

- **Bullying / harassment**
- **Lack of control of images**
- **Your 'digital footprint'**
- **Future career / job issues**
- **Where the images might end up...**
- **The legal implications**

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The risk taking behaviors of children shouldn't serve as **JUSTIFICATIONS** to the crime of online child sexual abuse

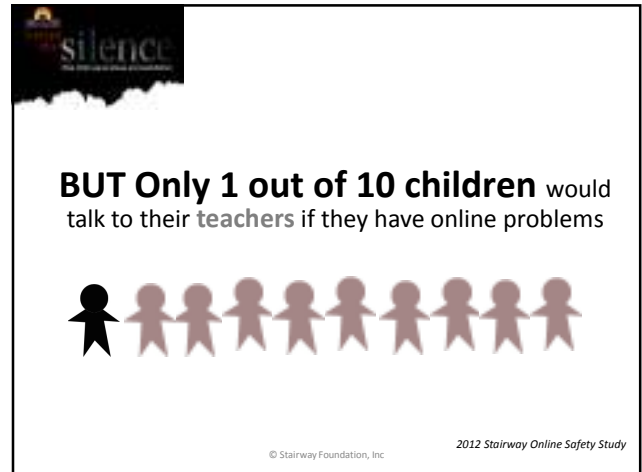
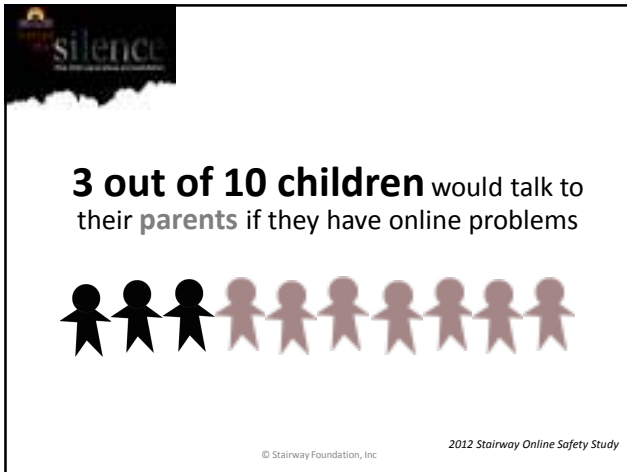
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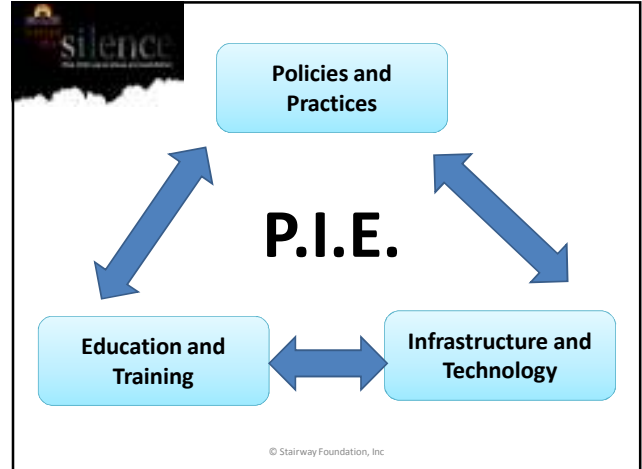


Challenge is to **MANAGE** these online risks



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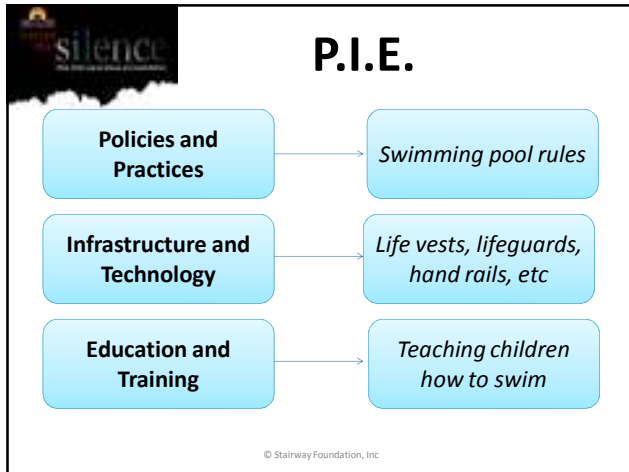


**P.I.E.**

- *Is a rights based approach (duty bearers and stakeholders)*
- *Recognizes that online abuse of children is multi-faceted and thus, is also needs a multi-faceted response*

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## **Policies and Practices**

*Do we have anti-bullying/cyberbullying provisions in our school based CPP?*

*Do we have Online Safety Rules/Agreements at home?*

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## Online safety rules/agreements

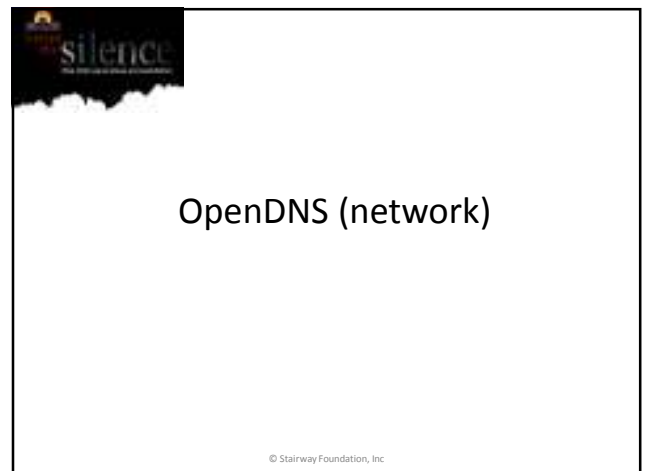
- *Content - What should only be visited online?*
- *Contact – Who should we only talk to online?*
- *Conduct – How should we behave online?*

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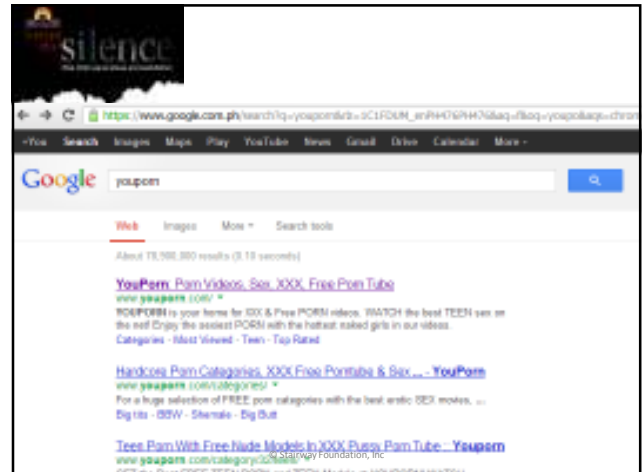
## **Infrastructure and Technology**

*Do we have internet filters installed in our school internet connection and/or computer terminals?*

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## OpenDNS



## Google Safe Search (browser)





**E**ducation and Training

*Do we teach students and personnel about  
**Netiquette and Online Safety?***

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Online Safety is **NOT** only about technology.  
It is about **behavioral change**

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Respondent STC is clearly aware of this and incorporating lessons on good cyber citizenship in its curriculum to educate its students on proper online conduct may be most timely.

*Vivares vs. St. Theresa's College  
September 29, 2014*

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