

Supporting Teenagers' Well-Being

NSBORO Family Support Webinar Series



June 7, 2022 Webinar Handouts

Thank you for joining us tonight

NSBORO webinars series:

Tues, 5/31 at 7pm: Mental health, suicidality, and supporting our children

Tues, 6/7 at 7pm: Keeping kids safe online and preventing cyberbullying

Tues, 6/14 at 7pm: Building healthy habits to improve physical and emotional health

Handouts and recordings are available on our district website.

Contact jlipton@nsboro.k12.ma.us with questions

Jennifer Lipton O'Connor, PhD- District Social Emotional Learning Coordinator

Purpose of the webinar series

The Public Schools of Northborough and Southborough are committed to supporting the social, emotional, and academic development and well-being of our students.

We know that rates of anxiety, depression, and social isolation are at record high rates for children and adolescents.

Our school data shows several trends and areas of need, and this webinar series is targeted to provide immediate support to families in those specific areas.

District teams identified three areas of need based on initial data

1. Concerns about mental health, depression, anxiety, social isolation, and suicidality.
2. Concerns around social media and cyberbullying.
3. Concerns about the connection between general wellness and mental health (sleep, exercise, diet, screen time, etc.)

This webinar series was designed in order to provide parent training and resources prior to the start of summer. Additional webinars may be added.

Goals of tonight's presentation

- Provide useful information for families to support their children's well-being
- Share information regarding social media and the impact on young people
- Talk about brain development and how social media targets kids
- Help families have conversations about the role of screens and social media in their lives
- Share community resources

Introducing our presenters:

Jennifer Lipton, PhD
District SEL Coordinator

Safdar Medina, MD
District Physician

Ellen Miller
Educator at District Attorney's Office

And our panelists:

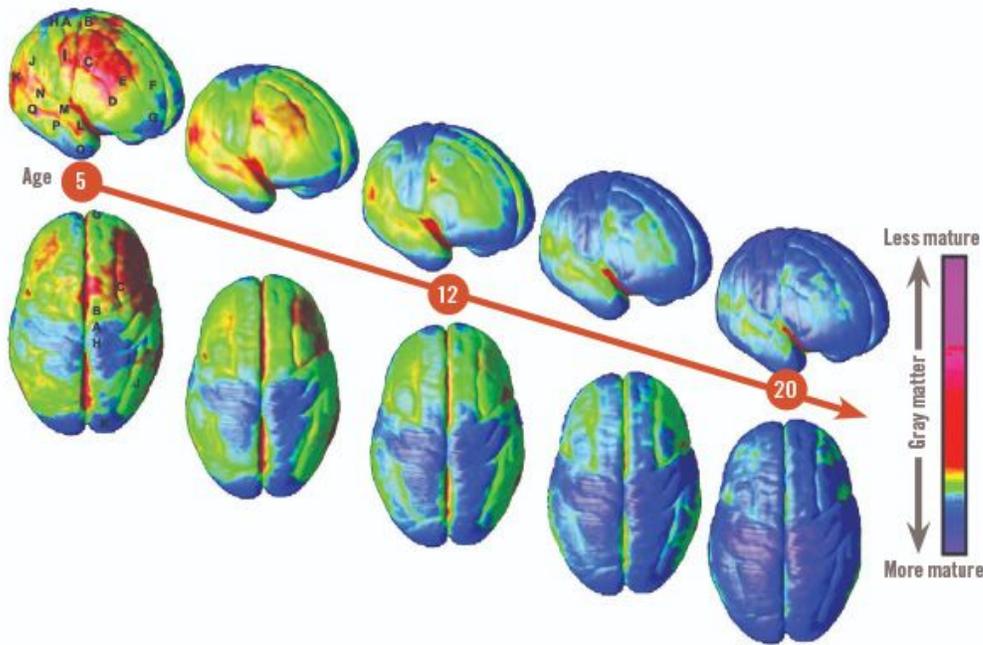
Mary Ellen Duggan, RN
District Wellness Coordinator

Julie Doyle
District Director of Instructional Technology
and Digital Literacy

Sarah Cassell, LMHC
Southborough Youth and Family

Please submit questions via the Q&A function.

Adolescent Brain Development

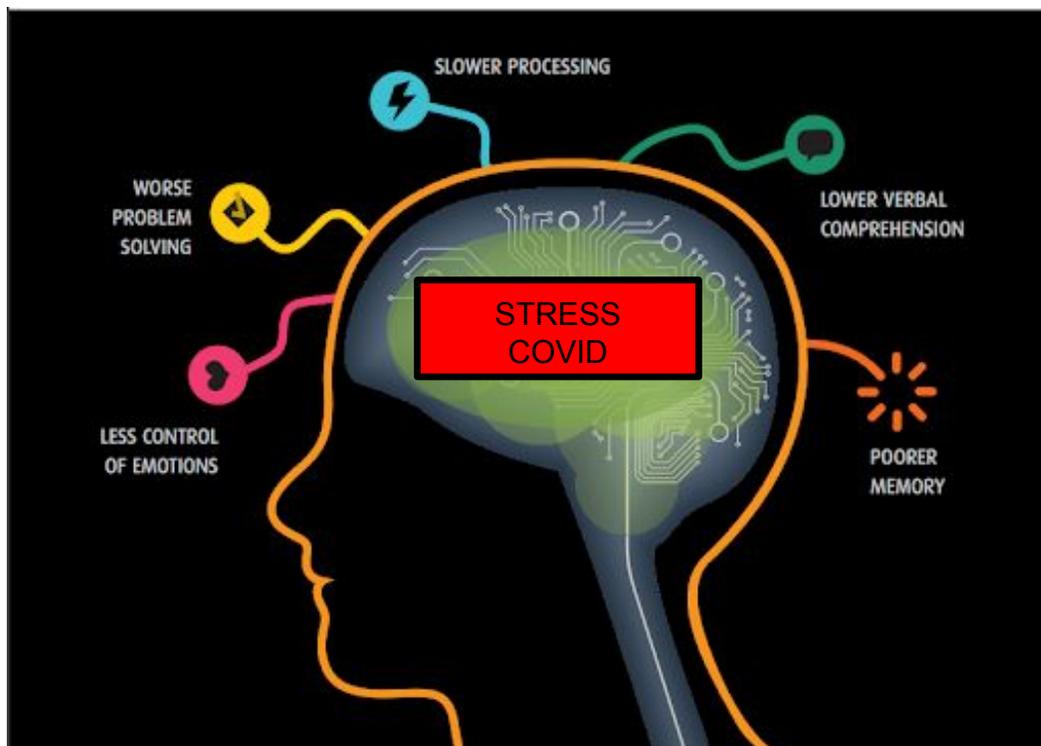


Teen Brains are Different

The prefrontal cortex is not fully developed until we are in our mid to late **20's!**

Source: "Dynamic Mapping of Human Cortical Development During Childhood Through Early Adulthood," Proceedings of the National Academy of Sciences

Adolescent brains under stress



Stress further reduces teens' ability to use higher level thinking skills

Based on the developmental stage of their brains:

Adolescents are *more* likely to:

- act on impulse
- misinterpret social cues & emotions
- get into accidents of all kinds
- get involved in fights
- engage in dangerous or risky behavior

Adolescents are *less* likely to:

- think before they act
- pause to consider consequences
- change their dangerous or inappropriate behaviors



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Social media and screens impact developing brains

- Attentional issues
- Marketing to children
- Body image
- “Happiness trap”
- Links to anxiety and depression
- Sense of isolation, separation, identity
- Peer issues played out on social media

These issues often impact children during the school day.

Adults’ experiences with social media are inherently different.

Safdar Medina, MD

District Physician
Pediatrician
Member of Medical Advisory Team
Southborough Resident and Parent

Constantly Connected



A Public Health Threat

- Obesity
- Sleep Problems
- Anxiety and Depression
- Substance Use
- Risky Sexual Behavior
- Eating Disorders
- Addiction – Video Games, Pornography
- Cyberbullying



Substance Use

Tobacco, Alcohol, and Marijuana ads targeting teens (ads have adults who look like teens)

Sharing of substance use by teens on social media—leads to increased likelihood of other teens using



Eating Disorders

Sharp rise during the Covid 19 pandemic as more teens spent time online
Images of perfection

Ads that promote weight loss, fitness, muscle building

“I am too fat” or “I am too skinny and don’t have enough muscle”

Once they click on a certain type of image the site remembers it and then will continually make similar images and ads appear on their feed



Online Addictions

Video Games—Can develop an addiction—virtual reality becomes reality

Internet Pornography—Growing problem among teens—same pathway as substance addiction—harms them and prevents development of healthy relationships



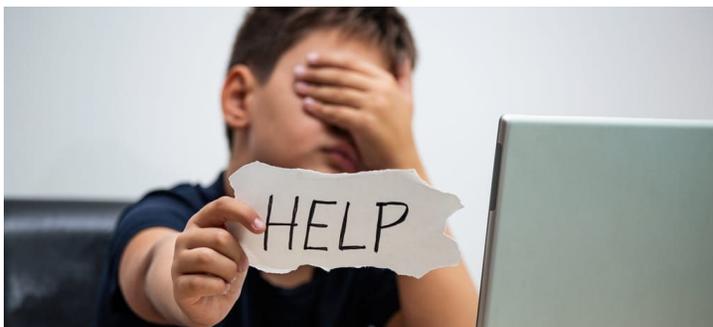
Cyberbullying

Cyberbullying can lead to school avoidance, Depression

Cyberbullying posts “go viral” instantly—augmenting the hurt and embarrassment

Support your child

Don't automatically take-away their device or limit their screen time; they will see this as punishment and will be less likely to report in the future



Social Media Tips For Parents

Be part of your teen's online world

Be that cool parent—Talk to your kids about what they see online

“Friend” them on their sites



Set expectations

Screens should be kept out of bedrooms. (Parents should model.)

Have a screen curfew time FOR EVERYONE (including adults).

Stop screens 1 hour before bedtime. (Challenge kids to try it for two weeks and see if they feel more energetic and happier during the day.)

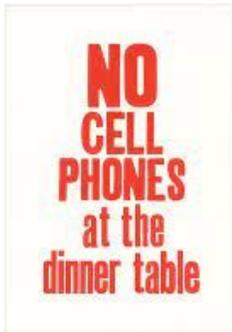
Designate an overnight charging area.



Screen Free Time

No screens at the dinner table

Set screen-free family activity at least once a week—board game night, hike



Ellen Miller, Educator from District Attorney's Office

Topics will include:

- Bullying/Harassment Laws
- Bullying and Cyberbullying Defined
- Existing Laws
- Emerging and Existing Technology
- Protecting Your Digital Footprint
- How to keep yourself safe while using today's technology



Helpful online safety resources:

www.worcesterda.com
www.netfamilynews.org
www.netsmartz.org
www.commonsensemedia.org
www.cmch.tv
www.netlingo.com
www.thebullyproject.com

<https://www.connectsafely.org>

ConnectSafely is a Silicon Valley, Calif.-based nonprofit organization dedicated to educating people about online safety, privacy, security and digital wellness.

For more information from DA Early's Office follow us on Twitter @worcesterda and Facebook, Youtube Joseph Early and @dajoeearly on Instagram.

Please visit your school district's website to find your school's specific Bullying Prevention and Intervention Plan.

Reminder of supports available at school

- All school staff are committed to students' academic, social, and emotional well-being.
- Staff dedicated to supporting social emotional wellbeing include:
 - School counselors
 - Psychologists
 - Behavior specialists
 - Nurses
- Partner with local agencies and community resources.
- Each school has digital literacy specialists to support technology
- **Importance of a shared responsibility.**

COMMUNITY RESOURCES

EMERGENCY SERVICES

- 911
- Advocates Psychiatric Emergency Services (PES)
1-800-640-5432
- National Suicide Prevention Lifeline 1-800-273-TALK
- Say Something Tipline



Non-emergency Resources

- Pediatrician
- Southborough Youth and Family Services
- Northborough Youth and Family Services
- Interface Referral Services
1-888-244-6843

ER visits can often be difficult.

Be prepared for long waiting lists.

Thank you for participating!

Last webinar in this series:

Tues, 6/14 at 7pm:

Building healthy habits to improve physical and emotional health

Handouts and recordings will be available on the district website.

Contact jlipton@nsboro.k12.ma.us with questions or suggestions for future topics.

Thank you to our presenters, panelists and Superintendent Martineau for supporting this series.