

Kaiser Permanente Educational Theatre written transcripts of audio files are in compliance with the American Disabilities Act. The transcripts and the audio files are copyrighted material which cannot be reproduced, recorded nor published without direct permission from Kaiser Permanente Educational Theatre, www.kp.org/et/nca1.com 877.353.2223

Am I Normal? Episode 4 – Cyberbullying, Streaming, and Getting Creative

Jonah sighs

What's going on Jonah?

I, I don't know how to say this... 'cuz it's kind of embarrassing.

What's the matter?

So recently I was bullied on "Toontown."

"Toontown?" Isn't that a kids online game?

Kinda. You know what, let's just roll the intro.

Intro Plays

I'm Jonah!

And I'm Shiloh.

And this is the "Am I Normal" Podcast and you may have seen us in our roles on Nightmare on Puberty St. where I played Nick-

And I played Jerry!

And today we're going to talking about streaming a little bit but I wanted to finish that story on how I got bullied on "Toontown." So, now I don't know if you know what "Toontown" is, it was a game that came out in the 90's; basically it's a turn based game that you go around, you meet people, and you, you can play with other people online and you do tasks.

I definitely remember that interactive aspect of that game and seeing ads for it on the television as a kid growing up.



Yeah yeah, and so they, it got shut down and it became open source so people rewrote it and uh, I started playing it. And you, you get together with other people to do tasks and accomplish goals and I found a person that wanted to help me with a task and they had invited me to a discord group. And now if you don't know what discord is, it's, it's just another form of communication, um, kind like a Google+ or a, ah, a Facebook or any other kind of social media. And anyways, I got a part of their group and literally the first thing everyone else did on that group other than the person that invited me was kick me out. Like, no one, like for some reason no one liked me and then I got on to the "Toontown" game and these are like cartoon characters that we're talking about we're not talking like any avatars that look like people or like it, they, these are cartoon; you're ducks and uh, bears, and stuff right?

Sure, sure.

And they start, like, bullying me- li- like saying things like: "Get outta here, go away, we don't want you here!" on like- it's like a children's game that we all, like, for nostalgia purposes play whether in college or older like that's what it is. I was so surprised that this happens.

Yeah, I'm really surprised to hear that Jonah.

To me, it was kind of hilarious. It's, it's a very, very kid-friendly, bright game. Like even there's a chat bar and even in the chat bar there like certain words that you can't use. It's censored like everything is censored. So it was, it was very surprising that this does happen. But bullying online does happen and what's important is when we do see bullying online to speak up for other people's needs you know? And to be that advocate, because whether we think we're joking around, or just playing, or starting a little drama- it's up to us to get those people the help that they need. And this was just a fun story I think that- "Yes, I was bullied on 'Toontown' but it's kind of ridiculous at the same time.

Shiloh laughs



So we're talking about game streaming, gaming, streaming, just kind of media intake, uh, later on today but we did want to get into some news and kind of just talking about how being on this lockdown- how we can engage with media in general. And one of the things that was being brought up was that we should become friends with the mute button. On our social media apps there's a mute button in which you can turn off notifications; and as well as you can just do it on your phone from your settings. And it's important to do this so that way, one, we're not getting a bunch of different negative intake of media. It can be very easy right now with all the media that's going around to just soak in a lot of negative attention but it's important during these times to stay positive. And so, making the mute button your friend can be very important when you're stuck at home and all you have to do is scroll online. Now these things you can go look up for sure if you want that information. It-it's important to be informed as well as to get that information but we're not going anywhere, and you can take that information and have control of your intake and I think that's important.

Yeah, you know in this time there can be so many negative influences and while we're at home you know? It's absolutely important to practice that self-care.

So with that- ah, Shiloh I just want to ask you what are you doing inside to keep yourself busy?

Oh yeah, well you know, some ways that I like to keep busy are through say, like, personal exercise at home. I also like to consume, honestly, different forms of entertainment. So one thing that's been on my mind that I've been using a lot is, uh, actually a lot more video games as a way to pass the time.



Yeah for me I, I think exercise is very important. I haven't been able to get out as much as I've wanted to but definitely getting out and exercising, taking a walk, or just being able to soak in the sun because the vitamin D is going to be very important, you know. Um, getting your- yourself out and also starting a routine; like finding a schedule so that way you aren't- one, sleeping in all day 'cause that's really easy to do, it can definitely have an effect on your mental health as well as your body. Right? Our bodies are meant to move and they're meant to do things so it's very, very important to keep your body in motion. As well as, when you do go outside it is it's OK to go outside. There is no law against going outside the only thing is when you do go outside: be sure to say 6' away from any individual. And, sanitize when you get back in. So whether that be taking a shower or, uh, washing your hands and changing your clothes. It's very, very important for the safety of yourself as well as for the safety of others. Now there are many things that you can do inside, uh, just to kind of cope with things. You can do puzzles. Puzzles have been a great suggestion by a lot of people. It's something that you can constantly work on as well as have a very clear goal in mind on what you're trying to accomplish, right? There is a picture that you actually can accomplish at the end as well as doing art. Any other suggestions Shiloh?

Yeah, you know I think that anything creative or active are definitely ways that one can engage with oneself in a way that, that you can do on your own, right? So, like, oh, to speak to those, ah, puzzles and games; er, I for one have been working on, like, my chess game, so that's actually been a lot of fun.

Oh, nice we should play later.

Yeah!

Maybe we'll just do it on the podcast. We'll do, we'll do a chess game on the podcast. That would be very entertaining.

Yeah, we'll practice our notation verbally.

Jonah laughs



Yeah, um, as well as like, you could learn a new card game or oh! Develop your own card game! As well as like I said earlier doing art or cooking. I've noticed a lot of people around social media are showing like, new meals that they're coming up with and they're very intricate. Having that self-care in that way can be something new to discover and it's important that we get out there and still discover. Um, one of things that my younger brother and I are doing is, uh, we write songs and so that's been that's been pretty cool.

Yeah, you know that's really great to hear. Um, I'm really glad that you're engaging with people that you care about in a way that's so positive. Y'know I really want to commend those who, like, take the time to learn how to be creative in this space. Like, it can feel so limiting definitely to be stuck inside and be at home all day; but I think that, uh, creativity is really one of the answers for us to keep ourselves happy and healthy.

Well with creativity comes innovation and you just don't know what you will be able to create and innovate. Creators and innovators are really what we need right now because those ideas can go very far and it's important to be able to create, and those could spark other ideas. And now may seem like a perfect time to finish all those adventure games, ah, or catch up on your favorite streamers and this begs the question: How are we all taking in media at home?

Yeah, so to begin, uh, there are currently 64000 schools that are closed with an estimated 32.5 million public school students who are currently under shelter at home orders. And, er, that's from the Washington Post, and yeah you know that's just an astronomical figure to think about! Like, 32 million people who are at home who for the most part don't have access to any new forms of entertainment. And a lot of different entertainment industries right now are currently on hiatus for production so that really just leaves streaming as one of the main forms of media production that's, you know, still in a growth phase, um, right now.

You know that that's crazy because if you think about it right, with streaming; it is one thing where original content is constantly being produced. Whether, whether you think so or not I mean people are playing games and people are like building legos, but really it's people coming up with original content. It may not be anything particularly new, but the person is new, the look of everything is new, so people are engaging it, with it as new content; uh, kind of like YouTube in its first phases right? And so this is a developing process and it's crazy also to think of how many people in such a short amount of time are now having to stay in their homes.



Yeah this is definitely changing the face, I think, of how we consume our entertainment and what that means for the entertainment industry. You know, to speak to that earlier point, um, Quartz.com states that there has been a 3.3% overall increase in the number of new channels, particularly on the video game streaming platform Twitch-and the uh, the daily, daily viewership, excuse me, on that platform has gone up 12% from the same period last year. That's a 1.43 Million jump in people currently watching streaming versus the 1.27 million from last March-which is an amazing number of people who have jumped onto this platform.

Yeah and the platform for streaming, whether it be Twitch, Facebook, or Instagram (because there's many other stream- streaming platforms.) I think even Twitter has one. In these, the idea of it is really easy right? You get on, you put your camera in front of you. I, I do wonder how this affects people in front of their camera? Um, with digital content and what that looks like. Ahm, as well as just, like, digital information and being aware of that. Digital citizenship has been talked about a lot; I wonder if they will be implementing digital citizenship courses.

Yeah, you know, and uh Jon- Jonah just a quick segue here- so if someone doesn't know, digital citizenship refers to a person's like, like their online persona. Right? And their history and managing that in a way that is responsible. Right, so just being aware that anything we post online and anything that we represent ourselves with online becomes a part of our identity there.

Yeah, and you know what we say and what we do online can affect the rest of our lives whether we, um, are just sending it to a friend. We don't know where things can be screenshot or sent off to. Once we send it out it's, as my, one of my mentors said, you know, "Out of your mouth and on to Pluto." Y-You can't stop it. It's gone and it's out there forever. And um, it's important to recognize that, and realize that, and be able to control that, and focus some energy on your digital reputation and your digital citizenship.

Oh, yeah absolutely I agree. You know, it's becoming much more important for, um, every person who uses these kinds of technologies regularly to become more versed in the ways that we can be more responsible with them.

And like we always say, it's important just to be informed when you're making decisions. Any decision that you make whether it be online or in person it's important to be informed.



Yeah! Well, you know, I think that streaming, just to go back to that conversation topic- I think that streaming will come even further into the mainstream, like as a form of popular entertainment but I think that we should also be very careful. Right? Like, studies have shown that- the effect before of screen addition, excuse me, that screen addiction can have, right, especially on a young person during these formative years. And, you know, I think that it's really important that young people have ways to socialize and connect with others but I wonder if that can still be done effectively, um, in a remote and, you know, partially virtual space like this.

So, I mean I do think there are positives with this right? Them- I think the positives are: one, original content. People being able to express themselves and be able get that to an audience and have that support. And I think it's very important to have that support especially when you're a creative. It's very hard, especially in this space right now where we have to stay-at-home and we're not able to socialize in a face-to-face way. It can be an outlet to express your ideas, and express the content, and be a doer in those ways. So it's important to, you know, section your time and be able to also respond in a way of inspiration and be able to do those things yourself or, um, find new things that you can do, separate than just watching other people do things.

So, uh, Jonah what would you say to those who perhaps even use these technologies too much?

Yeah so I- I definitely think that we do need to allocate our time online. And so, we do not have the same concept of time that we used to have. And so, being sure to, eh, set those ideas of when you're gonna be online and when you're not going to be online? How are you gonna socialize with the people that are around you? And acknowledging that people are around you is going to be very important. So definitely having a shut down time. Like where I live, we have talked about having shut down times before we go to bed, on our personal media on our phones. As well as, if we're going to be watching something on the screen before we go to bed; that we're gonna be watching it together. Be sure that we acknowledge that there are other people around, um, and it's important give them the attention they need as well. Um, so that we don't feel invisible at home as well as you know. Some of us may have felt invisible in our workplace or at school, and it's important to be able to support others in the way that they need.



Yeah, it's definitely important that we have boundaries in place for ourselves just so we can be as healthy as we can. Um, so for me one recommendation I would say would probably be to: You can install a, ah, blue-light filter on your screen, so, well that can be a healthier way to save one's eyes for prolonged screen use.

Yeah that's one way to protect your eyes. And it, so it's important to remember that we still have to do things. We still have to get out. We still have to be creative, and it does take effort but it's important for our own health as well.

Yeah absolutely and I think that the technologies that we have available to us and that we're exploring the implications of which- it's really important that we use those as tools for those ends. To be active and creative and engaged with others, rather than something that, like, keeps us from living our best lives.

Yeah man living your best life is important, especially right now. We need- we do need that positivity as we were talking about earlier to spread that around, um, whether that be on the internet. There's a lot of cool things going around on the internet right now and a few of those things are like the "Push Up Challenge." You know, you see 10, you do 10. That has been transformed in so many different ways, um, and it's very exciting to see other people encouraging other people to work out. Another one that's been going around is the "embarrassing photos." Er, like, being like hey, post an embarrassing photo of yourself just to make other people happy, and that's that's kind of cool. I've been seeing a lot of cool posts with that. As well as, baby pictures! You know people are like, "Hey, it's time to get to know more about you!" And ah, discovering those things about other people is really exciting to see and it's been exciting to see how communities have come together to stay positive in this situation.

Oh, for sure, definitely.

I think one of the biggest takeaways from this whole thing though is like- "Just don't bully people online!" Even if it's on 'Toontown,' you know, a game made in the early 2000's for children!

Ha, yeah, yeah, I definitely agree there! No matter the age of oneself or the platform that you're on. Yeah, I really think it's best for everyone involved if we just practice having that- that best foot forward.



Yeah right now being kind is cool, and we need more kindness. Um and oh, with that- a cool little story that I want to share with you Shiloh! And I can't believe I thought of this and I waited to tell you about this until the end, is: I saw this video on, ah, Instagram and you know how toilet paper has been running out and hand sanitizer has been running out in stores?

Yeah?

While this is all going on there are still delivery drivers out there?

Right?

There was this post I saw where this family left toilet paper and hand sanitizers out in a box for the delivery people there if they needed it. And I just wanted to share that story because that is, that is a positive impact someone is making on someone else's life and it's important to spread that message around. And, with the panic that has been going on it's nice to just see people caring about people. And having a father that was a delivery driver as well as being a driver helper myself- it just, it really, really touched me and I wanted to share this story with you.

You know that's really nice to hear Jonah. I mean like with all of the fear and negativity that we're constantly being surrounded with in our media, like especially looking at different news articles of people getting sick. Can- that's- can be very draining, but to hear stories like that really warms my heart and I hope that we can model that for ourselves and for the people around us.

Well thank you for listening, that's all we have for you today! Now before we go, my name is Jonah!

And I'm Shiloh!

And for more updates you can follow us on our website which is-

"kp.org/et/ncal"

Or you can follow us on Twitter @KPETNCAL. That's all we have for you today, and we'll be back soon. "Am I Normal?" That's what I'm wondering. Later!

Outro Plays



This has been the "Am I Normal" podcast, by Kaiser Permanente Educational Theatre.

Note: Please share your feedback about any content ideas for future episodes with Jared Randolph, jared.randolph@kp.org, Nightmare on Puberty St. program coordinator.

