



Welcome!

October 29, 2024

Community Conversations

Land Acknowledgement

We acknowledge the land on which we sit and which we call the North Clackamas School District rests on the traditional and indigenous lands and village sites of the Native peoples of the Kalapuya, Chinook, Molalla, and the Clackamas. We take this opportunity to offer gratitude for the ability to learn, work, and be a community on this land, and we offer thanks to the original caretakers of this region.

We recognize the historic policies of colonization, genocide, relocation, and assimilation that affected Indigenous and Native families both past and present and that will affect those in the future, and honor the resilience and revitalization of our Indigenous and Native communities. We pay our respects to the Elders, both past and present, who have been the stewards of this land throughout the generations.



**Introduce
yourselves at your
table:**

Name

Affiliation with NCSD
(parent, staff member, community member)

Our Time Together

01

Listen Actively

Give your full attention when others speak. Be mindful of voice occupancy.

02

Embrace Inclusivity

Ensure everyone has a chance to contribute and be open to diverse perspectives.

03

Balance between Intent and Impact

Foster a thoughtful and considerate approach and recognize how your actions impact others.

04

Respect Privacy

Refrain from recording conversations. Permission to record any part of this session is not available for participants.

05

Make Connections

Engage with community members to build positive and meaningful relationships.

06

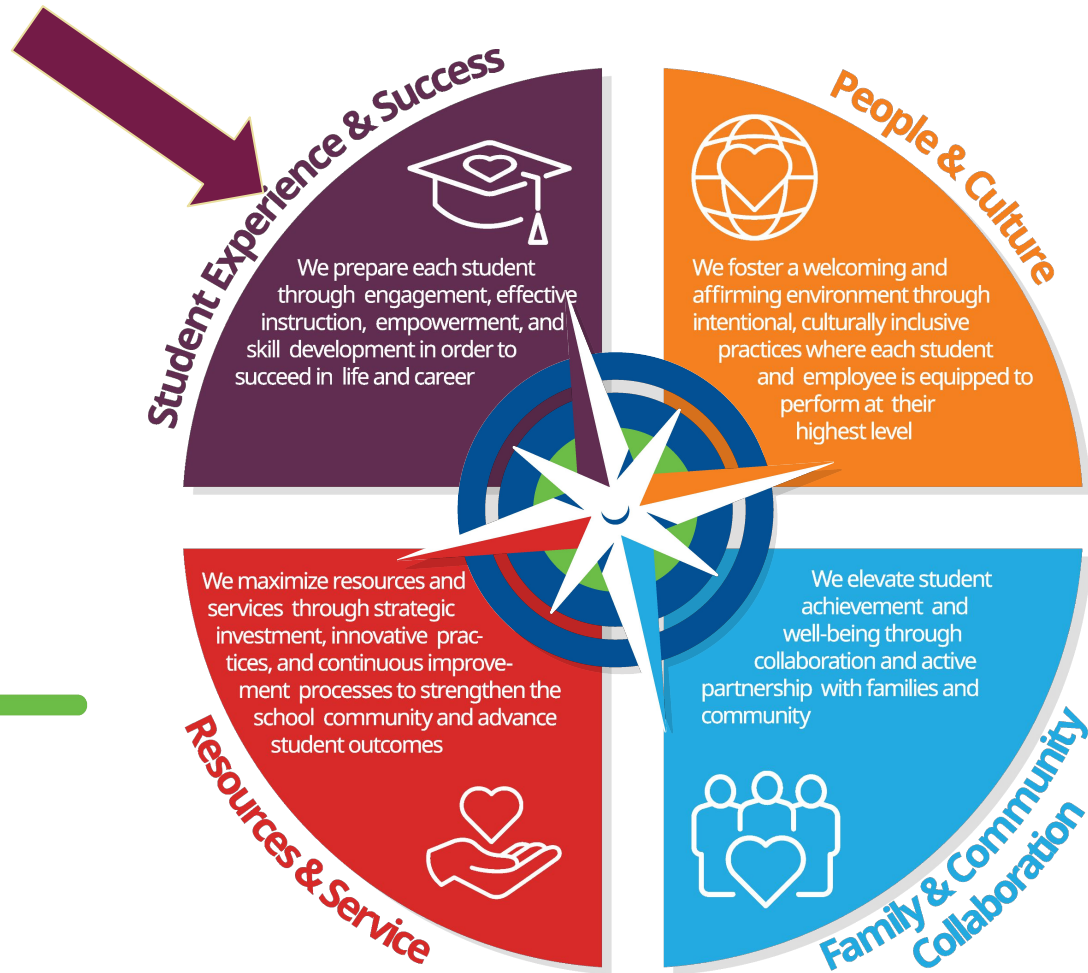
Use Positive Language

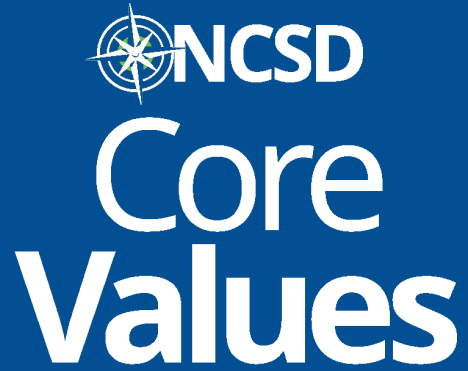
Frame your thoughts and comments in a constructive and encouraging manner.

Anticipated Outcomes

- **Provide an overview about teen wellness and its relationship with cell phones.**
- **Allow space for community voices to listen, learn, and contribute to the structures that exist within the North Clackamas School District.**
- **Center our conversation that will inform the four points of our strategic plan: 1) Student Experience and Success, 2) People and Culture, 3) Family and Community Collaboration, and 4) Resources and Service.**

NCS D Strategic Points





Relationships

Care

Equity

Empowerment

Integrity



Supporting Teen Wellness



Research

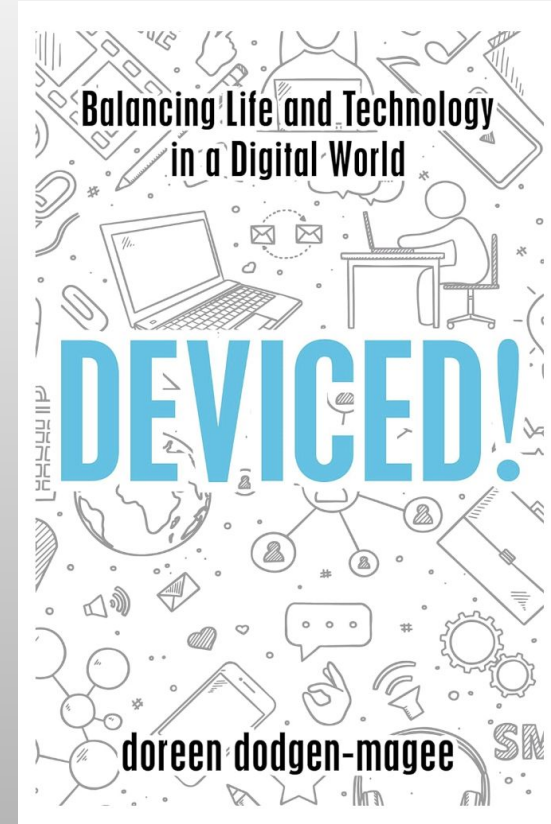
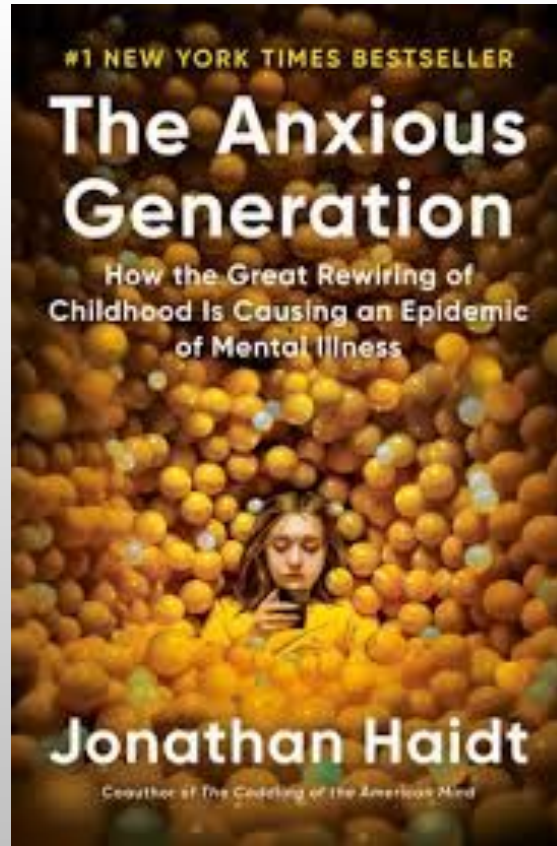
Phones and Teens





RESEARCH

Dr. Twenge has published more than 180 scientific journal articles on topics including generational differences, cultural change, work attitudes, digital media use and well-being, social exclusion, and gender roles. Her research has been published in journals such as the Journal of Personality and Social Psychology, the Journal of Management, and Child Development.





2012:

Majority of households own a smartphone

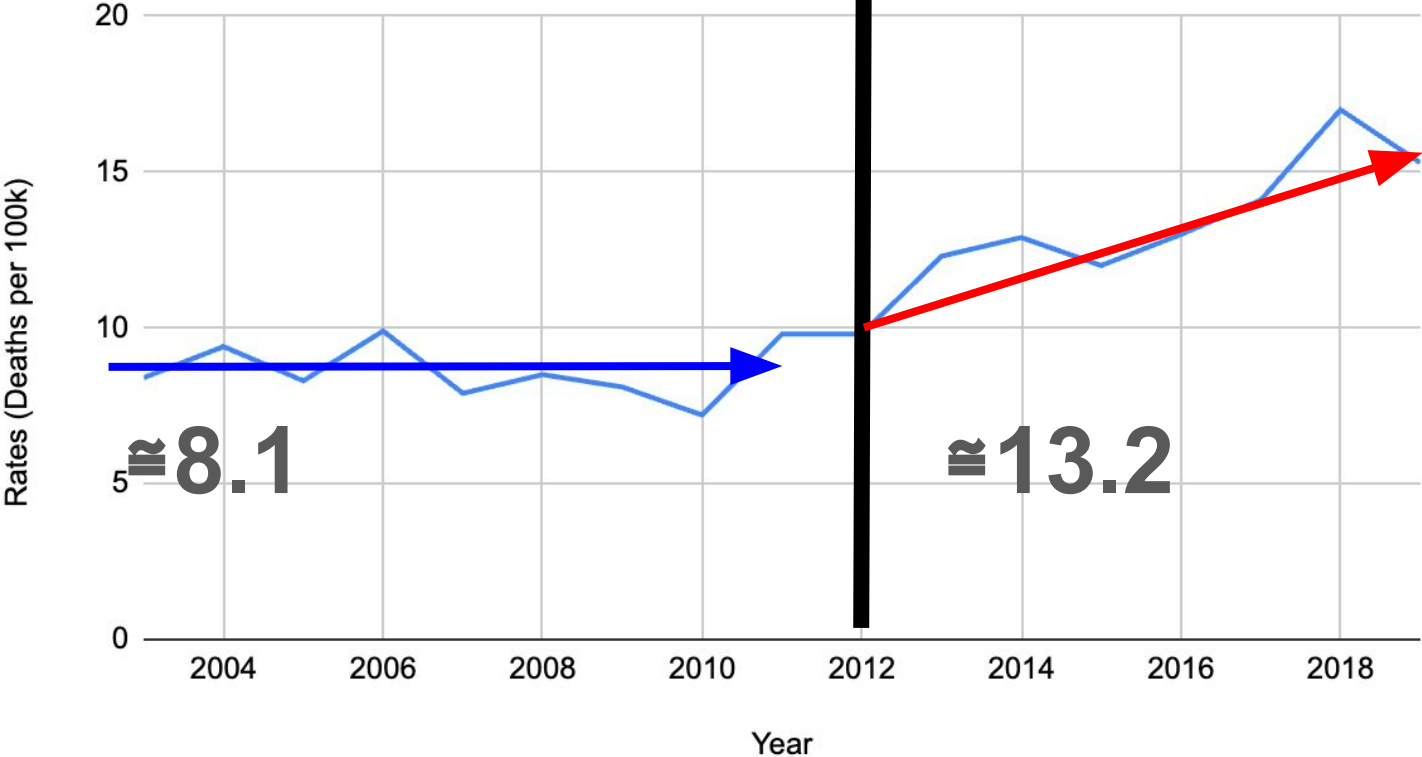
50% of teens on social media every day

2013:

75 -80% of teens on social media every day

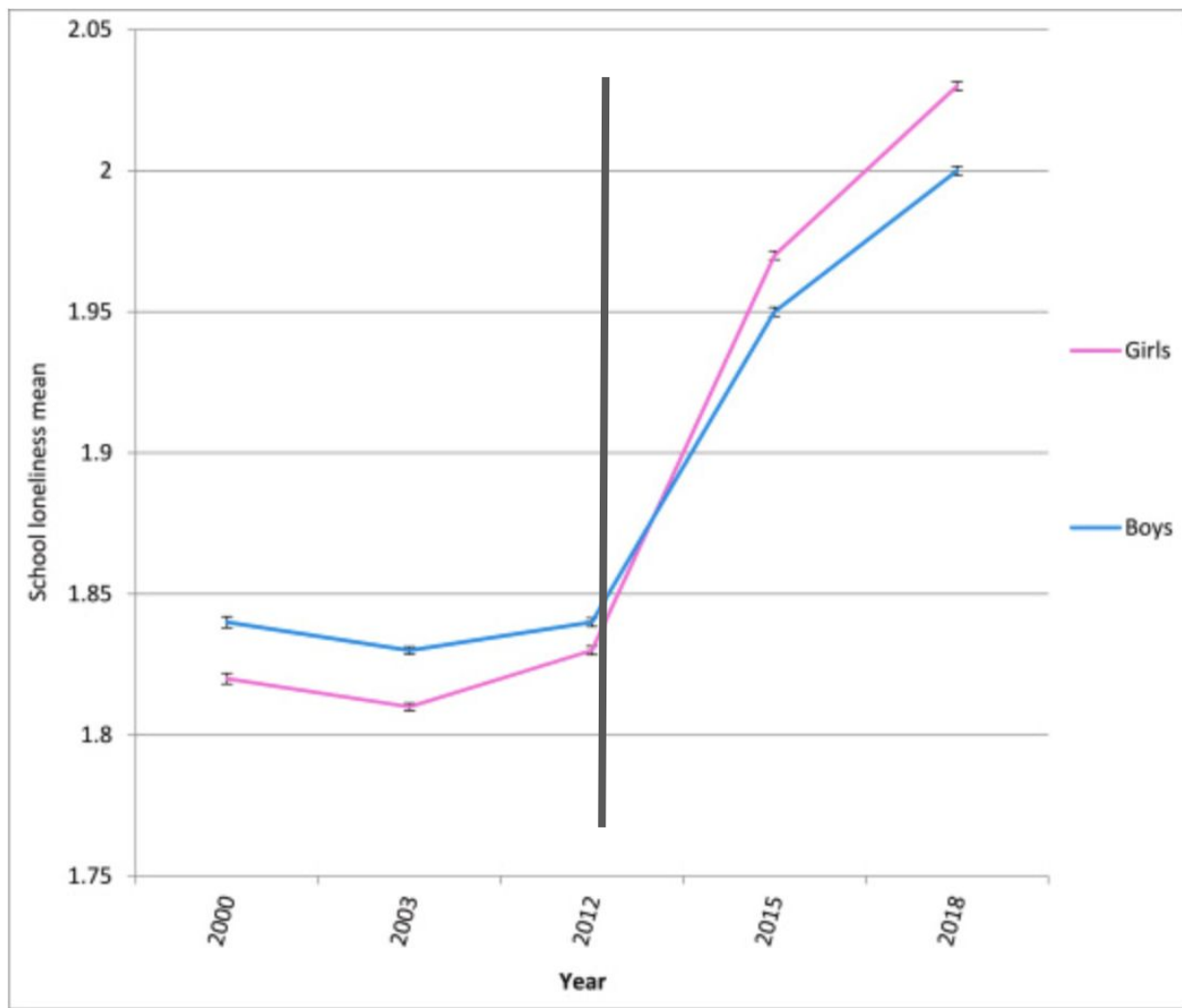
Oregon Death Rates

Rates (Deaths per 100k) vs. Year



Reports of School Loneliness

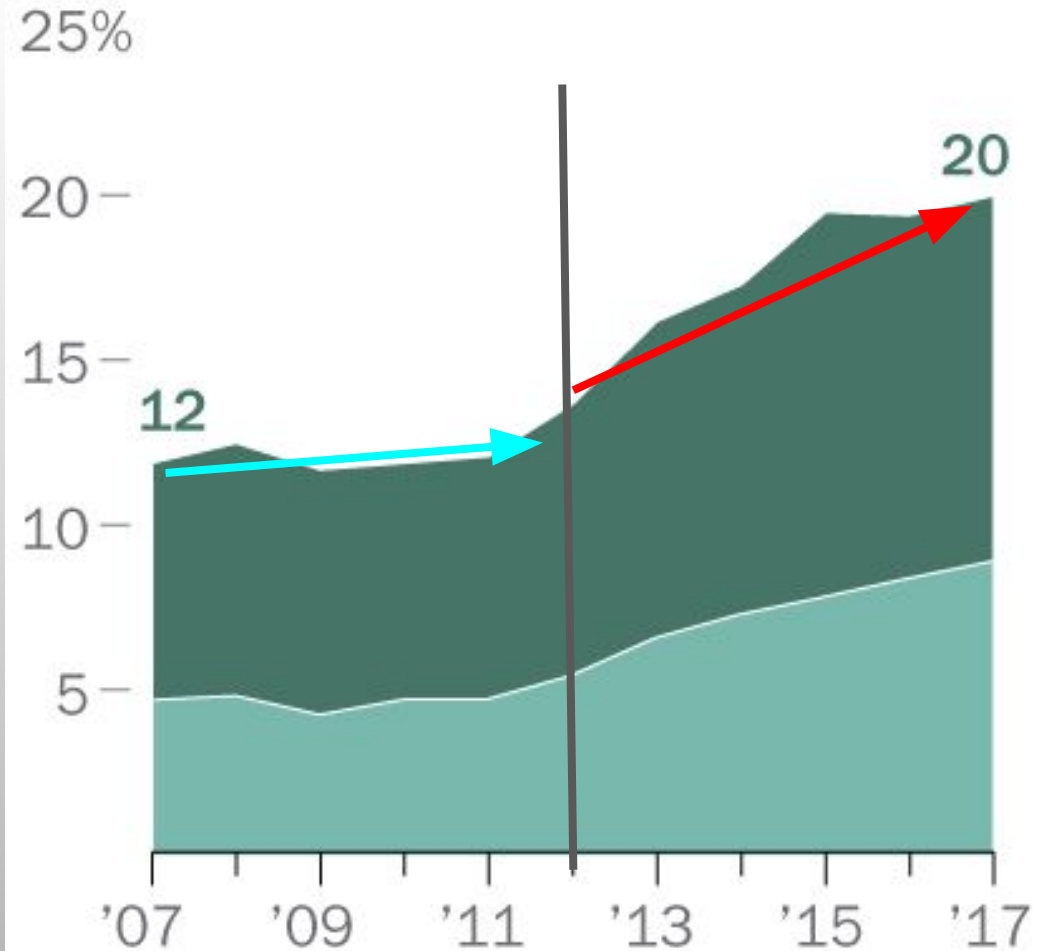
Source: Twenge, J.M., Haidt, J., Blake, A.B., McAllister, C., Lemon, H. and Le Roy, A. (2021), Worldwide increases in adolescent loneliness. *Journal of Adolescence*, 93: 257-269.
<https://doi.org/10.1016/j.adolescence.2021.06.006>



Percent of Girls Ages 13-17 with a Depressive Episode

Source: A Growing Number of American Teenagers - Particularly Girls - are facing depression, 2019

<https://www.pewresearch.org/short-reads/2019/07/12/a-growing-number-of-american-teenagers-particularly-girls-are-facing-depression/>



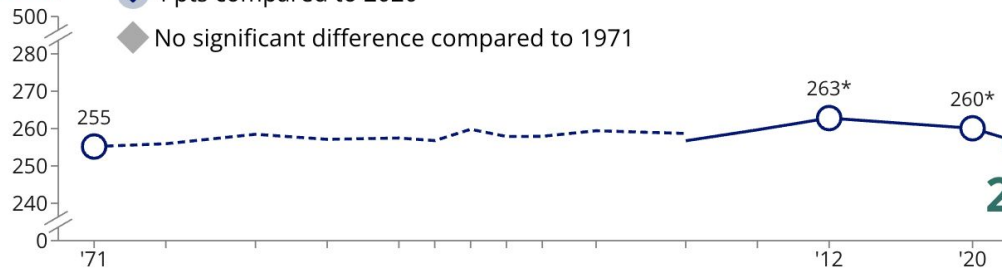
Test Scores (National Assessment Educational

READING

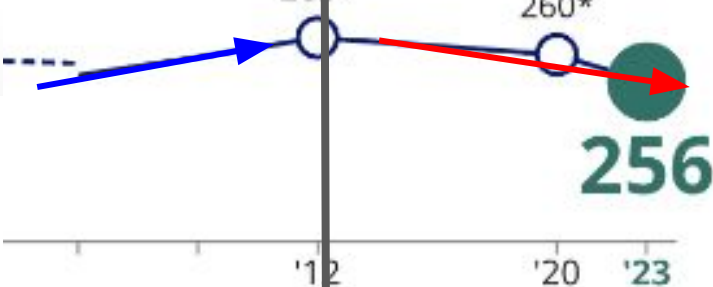
SCALE SCORE ⓘ

↓ 4 pts compared to 2020

◆ No significant difference compared to 1971



ASSESSMENT YEAR ⓘ

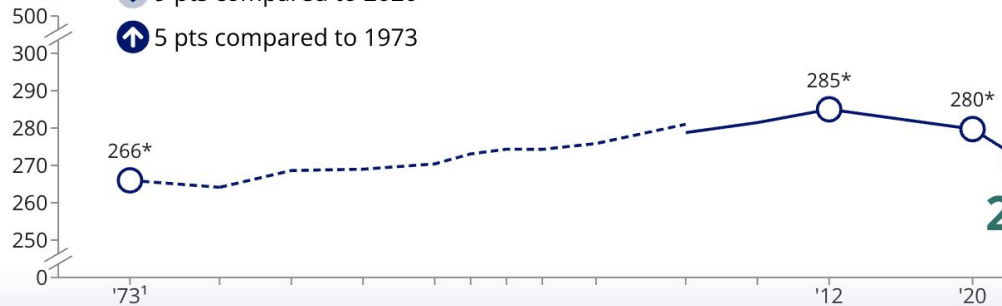


MATHEMATICS

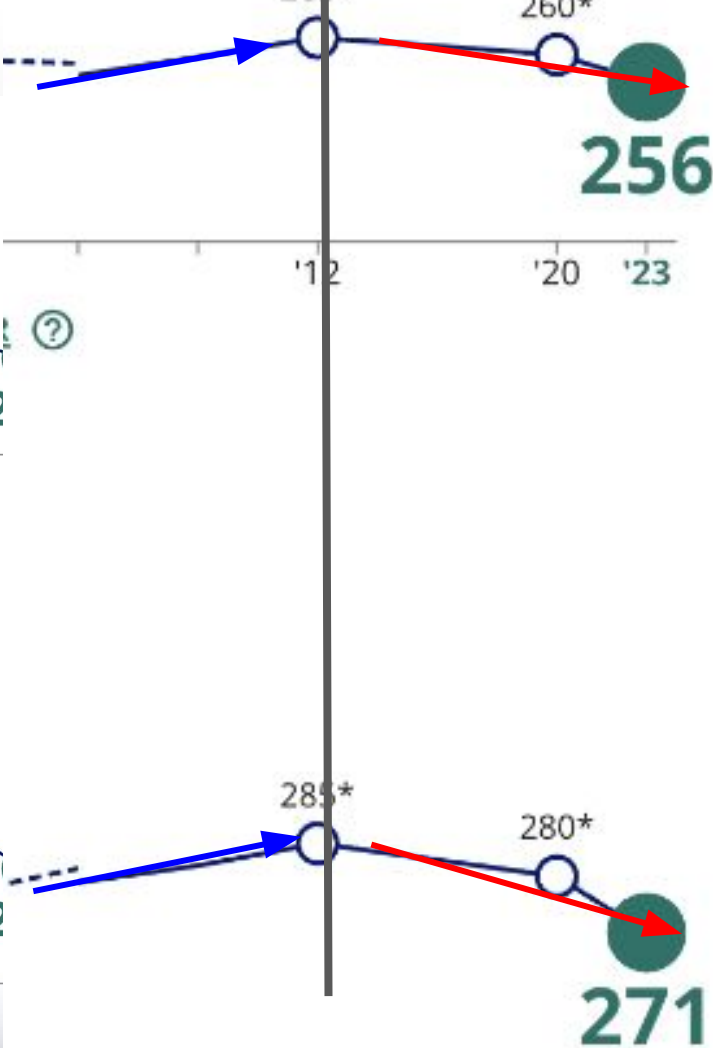
SCALE SCORE ⓘ

↓ 9 pts compared to 2020

↑ 5 pts compared to 1973



ASSESSMENT YEAR ⓘ



Common Sense Media



Suggests that teens age
13 - 18 spend 9 hours a
day on screens

*(not including purposeful, mindful,
educational school based activities)*

Key Points From Capitol Hill Testimony



It's not about what you like or not. It's about what everyone likes.

Facebook whistleblower's testimony states:

Haugen urged lawmakers to examine the algorithms that drive popular features, like the main feeds in Facebook and Instagram.

The algorithms **reward engagement**. In other words, when a post receives comments, "likes" and other interactions, it is spread more widely and is featured more prominently in feeds, instead of just featuring posts in chronological order. The **engagement-based formula helps sensational content, such as posts that feature rage, hate or misinformation**, travel far and wide, she said.

"It is causing teenagers to be exposed to more anorexia content. It is pulling families apart. And in places like Ethiopia, it's literally fanning ethnic violence," Haugen told lawmakers. She added that reforms should make "the platforms themselves safer, less twitchy, less reactive, less viral."

Aligning Research to the Why

Twenge's Research Tells Us:

- The more social media use, the more likely to be depressed.
- Kids and teens have the strongest link to depression.
- The apps algorithms are designed to pull you in for more time and gives a false sense of successful multitasking.

Haidt tells us:

- One of the most powerful acts we can do for our youth is to get phones out of schools

**This is not a punishment
This is not a judgement
This is about care**

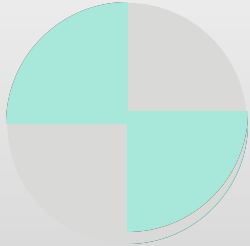


Vision for the Community

We will agree to be fully present and push pause on our digital lives during every school day

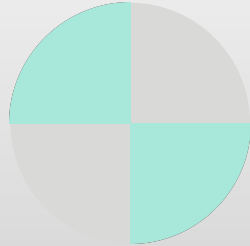
Step away from distraction and isolation.
Step towards interaction and connection.

How did we get here?



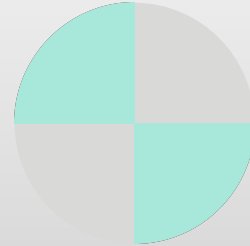
RFP

Request for
Proposal: What
tools are out
there?



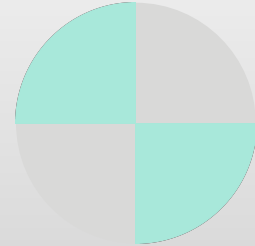
Adult Survey

1192
responses



Conversations

8 Community
Events
9 School Staffs
Students having
many classroom
conversations



Student Surveys

523 Responses

Initial Feedback From 523 HS Student Responses

89

Reasons for in class use
54% - Text
Friends
67% Text family
31% Social Media
14% Play Games

83

Frequency of using phone during class (non-academic)
18% Every day
25% often 4-5 times a week
37% occasionally 1-2 times a week

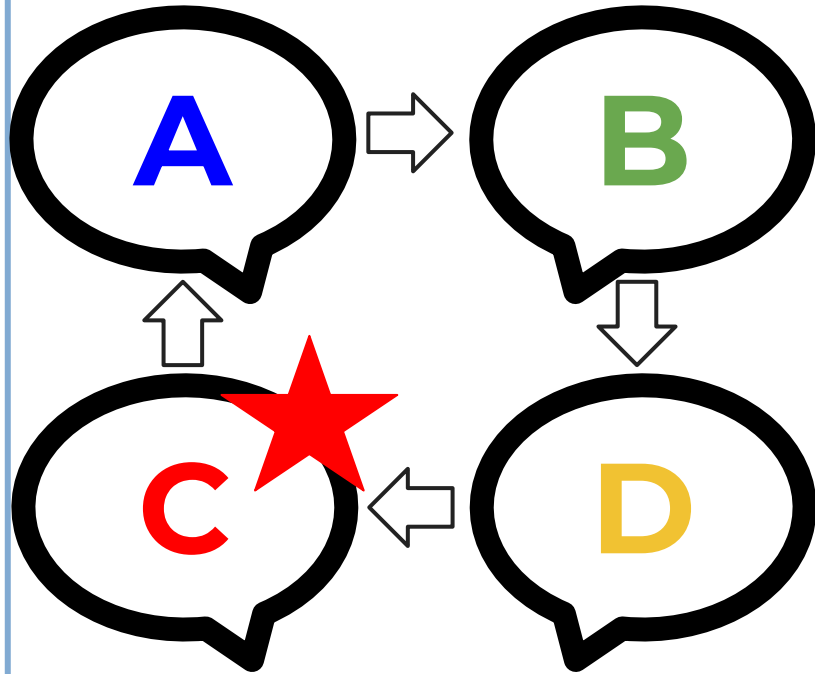
37

Negatively impacted by other students using their phones in class

Impact

25% Friendships
51% Grades
20% Attendance
22% Family
47% Mental Health

Noticings and Wonderings



What is one idea that resonates with you-why?

What do you have more questions about?

10:00

Community Conversations

6:00 pm - 7:30 pm

October 29, 2024

Teen Wellness and Technology



March 19, 2025

To be Determined

January 22, 2025

Legislative Agenda



May 6, 2025

To be Determined

Student Investment Account (SIA)

THANK YOU FOR YOUR COMMITMENT

We need you!