

UHS PTO Meeting Minutes

April 11, 2019

***not approved yet**

President - Ann Ferentinos

- Welcome and introduction of the board members
- Welcome and introduction of the 2 speakers
Dr. Bhatti - speaker on unintended consequences of phone usage
Trooper Kevin Kochka - "Those who host lose the most"

**April Meeting Minutes approved

**Treasurer's Report approved

Jimmy- Principals report

- AP testing and Keystone testing coming up
- May is extra busy, but fun- especially for the seniors
- April 27th- Ted talk at the school- students will be speaking about different topics
- SHOC day- June 7th
- 8th Grade EOY celebration- June 7th

Prom/After Prom- Luci McClure

- Keep kids safer after the prom
- Need lots of volunteers to make it happen
- Need lots of clean up volunteers-
- Dismissal at 2, 3 and 4 with parent pick up

FOCUS- Lisa Tasciane

- "What made Maddy run" was the recent activity
- Last event -May 4th-7:00p.m. @ UHS - BVA Brandywine Valley Association Choral/UHS Choral Performance on suicide prevention

Dr. Bhatti -unintended consequence of phone usage

Dr. Bhatti- Clinical physician - Electronic Devices and how they impacts the younger generations brains

- Mainly smartphones with ages 10-19 year olds
- Dr. Bhatti teaches 25-30 year old adults to mold them into physicians
- 2012-2013- the people he was teaching were different in their learning process
- He noticed changes in his children as well
- About 5 years ago he was finishing up a typical clinical day with a colleague- the colleague got a phone call that their child's friend had posted that they were going to commit suicide- the colleague then had to call all the parents of the friends and make sure this child was safe- this situation really opened his eyes and caused him to really start researching more about the electronic topics and their impacts
- Another event shortly after that really caught his attention -a nurse grabbed him during a meeting to discuss a recent situation. Her oldest son wanted to commit suicide and they caught him in time
- Last 6-8 years he has been really researching this topic due to the above reasons
- Cell phone usage is amazing and positive in many ways
- Bashing social media bashing is counterproductive- it can be very powerful - great for educational use and many other benefits
- Allows us to consume online shopping, interact with each other, play games

Facts Social Media

- Pornography is $\frac{2}{3}$ of the traffic on the phones
- Last 5 years- psychiatrists can not come to a consensus on the true impact of social media on the developing brain
- Is social media an addiction? - doctors can't agree
- Doctors call it "problematic use", but not addiction yet- problematic use does have a lot of addiction characteristics
- What is the number of hours of usage to determine problematic use? Too early in the research process to find that actual number
- Brain development is well studied in 10- 19 year olds- 10-16 years olds can make cognitively okay decisions as long as the emotional and social influences are not involved
- Unpredictable date at 18 years old- these kids are expected to make solid choices- because they are legally bound to the consequences
- Legal- COPA act was passed in 2000 which made 13 years old a "special" age- they are able to give consent to enter a contract online- courts will uphold those contracts
- 13-18- Legally have no rights online, but they can enter contract online
- Boys and girls brains are developing completely different- on average from MRI studies 21-22 is the age of girls for complete brain development and age 24 for boys

- When should parents get their kids cell phones? - depends fully on the maturity of each individual child and how they can handle all that comes with it.
- “Cannot get that one back” - should I post it or not?- we as adults have a hard time doing that - can we imagine how hard it is for the kids?
- Educating children early is crucial- parents, schools, communities, family gatherings- we need to help each other
- Downstream effects are being seen- suicide risk is SO high right now- how do we get in front of this?
- Does cell phone use create anxiety? Cell Phones are being used as an outlet to ‘cure’ our anxiety/depression which then creates more anxiety - a cyclical issue
- Suicide rate has doubled since cell phone usage began

Questions

1- How to determine “problematic use” vs “addiction”? no specific answer in current studies yet, but it has to do with how we receive rewards from our behaviour - dopamine releases when you feel a reward- so we engage in certain activities to feel that reward

Problematic behaviour- “alters” the reward system

Addiction- “reverses” the reward system

3- Comment from a parent- We parents need a support group for those of us who do not give our kids cell phones going into 6th grade

4- Comment from a parent who is a Radiologist- she got very sick and had to kill all the power of the devices in her home - they had to put all their electronics in airplane mode- Also her friend turned all the power off and their 1 son slept through the night for the first time ever, and their other son’s behaviour issues completely disappeared

****WE have to model the behaviour of how we want our children to behave

State Trooper Kevin Kockka- our school community outreach officer

“Those who host lose the most”

Jimmy’s comments about what to do as a parent when your kids have a bunch of friends over- search their bags, provide the water bottles, don’t let them bring in their own bottles of drinks

State Trooper-

- You are legally responsible for all those inside your house
- Fine is \$1000 for 1st minor- \$2500 for all other minors drinking in your home
- Up to a 1 year of jail time if found guilty
- “Endangering” a child- misdemeanor or felony depending on what happens after they leave if they run from the party and get in their car and kill someone
- 90% of the issues come from instagram/facebook/social media- because of posting the actions online
- School administrators will partner with us when they hear something or if we hear something - share with each other
- “Police” your kids- it is your responsibility
- Lock up the liquor and the medicines in your home
- Check any beverage containers in your kids rooms- smell them