



Community Connectedness Series

Presented by the Principal Series #1

October 24, 2017

Screenagers.com



Unplug & Connect

SCREEN TIME CONTRACTS
 PARENTING APPS
 AFTERSCHOOL ACTIVITIES
 RESEARCH
 ANTI-BULLYING CAMPAIGNS
 DIGITAL CITIZENSHIP
 INTERNET ADDICTION
 PRO-SOCIAL VIDEO GAMES
 SLEEP & SCREENS



Tech Talk Tuesdays



The *Screenagers* Website offers a weekly Blog called Tech Talk Tuesdays. Sign up on their website for informative, curated weekly information hosted by Dr. Delaney Ruston.

- “Tech Talk Tuesdays (TTT) works any day, not just Tuesdays, but the key is sticking with it. Calm consistent conversations can really improve family and classroom dynamics and help kids become more mindful of screen time” Dr. Delaney Ruston.
- Warm up the conversation with something positive about screen time
- Work together to achieve balance and understanding

www.screenagersmovie.com/tech-talk-tuesdays

Follow Up

Healthy use of technology is one aspect of a healthy life and community. If you are interested in more information on how you and your family can work towards healthy use of screen time please contact us and we will support your connection to community resources.

Ms. Kirk - Principal – rkirk2sd48.bc.ca

Ms. Place – Vice Principal – splace@sd48.bc.ca

Ms. Petrynko – Counselor – jpetrynko@sd48.bc.ca

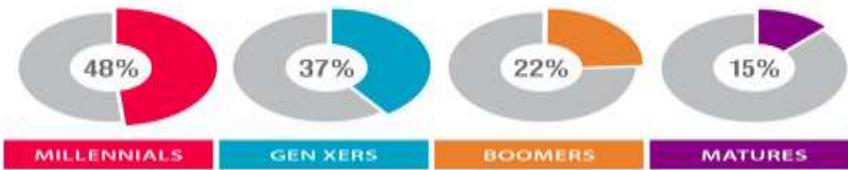
Don Ross Middle School

sd48donross.org



SOCIAL MEDIA WORRIES

I worry about the negative effects of social media on my physical and mental health
(% that strongly/somewhat agree)



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DRMS Student Data

- 1 out of 3 students at DRM recognize that their phone is getting in the way of doing well at school.
- 1 out of 2 students at DRM tell us their stress level is high because of Snap Chat, Instagram, etc.

Unplug and Connect to People, Nature, Physical activity and Learning!

Rationale: Our students health and safety are our primary concern while at school thus (1) Don Ross wants to promote the use of technology for educational purposes ONLY during the school day; (2) Don Ross wants to promote a healthy balance of technology use and aims to promote a new Unplug & Connect plan to improve the health and well-being of our students; (3) Don Ross wants to provide education for students, staff and family regarding technology and personal safety while reducing stress and harm.

Data shows that “Constant Checkers” Have More Stress

We know from research that the “constant checkers”, or those of us who constantly check our emails, texts, and social media tally up to 90% of us. Our children are not alone. Constant checkers report higher levels of anxiety than those who check their devices less often.

“If.. you do an activity and feel a sense of relief that you did not miss out on something ‘going around,’...then this is most likely a sign of obsession. An obsession ...is built around performing an act that reduces your feeling of anxiety.”

The first step is setting aside time when technology is shut down, and not in the same room. Schedule tech free times as a family unit and reward the experience with other enjoyable activities and connections. (Taken from TTT February 2017, Dr. Ruston).

Don Ross Technology Policy

All personal and school provided electronic devices including but not limited to iPads, Surfaces, e-readers, cell-phones and laptops etc. will ONLY be used during school hours for educational purposes and at the discretion of the teacher.

If a student chooses to bring any personal devices to school they must remain in a students’ locker at all times unless occasionally requested by their teacher and again, for educational purposes ONLY.

Personal electronic devices therefore are not required school supplies necessary for the education of our students and we will continue to provide additional technology annually.

Ear buds or head-sets may be permitted at the teacher’s discretion.

Failure to abide by this policy may result in electronic devices being held in the office with the Principal until the end of the day. Lost or stolen items are not the responsibility of the school.

