

# From Virtual Distortion to Rebuilding Real Time Connections

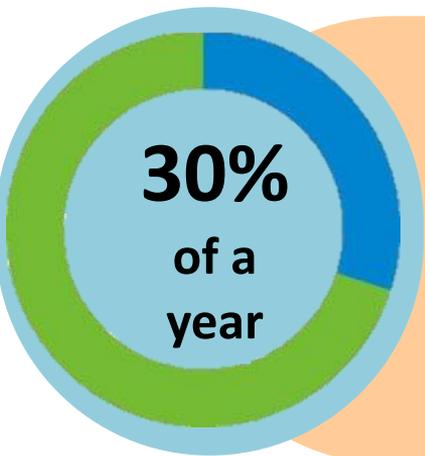




## Kids and Tech Use

- How much time do they spend on their screens?
- Where have they been spending that time?
- What may have they seen?





**Prior to the pandemic, a teen averaged 7:22 hours a day on screens, not including time for schoolwork**

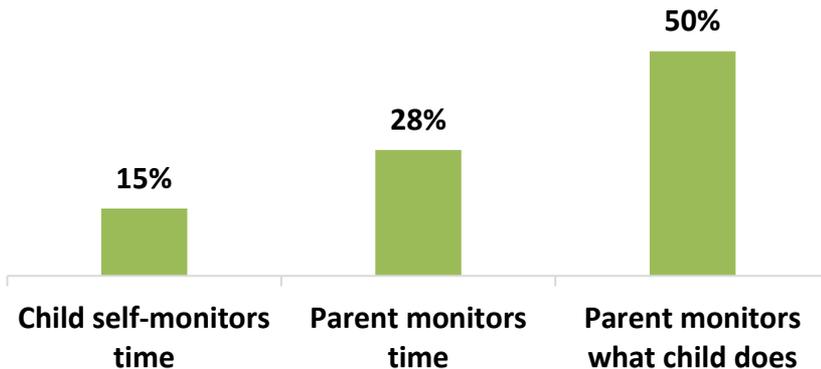
**That is the same as 106 (24-hour) days a year spent on screens for entertainment**



# Who is keeping track of where they've been?

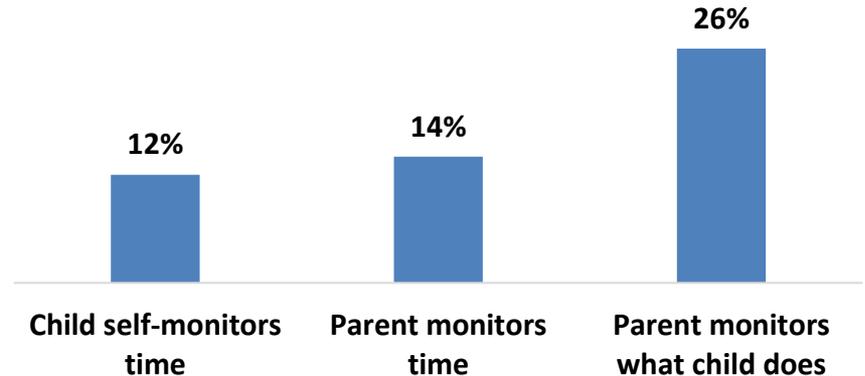
## Tweens

Among those with their own smartphone or tablet



## Teens

Among those with their own smartphone or tablet





# What does this mean? What are they seeing?

Hate & Harassment

Misinformation

Social Media  
Challenges

Advertising/  
Influences

Sexting/Sextortion

Pornography

Drug Dealers





# Discord



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## Teen hangout

This is a teen truth or dare server with nsfw channels, where you can make new friends or even a little more ?. To make sure we are pedo free we require that all members complete a simple verificat...

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Tord | Truth Or Dare | Fun



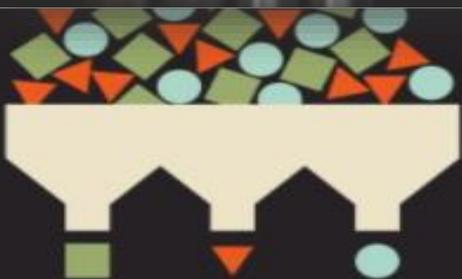




# Misinformation & Illusion of Truth

6 in 10 teens who get their news from social media and YouTube report they are more likely to rely on celebrities and influencers than news organizations.

F A C T



How Algorithms  
Create and Prevent  
Fake News

# Advertising

According to the CDC, tobacco ads make smoking appear to be appealing, which can increase adolescents' desire to smoke.





## Challenges and TikTok

**September:** Vandalize school bathrooms

**October:** Smack a staff member

**November:** Kiss your friend's girlfriend at school

**January:** Jab a breast

**February:** Mess up school signs

**March:** Make a mess in the courtyard or cafeteria

**April:** "Grab some eggz" – another stealing challenge

**May:** Ditch day

**June:** Flip off in the front office

**July:** Spray a neighbor's fence



# Sexting/Sextortion

1 in 7 teens sending sexts  
1 in 4 teens receiving sexts





## Pornography

- **Average age of first exposure is 11**
- **Normalizes fantasy versus healthy relationships**
- **An investigation by The Wall Street Journal found hundreds of adult videos on For You Pages for users aged 13-15**





# Discord

## Explicit media setting

### SAFE DIRECT MESSAGING

Automatically scan and delete direct messages you receive that contain explicit media content.



**Keep me safe**

Scan direct messages from everyone.



**My friends are nice**

Scan direct messages from everyone unless they are a friend.



**Do not scan**

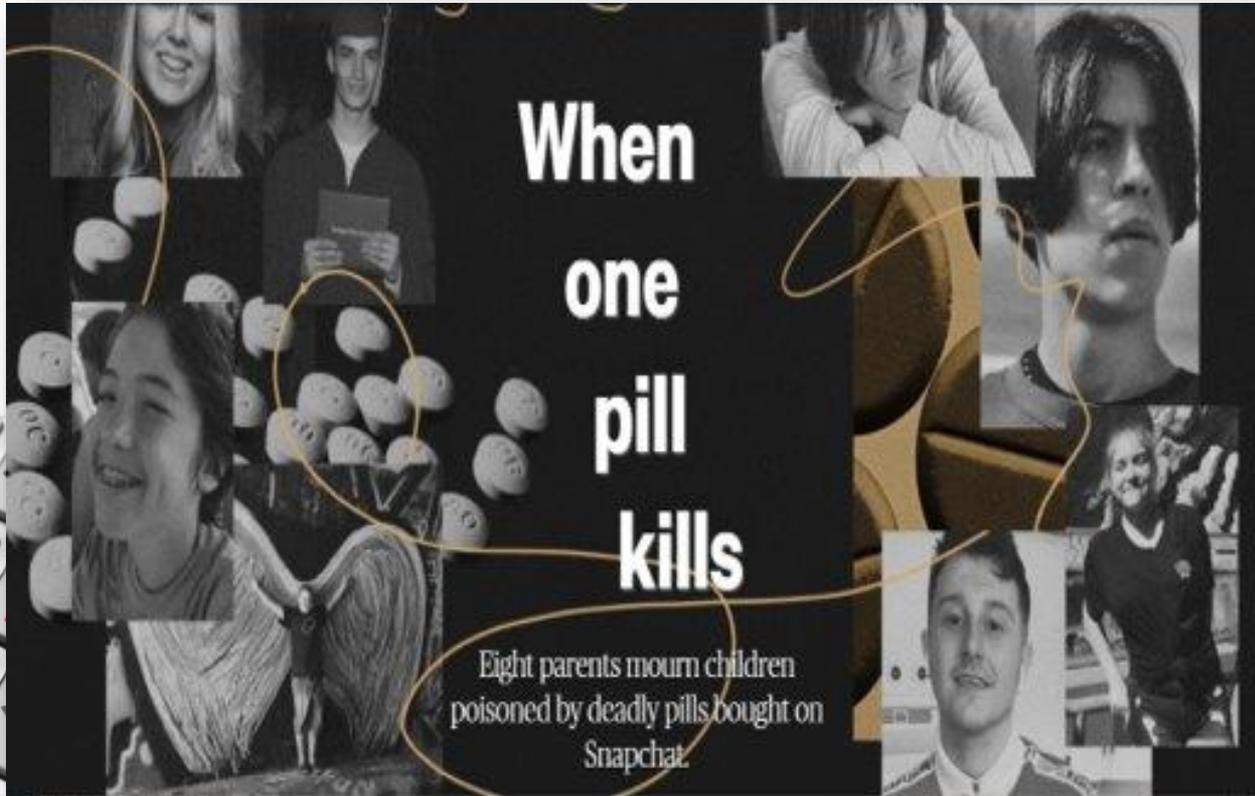
Direct messages will not be scanned for explicit content.



# Predators/Hackers



# Drug Dealers on Snapchat



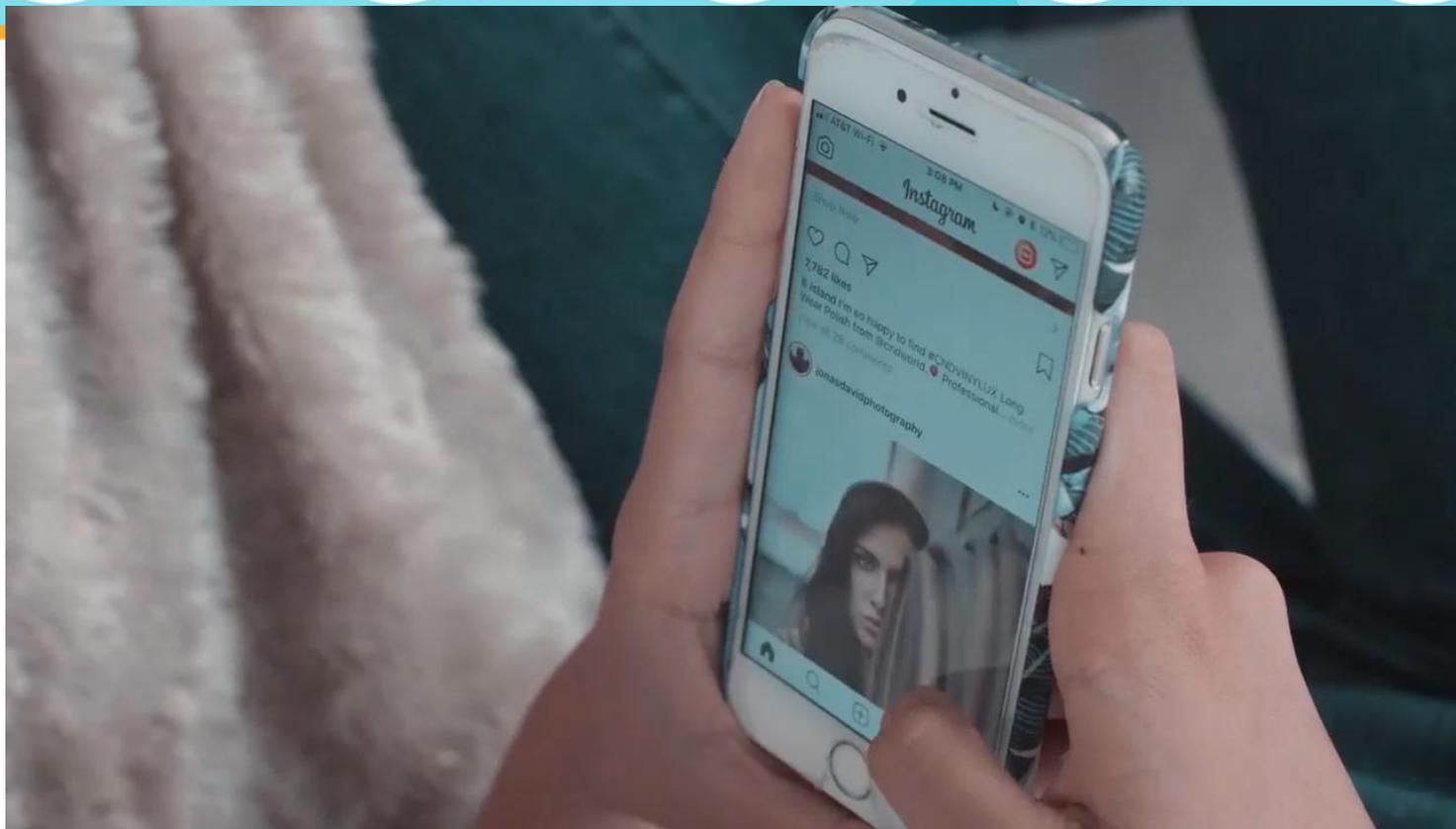
# Screens and the Developing Brain

What do we know about adolescents and screentime?

- More research is needed
- Both positive and negative impacts
- Dose of use
- Type of device and how it is being used







# Screens, Social Media, and the Developing Brain

## Activates the Reward Pathway in the Brain

- Getting a “like” on a post releases dopamine in the brain:
- Makes you want to go back again and again – addictive quality

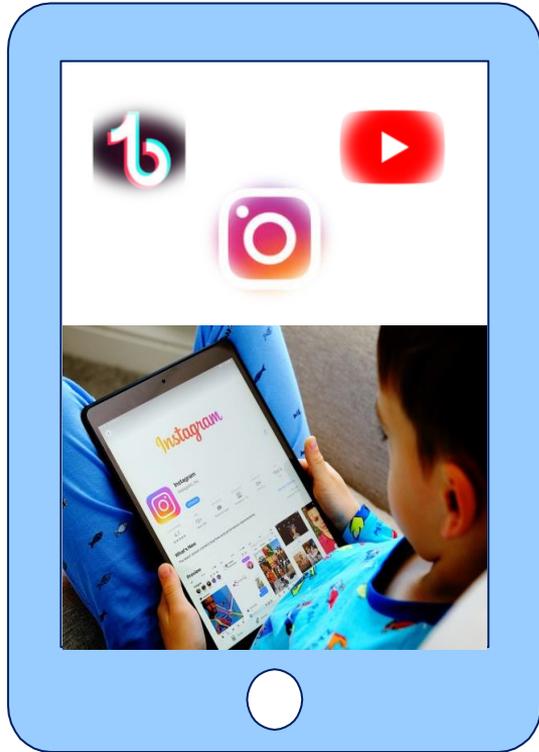




## Instant Gratification to Meaningful Connection

- **Illusion of Connection**
- **Think they are in a real relationship**
- **Others not showing their “real” selves**

# Early Access to Social Media



- **Social media companies marketing to 13-15 year olds**
- **Parents Giving Kids Earlier Access – Pandemic-Related**

# Pandemic Stress on Kids

The pandemic has created trauma and stress for young people

**Simply transitioning back  
to school and facing the  
social pressures of a  
classroom**

Some families have  
lost financial sta



oing uncertainty



# How to Support Students with Stress and Trauma



**Help students understand that stress is normal**

- **There is no growth in life that does not involve stress**

**Mental Health does not mean being happy all the time**

- **Express their feelings – there is relief in just verbalizing**
- **Containment – healthy coping strategies**

**Help students build resilience**





**Resilience is not a static quality. It is a mindset built over time**

### **Reframe the Situation**

- **Can't undo the situation, but you can assimilate it and move forward**
  - **Train brain to become more attentive to the positive**

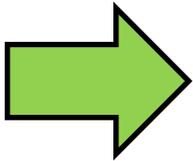
### **Cultivate Optimism**

- **Look ahead to dreams and hopes for the future. Set goals.**
- **The ability to dream is important in creating hopefulness and optimism**

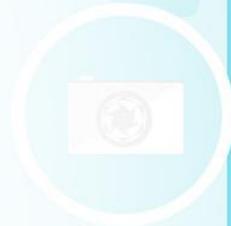
### **Supportive, nurturing relationships are essential**

- **Provide a sense of safety and security for kids**
  - **Model coping skills**

# **Building Resilience**



# Important School Practices



# Upsides of Technology Use by Kids

## Younger Students:

- Increased patience
- Media literacy
- Problem solving
- Independence



# Upsides of Technology Use by Kids

- Entertainment
- Self-expression
- Current events
- Interact across geographic barriers
- Meaningful connections to peers
- Create wider social network
- Support



# Adult Well-Being; Staff SEL

## Experimental Learning Opportunity: The 12 Choices (From Happy Teacher Professional Development)

1. I choose to be happy
2. I choose to disconnect and detach with love
3. I choose to be mindful
4. I choose to make time for sleep
5. I choose to get outside and get moving
6. I choose to be grateful
7. I choose what to overlook
8. I choose the battles worth fighting
9. I choose what to do next time and what to stop doing
10. I choose to enjoy the relationships that matter
11. I choose to schedule and prioritize what really matters
12. No matter how the school year started, I choose to finish well

# Psychological First Aid

- **Making sure anyone working in schools needs the basics to help students**
- **Signs of Suicide Program**
- **Behavioral and Emotional Wellness Coordinators**



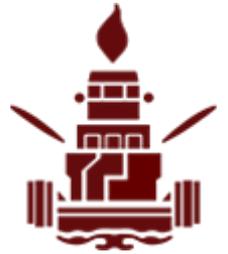
# Connection Built into the School Day - HS

## Compass

- Four days a week
- Home Port for connection
- Led by teachers, counselors, social workers

## Benefits

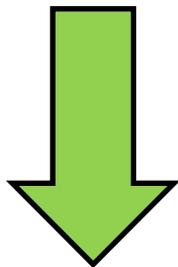
- Teacher for tutoring
- Time to meet with group
- Complete homework or missed work
- Less stress







# Building Empathy



- **Critical to healing**
- **Provide opportunities for adult staff and for students to share their stories**
  - **Adults can model the process of taking some emotional risk**

# Building a Sense of Control or Agency

- Research has demonstrated that building this sense of power and control among traumatized groups is perhaps one of the most significant features in restoring holistic well-being. - Ginwright
- By taking action on something that is important to students, it builds a sense of power and control over their lives
- Survey to highlight areas of strengths and areas for need
- Importance of agency
  - How to maintain it
  - How to sustain it



# Help Students Help Others – World is Greater than Themselves

- Link Crew
- Mentors MS to HS
- Peer Tutors
- HS to Elementary Tutors
- Service Opportunities



# Students Involved in Decision-Making

- **Advisory groups**
- **Homecoming week**
- **Board student/teams**





# Media Literacy Skills

- 1. Explain how social media algorithms work
- 2. Teach “lateral reading” skills
- 3. Teach kids how to monitor and evaluate their own use of social media
- 4. Help students understand that social media tools are changing relationships and impacting their mental health
- 5. Teach students how to be critical evaluators of images as well as text
- 6. Students and educators should know that social media has blurred the line between fake and real, specifically for teenage audiences
- 7. Show students how to differentiate between fact and opinion or rumor
- 8. Help students understand that social media companies are trying to profit from their engagement



# Digital Citizenship

The Surgeon General recently released a report about misinformation and disinformation, citing concerns that the pandemic is being worsened by an accompanying "infodemic." The report calls on educators to teach students about common tactics that help spread misinformation.



# Digital Citizenship



## I'm inclusive

I engage with others online with respect and empathy.



## I'm informed

I evaluate the accuracy, perspective and validity of online information.



## I'm engaged

I use technology for civic engagement and to be a force for good.



## I'm balanced

I prioritize my time and activities online and offline.



## I'm alert

I know how to be safe online and create safe spaces for others.

# Take-Aways...What do kids need?

- Validation of feelings
  - Understand that screens have been a lifeline and a coping mechanism
  - Students are emotionally invested in their on-line relationships
  - Students missed key transitions and rights of passage due to COVID
- Critical Thinking and Digital Literacy Skills
  - Ask students how has your screen time changed since the pandemic? Important for them to reflect on their use
  - Are you getting benefits from this online environment or is this a toxic space?
  - Bring more teachable moments into the classroom: practice decision making skills when using technology
  - Help students decipher fantasy from reality
  - Important to let a trusted adult know if you experience things such as sexting, harassment, hate speech
  - Explicitly taught skills to understand how to navigate a virtual world
- Understand that feelings of stress and anxiety are normal
  - We feel stress in order to grow
  - Develop healthy coping skills
  - A range of emotions are good, but need to match the situation



# Questions to Bring Back to Your District

- What is our process for making sure every child has a trusted adult at their school?
- What are we doing to teach media literacy, so our students understand healthy ways to use technology and are aware of possible unhealthy outcomes from use?
- How current are we as a district with understanding the online world that our students are experiencing?
- How do we equip our students with healthy coping skills/tools to manage life challenges?
- What kind of infrastructure does our district have to monitor student use of our devices?
- What changes have we made to our programming to allow for more relationship building and SEL as we transition to this next stage of the pandemic?
- Are our school programs using different social media platforms for students to stay connected?  
Is there a way to consolidate and use one way to communicate?



# Questions

We've included on your card on your seat that has a QR code to the presentation. There you will find the questions to facilitate discussion with your board/district teams when you return



# Contact Info

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# Articles

- [A Hate Group Targeted My Kid Online - The New York Times \(nytimes.com\)](#)
- [What Is Discord? - Parentology](#)
- <https://hms.harvard.edu/news/screen-time-brain>
- [Infographic: I'm a digital citizen! | ISTE](#)
- [As Kids Head Back to School, Science-Backed Ways to Help Their COVID Blues \(newsweek.com\)](#)



# Articles

- Over a third of pre-teens are gaming online with people they don't know (msn.com)
- TikTok served hundreds of explicit videos on drug addiction and sex fetishes to accounts registered to users as young as 13 years old, report says (yahoo.com)
- How schools are addressing students' mental health needs due to trauma of COVID-19 - ABC News (go.com)
- <https://www.msn.com/en-us/lifestyle/pets-animals/why-parents-should-beware-of-gaming-platform-roblox/vp-AAPKuRX?ocid=BingNewsSearch&pfr=1>



# Articles

- <https://ginwright.medium.com/the-future-of-healing-shifting-from-trauma-informed-care-to-healing-centered-engagement-634f557ce69c>
- [When one pill kills \(nbcnews.com\)](#)
- [Facebook documents show how toxic Instagram is for teens: WSJ \(cnbc.com\)](#)
- [Teenagers and Back-to-School Stress | Child Mind Institute](#)



# Websites

- Education Resources – Candor Health Education
- Children and Screens
- Screenagers Movie | Blog
- Common Sense Research | Common Sense Media
- Child Mind Institute | Transforming Children's Lives.



# Video Clips

- [When one pill kills \(nbcnews.com\)](#)
- [LIKE Trailer - YouTube](#)
- [The Social Dilemma | Official Trailer | Netflix - YouTube](#)

