

EPH 6

10 Finally, my brethren, **be strong in the Lord**, and in the power of his might.

11 Put on the whole armour of God, that ye may be able to stand against the **wiles of the devil**.

12 For we wrestle not against flesh and blood, but against **principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.**

13 Wherefore take unto you the whole armour of God, that ye may be able to **withstand in the evil day**, and having done all, to stand.

14 Stand therefore, having your loins girt **about with truth**, and having on the breastplate of righteousness;

15 And your feet shod with the preparation of the gospel of peace;

16 Above all, taking the shield of faith, wherewith ye shall be able to **quench all the fiery darts of the wicked**.

17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God:

18 **Praying always with all prayer and supplication in the Spirit**, and watching thereunto with all perseverance and supplication for all saints;

19 And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel,

2 Corinthians 2:11 King James Version (KJV)

11 Lest Satan should get an advantage of us: **for we are not ignorant of his devices**.

The origination of Lucifer

Ezekiel 28 King James Version (KJV)

28 The word of the Lord came again unto me, saying,

2 Son of man, say unto the prince of Tyrus, Thus saith the Lord God; Because thine heart is lifted up, and thou hast said, **I am a God, I sit in the seat of God, in the midst of the seas**; yet thou art a man, and not God, though thou set thine heart as the heart of God:

3 Behold, **thou art wiser than Daniel**; there is no secret that they can hide from thee:

SKIP TO VERSE 12.

12 Son of man, take up a lamentation upon the king of Tyrus, and say unto him, Thus saith the Lord God; Thou sealest up the sum, **full of wisdom, and perfect in beauty**.

13 Thou hast been in **Eden the garden of God**; every precious stone was thy covering, the sardius, topaz, and the diamond, the beryl, the onyx, and the jasper, the sapphire, the emerald, and the carbuncle, and gold: the workmanship of thy tabrets and of thy pipes was prepared in thee in the day that thou wast created.

14 Thou art the **anointed cherub that covereth**; and I have set thee so: thou wast upon the holy mountain of God; **thou hast walked up and down in the midst of the stones of fire.**

15 Thou wast perfect in thy ways from the day that thou wast created, **till iniquity was found in thee.**

16 By the multitude of thy merchandise they have filled the midst of thee with violence, and thou hast sinned: therefore I will cast thee as profane out of the mountain of God: and I will destroy thee, O covering cherub, from the midst of the stones of fire.

17 **Thine heart was lifted up because of thy beauty**, thou hast corrupted thy wisdom by reason of thy brightness: I will cast thee to the ground, I will lay thee before kings, that they may behold thee.

Isaiah 14 King James Version (KJV)

12 How art thou fallen from heaven, **O Lucifer, son of the morning!** how art thou cut down to the ground, which didst weaken the nations!

13 For thou hast said in thine heart, **I will ascend into heaven**, I will exalt my throne above the stars of God: I will sit also **upon the mount of the congregation**, in the sides of the north:

14 I will ascend above the heights of the clouds; **I will be like the most High.**

15 Yet thou shalt be brought down to hell, to the sides of the pit.

16 They that see thee shall narrowly look upon thee, and consider thee, saying, Is this the man that made the earth to tremble, that did shake kingdoms;

17 That made the world as a wilderness, and destroyed the cities thereof; that opened not the house of his prisoners?

Two things we learn about Angels:

Jude 1:6 And the angels which kept not their first estate, but left their own habitation, he hath reserved in everlasting chains under darkness unto the judgment of the great day.

2 Peter 2:4 For if God spared not the **angels that sinned**, but cast *them* down to hell, and delivered *them* into chains of darkness, to be reserved unto judgment;

Revelation 12:4-7 King James Version (KJV)

4 And his tail drew the **third part of the stars of heaven, and did cast them to the earth**: and the dragon stood before the woman which was ready to be delivered, for to devour her child as soon as it was born.

...SKIP TO VERSE 7

7 And there was war in heaven: Michael and his angels fought against the dragon; and the dragon fought and his angels,

8 And prevailed not; neither was their place found any more in heaven.

9 And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, **and his angels were cast out with him.**

QUOTES

62-0908 - Present Stage Of My Ministry

Now, **light, matter, and time**. And our five senses contact them dimensions. Our sight contacts light, our feeling contacts matters, and so forth. 22 Now, but we have contact through science, the fourth dimension, as it was. Because coming right through this building now comes pictures, voices of radio, pictures on television, that our senses does not contact that, but yet they have a—a tube or a crystal that picks up those ether waves and **manifests them**.

62-0908 - Present Stage Of My Ministry

So, you see, right in this building now is live actions of people, in the air, live voices. They're here. We know it. They're absolutely the truth. And the only thing you do, they—they catch it on...I don't understand the mechanics of—of those things that science has invented, but we **know that it proves to us there is a fourth dimension.**

62-0908 - Present Stage Of My Ministry

Now, the **fifth dimension** is where the sinner, the unbeliever dies and goes to. The **fifth dimension** is the, kind of the, well, the horrible dimension. Now this man... And when a Christian dies, he goes into the **sixth dimension**. And God is in the **seventh dimension**.

62-0908 - Present Stage Of My Ministry

Now then, you see, the Christian when he dies, he goes under the altar of God, right into the Presence of God, under the altar. **And he's at rest.** 25 To break it down, when a man has a nightmare, he's not altogether asleep, neither is he awake. He's between sleep and awake, and that's what makes him have a horrible shaking and screaming, because he's not asleep, he's not awake. **And to take that, shows where a man goes when he dies unconverted.**

62-0908 - Present Stage Of My Ministry

He's lived his time up, he's dead on earth; and he cannot go in the Presence of God, because he's not fit to go there without the Blood. **And he's caught.** And he cannot come back to earth, because his time's finished here on earth, and he's **caught between, and he's in a nightmare.** See? He can't go in the Presence of God, to rest. And he can't back, come to earth, because his time's up. He's in a nightmare, and there **he stays until the day of the judgment.** A horrible thing to be in, see.

62-0908 - Present Stage Of My Ministry

And now in this vision, I believe I was caught to that **sixth dimension**, looking back down here and could see back. See, the sight isn't exactly with the eyes, that's earthly. But **sight is a greater thing than...**The sight that they have there, **their contact is far beyond any contact that our natural senses would contact.**

Matthew 4:24 King James Version (KJV)

24 And his fame went throughout all Syria: and they brought unto him all sick people that were taken with divers diseases and torments, and those which

were **possessed with devils**, and those which were lunatick, and those that had the palsy; and he **healed them**.

Matthew 8:16 King James Version (KJV)

¹⁶ When the even was come, they brought unto him many that were possessed with devils: **and he cast out the spirits with his word**, and healed all that were sick:

Matthew 8:28 King James Version (KJV)

²⁸ And when he was come to the other side into the country of the Gergesenes, there met him **two possessed with devils**, coming out of the tombs, exceeding fierce, so that no man might pass by that way.

Matthew 9:32 King James Version (KJV)

³² As they went out, behold, they brought to him a dumb man possessed with a devil.

Matthew 12:22 King James Version (KJV)

22 Then was brought unto him one possessed with a devil, blind, and dumb: and he healed him, insomuch that the blind and dumb both spake and saw.

Matthew 15:22 King James Version (KJV)

22 And, behold, a woman of Canaan came out of the same coasts, and cried unto him, saying, Have mercy on me, O Lord, thou son of David; my daughter is grievously vexed with a devil.

55-0410M - Proof Of His Resurrection

Now, the same thing is wrong with you is wrong with that woman sitting over yonder looking right at me on the end of the row, right out there with the little round hat on. **There's a dark string.** The lady looking across this lady's head, looking at me right here, with her hand up. That's it, lady. That's right. Here it is, **coming from one to the other. It's evil powers, pulling; a dark streak**

55-1114 - The Darkest Hour, Then Jesus Comes Along

Now, here's two spirits **calling one to another.** I—I only wish that my lovely audience could only **be in this dimension and see this.** This woman standing here is suffering with the same thing that woman setting there with her hands crossed, right

like that. **Here's a dark line.** Because the **spirit that's on this woman is calling to this spirit for help.** And it's both the same disease: arthritis to both.

55-0815 - Earnestly Contending For The Faith That Was Once Delivered Unto The Saints

What if I told you that your heart trouble can be made well in Jesus' Name? You believe it? Then go. As you... Just a minute. **Demons screamed.** Something called for help. Demon power... **It come from the audience. When this woman was healed, that demon spirit screaming to one another for help.** It's the spiritual world. We're not talking about the outside.

53-1112 - Demonology

Friends, they're just as real as—as you're real. And I see them, many times, when they leave right... I've seen them leave right from this platform here. I see them, some of them in **shape of bats**, look like long hairs hanging on their legs. **But an epileptic demon look like a tortoise with round legs**, hanging up like that. But usually, a **demon of—of oppression seems to be more of a—of a cloud form, like a wave**; and it just makes a real funny sound when it's a—**when you're in that other dimension to see the spirit.**

53-1112 - Demonology

Now, you may think that's wrong, but some of these days you'll realize. If you could only take a spiritual looking glass and look into your soul, you doubt, and you'd find out what it looks like. **And the greatest devil, and the chief of all devils is unbelief**

The Undoing of Families

My practice as a child and adolescent psychologist is filled with families like Kelly's. These parents say their kids' extreme overuse of phones, video games, and social media is the most difficult parenting issue they face—and, in many cases, is tearing the family apart.

Preteen and teen girls refuse to get off their phones, even though it's remarkably clear that the devices are making them miserable. I also see far too many boys whose gaming obsessions lead them to forgo interest in school, extracurricular activities, and anything else productive.

Some of these boys, as they reach their later teens, use their large bodies to terrorize parents who attempt to set gaming limits. A common thread running

through many of these cases is parent guilt, as so many are certain they did something to put their kids on a destructive path.

What none of these parents understand is that their children's and teens' destructive obsession with technology is the predictable consequence of a virtually unrecognized merger between the tech industry and psychology.

This alliance pairs the consumer tech industry's immense wealth with the most sophisticated psychological research, making it possible to develop social media, video games, and phones with drug-like power to seduce young users.

These parents have no idea that lurking behind their kids' screens and phones are a multitude of psychologists, neuroscientists, and social science experts who use their knowledge of psychological vulnerabilities to devise products that capture kids' attention for the sake of industry profit.

What these parents and most of the world have yet to grasp is that psychology — a discipline that we associate with healing — is now being used as a weapon against children.

"Machines Designed to Change Humans"

Nestled in an unremarkable building on the Stanford University campus in Palo Alto, California, is the Stanford Persuasive Technology Lab, founded in 1998. The lab's creator, Dr. B. J. Fogg, is a psychologist and the father of persuasive technology,

a discipline in which digital machines and apps — including smartphones, social media, and video games — are configured to alter human thoughts and behaviors. As the lab's website boldly [proclaims](#): "Machines designed to change humans."

Fogg [speaks](#) openly of the ability to use smartphones and other digital devices to change our ideas and actions: "We can now create machines that can change what people think and what people do, and the machines can do that autonomously." Called ["the millionaire maker,"](#)

Fogg has groomed former students who have used his methods to develop technologies that now consume kids' lives. As he recently [touted](#) on his personal website, "My students often do groundbreaking projects, and they continue having impact in the real world after they leave Stanford..."

For example, Instagram has influenced the behavior of over 800 million people. The co-founder was a student of mine."

Intriguingly, there are signs that Fogg is feeling the heat from recent scrutiny of the use of digital devices to alter behavior. His boast about Instagram, which was present on his website as late as January of 2018, has been removed.

Fogg's [website](#) also has lately undergone a substantial makeover, as he now seems to go out of his way to suggest his work has benevolent aims, commenting, "I teach good people how behavior works so they can create products & services that benefit everyday people around the world."

Likewise, the Stanford Persuasive Technology Lab website optimistically [claims](#), "Persuasive technologies can bring about positive changes in many domains, including health, business, safety, and education. We also believe that new advances in technology can help promote world peace in 30 years."

While Fogg emphasizes persuasive design's sunny future, he is quite indifferent to the disturbing reality now: that hidden influence techniques are being used by the tech industry to hook and exploit users for profit.

His enthusiastic vision also conveniently neglects to include how this generation of children and teens, with their highly malleable minds, is being manipulated and hurt by forces unseen.

Weaponizing Persuasion

If you haven't heard of persuasive technology, that's no accident — tech corporations would prefer it to remain in the shadows, as most of us don't want to be controlled and have a special aversion to kids being manipulated for profit.

Persuasive technology (also called persuasive design) works by deliberately creating digital environments that users feel fulfill their basic human drives — to be social or obtain goals — better than real-world alternatives.

Kids spend countless hours in social media and video game environments in pursuit of likes, “friends,” game points, and levels — because it’s stimulating, they believe that this makes them happy and successful, and they find it easier than doing the difficult but developmentally important activities of childhood.

Should the fear of social rejection be used to compel kids to compulsively use social media?

While persuasion techniques work well on adults, they are particularly effective at influencing the still-maturing child and teen brain. “Video games, better than anything else in our culture, deliver rewards to people, especially teenage boys,” [says Fogg](#).

“Teenage boys are wired to seek competency. To master our world and get better at stuff. Video games, in dishing out rewards, can convey to people that their competency is growing, you can get better at something second by second.”

And it’s persuasive design that’s helped convince this generation of boys they are gaining “competency” by spending countless hours on game sites, when the sad reality is they are locked away in their rooms gaming, ignoring school, and not developing the real-world competencies that colleges and employers demand.

Likewise, social media companies use persuasive design to prey on the age-appropriate desire for preteen and teen kids, especially girls, to be socially successful. This drive is built into our DNA, since real-world relational skills have fostered human evolution.

The Huffington Post [article](#), “What Really Happens On a Teen Girl’s iPhone” describes the life of 14-year-old Casey from Millburn, New Jersey. With 580 friends on Instagram and 1,110 on Facebook, she’s preoccupied with the number of “likes” her Facebook profile picture receives compared with her peers.

As she says, "If you don't get 100 'likes,' you make other people share it so you get 100... Or else you just get upset. Everyone wants to get the most 'likes.' It's like a popularity contest."

Article author Bianca Bosker says that there are costs to Casey's phone obsession, noting that the "girl's phone, be it Facebook, Instagram or iMessage, is constantly pulling her away from her homework, sleep, or conversations with her family."

Casey says she wishes she could put her phone down. But she can't. "I'll wake up in the morning and go on Facebook just... because," she says. "It's not like I want to or I don't. I just go on it. I'm, like, forced to. I don't know why. I need to. Facebook takes up my whole life."

Important Questions Are Simply Not Asked

B. J. Fogg may not be a household name, but Fortune Magazine calls him a "New Guru You Should Know," and his research is driving a worldwide legion of user experience (UX) designers who utilize and expand upon his models of persuasive design.

As Forbes Magazine writer Anthony Wing Kosner [notes](#), "No one has perhaps been as influential on the current generation of user experience (UX) designers as Stanford researcher B. J. Fogg."

UX designers come from many disciplines, including psychology as well as brain and computer sciences. However, the core of some UX research is about using psychology to take advantage of our human vulnerabilities. That's particularly pernicious when the targets are children.

As Fogg is quoted in Kosner's Forbes article, "Facebook, Twitter, Google, you name it, these companies have been using computers to influence our behavior." However, the driving force behind behavior change isn't computers. "The missing link isn't the technology, it's psychology," says Fogg.

UX researchers not only often follow Fogg's design model, but some may also share his apparent tendency to overlook the broader implications of persuasive design. They focus on the task at hand, building digital machines and apps that better demand users' attention, compel users to return again and again,

and grow businesses' bottom line. Less considered can be how the world's children are affected by thousands of UX designers working simultaneously to pull them onto a multitude of digital devices and products at the expense of real life.

According to B. J. Fogg, the "[Fogg Behavior Model](#)" is a well-tested method to change behavior and, in its simplified form, involves three primary factors: motivation, ability, and triggers. Describing how his formula is effective at getting people to use a social network,

the psychologist [says](#) in an academic paper that a key motivator is users' desire for "social acceptance," although he says an even more powerful motivator is the desire "to avoid being socially rejected." Regarding ability, Fogg suggests that digital products should be made so that users don't have to "think hard."

Hence, social networks are designed for ease of use. Finally, Fogg says that potential users need to be triggered to use a site. This is accomplished by a myriad of digital tricks,

including the sending of incessant notifications urging users to view friends' pictures, telling them they are missing out while not on the social network, or suggesting that they check — yet again — to see if anyone liked their post or photo.

Fogg's formula is the blueprint for building multibillion dollar social media and gaming companies. However, moral questions about the impact of turning persuasive techniques on children and teens are not being asked.

For example, should the fear of social rejection be used to compel kids to compulsively use social media? Is it okay to lure kids away from school tasks that demand a strong mental effort so they can spend their lives on social networks or playing video games that don't make them think much at all?

And is it okay to incessantly trigger kids to use revenue-producing digital products at the expense of engaging with family and other important real-life activities?

Brain Hacking

Persuasive technologies work because of their apparent triggering of the release of dopamine, a powerful neurotransmitter involved in reward, attention, and addiction.

In the Venice region of Los Angeles, now dubbed "Silicon Beach," the startup Dopamine Labs [boasts](#) about its use of persuasive techniques to increase profits:

"Connect your app to our Persuasive AI [Artificial Intelligence] and lift your engagement and revenue up to 30% by giving your users our perfect bursts of dopamine," and "A burst of Dopamine doesn't just feel good: it's proven to re-wire user behavior and habits."

Ramsay Brown, the founder of Dopamine Labs, [says](#) in a KQED Science article, "We have now developed a rigorous technology of the human mind, and that is both exciting and terrifying. We have the ability to twiddle some knobs in a machine learning dashboard we build,

and around the world hundreds of thousands of people are going to quietly change their behavior in ways that, unbeknownst to them, feel second-nature but are really by design." Programmers call this "brain hacking," as it compels users to spend more time on sites even though they mistakenly believe it's strictly due to their own conscious choices.

These design techniques provide tech corporations a window into kids' hearts and minds.

Social networks and video games use the trusted brain-manipulation technique of variable reward (think slot machine). Users never know when they will get the next "like" or game reward, and it's delivered at the perfect time to foster maximal stimulation and keep them on the site.

Banks of computers employ AI to "learn" which of a countless number of persuasive design elements will keep users hooked. A persuasion profile of a particular user's unique vulnerabilities is developed in real time and exploited to keep users on the site

and make them return again and again for longer periods of time. This drives up profits for consumer internet companies whose revenue is based on how much their products are used.

Clandestine techniques that manipulate users to fulfill a profit motive are regarded by programmers as "dark design." Why would firms resort to such tactics? As former tech executive Bill Davidow says in his Atlantic [article](#) "Exploiting the Neuroscience of Internet Addiction,"

"The leaders of Internet companies face an interesting, if also morally questionable, imperative: either they hijack neuroscience to gain market share and make large profits, or they let competitors do that and run away with the market."

There are few industries as cutthroat and unregulated as Silicon Valley. Social media and video game companies believe they are compelled to use persuasive technology in the arms race for attention, profits, and survival. Children's well-being is not part of the decision calculus.

A Peek Behind the Curtain

While social media and video game companies have been surprisingly successful at hiding their use of persuasive design from the public, one breakthrough occurred in 2017 when Facebook documents were [leaked](#) to The Australian. The internal report crafted by Facebook executives showed the social network boasting to advertisers that by monitoring posts, interactions, and photos in real time,

the network is able to track when teens feel "insecure," "worthless," "stressed," "useless" and a "failure." Why would the social network do this? The report also [bragged](#) about Facebook's ability to micro-target ads down to "moments when young people need a confidence boost."

Persuasive technology's use of digital media to target children, deploying the weapon of psychological manipulation at just the right moment, is what makes it so powerful. These design techniques provide tech corporations a window into kids' hearts and minds to measure their particular vulnerabilities,

which can then be used to control their behavior as consumers. This isn't some strange future... this is now. Facebook [claimed](#) the leaked report was misrepresented in the press. But when child advocates called on the social network

to release it, the company refused to do so, preferring to keep the techniques it uses to influence kids shrouded in secrecy.

Digital Pied Pipers

The official tech industry line is that persuasive technologies are used to make products more engaging and enjoyable. But the revelations of industry insiders can reveal darker motives. Video game developer John Hopson, who has a Ph. D.

in behavioral and brain science, wrote the paper "[Behavioral Game Design.](#)" He describes the use of design features to alter video game player behavior, sounding much like an experimenter running lab animals through their paces, answering questions such as: "How do we make players maintain a high, consistent rate of activity?" and "How to make players play forever."

Revealing the hard science behind persuasive technology, Hopson says, "This is not to say that players are the same as rats, but that there are general rules of learning which apply equally to both." After penning the paper, Hopson was [hired](#) by Microsoft,

where he helped lead the development of the Xbox Live, Microsoft's online gaming system. He also assisted in the development of Xbox games popular with kids, including those in the Halo series.

The parents I work with simply have no idea about the immense amount of financial and psychological firepower aimed at their children to keep them playing video games "forever."

Another persuasive technology expert is Bill Fulton, a game designer who trained in cognitive and quantitative psychology. He started Microsoft's Games User-Research group before founding his own consulting agency.

Fulton is transparent about the power of persuasive design and the intent of the gaming industry, [disclosing](#) in Big Four Accounting Firm PwC's tech business journal:

“If game designers are going to pull a person away from every other voluntary social activity or hobby or pastime, they’re going to have to engage that person at a very deep level in every possible way they can.”

This is a major effect of persuasive design today: building video games and social media products so compelling that they pull users away from the real world to spend their lives in for-profit domains. But to engage in a pursuit at the expense of important real-world activities is a core element of addiction.

And there is increasing evidence that persuasive design has now become so potent that it is capable of contributing to video game and internet addictions — diagnoses that are officially recognized in China, South Korea, and Japan, and which are under consideration in the U. S.

Not only does persuasive design appear to drive kids' addictions to devices, but knowledge of addiction is used to make persuasive design more effective at hijacking the mind. As Dopamine Labs' Ramsay Brown [acknowledges](#) in an episode of CBS's 60 Minutes,

“Since we've figured to some extent how these pieces of the brain that handle addiction are working, people have figured out how to juice them further and how to bake that information into apps.”

Stealing from Childhood

The creation of digital products with drug-like effects that are able to “pull a person away” from engaging in real-life activities is the reason why persuasive technology is profoundly destructive.

Today, persuasive design is likely distracting adults from driving safely, productive work, and engaging with their own children — all matters which need urgent attention. Still, because the child and adolescent brain is more easily controlled than the adult mind, the use of persuasive design is having a much more hurtful impact on kids.

Persuasive technologies are reshaping childhood, luring kids away from family and schoolwork to spend more and more of their lives sitting before screens and phones. According to a Kaiser Family Foundation [report](#), younger U. S.

children now spend 5 ½ hours each day with entertainment technologies, including video games, social media, and online videos. Even more, the average teen now spends an incredible 8 hours each day playing with screens and phones.

Productive uses of technology — where persuasive design is much less a factor — are almost an afterthought, as U. S. kids only spend 16 minutes each day using the computer at home for school.

Having children of their own can change tech execs' perspective.

Quietly, using screens and phones for entertainment has become the dominant activity of childhood. Younger kids spend more time engaging with entertainment screens than they do in school, and teens spend even more time playing with screens and phones than they do sleeping.

The result is apparent in restaurants, the car sitting next to you at the stoplight, and even many classrooms: Attesting to the success of persuasive technology, kids are so taken with their phones and other devices that they have turned their backs to the world around them.

Hiding in bedrooms on devices, or consumed by their phones in the presence of family, many children are missing out on real-life engagement with family and school — the two [cornerstones](#) of childhood that lead them to grow up happy and successful.

Even during the few moments kids have away from their devices, they are often preoccupied with one thought: getting back on them.

In addition to the displacement of healthy childhood activities, persuasive technologies are pulling kids into often toxic digital environments. A too frequent experience for many is being cyberbullied, which increases their risk of [skipping school](#) and [considering suicide](#).

And there is growing recognition of the negative impact of [FOMO](#), or the fear of missing out, as kids spend their social media lives watching a parade of peers who look to be having a great time without them, feeding their feelings of loneliness and being less than.

A Wired Generation Falling Apart

The combined effects of the displacement of vital childhood activities and exposure to unhealthy online environments is wrecking a generation. In her recent Atlantic [article](#), "Have Smartphones Destroyed a Generation?,"

Dr. Jean Twenge, a professor of psychology at San Diego State University, describes how long hours spent on smartphones and social media are driving teen girls in the U. S. to experience high rates of depression and suicidal behaviors.

And as the typical age when kids get their first smartphone has fallen to 10, it's no surprise to see serious psychiatric problems — once the domain of teens — now enveloping young kids.

Self-inflicted injuries, such as cutting, that are serious enough to require treatment in an emergency room, have [increased dramatically](#) in 10- to 14-year-old girls, up 19% per year since 2009