

Technology, Covid-19, and Student Well-being



WLA PTO & Youth Service Bureau Partnership



youth
service
bureau

WHAT IS YOUTH SERVICE BUREAU?

Youth Service Bureau helps youth and families learn the skills they need to be more successful at home, in school, and throughout their community.

Services

- Youth-Focused Family Counseling / Tele-Therapy available
- Diversion Services, including Awareness Classes
- Youth and Family Education / Virtual on-demand education session
- School-Based Chemical & Mental Health Support

Locations

- Cottage Grove
- Stillwater
- Woodbury

Contact Us!

651-439-8800

www.ysb.net

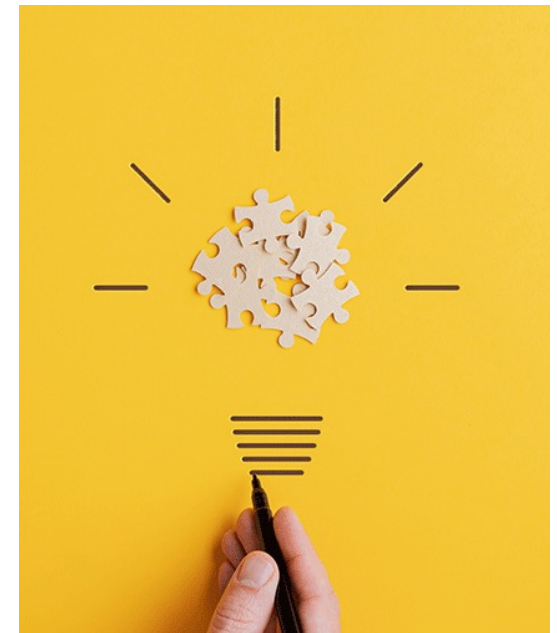
www.facebook.com/YSBKnowsKids



youth
service
bureau

Highlights

- Benefits & Concerns around Screens
- Brain Development & Devices
- Screen Guidelines
- Balance



youth
service
bureau

(dis)connected

- Share documentary:
<https://vimeo.com/376537521>



youth
service
bureau

Effects on the brain

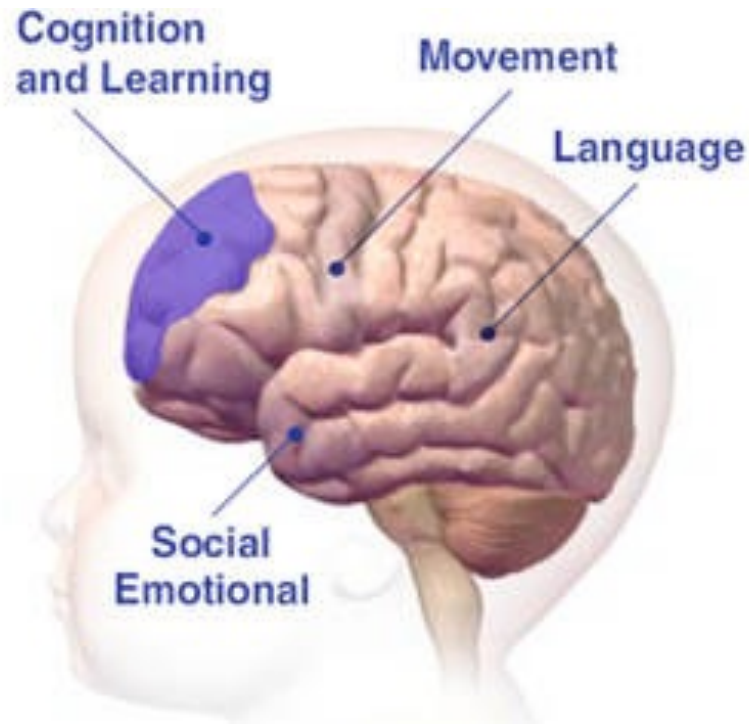


Image: babybrainmap

- Dopamine
- Technology limits development of social skills
- Lack of practice can lead to anxiety



Student Devices

- Distance Learning
- Snapchat
- Instagram
- TicTok
- Twitter
- Facebook
- YouTube
- Omegle
- Gaming

Positives

Concerns



youth
service
bureau

Before you post

THINK

T

= Is It True?

H

= Is It Helpful?

I

= Is It Inspiring?

N

= Is It Necessary?

K

= Is It Kind?



**Remember your
DIGITAL TATTOO!
The Internet is
written in ink,
not pencil.**



youth
service
bureau

Identity Development

- What kind of person are you online?
- What do you like about who you are online?
- What do you wish to change?
- Do you feel like you have “control” in these online spaces?
- Do you ever regret what you post?



Guidance in the digital age



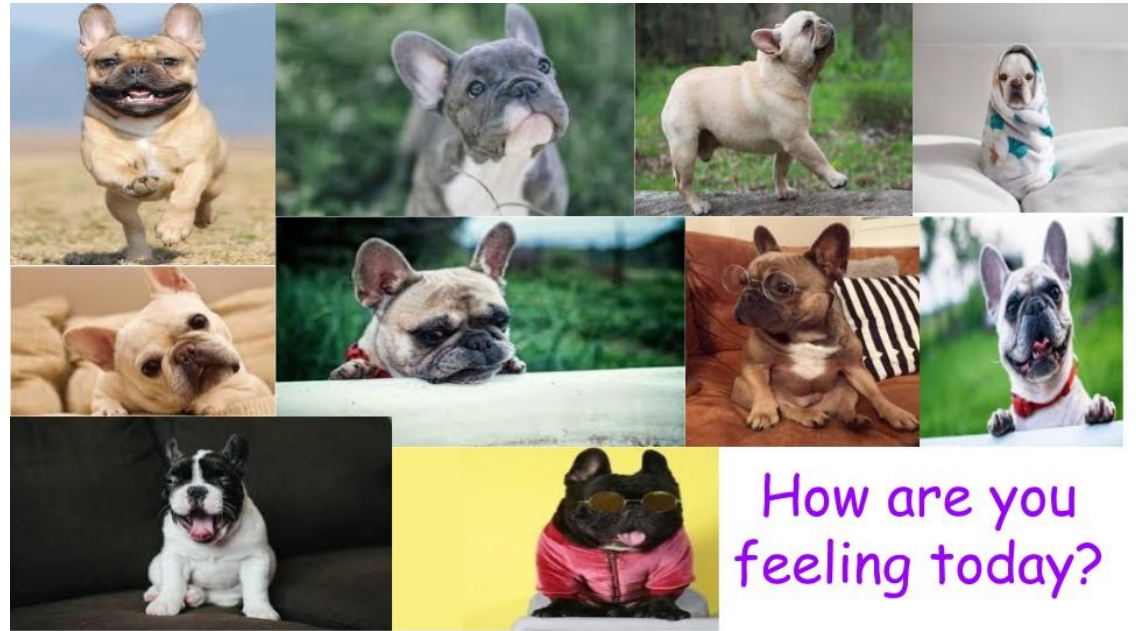
- How can we create screens-free time? (*suggestion: device free family dinners?*)
- What hobbies / activities can you do without screens?
- Keep screen time & bedtime separate
- What do you need of me (parent) to take a break from screens?



youth
service
bureau

Well-Being Coping Skills

- Spend time in nature
- Play a board game
- Cook together
- Read a book
- Color, Draw, Journal
- Play catch or games with your family members
- Take a hot bath or shower
- Create a calm down strategies list (deep breathing)
- Build a support tower (*name who supports you and see how tall of a tower you can build*)
- Give compliments
- Reflect on what you are grateful for



How are you
feeling today?



youth
service
bureau

Digital Wellness

- **Lead by example**
- Set limits
- **Teach self-regulation**
- Develop healthy habits /
- **Find one thing you and your child can do together without technology**
- Help set technology goals
- **Model healthy alternative activities to social media**
- Positive role model



youth
service
bureau

Resources

- School staff
- Community resources:
 - Change to Chill website
 - Local Mental Health providers
 - Medical doctor
 - NAMI
 - Youth Service Bureau
 - Support network



it takes a village to raise a child



youth
service
bureau

Questions?

- **Evaluation ~ please add in the chat**
 - **What stood out to you?**
 - **How will you use this information?**
 - **Any additional questions / comments?**
 - **Future topics?**

Thank you!

Merri Guggisberg, Youth and Family Ed.

Merri.Guggisberg@ysb.net

www.ysb.net



youth
service
bureau

Sources

Online:

- Spark and Stitch Institute
- Child Mind Institute (search social media and teen brains)
- Common Sense Media
- NAMI National Alliance on Mental Illness namimn.org
- Healthychildren.org
- Change to chill

Article:

- Have Smartphones Destroyed a Generation? By Jean M. Twenge (the Atlantic.com)

Books:

- Screenwise by Devorah Heitner
- #Lookup A Parenting Guide to Screen Use by Judy Stoffel
- iGen by Jean M. Twenge
- “Why Do They Act That Way?” by David Walsh

Screen Time Settings:

- Apple iOS 12 <https://www.pcmag.com/feature/363837/how-to-use-screen-time-in-apple-s-ios-12>
- Android <https://support.google.com/families/answer/7103340?hl=en>



youth
service
bureau