



# Comprehensive Prevention/Intervention Program **Responsible Social Media Use**

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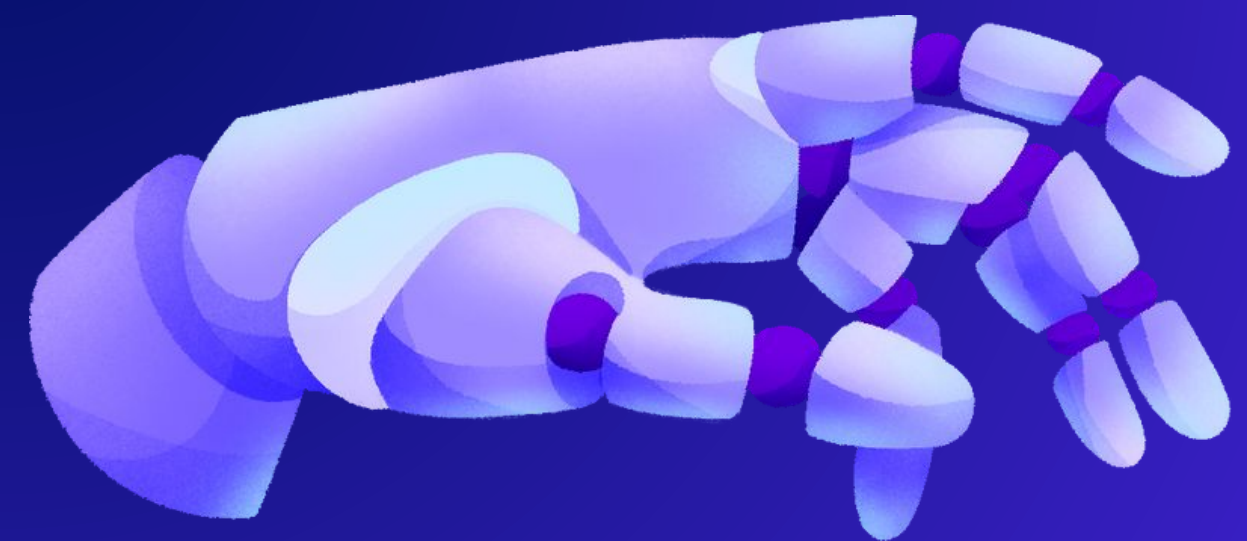
Concordia University

EDSC 541 Mental Health

Deborah McKinnon

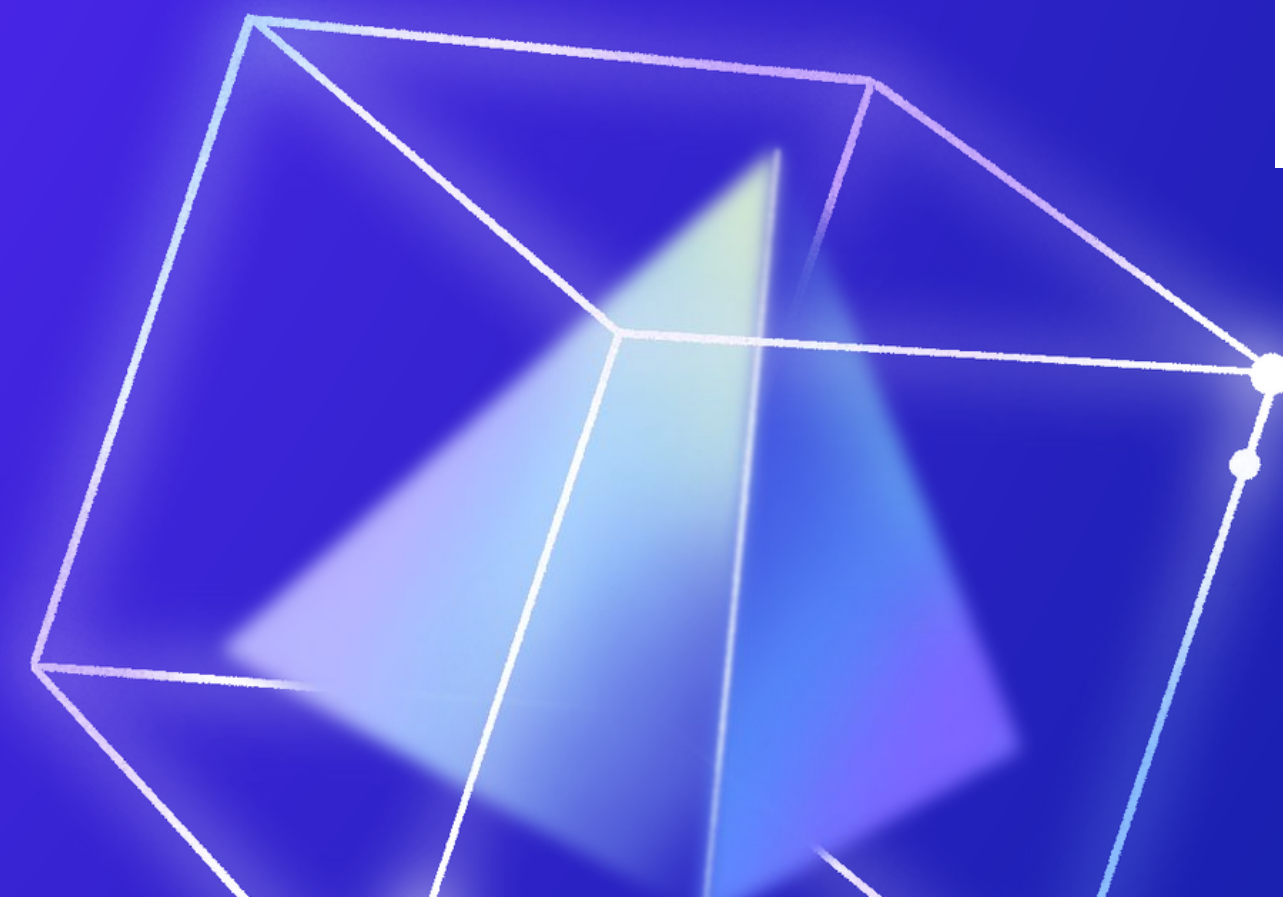
December 10, 2023



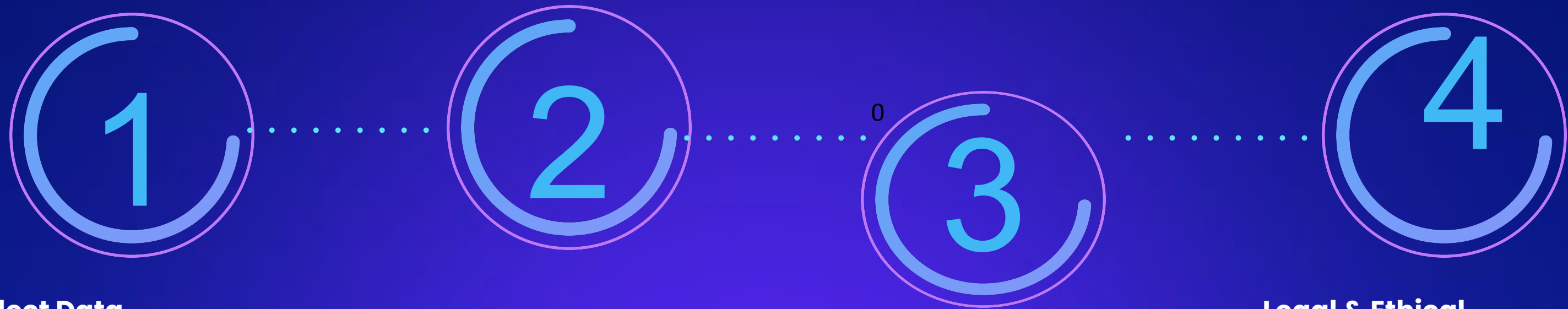


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# Plan



## **Collect Data**

- Attendance
- Tardies
- Discipline

## **Needs Assessment**

- Data driven
- Parent survey
- Student survey

## **Stakeholder support**

- Lead counselor
- Administration
- Teachers
- Parents
- Community partners

## **Legal & Ethical**

- Tiered support includes equitable access for everyone
- Day and evening classes, make up session, zoom option



# School Data

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## First Period Tardies

7Th Grade:

700 Tardies for the year 2022 First quarter

800 Tardies for for the year 2023 First quarter

8th Grade

1600 for Tardies first quarter 2022

500 Tardies for First quarter 2023

## Discipline

300 referrals for first quarter 2023 (8th grade)

200 referrals for first quarter 2023 (7th grade)

150 referrals for first quarter 2022 (8th grade)

100 referrals for first quarter 2022 (7th grade)

Survey parents for needs assessment

Gain stakeholder support by surveying parents and involving administration and teachers

Target goal: reduce tardies and disciplinary referrals by 10%





# Development

## Research

- Peer reviewed research
- Existing programs (videos, activities, etc.)
- ASCA Standards
  - Mindsets and Behaviors

## Content

- Grade specific
- Interactive
- Aligns with district policies
- Curriculum sensitive to demographics
  - Culturally sensitive
  - Responsive to stakeholders
- Create assessments, pre & post-test





# Implementation

- Collaborate with stakeholders to deliver equitable instruction: administrators, staff, teachers, parents, community partners
- Schedule a makeup day for students & parents
- Parent presentation delivered during school day, after school, and zoom to overcome barriers to instruction
- Target students that are at risk for the current problem (social media)
- Consider confidentiality and ethical standards





# Privacy Settings

## Why

Who is looking at your posts?

- Bullies
- Predators
- Marketing firms
- Hackers/scammers

## How

**Important Privacy Setting Resource Links:**

[Facebook](#) | [Twitter](#) | [TikTok](#) | [SnapChat](#) | [Instagram](#)





# Peer Pressure

- Unrealistic view of others' lives resulting in anxiety, depression, loneliness, & feelings of inadequacy
- Mimicking others can result in making poor choices & risky behaviors (green screen/special effects)
- Bad behaviors increase attention creating a pressure to repeat or increase bad behaviors
- Your brain isn't done yet, watch what you put in it
- FOMO Fear of Missing out = Addiction
- Vow to be a positive influence





# Be Cautious of Friend Requests

Is a friend of a friend safe?

Does your friend really know that person?

Boys are more likely to accept “stranger” friends and are just as vulnerable as girls.

Online predators know you are vulnerable

## Most Teens Ignore Strangers Who Contact Them Online

*Thinking about the LAST time you were contacted online by someone who was a complete stranger to you, how did you respond?*

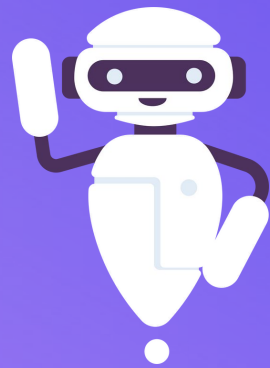
Just ignored it or deleted it	65%
Responded so I could find out more about the person	21%
Responded and told them to leave me alone	8%
Told an adult or someone in authority	3%
Other	3%

*Note: Table may exceed 100% due to multiple responses*

*Source: Pew Internet & American Life Project Parents and Teens Survey, October/November 2006. Based on teens who have been contacted online by a stranger (n=291). Margin of error is ±4%.*

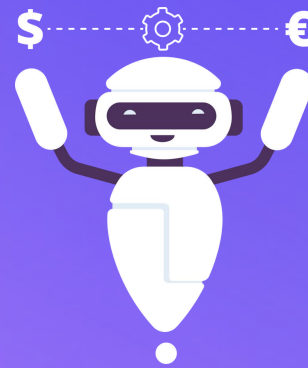


# Think Before You Post



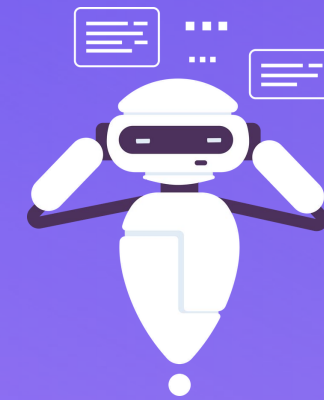
## Background

Protect others' privacy  
Is there something  
embarrassing back  
there?



## Identifiers

Address  
School logo  
License Plate  
Birthdate



## It's permanent

Even if you delete it, it will  
still show up for anyone  
who has copied, shared,  
commented, or liked it.





# Limit when & where

Don't get distracted while walking or driving. Don't lose sleep over it. Are you on social media after 10pm? Have a detox day if you can't stay off of social media for 4+ hours.

## Pay Attention

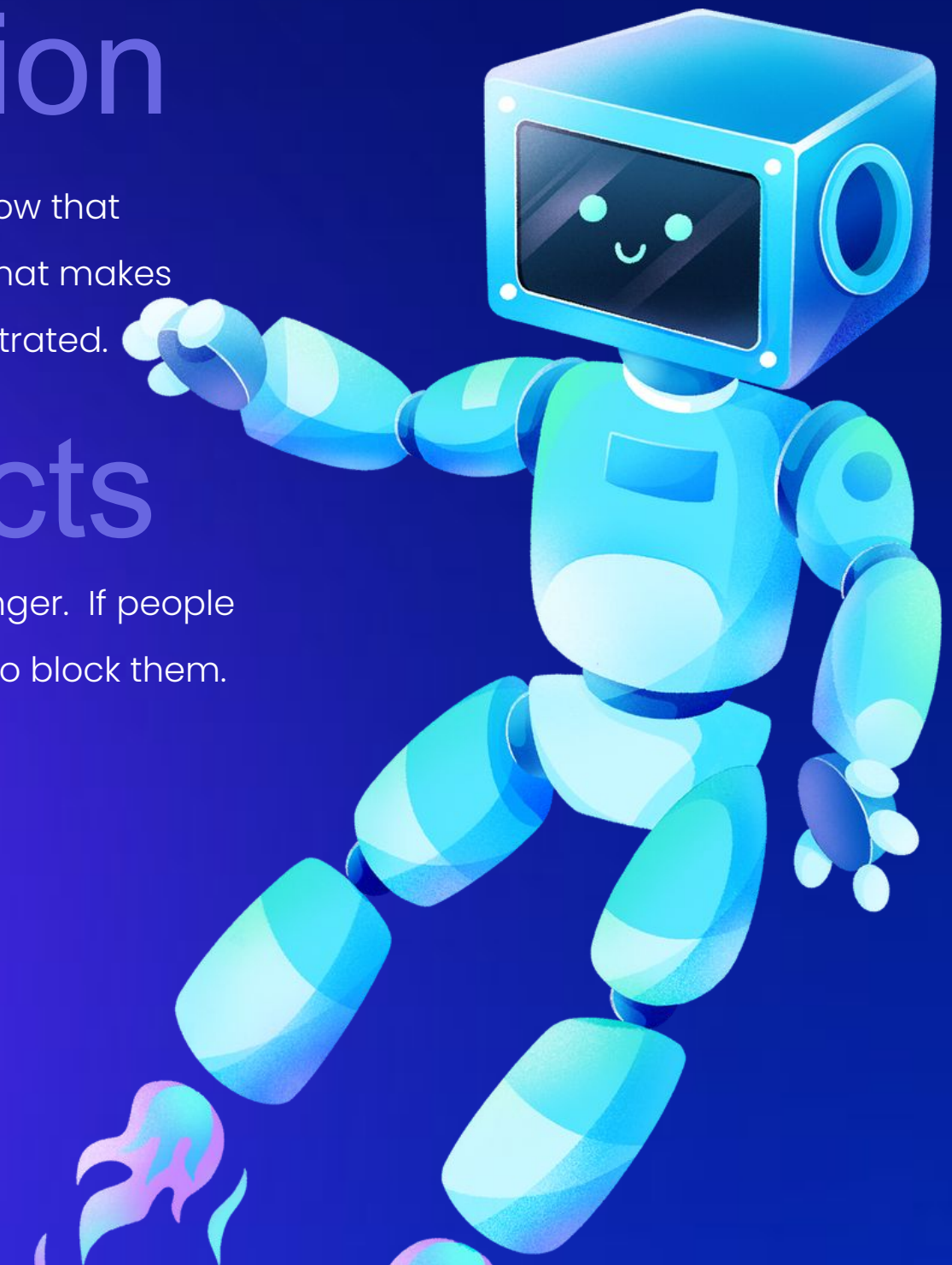
Pay attention to what you are doing and how that makes you feel. Avoid using social media that makes you feel angry, inadequate, anxious, or frustrated.

## Limit Contacts

Review your "friends" list and delete stranger. If people are making negative comments, it is ok to block them.

## Real Life

Talk face to face, write a thank you card, pay attention to your surroundings. Keep it REAL!





# Pre/Post-Test



When thinking about your social media do you know how to make your privacy setting safe?

Name two kinds of negative peer pressure you want to avoid in social media.

What are 3 things to look for in the background before posting a picture online?

Are social media friend requests safe if one of your friends has them on their social media friends list?

1. Pre/Post-Test
2. Compare pre & post data year-to-date & quarterly



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THANK

YOU!

