

Bridging the Gap

Supporting Students
Through Change

Thursday, April 23 | 6-7:30 pm



FEDERAL WAY
PUBLIC SCHOOLS



The A-B-C's of Raising Resilient Kids: Your Simple Guide to Emotional, Social and Digital Wellness

(Part Three)

C- Consequences & Consistency

Presenters:

Nicole Alston-Abel, Heather Bakari & Mary Habila

Meet Your Presenters



Nicole Alston-Abel, PhD
School Psychologist
Mark Twain Elementary
Career Academy/
Federal Way Open Doors



Heather Bakari, Ed.S
School Psychologist
Lake Grove Elementary
Camelot Elementary



Mary Habila, Ed.S
School Psychologist
Thomas Jefferson High School

Who is in the Room Today?

↳ **Preschool**

↳ **MIDDLE SCHOOL**

↳ **Elementary**

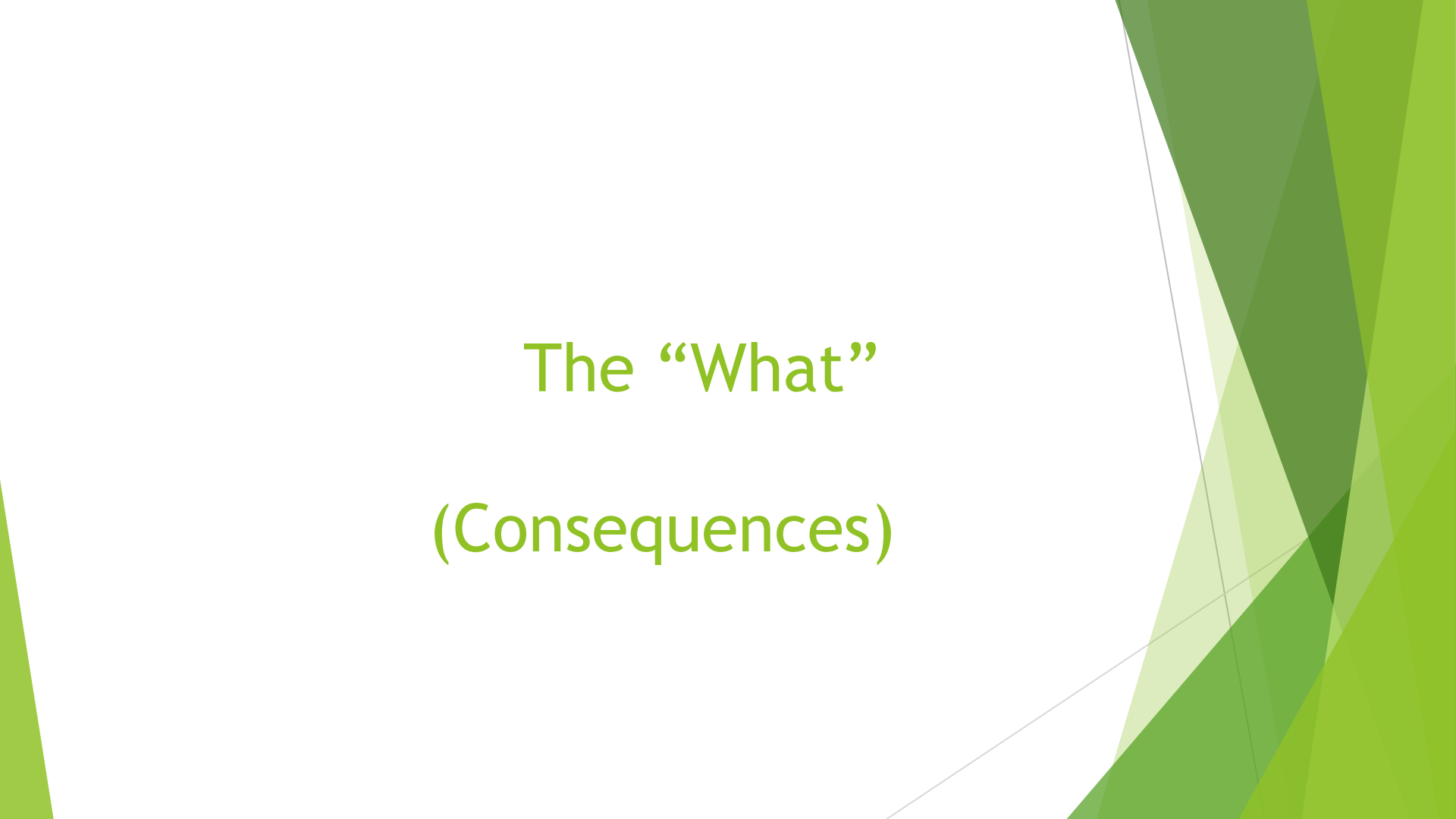
↳ **High School**

Foundation Principle: C- Consequences & Consistency



► Research Foundation:
Consistent consequences help children learn to respect boundaries and develop internal regulation. Studies show that predictable parental responses create the psychological safety necessary for healthy risk-taking and decision-making Jacobvitz, Morgan & Kretchmar, 1991.

**THE SECRET TO
LASTING CHANGE
IS CONSISTENCY**

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The overall composition is clean and modern.

The “What”

(Consequences)

An appropriate consequence likely depends on 3 different factors:

1.) Age of child

2.) Is it applicable?

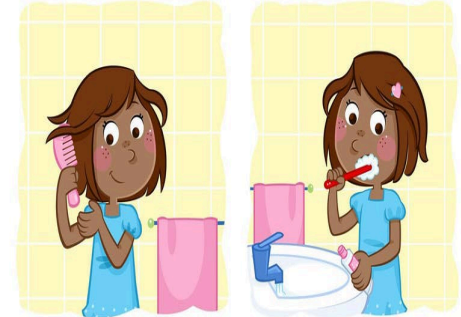
Is the consequence related to the behavior?

3.) Is it meaningful?

What do you want your child to learn?

Developmental Milestones for Children

KIDS • routine actions • good morning



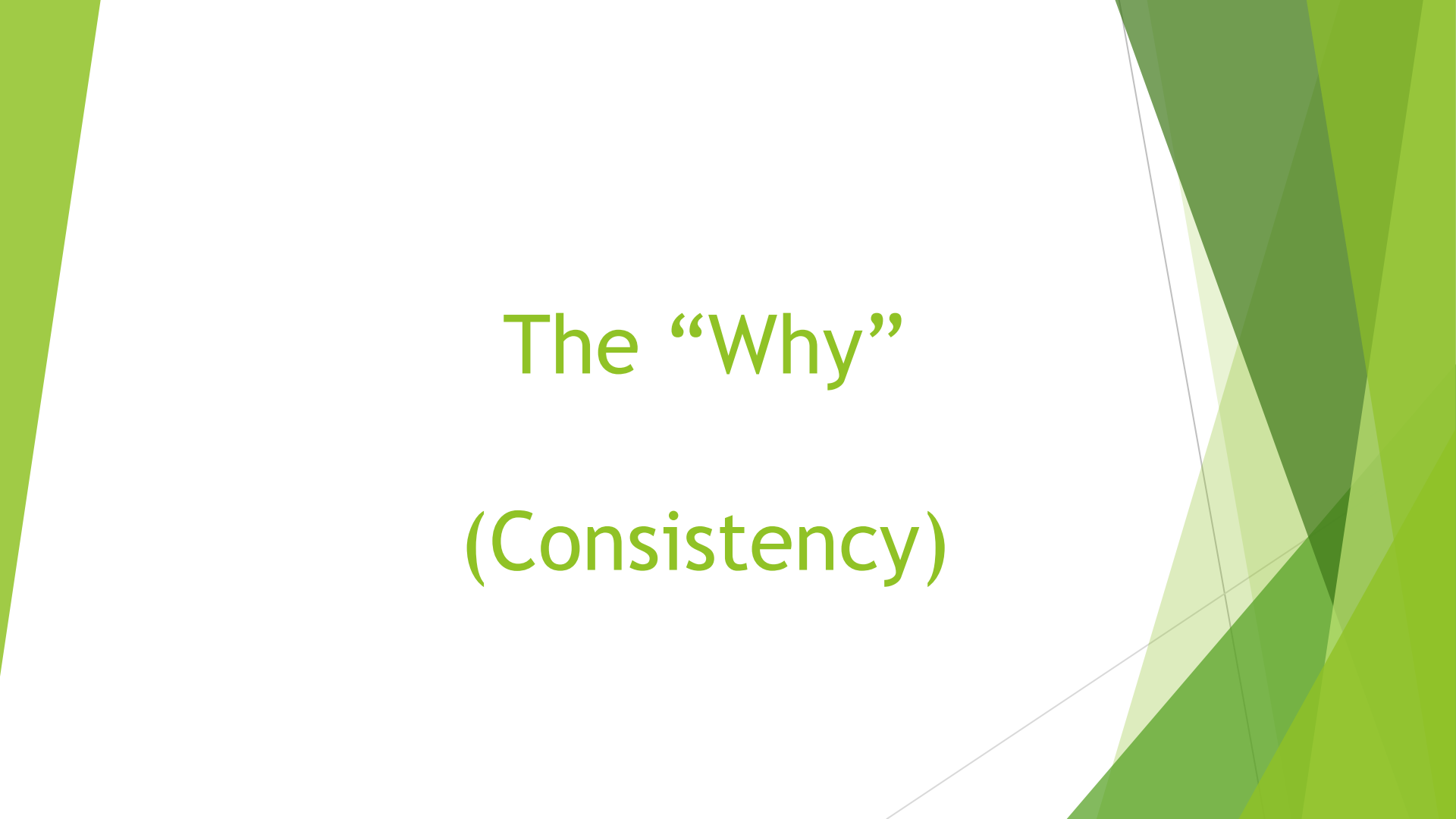
- ✓ Children feel safer when they can predict outcomes - Consistency reduces anxiety and builds confidence.
- ✓ Age-appropriate consequences - Developmental considerations ensure consequences are meaningful and educational.
- ✓ Hold students responsible for their actions - Accountability skills transfer to academic and social contexts

Scenario

It is spring and you spend an afternoon potting new plants and flowers for the yard. The next day your child/children pull up newly planted flowers and plants.

Options & Discussion



The background features abstract, overlapping green geometric shapes in various shades, including light lime green, medium green, and dark forest green. These shapes are primarily located on the left and right sides of the frame, creating a modern, layered effect. The central area is a plain white background where the text is placed.

The “Why” (Consistency)

Key Component of Consistency

- Follow through consistently

Reliability in developing consequences builds trust and predictability!

Digital Parenting



- ❑ Research Foundation: Digital parenting practices significantly impact child development. Research shows that appropriate screen time limits and parental controls support healthy development, while excessive screen time can interfere with sleep, attention, and social development [Przybylski & Weinstein, 2019](#).

Awareness Activity

Limitations of Parental Controls Scenarios

- ❖ Sophia is a 13-year-old middle school student who has learned from online forums how to use a VPN (Virtual Private Network) app to bypass her parents' content filters and time restrictions. She downloads a VPN that disguises her internet traffic, making it appear as though she's accessing approved websites when she's circumventing all the restrictions her parents carefully set up.
- ❖ Additionally, she's discovered she can reset her phone's clock or use "safe mode" to temporarily disable certain parental control apps.
- ❖ This scenarios proves that determined and tech-savvy students can often find workarounds to parental controls, especially as they get older and more knowledgeable about technology.

Limitations To Parental Control SCENARIOS



- Agnes is a high school student whom parents have a tracker on her phone; she comes to school leaves her phone with a friend and leaves school with another friend. How would you respond to this case?

Limitations of Parental Controls SCENARIOS



- ↳ Emma is a 14-year-old high school student whose parents have installed comprehensive parental controls on her smartphone, limiting screen time and blocking certain apps. However, Emma borrows her friend's old tablet at school, connects to the school's Wi-Fi, and accesses all the restricted content and social media platforms without any monitoring.

Limitations of Parental Controls SCENARIOS



- Marcus is a 16-year-old who uses his phone primarily for messaging apps that his parents have approved. His parents can see which apps he uses and for how long, but they cannot see the actual content of his conversations.
 - Parental controls typically cannot monitor the content of encrypted messages (Blind Spot).

Awareness



You can check if Android phone is in Safe Mode by searching the words “safe Mode in the bottom left corner of the screen and seeing if third party apps are grayed out or missing.

- What is VPN (Virtual Private Network) app-
 - Bypass parents' content filters and time restrictions.
- What is “safe mode“
 - Temporarily disable certain parental control apps.

press and hold the power button to bring up the power menu, then long-press the "Power off" or "Restart" option until you see a prompt to "Reboot to safe mode," and confirm

WATCH OUT!

- ▶ Parental controls support supervision but cannot replace the essential work of holding children accountable, building healthy boundaries, setting up consistent consequences, and supporting open communication, providing digital literacy education, and fostering trust.



Feedback Survey

Please help us improve by
sharing your feedback about
today's event:

*Encuesta posterior al evento: !Ayúdenos a
mejorar!*

Sau buổi sự kiện: Hãy giúp chúng tôi cải thiện!

*Опрос мнения по окончании мероприятия:
Помогите нам учесть недочёты!*

پست-نظرسنجی : رویداد به ما کمک می کند
بهبود یابیم!



Scan the QR code or, Visit:
www.fwps.org/FamilyAcademySurvey

Please make your way to your next breakout session

6:55-7:30 pm

Ready, Set, Kindergarten!

(Best for Grades PK-K) Room B207

Readers on the Move: A Parent's
Guide to 'Walk to Read'

(Best for Grades K-5) Room B201

Pathways to the Future: Making
Sense of the High School Transcript

(Best for Grades 9-12) Room B206

Digital Citizenship — AI: Is It
Plagiarism?

(All Grades) Room B205

Looking Ahead: Making the Most
of Math Transitions from Middle
to High School

(Best for Grades 7-9) Room B203