

# Kenowa Hills Mental Health Newsletter

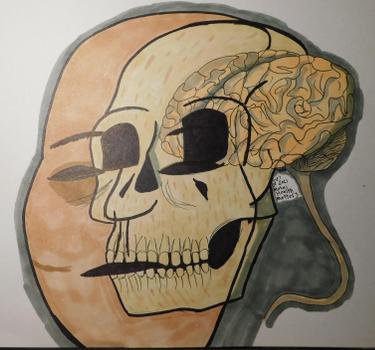
April 2021: Navigating a Digital World

Talking about Current Events



Kenowa Hills Public Schools  
Education inspired.

Thank you for your support of the 'Paint Kenowa Green' initiative. Now, more than ever, it's important to bring awareness to mental health and strengthen our connections! Check out this high school student's art submission in honor of mental health!



## SOCIAL MEDIA 'SMART'

**S-Safe**-Don't give out personal information

**M-Meet** only with parent permission/presence

**A-Accepting** files/emails from others can be dangerous

**R-Reliability**-Info on the internet may not be true

**T-Tell** a trusted adult if you or peer feels uncomfortable online

## What is Cyber Bullying?

It is the use of digital communication tools to make another person feel sad, angry, or scared, intentionally and repeatedly.

## How Can We Empower Our Kids?:

Aside from monitoring their use and talking openly, remind them of their choices:

- \*Sign off
- \*Take a Break
- \*Don't take the Bait
- \*Block the Bully
- \*Save/Print Proof
- \*Tell Trusted Adult
- \*Work with School Officials



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## Technology, Technology, Technology!!

### Parent Tips and Tricks

- Model healthy use of technology
- Ban use during dinner/bonding time
- Monitor use during homework time
- Limit screen exposure before bed
- Control access during sleep hours
- Turn off WiFi at night
- Block inappropriate content
- Parental co-viewing
- Discuss digital citizenship
- Develop a family media plan
- Create a cell phone contract
- Roleplay cyber scenarios
- Encourage offline friendships

Youth average 9 hours of media per day with nearly 30% being media multitasking (tv in background, phone in hand, laptop open, etc.)

Screen time has been linked to numerous outcomes but content (what one views) and context (when it's used) appear to matter more than actual time spent.

**Content:** Be vigilant of both violent and sexual content. Violent content may increase antisocial/aggressive behavior.

**Context:** Use around bed time is particularly concerning. Aside from affecting sleep, it's linked to inattention, impulsivity, moodiness, metabolic disturbances, and poorer academic outcomes. Tv in the bedroom is also linked to obesity.

### RESOURCES

[Common Sense Media](#)  
[Center on Media and Child Health](#)  
[American Academy of Pediatrics](#)  
[Wait Until 8th Pledge](#)



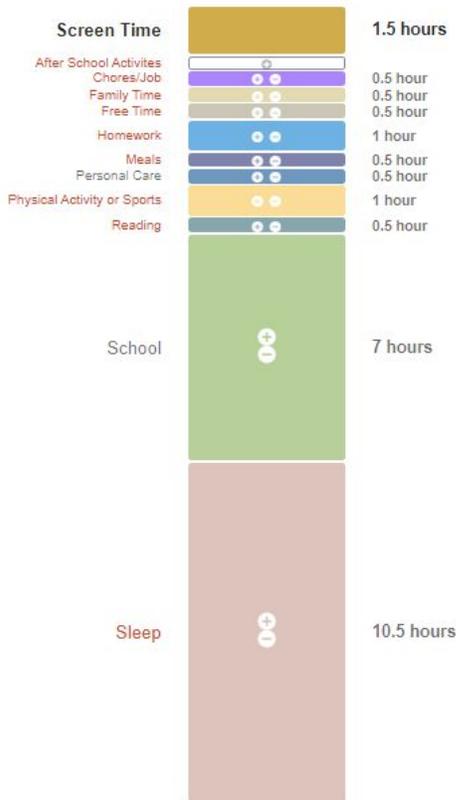
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**Knight 1**  
6-12 years

+ Add your own category



## Example of a Family Media Plan

**To make your own family media plan, click below:**

[AAP Media Plan](#)

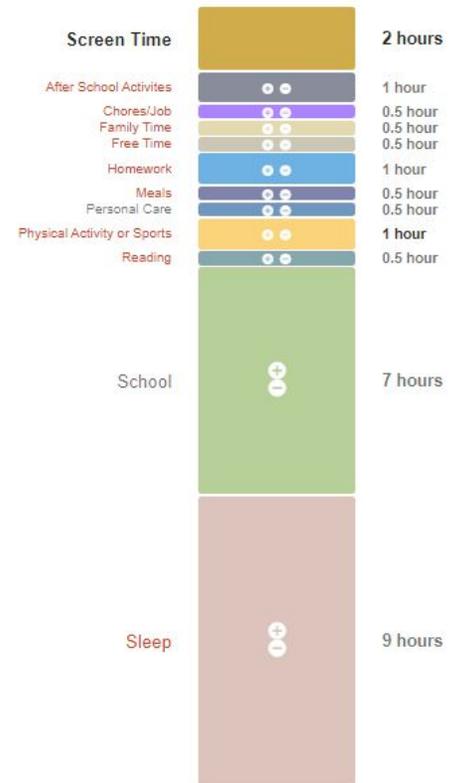
**To make a safe use cell phone contract with your child, click below:**

[Cell Phone Contract](#)



**Knight 2**  
13-18 years

+ Add your own category



## What to Teach My Kids About Technology?

- Communicate appropriately
- Keep things private
- Respect others
- Don't lie, steal or cheat

- Be an upstander
- Report negative behavior
- Follow family rules
- Think before your act