Parent Coffee

March 16, 2020

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WELCOME!

CINDY GILBERT - School Psychologist

MARK SWARSTAD - Grade 6 Counselor

CHRISTA HAYCOCK - Grade 7 Counselor

BEN ROBERTACCIO - Grade 8 Counselor

RYAN BRUCE - Dean of Students

TODD NORTON- Technology Coach

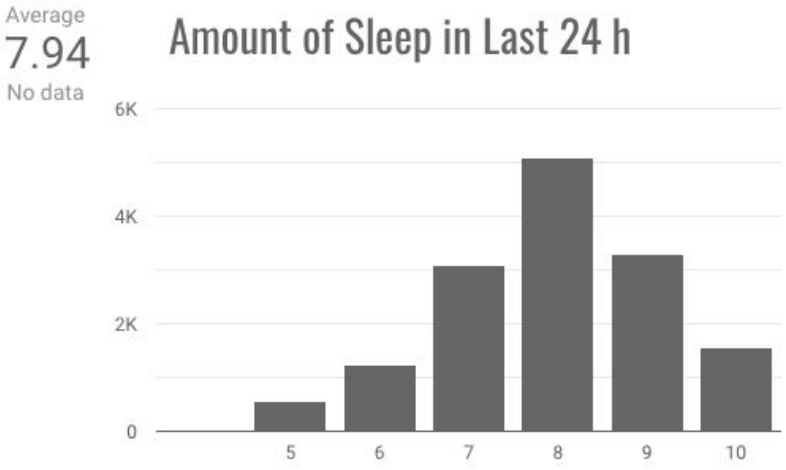
STAN RICHARDS- Tech Coordinator

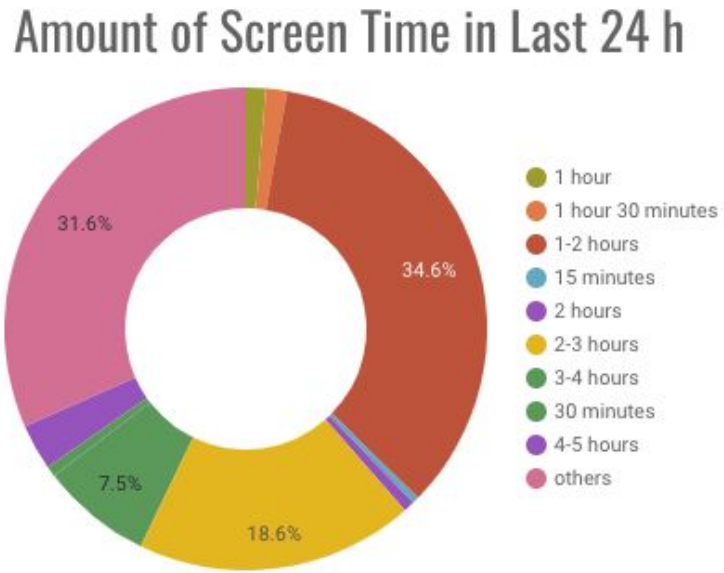


Well-being Data

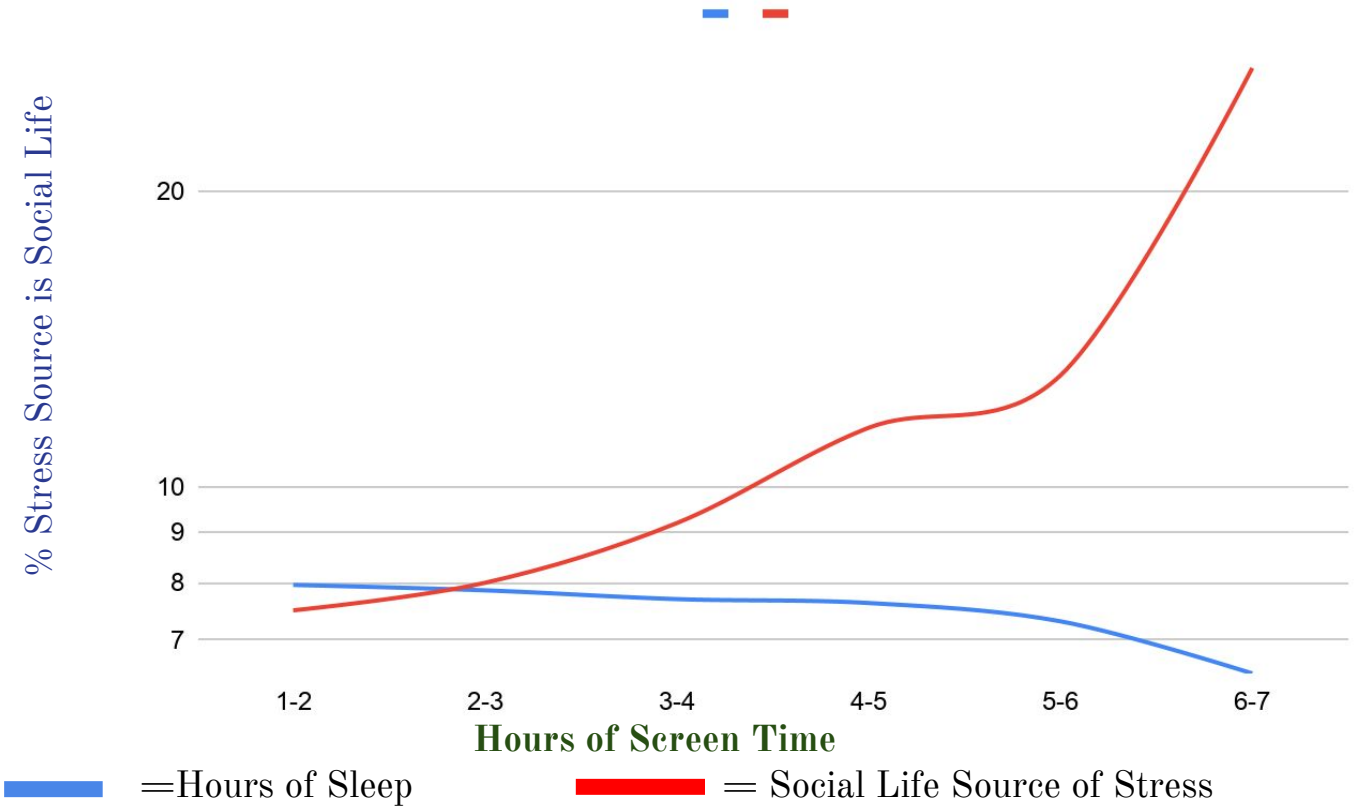
Tech Info

Average Sleep Since WBC Inception

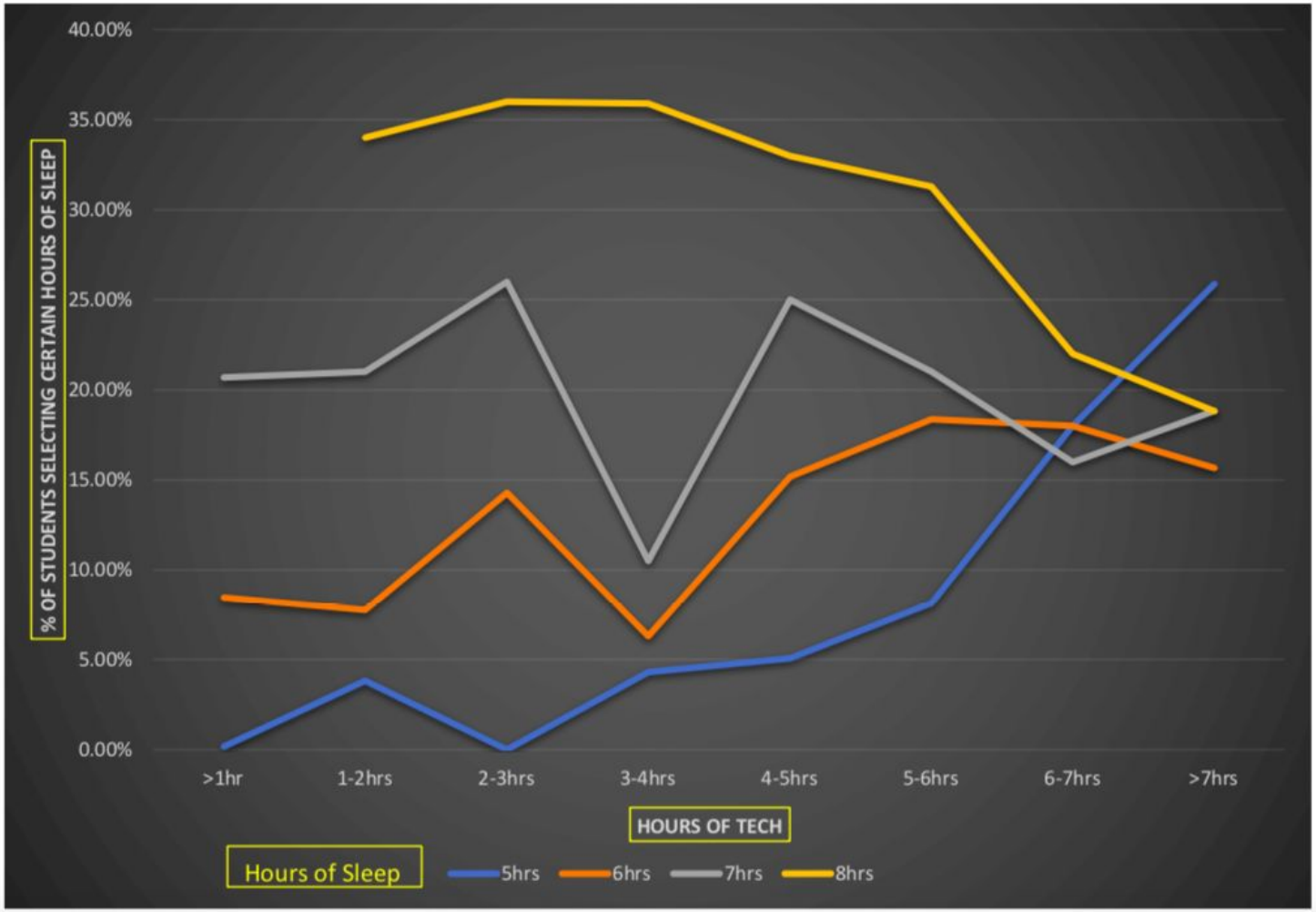




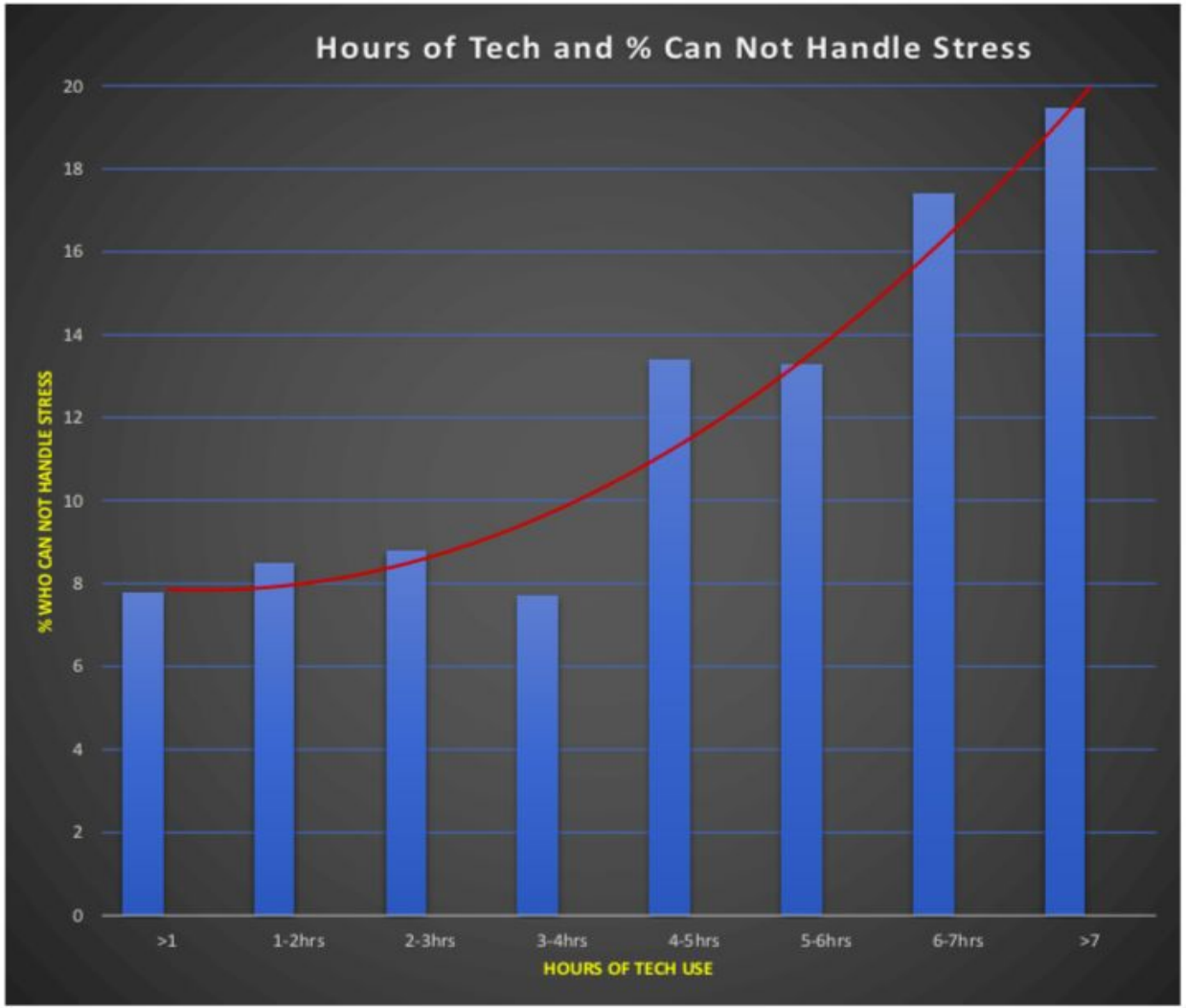
Sleep Hours, Screen Time, Social Stress



Relationship Between Hours of Tech Use and Hours of Sleep



Relationship Between Hours of Tech Use and Stress



What is going in the adolescent brain and development?

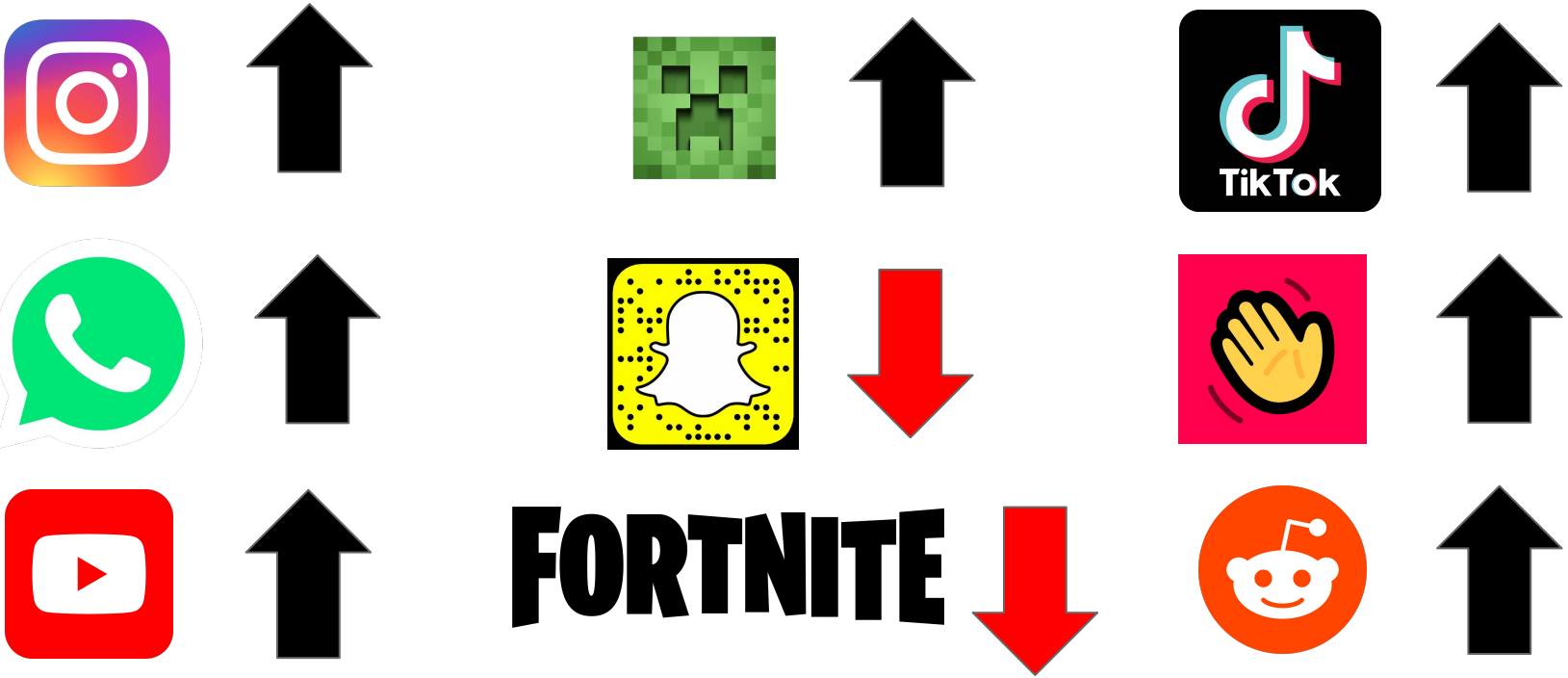


- Incongruent development
- Lack of inhibition regulation
- Powerful limbic system (emotional drive center)
- Dopamine sensitivity
- Development of the “I”
- Poor risk assessment
- Social Drive

TEENAGERS SHOPPING WITH THEIR PARENTS



Current Tech Trends for Teens



New Singapore Law on Sharing Images

Advisory Lesson on the Singapore Law (Grade 8)

Advisory and Health Lesson (grade 8)



Key Takeaways

- Pressure-often not singular
- Over trusting
- Present, not future, minded
- Not a big deal for some
- Think they can get away with it
- Perception consequences only happen when leaked
- Consequences that matter are loss of social power
- Gender differences
- It’s like currency for guys and statement of trust for girls
- Past two years: Snapchat



What Should Parents Do?

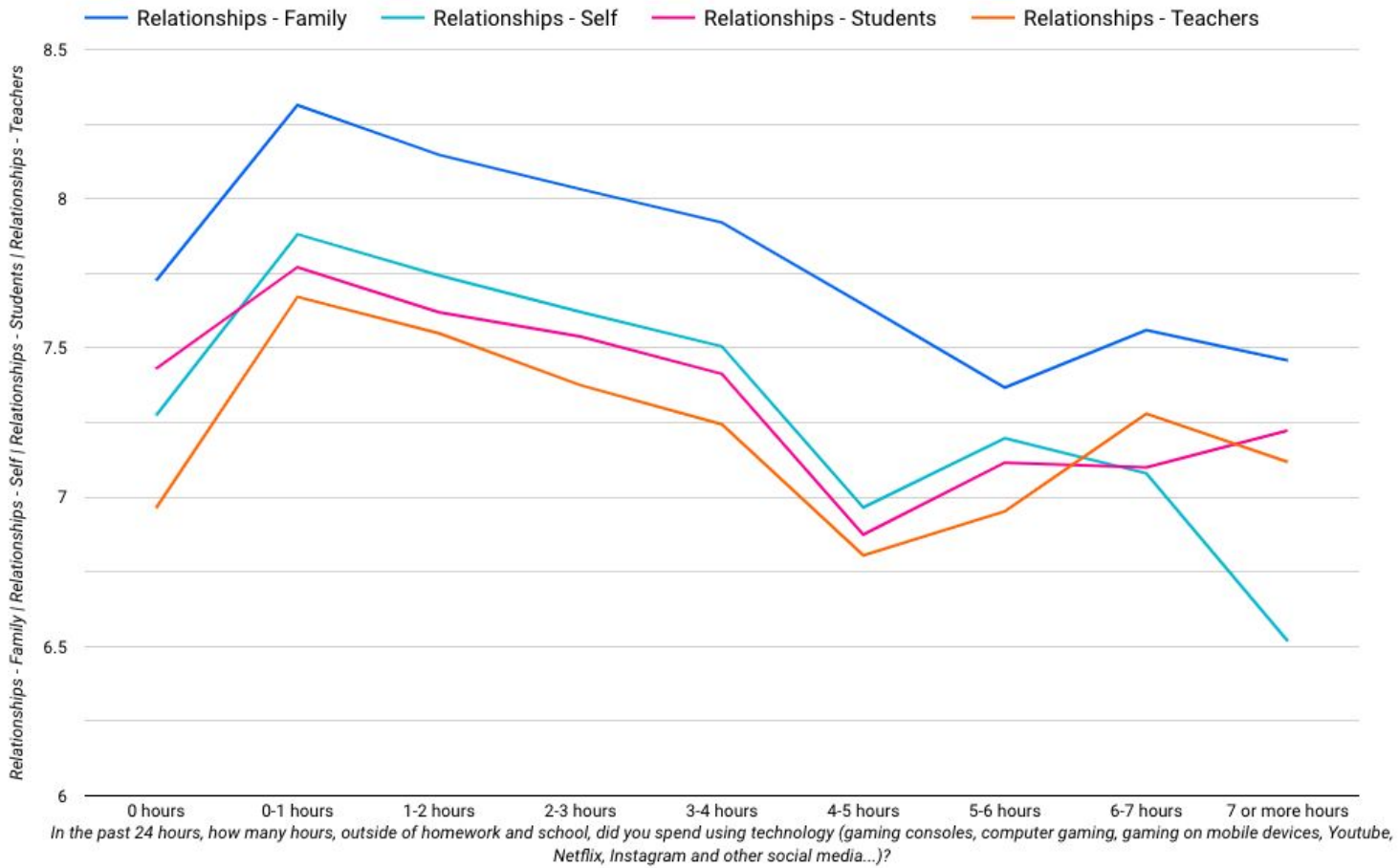
- Be calm and supportive
- Avoid shaming
- Save consequences/punishment until after resolved
- Help identify how to give control back
- Empower child
- Might need to contact school and/or authorities
- Have child delete photos everywhere
    - Including “my eyes only” section
- Minimize future risk
- Form a support team with other involved parents when possible

A long long time ago...

“Humans send many nonverbal cues, from fidgeting to foot tapping, long pauses to eye contact. Reading those signs is a skill "that young people are not learning when they're using these devices," Small said. "We all know the story of kids breaking up with each other through text message. When you have to fire someone or give them bad news, it's uncomfortable. In face-to-face conversation, you've got to think on your feet. ... You've got to respond right away."

- From Huffington Post, Katie Bindley 2011

MS Well-being Data



Let’s Talk! - Is tech impacting our social skills?

- Decreased attention span
- Immediate gratification & FOMO
- Conversations (quality and connection)
- Conflict Resolution
- Communications Etiquette
- Lack of Empathy
- ‘Facebook depression’ develops as a result of lots of time on social media. Comparing self to photos of others and the illusion of others’ better lives, may decrease self-esteem and cause depression.

WHEN

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When? What's the 13 Years Old All About?

It's not about protecting kids from inappropriate content on the Internet.

COPPA

The Children's Online Privacy Protection Act (1998)

Designed to protect children under the age of 13.

The Act specifies:

- That sites must require parental consent for the collection or use of any personal information of young Web site users.
- What must be included in a privacy policy, including the requirement that the policy itself be posted anywhere data is collected.
- When and how to seek verifiable consent from a parent or guardian.
- What responsibilities the operator of a website legally holds with regards to children's privacy and safety online, including restrictions on the types and methods of marketing targeting those under 13.

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WHEN?

Recommendation is not before 13.

But up to you! Social media does serve some very useful functions keeping expat kids connected with family and friends.

Don’t fall for the pleading ‘Everyone else has an account’ excuse.



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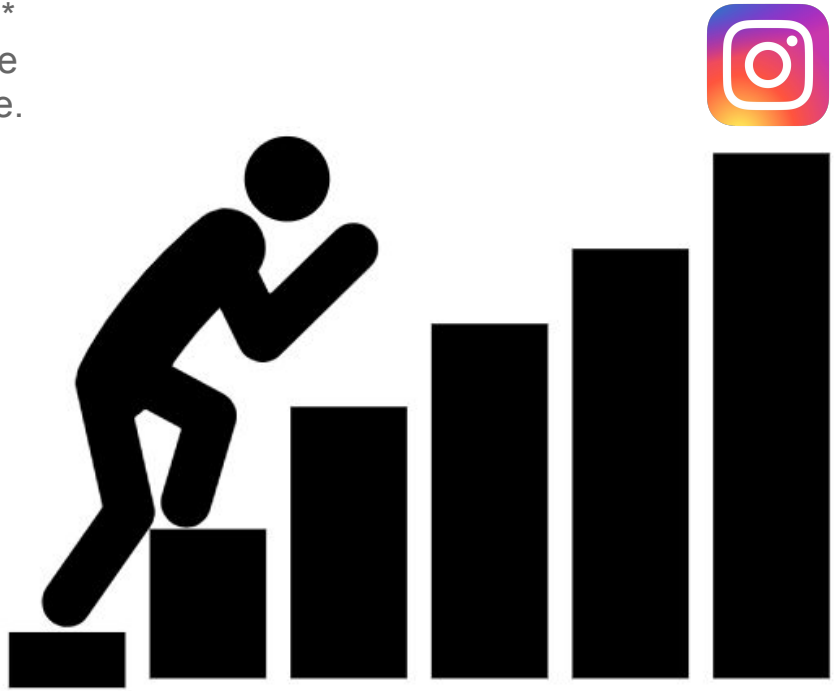
HOW

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How? The Social Media Progression

You wouldn't throw your kid the keys and let them drive on their 16th* birthday without some extensive training and supervised practise. Would you!?





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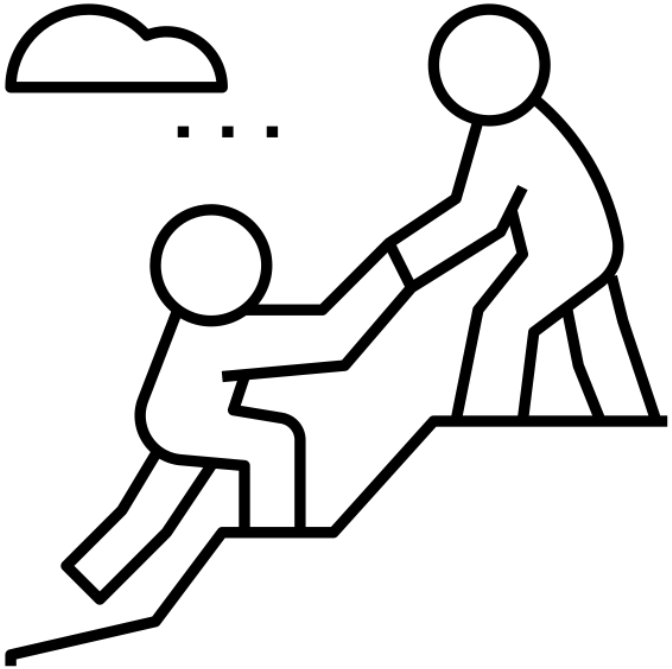
1. Be The Guide



Created by Gan Khoon Lay
from Noun Project

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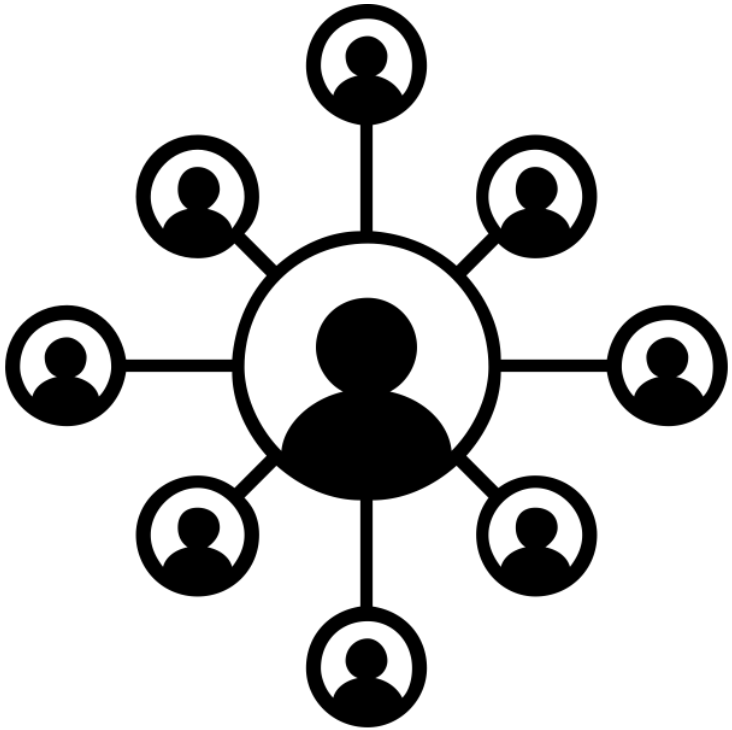
2. Be The Mentor



Created by Becris
from Noun Project

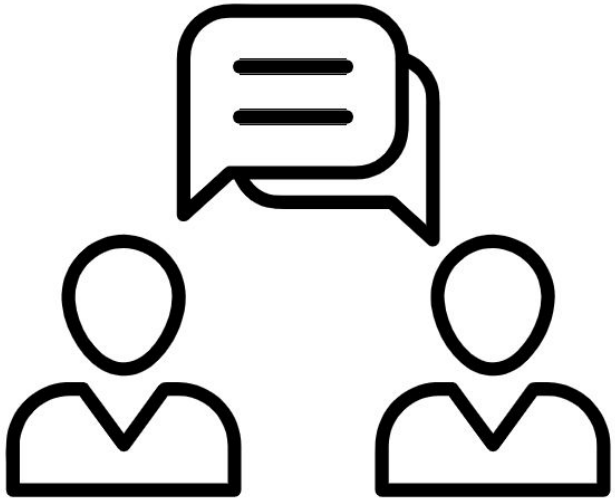
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3. Be The Follower



Created by OneShoot
from Noun Project

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Share a social media experience/conversation/request that you have had with your child(ren).

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EMBRACE LEARNING

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Our #1 Resource



common sense media

www.commonsensemedia.org