KNO ckledge is power!

Monday, January 13 or Wednesday, January 15
5:30 p.m. Truckee High School Auditorium 5:30 p.m. North Tahoe Auditorium

All TTUSD parents are invited

Speakers:
Dr. Amy Vail, Licensed Clinical Psychologist
Jill Whisler, M.S., Registered Dietitian Nutritionist

We all want our students to be as successful as possible, now and in the future.

Do you want to help your children learn to better care for themselves and protect their future well-being?

Are you concerned about the negative impacts of technology on your family, and your children’s physical, emotional, and social well-being?

Do you worry that your children are overexposed and unprepared for the impact of technology and food options on their lives?

Two local health and wellness experts will be sharing helpful tips on:
• How to keep technology use balanced in your family.
• How to maintain a healthy diet in your household.
• How to create better and healthier habits to maintain energy and improve the quality of your life.

Parents, please join us for an event designed to give you and your children wellness tools to support YOUR lives. Learn how to manage the impact of technology on your families and learn healthy ways to reconnect and refresh yourselves to combat daily life stresses.

www.ttusd.org
CONTROL TECH
OR TECH CONTROLS YOU
“We have seen the dangers of technology firsthand. I’ve seen it in myself. I don’t want to see that happen to my kids”

—Steve Jobs
Think Different.
Common Sense Media- 2019 Census

- 19% of 8-year-olds have a phone
- 53% of 11-year-olds have phones
- 69% of 12-year-olds have a phone
- 50% of tweens
- 26% of teens parents report their parents monitor their screen time

![Image showing screen time statistics and smartphone ownership by age and socioeconomic status.](image-url)
Common Sense Media- 2019 Census

• 8-12-year-olds average 5 hours a day
• 13-18- year-olds  hours 22 minutes a day
  • 3 of 10 use more than 8 hours a day
    • This does NOT include use for school
• YouTube is for 13 and up- algorithm choose videos –
  • 76% of 8-12-year-olds report watching YouTube

• 1/3 teens say they read for pleasure less than 1 x a month
BE AWARE
“I fear the day that technology will surpass our human interaction. The world will have a generation of idiots.”

Albert Einstein
Told to go play outside...
Dear Students,

I know when you’re texting in class.

Seriously, no one just looks down at their crotch and smiles.

Sincerely, Your Teacher.
WHAT'S THE POINT OF BEING AFRAID OF THE ZOMBIE APOCALYPSE

WHEN YOU'RE ALREADY A ZOMBIE?
“NOT MY KID”
START YOUNG
Model Good Behavior

• Have contracts in place

• GRANDPARENT RULE

• Remind them (OFTEN) that anything the send can easily be shared

• Open dialogue let you know when they see things that make them uncomfortable to talk to you.

• Check in often remind them to ask for help
• 90% of children ages 8-16 have seen online pornography. Law enforcement officials estimate that more than 50,000 sexual predators are online at any given moment.

• 20% of all Internet pornography involves children, with more than 20,000 new images posted weekly.
TELLING VERSUS TATTLING

Telling
- To keep yourself or others safe
- Concerns someone's safety
- The problem is important and urgent
- Someone is being hurt or in danger
- An adult is needed to help solve the problem
- Is important

Tattling
- To get someone else in trouble or avoid blame
- Threatening to tattle on another in order to control someone else
- Has something to gain from tattling
- No one is in danger or being hurt
- Can be solved without adult intervention
- Is unimportant
Good Kids - Bad Decisions
HUMAN NATURE

SUMMED UP IN ONE PICTURE
The area of the brain that controls Executive Functioning - long term consequences and impulse control continues to develop until after age 20.
TEEN-AGE MOUSE

I CAN TOTALLY GET AWAY WITH THIS!

Not Likely
Social Problems Teens Struggle With Every Day

Drug Use

Obesity

Academic Problems

Social Media Issues

Bullying

Depression
Top list of problems teens see among their peers

• Depression/ Anxiety

• 70% teens report Major problem- 26% report minor problem

• Bullying- ESPECIALLY CYBERBullying

• 55% REPORT MAJOR PROBLEM - 35% REPORT MINOR PROBLEM

• DRUG ADDICTION

• 51% report major problem- 35% minor problem
CYBERBULLYING

One of the predominant theories behind teen suicide is cyberbullying. It’s anonymous today, that is the big difference. Years ago, you knew who (the bullies) were.

Frenemies
Your Teenagers Health

**71% Suicide risk**
Teenagers who spend 5 hours a day on electronic devices are 71% more likely to have suicide risk factors than those with 1 hour use.

**51% Reduced sleep**
Teens that spend 5 hours a day on electronic devices are 51% more likely to get under 7 hours sleep when compared to 1 hour use.

**89% Parents blame themselves**
89% of parents blame themselves and caregivers for the responsibility of a child's phone use.

**27% Depression risk**
8th graders who are heavy users of social media have a 27% higher risk of depression.
Pass it On
The Lighthouse Project ~ Columbia Protocol

Ask your friends
Care for your friends
Embrace your friends

See reverse for questions that can save a life
The quality of being friendly, generous and considerate
-THE MATH YOU NEED-
HOW TO CALCULATE THE FUTURE COST OF CURRENT DECISIONS
Internet

Water
You forgot to load my apps
I GOT MY PHONE TAKEN AWAY
"Have you considered releasing him back into the wild?"
WHAT?! NO CELL PHONES IN CLASS? I'LL DIE!

JEEZ, I HATE IT WHEN PARENTS THROW A TANTRUM
THAT'S IT!
NO PEACE AND QUIET, OR A MOMENT TO MYSELF, FOR A WHOLE WEEK!

WHAT I'M REALLY SAYING
WHEN I TAKE TV AND VIDEO GAMES AWAY FROM MY KIDS.
ENFORCE THE RULES
The First Rule of Parenting: NEVER NEGOTIATE WITH TERRORISTS
REMEMBER WHEN SHE WENT TO BED WITH HER TEDDY BEAR?
How Much Sleep Is "Enough?"

Sleep is one of the cornerstones of health. Sleeping too much or too little can have adverse effects on your health. Sleeping less than 5 hours per night can double your risk of heart disease, heart attack and stroke. There is also a persistent relationship between lack of sleep and weight gain, insulin resistance and diabetes.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Recommended Number of Hours of Sleep</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newborns (0-3 months)</td>
<td>14-17 hours</td>
</tr>
<tr>
<td>Infants (4-11 months)</td>
<td>12-15 hours</td>
</tr>
<tr>
<td>Toddlers (1-2 years)</td>
<td>11-14 hours</td>
</tr>
<tr>
<td>Preschoolers (3-5)</td>
<td>10-13 hours</td>
</tr>
<tr>
<td>School-age children (6-13)</td>
<td>9-11 hours</td>
</tr>
<tr>
<td>Teenagers (14-17)</td>
<td>8-10 hours</td>
</tr>
<tr>
<td>Young adults (18-25)</td>
<td>7-9 hours</td>
</tr>
<tr>
<td>Adults (26-64)</td>
<td>7-9 hours</td>
</tr>
<tr>
<td>Seniors (65 and older)</td>
<td>7-8 hours</td>
</tr>
</tbody>
</table>

Mercola.com
Brain development a few years makes a big difference
Sleep Deprivation

- Moodiness
- Irritability
- Depressed mood
- Difficulty learning
- Forgetfulness
- Inability to concentrate
- Lack of motivation
- Clumsiness
- Increased appetite
- Carbohydrate cravings
Attention Deficit Disorder

- Moodiness
- Irritability
- Depressed mood
- Difficulty learning
- Forgetfulness
- Inability to concentrate
- Lack of motivation
- Clumsiness
- Carbohydrate cravings and sugar
Depressed

DEEP REST
How's business?

Kidney Stones

Gallstones

Dopamine

theAwkwardYeti.com
Nomophobia

no-mobile-phone phobia
IT MUST BE AN ADULT BINKY - THEY FREAK OUT WHEN THEY CAN'T FIND IT.
Smartphone Use

47x
Interactions

The average smartphone user checks their device 47 times a day

85%
of smartphone users will check their device while speaking with friends and family.

Breaking The Habit

47%
Tried to limit usage

30%
Succeeded

47% of smartphone users have attempted to limit their usage in the past. 30% of which felt they were successful.
Most of the new arrivals seem incapable of conversation. They just stare at their hands in despair.
You wouldn’t let this happen to your phone
Don’t let it happen to you either.

Self care is a priority. Not a luxury.
All my Mommy's imaginary friends are on something called "Facebook."
Do you mind if I strap your phone to my forehead so I can pretend you’re looking at me when I talk?
I finally realized it..
People are prisoners of their phones
that's why they are called Cell Phones.
“The people will not revolt. They will not look up from their screens long enough to notice what is happening.”
Things do not change; we change.

Henry David Thoreau
Happy Hormones

Meet your happy chemicals

SEROTONIN
MOOD STABILIZER
MORE SENSITIVE TO DRUGS THAN ANY OTHER NEUROTRANSMITTER

DOPAMINE
THE "REWARD" CHEMICAL
RELEASED DURING PLEASURABLE SITUATIONS

OXYTOCIN
THE "LOVE" HORMONE
RELEASED DURING PREGNANCY, CHILDBIRTH, AND LACTATION

ENDORPHIN
WORKS AS A PAIN-KILLER
RELEASED AFTER EXERCISE

Healthy fats for happy hormone

[Images of healthy fats]
Oh good, you're free. I've compiled a list of all your faults. Let's read it together!
Dopamine Reward Cycle

1. **Social Media**
2. **Perform the action** (Write, Share, Post, Comment, etc.)
3. **Waiting for a reaction** (Like, Comment, Thumbs up, etc.)
4. **Reactions are rewards!**

This diagram illustrates the cycle of using social media, where performing actions like writing, sharing, posting, or commenting triggers a reward loop through reactions such as likes, comments, and thumbs up.
GET IT UNDER CONTROL

Social media eating up your free time? Video games playing you? Here's how to rejoin the living.

- Turn off notifications from apps. Look at Snapchat or Instagram when you feel like it—not every time there's an update.
- Set times to play video games, like one hour every evening. When you're done, stop and do something else.
- Plan social media breaks while reading or studying. Set alarms for every 30–45 minutes, then spend five minutes on your phone.
- Put screens down an hour before bed. To your brain, the light can mimic daylight—keeping you awake.
Difference between time spent on consumption vs creation
ARE YOU ADDICTED TO YOUR PHONE?

START

1. IS YOUR PHONE THE FIRST THING YOU REACH FOR IN THE MORNING?
   - YES
   - NO
   - DO YOU SPEND YOUR COMMUTE LOOKING AT YOUR PHONE?
     - YES
     - NO
     - AND LAST THING AT NIGHT?
       - YES
       - NO
       - DO YOU FIND TIME SLIPS BY WHEN YOU USE SOCIAL MEDIA ON YOUR PHONE?
         - YES
         - NO
         - DO YOU CHECK YOUR PHONE MORE THAN 30 TIMES A DAY?
           - YES
           - NO
           - DO YOU PICK UP YOUR PHONE THE MOMENT YOU SEE A NOTIFICATION?
             - YES
             - NO
             - DO YOU EVER THINK ABOUT YOUR PHONE WHEN YOU'RE NOT USING IT?
               - YES
               - NO
               - DO YOU CHECK YOUR PHONE AT THE DINNER TABLE?
                 - YES
                 - NO
                 - DO YOU EVEN HAVE A PHONE!!
                   - YES
                   - NO
                   - YOU ARE ADDICTED. PUT YOUR PHONE DOWN AND START READING . . .

SET YOURSELF FREE FROM A LIFE LIVED THROUGH A SCREEN
GOALS

- Love
- Health
- Family
- Wealth
- Career
SMART:
- Specific
- Measurable
- Achievable
- Realistic
- Timely

Goal
• Tiny Habits- B.J. Fogg

• Celebrate little moments
Turn off all notifications except from *people.*
PROCRASTINATORS
ANONYMOUS

TONIGHTS
MEETING
POSTPONED.
TO BE
RESCHEDULED
EVENTUALLY

R. Therrien
zeigarnik effect
(n.) the tendency to remember an uncompleted task rather than a completed one.
Stuff you're supposed to do today

Oh look! More amusing animal pictures!

3pm. Still in underpants.
“STRESSED” is “DESSERTS” spelled backwards
How junk food affects the way you think

Unhealthy food is low in nutrients, minerals, and vitamins. When your brain is starved of these resources, brain function decreases.

Sugary foods may give you a quick boost, but will soon be replaced with fatigue and lethargy. The yo-yo of blood sugar levels can affect your ability to concentrate.

High-calorie foods can have a negative impact on your memory.

An unhealthy diet interferes with neurotransmitters in your brain, increasing feelings of depression and anger.

Junk food may taste good, but after your brain releases dopamine, the body will crave more. You'll be thinking about eating again rather than getting on with your work.
A Candy Bar would make me feel better!
CYBORG - NOUN

1) a person whose physiological functioning is aided by or dependent upon a mechanical or electronic device

2) a person whose physical tolerance or capabilities are extended beyond normal human limitations by a machine or other external agency that modifies the body’s functioning: an integrated man-machine system
Dog Social Media

Hmm... I haven't liked that post yet.
The Columbia-Suicide Severity Rating Scale

- Q-1: Have you wished you were dead or wished you could go to sleep and not wake up?
- Q-2: Have you actually had thoughts about killing yourself? If YES to 2, answer questions 3, 4, 5, and 6. If NO to 2, go directly to question 6.
- Q-3: Have you thought about how you might do this?
- Q-4: Have you had any intention of acting on these thoughts of killing yourself (as opposed to you have the thoughts but you definitely would not act on them)?
- Q-5: Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?
- Q-6: Have you done anything, started to do anything, or prepared to do anything to end your life? Examples: swallowed pills, obtained a gun, gave away valuables, wrote a will or suicide note, found a gun that changed your mind, cut yourself, tried to hang yourself, etc.

Any YES must be taken seriously. Seek help from friends, family, co-workers, and inform them as soon as possible. If the answer to 4, 5, or 6 is YES, immediately ESCORT to Emergency Personnel for care. DON'T LEAVE THE PERSON ALONE. STAY ENGAGED UNTIL YOU MAKE A WARM HAND OFF TO SOMEONE WHO CAN HELP.