

# Bay Area Alliance

## Educational Presentations

The Alliance offers several educational presentations for parents and students of all ages.



### Social Media & Student Mental Wellness

For  
Secondary  
Parents

An engaging and informative session exploring the connection between social media use and student mental wellness. Together, we'll discuss how today's digital world impacts focus, self-esteem, and relationships—and what parents can do to help their children navigate it in healthy, balanced ways. Parents will walk away with practical tips for setting boundaries around screen time, fostering open communication, and helping students build healthy digital habits that support overall well-being.

### Is my child ready for a Smartphone?

For  
Elementary  
Parents

As parents, we all want to keep our children connected, safe, and prepared for the digital world—but how do we know when they're truly ready for a smartphone? This discussion can help parents understand the impacts of cell phone use, the potential risks to be aware of, and offer tools to help families set healthy boundaries, build digital responsibility, and strengthen communication. Parents will be better prepared to make informed decisions about social media and cell phone use for their children.

### Social Media: Friend or Foe

For High  
School  
Students

Have you ever wondered why it's so hard to put your phone down—or why social media can sometimes leave you feeling anxious or left out? This interactive session dives into how apps are designed to keep you scrolling and how that affects your focus, mood, and self-esteem. Students will learn to recognize the tricks behind social media algorithms, set healthy boundaries, and make choices that put them in control—not the screen. Walk away with real strategies to protect your time, your mental wellness, and your power to connect in meaningful ways.

### Navigating the World of Social Media

For Upper  
Elementary &  
Intermediate  
Students

Social media can be fun, creative, and a great way to connect—but it also comes with challenges. This presentation helps upper elementary and intermediate students learn to make smart choices online, build healthy habits, and recognize how their digital actions affect themselves and others. Students will explore topics like empathy, respect, and cyberbullying while learning practical ways to stay safe, balanced, and kind in the online world.

### Family Engagement Nights

For All  
Campuses

One of the best ways to help kids spend less time on their phones is to give them fun, engaging, and meaningful ways to connect in real life. The Bay Area Alliance partners with PTAs to support your campus Family Engagement Nights by providing interactive and memorable experiences—such as a selfie station to foster connections, games, prizes, and activities for Family Fun Nights, or even a magician for Magic Night!

Together, we can help families build stronger connections and create lasting memories—no screens required.

To schedule a presentation for your campus, please contact Leslie Tracy at [ltracy@ccisd.net](mailto:ltracy@ccisd.net)

# Social Media Use

## How Parents Can Help Develop Healthy Phone Habits



The tips below are excerpted from Jonathan Haidt's *The Anxious Generation* and are intended to help guide parents in supporting their children's development of healthy habits. Every child and family is unique—each should find the approaches that work best for them.

### Delay/Limit Social Media

- Wait until high school (around age 16) before allowing social media use.
- Younger teens are especially vulnerable to the social comparison, anxiety, and addictive design of these apps.
- If your teen already has accounts, work together to set time limits and talk openly about how certain apps make them feel.

### Create Phone-Free Zones

- No phones in bedrooms—especially at night. Blue light and constant notifications disrupt sleep and mental health.
- No phones during meals, family time, or school hours (unless needed for academics or safety).
- Encourage face-to-face connections and shared experiences without devices.

### Model Healthy Behavior

- Kids learn from what parents do, not just what they say.
- Be intentional about your own screen use—avoid scrolling during conversations, meals, or downtime together.
- Show that it's normal and rewarding to unplug.

### Build a Family Tech Agreement

- Involve your teen in setting boundaries—this gives them ownership and helps avoid power struggles.
- Agree on limits for screen time, social media, and appropriate content.
- Revisit the agreement regularly as your teen grows and their needs change.

### Replace Screen Time with Real-Life Activities

- Encourage outdoor play, sports, hobbies, volunteering, and social activities that build real-world skills and friendships.
- The goal isn't just to remove phones—it's to fill that space with something better.

### Talk About How Apps Work

- Teach your teen how social media and phone apps are designed to capture attention.
- Understanding “the hook” helps them build self-awareness and resist manipulation.

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