SPECIAL TOPIC: Social Media Tips for Parents
By Justin Talmadge and Andreeves Ronzer

• WE are all in this together as parents.
• Technology management and mental health
• Recommend movie LIKE by Parent Edge
• Trailer shown
• April 2\textsuperscript{nd} 6:30-7 resource
• Film at 7PM

Parent Question: Why not show at school?
We had panel with Vicki and a student rep watched movie- found it was more adult/parent centered, not for student – will not be well-received by student population

Parent 1:
My student hates phone. But forced to use social media. FB is used to communicate with band section. There should be an alternative.

Justin Talmadge’s wife is a clinical therapist- what she sees in practice of teens:
1. perfection
2. increased anxiety and depression
   comparison to perfect self on social media
3. FOMO
4. Distortion of face/body (with filters)
5. normalizing certain behavior
6. sharing of inappropriate pictures (nudes)
7. distraction

Parent 2, pediatrician
1. not enough sleep
2. takes away creativity and imagination, productivity
3. body image issues
4. anxiety feeling not liked enough, not good enough
• as a family- banned certain social media
• also worry about child forced to join certain social media at school
• unsure benefit outweighs the benefit
• are kids mature enough to handle social media?

Parent 3:
• Daughter had problem self-regulating
• Remove phone in evening after dinner – she relaxes more
• Don’t give it back till chores are done

But when she leaves your home, how will she self-regulate? What strategies to use?

Andreeves: not all technology and media is bad

Parent 4:
• Helps me be efficient – communicate with a group at a time
• Technology is not evil
• It’s how we use it
• CDC has a great contract for phones and cars

Parent 2:
For parents that are not tech savvy – we could use some help in controlling devices
Need Advice and Guidelines on how to manage

Parent 5:
• My child is a Junior – need to prepare her for leaving
• Have to be able to self-manage on own
• There is no “one size fits all” solution
• Every child is different

Parent 6:
Just remove all social media
We took away phones at 11PM and removed them at dinner

Justin Talmadge
Social media – what is it replacing?
• Face-to face time
• Walking, exercising, etc.

Tech companies are beginning to build in tools to tackle this issue.

Parent 7:
• Contracts are great idea, but I was late to catch up
How do we get them to comply later?

With increased social media use
- Teen pregnancy is down
- Accidents, deaths have gone up

Parent 1:
- iPad contracts are useless
- 5 min to start playing games
- against use of iPad for education
- kids learning how to become deceptive

Andreeves Ronser:
- the use of iPads in education and the history behind the choice of iPads

Principal Vicki Puckett
- iPads are used for both Good and bad
- Stress release – used at group games

Parent question: Are spot checks done on a regular basis
Andreeves Ronser: mainly in the summer when the iPad are returned, but sometimes done

Parent 8:
How disruptive are phones in the classrooms?
How come the teachers cannot collect at door?

Principal Vicki Puckett
- Some teachers do not allow phones in classrooms.
- One school – using paperbags where Phone goes in a paperbag
- BUT, If that phone ends up missing, liability to teachers
- Some teachers, turn off the phones and put in backpack

Parent 8:
How about student committee that deals with phones?
Get students to talk about it and find their own solutions

Principal Vicki Puckett
Teachers – have conversation on when to have phones out and phones away

Parent 9:
Some students with anxiety issues want phone to be able to say goodbye in an emergency
Parent 1:
Things done in class should be educational
Remove the phone into backpack – not discussion point
Phone is not educational

Principal Vicki Puckett:
Cannot police all 1600 students

Parent 10:
Some good usage of technology in class like Quizzlet

Parent 1:
iPad vs phone
One educational and other is not

Principal Vicki Puckett
I disagree - Some kids use phone to do the work
So all three technology used for good use and bad use

Parent 11:
My twins –one uses no tech and one uses iPad for band
Wonderful tool and grateful for the technology

Parent 12:
Great place to learn – is at school
Midwest school – embraced social media- source of pride and 100% student buy in

Principal Vicki Puckett
We cannot micromanage teachers – will not do that
But will share concerns

<table>
<thead>
<tr>
<th>Management Tools and Technology</th>
</tr>
</thead>
<tbody>
<tr>
<td>By our TOSA Andreeves Ronser</td>
</tr>
</tbody>
</table>

Mercerislandschools.org/iPad
Mercerislandschools.org/netsmartz

On these pages:
• Parenting tips
• Cyberbullying
• General tips,
• Social networking
• etc
• Will continue increasing resources that help parents

Managing devices at home
• Mercerislandschools.org/iPad
• Manage ipads
• iOS12 screen time restrictions
• downtime can be scheduled
• you can schedule your child’s by using their apple ID
• can set up a screen time passcode – yours so you can control your child’s phone - it doesn’t turn off the device - but it grays out the apps that you decided to block out
• you can set up app limits – time limits on each item
• but you can go down and choose apps to limit - decide which app to restrict and which to not

Parent: but students can get away with it if you are on VPN

There are two passcodes:
• login
• restrictions and screen time

xfinity xFi has new service
• controls home wi-fi and iOS devices
• can set up by each person for their internet access
• you can have a profile of any device that have connected to your network
• you can pause or sleep any device that you have a profile
• can set up bedtime
• this is just wifi