

Adult Education; Child & Adolescent Development; Understanding how the digital world impacts kids and how to keep them healthy.

Sundays; Jan-Feb, 2021

Presenters; Jamie & Dave White

4-WEEK CLASS OUTLINE:

Week 1-2: Social Media & Technology; Understanding dependence and how to help kids stay healthy online.

Week 1: Jan 17, 10:30am

Digital Process Addictions; the difference between use and addiction in a digital age.

Week 2: Jan 24, 10:30am

How technology shapes development and what we can do to help (tools and best practices for health)

Week 3-4: Child & Adolescent Mental Health; Understanding the barriers to development and tools to help kids stay healthy.

Week 3: Jan 31, 10:30am

Child and adolescent mental health (depression, anxiety, high risk behaviors)

Week 4: Feb 7, 10:30am

Self-harm and suicidality (warning signs, intervention, and recovery)

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## WEEK ONE

Digital Process Addictions; the difference between use and addiction in a digital age.

### Digital Process Addictions:

Smartphones, Social Media, Porn, Gaming, etc.

Scale of tech use: Adaptive -> Excessive -> Obsessive -> Addictive.

### Are we dealing with a real addiction here or just a lot of use?

Diagnostic Criteria for Addiction:

- a. preoccupied with phone/game
- b. withdrawal symptoms when not able to use/play
- c. a build up of tolerance—more game time needed for satisfaction
- d. attempts at cutting down or controlling use are unsuccessful
- e. loss of interest in other activities
- f. continues patterns of use, in spite of negative consequences
- g. person has lied to others about gaming/internet/phone usage
- h. use of game/phone to escape negative moods
- i. person has lost or put at risk other opportunities/relationships to continue use.
- j. often leads to neglect; sleep, diet, exercise, socializing and increase in aggression, physical fights, arguments, lower grades.

### Social Media:

### Internet Gaming:

### Porn/Sexual Content:

### Cyber-bullying:

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## WEEK TWO

How technology shapes development and what we can do to help (tools and best practices for health)

How is all of this impacting our kids?

1. Shaping our kids worldview:

2. Shaping the way our kids connect and communicate with others:

3. Shaping the way our kids develop:

Top 10 Reasons why are our kids and teens drawn to tech/social media?

1. It's the only world they know. Culture.
2. It's addictive
3. Less and less time in the family unit.
4. They are looking for connections with others.
5. Significance.
6. Answers to questions that nobody else will answer without the awkwardness.
7. It's convenient... I'm in a hurry and its fast.
8. Excellent numbing tool.
9. Avenue to flattery and "fame."
10. Social and Identity Fitting Room.

Tools and Best Practices:

Site and Apps Kids Use:

1. Snapchat: auto-erase texting app, users set between 1 and 10 seconds.
2. TikTok: short video platform social media
3. Instagram: picture/video based social media, dm (direct message) feature.
4. twitter: the facebook for teens (140 characters, microblog) Easy access to porn.
5. youtube: videos. You can literally find anything.

6. Facebook
7. kik messenger, Whatsapp, GroupMe: another texting/messenger app
8. Whisper: a social "confessional" app that allows users to post whatever's on their minds, paired with an image/gif.
9. Musical.ly: A video and performance social network... sharing lip-syncing.
10. Houseparty: Group video chat room.
11. Live.ly, Live.me, YouNow: both are live video streaming apps
12. Friendster: facebook for gamers
13. Pinterest: virtual pin board, creative, followers, etc.
14. Tumblr: its like a combo of twitter and a blog site. Easy access to porn.
15. ask.fm: anonymous question/answer based social media.
16. Reddit: virtual review site, anyone can post reviews. Lots of info here.
17. Yubo (formally Yellow), Omegle; Monkey (connected to snapchat), MeetMe; all are text/video chat apps that put two strangers together in their choice of a text chat or a video chat room. If they like the person they can continue talking to them on their other social media platforms. Yubo is the "tinder for teens"
18. Spotify, Pandora, itunes radio: online radios with a social media-like element... people you follow can see what you're listening to, you can share music, follow playlists.

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#### Strategies, Healthy Parameters and Best Practices

1. Start with yourself... how do you model digital usage? Have personal guidelines.
2. As an adult, stay current. Don't know something, google it!
3. Talk to your kids about technology and how they're using it... not just content.
4. Appropriate contacts only.
5. Passwords (parents should know them and control them)
6. Privacy (the internet has a beautiful memory) and accountability software.
7. Teach kids to remove inappropriate things. Pics that others post, untag themselves, etc.
8. Use available restrictions (time, ratings, location sharing, purchasing, passcodes, etc)
9. Establish No-Cellphone-Zones or times.
10. Checking history and usage. Random monitoring.
11. Share accounts (itunes, icloud accounts)
12. Set up reading to screen time exchange.
13. Digital Family Agreement (\*see attached or write your own family commitments)

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#### Resources:

1. Center for Parent and Youth Understanding. [www.cpyu.org](http://www.cpyu.org)  
Sign up for "e-update", weekly email and "Youth Culture Today", one minute radio broadcast on website, in quick links.
2. Digital Kids Initiative, [www.digitalkidsinitiative.com](http://www.digitalkidsinitiative.com) (free downloads, articles, etc)
3. YouVersion Bible App, italk to God, bible shaker, questions to god, prayer journal
4. A Parents Guide to Understanding Social Media, Adam McLane and Mark Oestreicher
5. Youth Culture 101, Walt Mueller
6. Alone Together, Sherry Turkle (book on helping young people develop healthy boundaries and habits of presence regarding technology addiction)
7. [www.xxxchurch.com](http://www.xxxchurch.com) porn info/help/accountability software
8. The Dumbest Generation, Mark Bauerlein (how social media is making our kids less intelligent)
9. Distracted, Maggie Jackson
10. The Big Disconnect, Catherine Steiner-Adair
11. Fightthenewdrug.org a campaign effort to raise awareness about the harmful effects of pornography through creative mediums. (lots of resources, information, videos, stats, links here)
12. Brainstorm by Daniel J. Siegel, M.D.
13. NAMI (National Alliance of Mental Illness) of Utah: <https://www.namiut.org>

### What You Need to Know About Parental Controls:

Even if you've talked to your kids about screen-time limits and responsible online behavior it's still really tough to manage what they do when you're not there (and even when you are). Parental controls can support you in your efforts to keep your kids' Internet experiences safe, fun, and productive. But they work best when used openly and honestly in partnership with your kids -- not as a stealth spying method.

- **Smart phones and tablets.** Some mobile devices come with basic parental controls -- but the options vary a lot depending on what you have. You can also download apps to track and control online activity, including text messaging and social media. If you're an Amazon user, Kindle Fire tablets come preloaded with Kindle FreeTime parental controls.

**Good to know:** To monitor your kid's social media accounts, you'll need their passwords and user names.

**Good for:** Younger kids. Once kids get older, they will either resist any attempt to limit their access or simply figure out a way to defeat what you've restricted.

- **Your device's operating system.** Microsoft's Windows, Apple's Mac OS (ScreenTime), and Google Chrome come with robust built-in parental controls. To get the most benefits, you need to use the most updated version of the operating system, and each user has to log in under his or her profile.  
**Good to know:** You don't have to pay extra for them and they apply globally to everything the computer accesses.  
**Good for:** All ages.
  - **Web browsers.** Browsers, for example Mozilla Firefox, Google Chrome, and Apple Safari, are the software you use to go on the Internet. Each one offers different ways of filtering out websites you don't want your kids to visit. Learn how to set restrictions in your browser.  
**Good to know:** Browsers are free, but if you have more than one on your machine, you need to enable filters on all of them.  
**Good for:** Younger kids. Older kids -- especially very determined ones -- can easily defeat browser restrictions either by figuring out your password or simply downloading a new browser.
  - **Kids' browsers.** Sometimes called "walled gardens," these are protected environments that fill up your entire screen (so kids can't click out of them). They typically offer games, preapproved websites, email, and various activities.  
**Good to know:** Kids' browsers are usually free for the basic version, but cost money for a premium upgrade. They also sometimes display ads or promotional content.  
**Good for:** Younger kids. Walled gardens are too limiting for older kids who need (or are allowed) greater access to the wider Web.
  - **Third-party apps and software.** Full-featured parental-control programs, such as NetNanny and Qustodio let you block websites, impose screen-time limits, and monitor online activity (for example, which sites your kid visits) on your computer or laptop. Many of these programs also offer added security against malware and viruses and will send you a summary of what your kid does online.  
**Good to know:** They usually require a monthly subscription fee.  
**Good for:** Kids of all ages -- and especially kids who need a lot of support in following your rules.
  - **Home networking.** There are both hardware and software solutions to control your home network and your home WiFi. OpenDNS is a download that works with your existing router (the device that brings the Internet into your home) to filter Internet content. Circle Home is a device that pairs with your existing router and offers management features such as the ability to pause the internet, create time limits, and add content filters. (Some new Netgear routers are also bundling Circle's features.)  
**Good to know:** Mucking around in your network and WiFi settings can be challenging.  
**Good for:** All ages.
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## WEEK THREE:

Child and adolescent mental health (depression, anxiety, high risk behaviors)

Mental health conditions are common among teens and young adults. 50% of all lifetime mental illnesses develop by age 14 and 75% develop by age 24.

### Top Ten Warning Signs:

1. Feeling sad or withdrawn for more than two weeks.
2. Seriously trying to harm or kill oneself or making plans to do so.
3. Severe out of control, risk taking behaviors.
4. Sudden overwhelming fear for no reason
5. Not eating, throwing up, or using laxatives to lose weight. Significant weight loss or weight gain.
6. Seeing, hearing, or believing things that are not real.
7. Repeatedly using drugs or alcohol.
8. Drastic changes in mood, behavior, personality, or sleeping habits
9. Extreme difficulty concentrating or staying still.
10. Intense worries or fears that get in the way of daily activities

Depression:

Anxiety:

CALM

C – Catch (the anxiety early)

A – Acknowledge (their experience)

L – Listen (to understand)

M – Maintain (their dignity)

High Risk Behaviors:

How to help your child:

- Get them professional help and support.
  - Learn all that you can.
  - Talk with your child's school.
  - Work with your child.
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## WEEK FOUR:

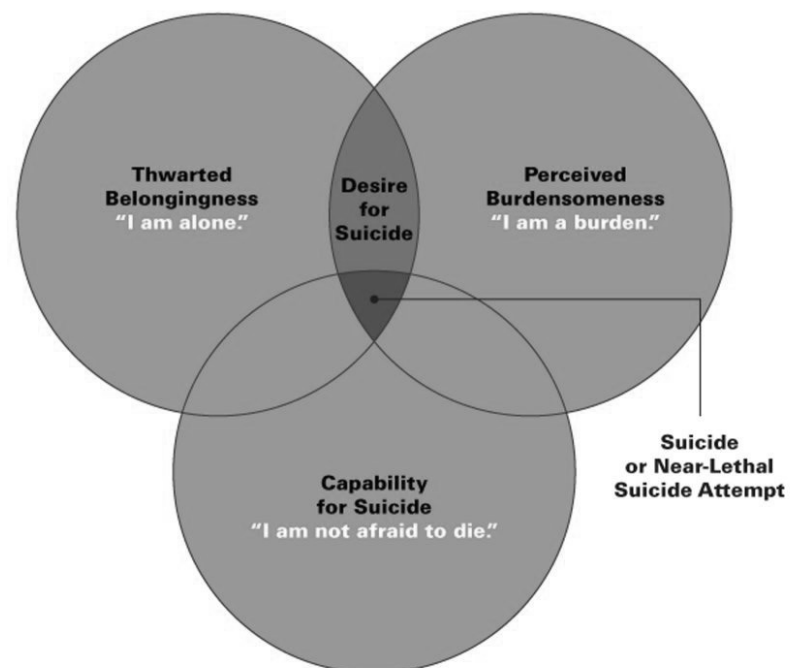
Self-harm and suicidality (warning signs, intervention, and recovery)

### Suicide Risks and Prevention:

#### Recognize the risk factors and warning signs:

Most suicidal individuals give some warning of their intentions; about 50-75%. Recognizing those factors and taking warning signs seriously is the first step to offering help.

- Threatening to hurt themselves or saying they want to die.
- Looking for ways to kill themselves (weapons, pills, other drugs, alcohol)
- Talking about or writing about death, dying, suicide. Including posting about it on social media.
- Has made a plan or preparation for a potentially serious attempt.
- Give away special items or quitting things they normally enjoy.
- Other warning signs include expressions and intense feelings, in addition to depression:  
insomnia, anxiety, panic attacks, feeling trapped or like there is not way out, feeling extreme hopelessness, feeling like they have no purpose or reason to live, rage and anger.
- Certain behaviors can also serve as warning signs particularly when they are not characteristic of the persons normal behavior; acting reckless or engaging in risky activities, engaging in violent or self-destructive behavior, increasing alcohol or drug use, withdrawal from family and friends.
- \*Do not attempt to argue someone out of suicide. Avoid the temptation to tell them "you have so much more to live for," or "your suicide will hurt your family," as this can add to their feelings of sadness and shame, making them worse.





- \*Suicidal individuals are often very resistant to seek help or receive care. Once they have a plan in place and have decided to end their life, it can be very hard to intervene. They often believe they cannot be helped.

How to help someone in crisis:

- Do not leave them alone.
- Take it seriously.
- Do not be afraid to ask them if they are suicidal and if they have a plan or method in mind to take their life. Use specific language and ask directly.
- Contact parents (\*if person is underage and/or in good relationship with their family.)
- Tell the school counselor or a school administrator.
- Remove any firearms, drugs, alcohol, or sharp objects that could be used to assist suicide.
- Take the person to the emergency room or a walk-in clinic or a psychiatric hospital.
- Download the MY3 app; an app that links you to three lines of support when feeling suicidal.
- National Suicide Hotline: 800-273-8255
- Call 911.

# Family Media Agreement: 6-8



## I will ...

### stay safe.

- I will not create accounts or give out any private information – such as my full name, date of birth, address, phone number, or photos – without my family’s permission.
- I will not share my passwords with anyone other than my family. I will ask my family to help me with privacy settings if I want to set up devices, accounts, or profiles.
- If anyone makes me feel pressured or uncomfortable, or acts inappropriately toward me online, I’ll stop talking to that person and will tell a friend or family member I trust about it.
- \_\_\_\_\_  
\_\_\_\_\_

### think first.

- I will not bully, humiliate, or upset anyone online or with my phone – whether through sharing photos, videos, or screenshots, spreading rumors or gossip, or setting up fake profiles – and I will stand up to those who do.
- I know that whatever I share online or with my cell phone can spread fast and far. I will not post anything online that could harm my reputation.
- Whenever I use, reference, or share someone else’s creative work online, I will give proper credit to the author or artist.
- \_\_\_\_\_  
\_\_\_\_\_

### stay balanced.

- I know that not everything I read, hear, or see online is true. I will consider whether a source or author is credible.
- I will help my family set media time limits that make sense, and then I will follow them.
- I will be mindful of how much time I spend in front of screens, and I will continue to enjoy the other activities – and people – in my life.
- \_\_\_\_\_  
\_\_\_\_\_

## In exchange, my family agrees to ...

- recognize that media is a big part of my life, even if they don’t always understand why.
- talk with me about what worries them and why, before saying “no.”
- talk to me about my interests and embrace my world, including helping me find media that’s appropriate and fun.

<b>X</b> _____ signed by me	<b>X</b> _____ signed by my parent or caregiver
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