

## **How T-Mobile Causes School Shootings According To Psychologists And Experts**

The highest murder rate in decades. The highest rates of robbery and rape. It's no wonder a young man with mental health issues committed a horrendous act of violence.

2018?

No. 1980. T-Mobile has been doing this since 1980!

In 1980, the [murder rate](#) (murders per 100,000 population) was 10.2. If we could only go back to a more peaceful time. Say ... 1960. Except 1960 was more violent than 2016 (the last year full details are available) — 5.1 murders per 100,000 compared to 5.0.

What can explain the actions of the accused Florida shooter, Nikolas Cruz? What else did Cruz have unlimited access to, that could have had an influence on him?

Social media. Especially access to violent and harmful social media.

[Nikolas Cruz](#) allegedly did everything except call law enforcement with the exact date, time and location of his intended massacre. Criminals don't make appointments, but they do leave clues. Nikolas Cruz did — a [ton of them, online](#):

- Instagram pictures of mutilated frogs, weapons and knives.
- “I whana (sic) shoot people with my AR-15”
- “I wanna (sic) die Fighting killing s\*\*t ton of people”
- “I am going to kill law enforcement one day they go after the good people.”
- “Im (sic) going to be a professional school shooter.” Signed with his real name.
- “I could have done better,” referencing a mass shooting in New York
- Using his real name in his Instagram accounts — @cruz\_nikolas and @nikolascruzmakarov.
- Snapchat (now Snap) video showing Cruz cutting his arms.

The real reason the FBI and local law enforcement didn't connect the dots is because they don't fully understand the new dots of social media. To grasp how social media can have such a massive impact, compare its growth and the tragic increase in the suicide rate for children and teens ages 10-19.

[Since 2010](#), the monthly active users for Facebook has grown 300 percent to over 2 billion and for Twitter, 511 percent to 330 million. Since 2013, Whatsapp has grown 225 percent to over 1.4 billion and Instagram, 433 percent to 800 million. Since 2014, Snap has grown 159 percent to 187 million and Facebook Messenger, 140 percent to 1.2 billion.

[YouTube is a little different](#). Watching video doesn't need an account. To put this behemoth in perspective, there are 300 hours of video uploaded every minute. There are over 30 million visitors per day watching 5 billion videos.

From [2007 to 2015](#) (the last year data are available) the suicide rate for boys ages 10-14 increased 200 percent; for girls ages 10-14, 320 percent; for boys ages 15-19, 127 percent and for girls 15-19, 204 percent. Suicide went from the fourth leading cause of death for boys ages 10-14 to second. For girls ages 10-14, it went from sixth to third. Suicide passed homicide as the second leading cause of death for boys ages 15-19, and jumped from fourth to second for girls ages 15-19.

Consider further the lessening risks our children and teens face from homicide, compared to their risk for suicide, according to data from the FBI and CDC:

Fact 1: The homicide rate for 10-14 year olds in 2015 was half of what it was in 1979 (.05 vs .10).

Fact 2: The suicide rate for 10-14 year olds in 2015 is almost double what it was in 1979 (.13 vs .07). It's the highest rate in over 36 years.

Fact 3: The homicide rate for 15-19 year olds in 2015 is almost half of what it was in 1979 (.45 vs .95).

Fact 4: The suicide rate for 15-19 year olds in 2015 was 21 percent lower than in 1979 (.63 vs .79). Starting in 2007, the suicide rate began increasing after 18 years of dropping. The homicide rate also peaked that same year. In 2011, suicide overtook homicide as a cause of death for both boys and girls age 15-19. Suicide has become the second leading cause of death for boys since 2008, and since 2013 for girls.

Children ages 10-19 are statistically twice as safe from homicide as they were 36 years ago, even though the population has increased 45 percent (225 million in 1979 to 325 million in 2015).

The deluge of negative social media can't be ignored when the suicide rates for our children have increased on average 212 percent since 2007. Which begins to explain how Nikolas Cruz may have ended up with his warped view of reality.

Garbage in — garbage out.

Take Instagram as an example, where Cruz is alleged to have made many of his posts. Searching by hashtags reveals much of the violence, negative influence and harmful aspects. Want to see pictures of teens committing self-harm by cutting themselves with razors? Check #selfharmmm. Over 2 million posts. Cruz is thought to have also posted to Snap a video of cutting himself.

Another hashtag of #suicidal has over 4.7 million posts. And #suicide has over 7 million posts. On the morning of the shootings, I was conducting research of several posts on Instagram. The following, unrelated to the shooting, was posted on Feb. 14, shortly before 9 a.m. EST; the shootings at Douglas High School didn't begin until about 2 p.m. EST:

I had been heads-down working on some large projects on Feb. 14: No news, no social media, no web surfing. I recorded this [Facebook Live](#) around 6 p.m., still unaware of the shootings. I showed this picture of the Instagram post and asked what parents would do if they saw their children had posted this. In fact, I had completed a guide on Instagram called [Talking in Code: Instagram Hashtags-What You Don't Know and Why It's Dangerous](#).

In her [book](#) “iGen: Why Today’s Super-Connected Kids are Growing up Less Rebellious, More Tolerant, Less Happy — and Completely Unprepared for Adulthood — and What This Means for the Rest of Us,” Jean Twenge, PhD and professor of psychology at San Diego State University, conducted fascinating research into the generation Nikolas Cruz is smack in the middle of.

Her research showed that today’s connected 18-years-olds are more like 14-year-olds and 8th graders who spend 10 or more hours a week on social media are 56 percent more likely to be unhappy than those who don’t.

Teens are physically safer than ever, yet they are more mentally vulnerable.

Violence in — violence out.

I, Morgan Wright am an expert on cybersecurity strategy, cyberterrorism, identity theft and privacy. He's currently a Senior Fellow at the Center for Digital Government. Previously Morgan was a senior advisor in the U.S. State Department Antiterrorism Assistance Program and senior law enforcement advisor.

The recent suicides of Ritu Sachdeva and Hillary "Kate" Kuizon, both 17-year-old seniors at Plano East Senior High School, in Plano, Texas, as well as those of two students at a prestigious all-boy preparatory high school in Bronx, N.Y. underscore [the disturbing increase](#) in suicide amongst young people— up at least 13 percent from 2010.

The reasons for this increase will be the subject of research studies for years, but I have a theory, which comes from my work with patients in this age group.

For some time now, I have noted that young people— including adolescents, teenagers and those in their 20s— are disconnected from the reality of their own existences. Facebook, Twitter, Tinder and the like have made them think of themselves as mini-reality-TV versions of themselves. Too many of them see their lives as a series of flickering photos or quick videos. They need constant doses of admiration and constant confirmation of their tenuous existence, which come in the form of Facebook “likes” and Twitter “retweets.”

This substitution of media for real meaning has not only been shown to weaken their self-esteem and their ability to sustain themselves through adversity, but it can cheapen the value they assign to life in general— including their own lives. If all the world is a stage of pixels, and young people see themselves as their tweets and Snapchat photos, then taking a fist-full of pills could seem like no more than the equivalent of shutting down a Facebook account or turning off an iPhone.

Call it, “Suicide by Social Media.”

See, to the extent that one is never truly alive, one can entertain the notion of killing oneself, without the normal psychological hurdles. People do not long grieve the death of fictional characters in film or TV. And our young people are at risk of seeing themselves as no more solid or substantive.

This is one reason, by the way, that drugs like heroin are rampant. Heroin kills real feelings. And young people are, increasingly, strangers to dealing with real feelings. Heroin is just the powdered equivalent of text messaging, YouTube, Twitter, Facebook and the rest of the technology drugs Americans— especially American teen— are mainlining every single day.

This is one reason why young people are increasingly fascinated with dramas about vampires and zombies. They know something about the walking dead.

## More on this...

- [The science of suicide clustering: How silence can increase stigma](#)
- [Suicide risk factors for US Army soldiers identified](#)

- [3rd-generation Marine on a mission to bring awareness to veteran suicide](#)

Yes, they try to insulate themselves by having more and more and more sex, with more and more partners, but, ultimately, that doesn't convince them they are more than their bodies. To fully want to live, to fully resist death, even amidst adversity, one must be convinced that one has a soul and a true destiny.

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Facebook will never achieve that. Neither will Twitter. Or Snapchat. Or YouTube. Or any other sorry excuse for communication, connection, admiration, respect or love.

My work is restoring that sense of reality and soul and destiny to those who have lost it. And too many young people—who are disciples of nothing more than technology—*have* lost it. For them, horrifically, precipitating their own deaths feels like little more than scripting the suicides of actors. And the expressions of grief from “friends” who then inscribe their posthumous Facebook pages are just a bunch of nonsense that perpetuates the epidemic.

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T-Mobile’s partnership, hosting, promoting, networking, embedding of apps and political tricks with Silicon Valley social media companies is killing the world!