

MENTAL HEALTH NEWSLETTER

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**USE THIS QR CODE TO
ACCESS RESOURCES AND
INFORMATION ON THIS
MONTH'S TOPIC**

SOCIAL MEDIA

Benefits

- connection to people struggling with similar conditions (support groups) and groups with common interests
- broad perspectives on global issues

Risks

- detrimental influencer content
- cyberbullying
- disrupted sleep
- physical isolation
- predatory adults
- distraction from responsibilities
- biased or inaccurate information

Practices to help avoid risks

- no phones in the bedroom
- no phones during family meals
- have an awareness of screentime
- promote family activities that do not include screens
- be continuously curious about what your teen is doing online

CONVERSATION STARTERS

- What is your favorite thing about social media?
- What is your least favorite thing about social media?
- Which social media platforms do you use the most? How much time do you spend on them?
- How do you handle direct communication from strangers?
- How do you handle mean or threatening direct communication from known peers?

POSITIVE DECISION MAKING

These steps can help in making decisions around a low-stakes problem. Learning to make decisions as a teen will help them as an adult.

1. Listen to your teen to identify the problem
 - a. Ask open-ended questions
2. Encourage your teen to consider all the potential solutions
3. Review the pros and cons of each option
4. Provide guidance, without controlling the situation
5. Allow your child to make the ultimate decision and be accountable for the result
6. Discuss what they can learn from the outcome, going forward