

A group of diverse children are sitting on a bus, looking out the window. In the foreground, a young Black girl with curly hair and glasses is holding a blue object. Behind her, a white boy is also looking out the window. In the background, a girl with long brown hair is smiling. The bus interior is visible, with windows and seats.

What Parents Need to Know

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SOCIAL MEDIA AND INTERNET SAFETY





THE IMPACT OF SOCIAL
MEDIA ON TEENS' MENTAL
HEALTH
SOCIAL MEDIA CAN BE
LINKED TO:

Anxiety
Depression
Sleep Disruption
Anti-social Behavior
Suicide Risk



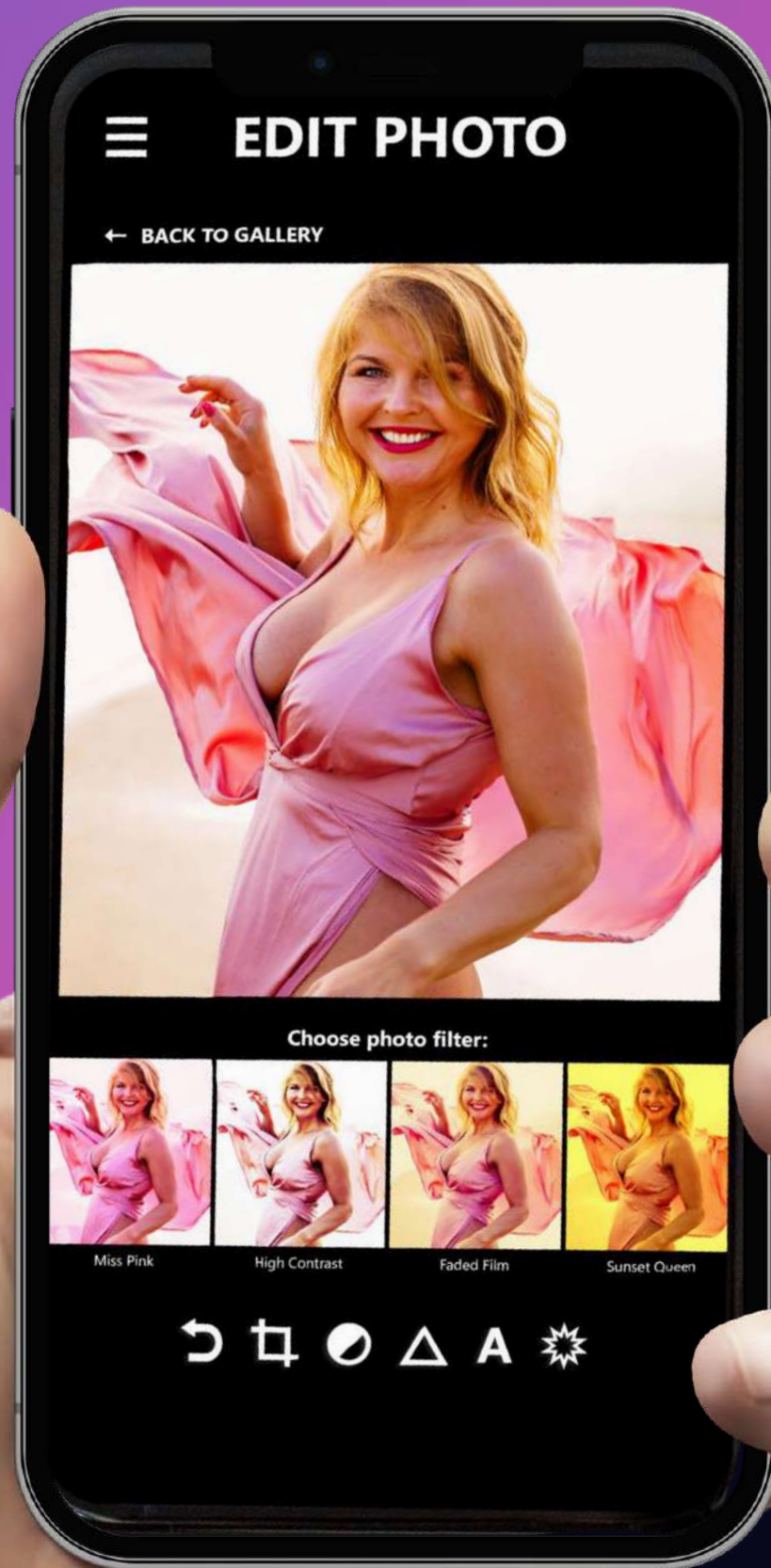
Dopamine is a naturally -occurring "feel-good" chemical that triggers our inner reward system.

It's released when people eat delicious food, have sex, take addictive drugs...

We get a dopamine release in our brain when we pick up our phone or log into social media.

Using social apps is essentially priming your brain into thinking you are rewarding yourself every time you pick up your device.

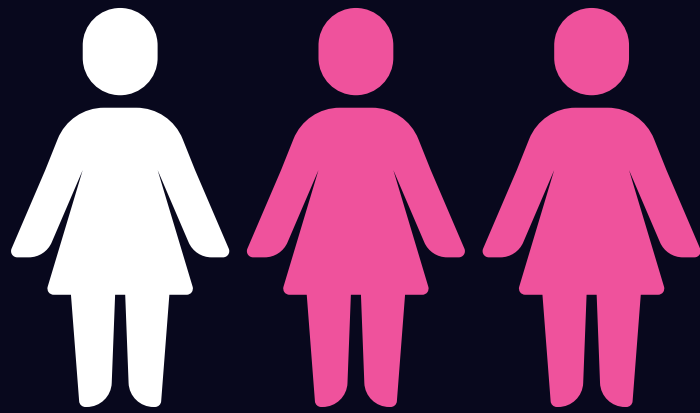
The more we activate the pleasure response on social media, the more we crave it.



Content can be filtered, edited, and manipulated before it's posted, which can lead to unattainable standards being broadcast to the entire world for anyone to see.

Users are obsessed with instant gratification and in some instances base their worth or image off the images they see and the amount of likes they receive on their post.

A recent study by Facebook found Instagram to have harmful effects among some of its users, especially teenage girls.



Findings show Instagram makes body image worse for 1 in 3 girls.

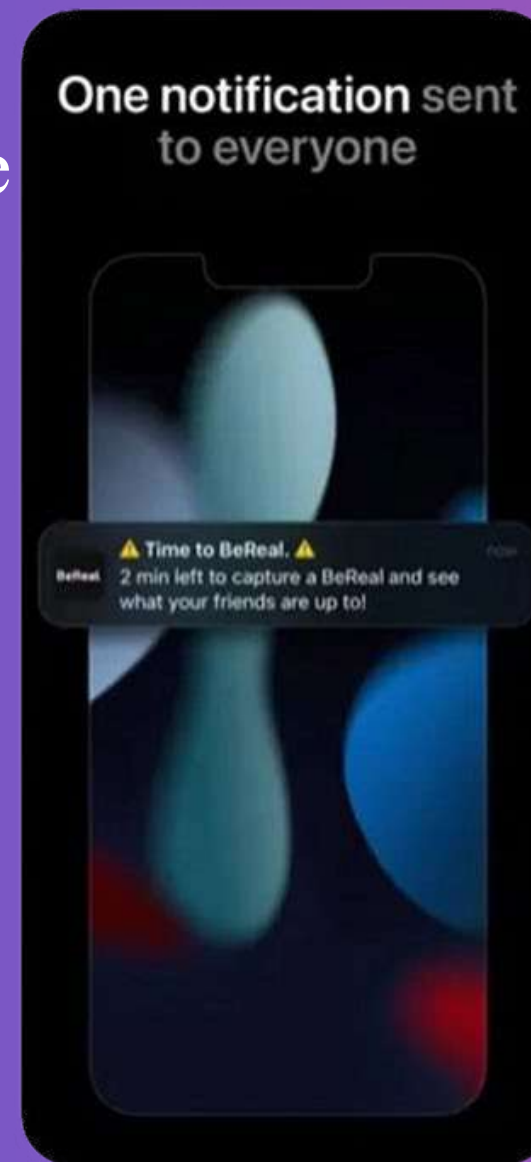
6% of teenagers who reported suicidal thoughts in the U.S. can trace them back to Instagram.



THE BEREAL APP FOCUSES ON AUTHENTICITY AND ASKS USERS TO BE REAL.

How it works:

- One notification sent to everyone once a day at a random time
- 2 minutes to share what you're up to
- All your friends post at the same time
- Only able to see what your friends posted if you post
- Comment and react



TIPS FOR HEALTHY SOCIAL MEDIA USE

- 01 Delete the social media apps from your phone.
- 02 Leave devices at home.
- 03 Head to your settings portal and turn off notifications from your social media apps.
- 04 Limit time.



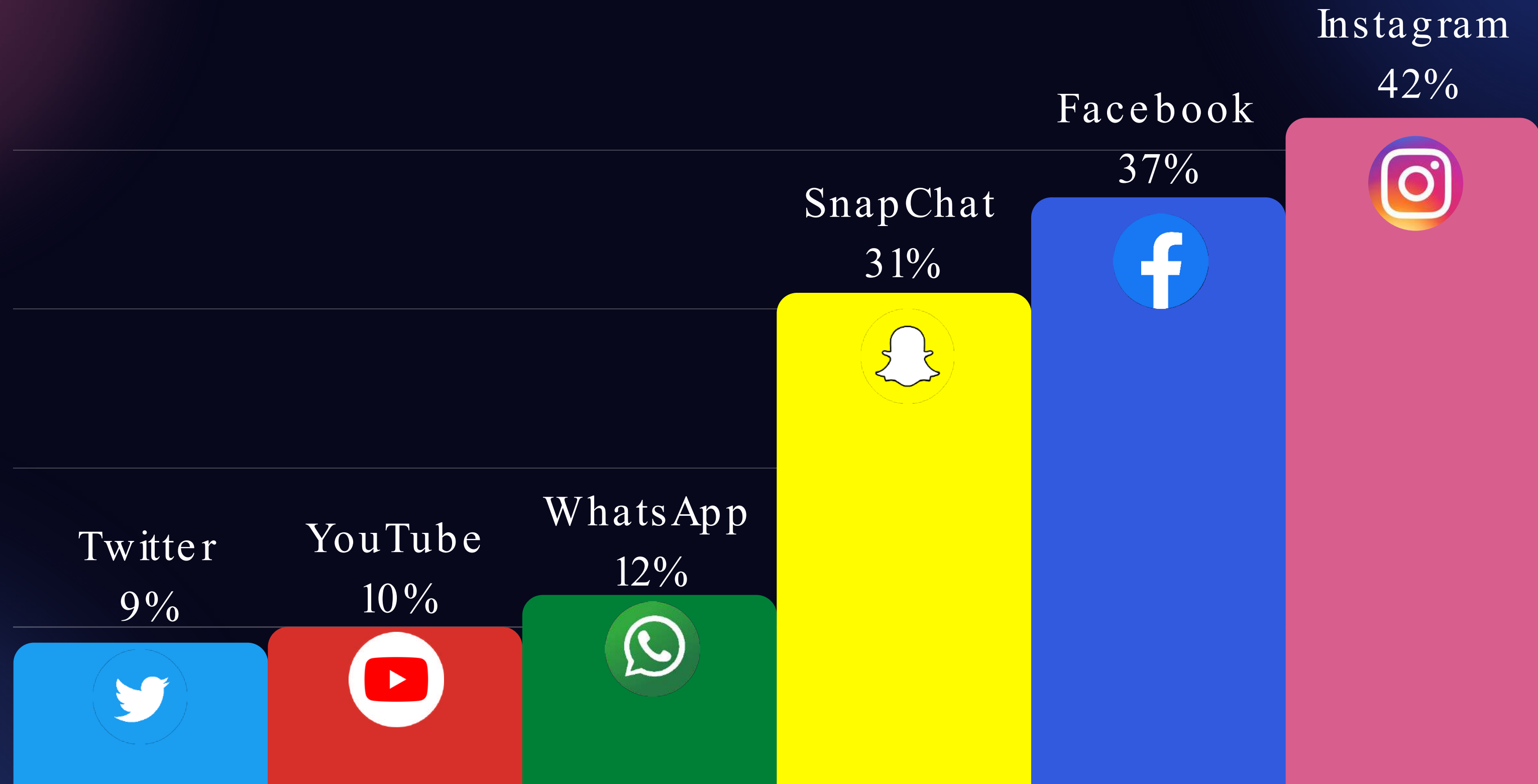
WHAT IS CYBERBULLYING?

Cyberbullying is bullying or harassment that happens online.

One in three teens has experienced cyberbullying.

Examples of cyberbullying include mean texts, tweets, or emails; rumors posted to social networking sites; and embarrassing pictures or videos sent out through social media.

WHERE ARE PEOPLE CYBER BULLIED?



HOW TO RESPOND TO CYBERBULLYING

Talk about it

Save all evidence

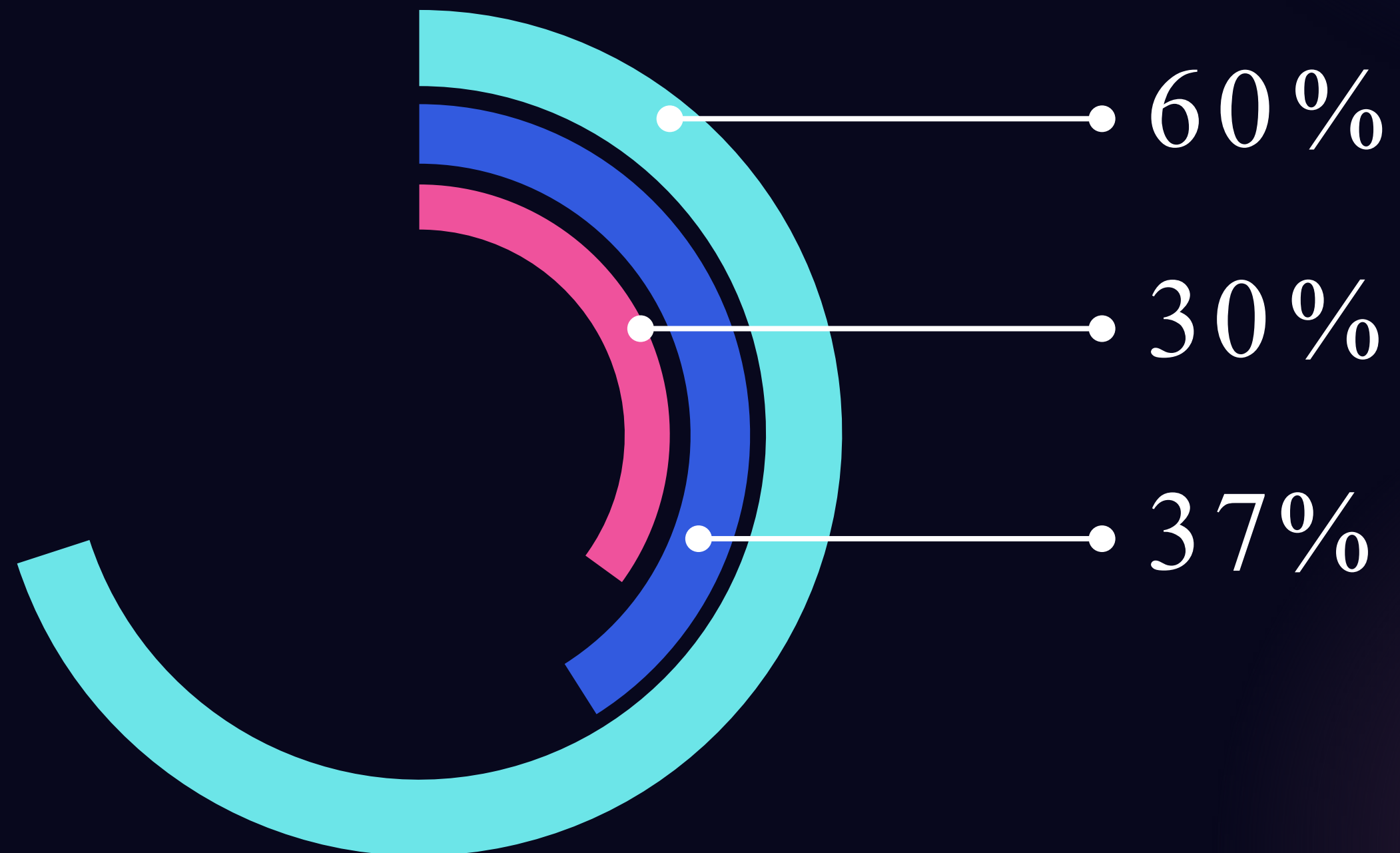
Ignore them

Never retaliate

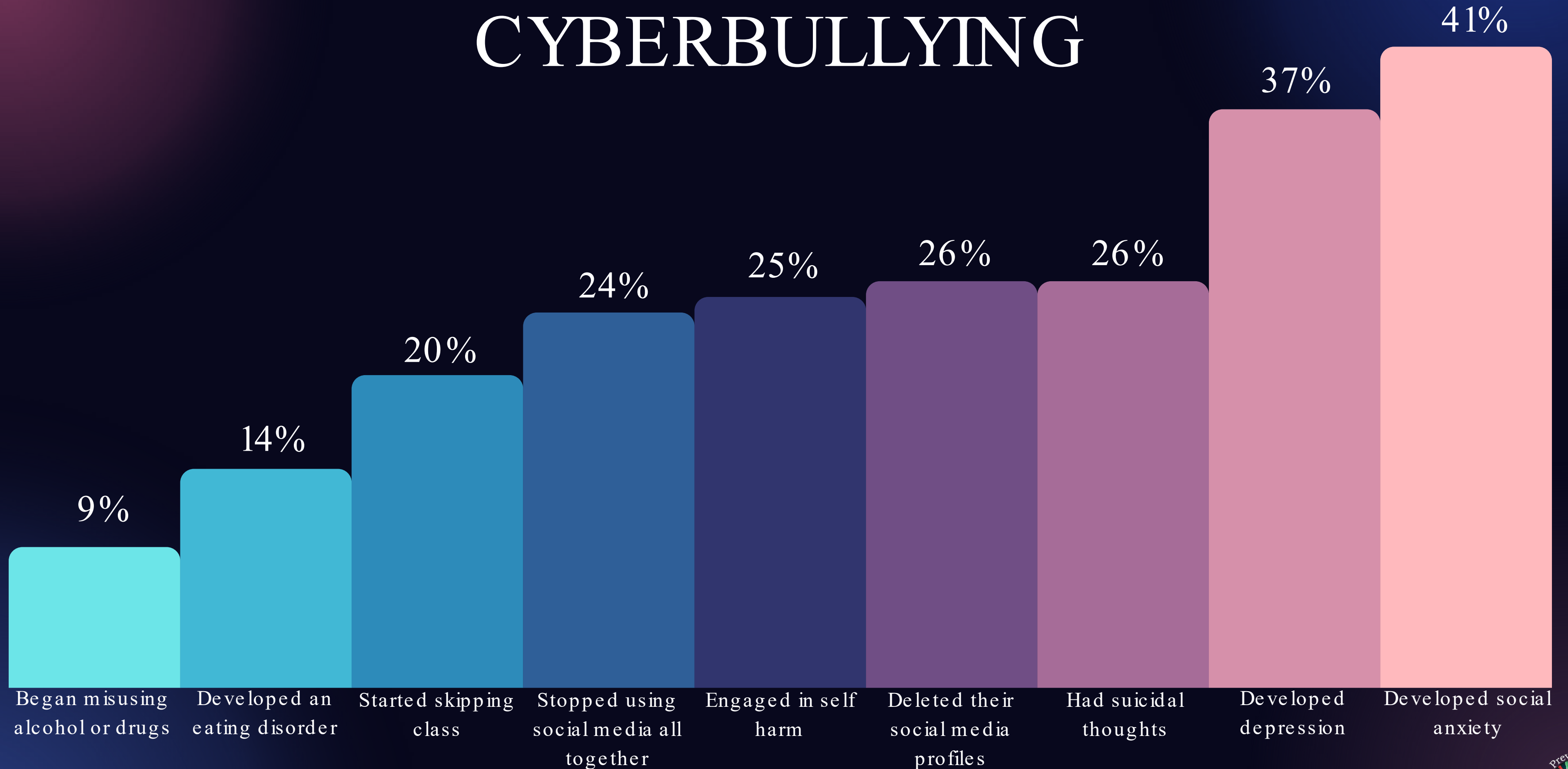


CYBERBULLYING STATISTICS

About 37% of children and teens between 12 and 17 years olds experienced cyberbullying at least once, with about 30% being targeted more than once. Although about 60% of young people were witnesses to such incidents, most would **not** intervene.



ISSUES KIDS FEEL FROM CYBERBULLYING



RISKS OF ONLINE GAMING AND CYBERBULLYING

Online gaming can become a place for cyberbullying – negative remarks, cursing, bullying, and exclusion from playing.

Anonymity (use of Avatars) allows gamers to harass, bully, and gang up on other players

Doxing – a term that describes others trying to compromise child and parent's information.

Cyber criminals – exposure to viruses and malware

Predators – seeking access to children to cause harm



DRUGS ON SOCIAL MEDIA & EMOJI CODES

Drug traffickers have turned smartphones into a one-stop shop to market, sell, buy, and deliver deadly, fake prescription pills and other dangerous drugs.

Posts and stories are often accompanied by known code words and emojis that are used to market and sell illicit and deadly drugs on social media.



Advertise



Connect & Pay

TIPS FOR PARENTS

- 01 Monitor your kids social media sites, apps, and browsing history,
- 02 Review or re-set your child's phone location and privacy settings.
- 03 Follow or friend your teen on social media sites or have another trusted adult do so.
- 04 Keep school work and smartphones separate
- 05 Stay up-to-date on the latest apps, social media platforms, and digital slang used by children and teens.
- 06 Know your child's user names and passwords for email and social media.
- 07 Establish rules about appropriate digital behavior, content, and apps.
- 08 Set daily limits

COMMON SENSE MEDIA



Independent. Nonprofit. Research backed.
Since 2003, Common Sense has been the leading source of entertainment and technology recommendations for families and schools.

Includes:

- Movies
- TV
- Books
- Games
- Podcasts
- Apps

KIDS MIRROR
ADULT BEHAVIOR

WE SEE YOUTH
Mirroring actions
they see online





WHAT ARE YOU
POSTING?

WHAT EXAMPLE
ARE YOU
SETTING?

Q&A BREAK:
ANY QUESTIONS?

VAPING



VAPING AMONG YOUTH

Vaping is inhaling & exhaling the aerosol produced by an e-cigarette or similar device

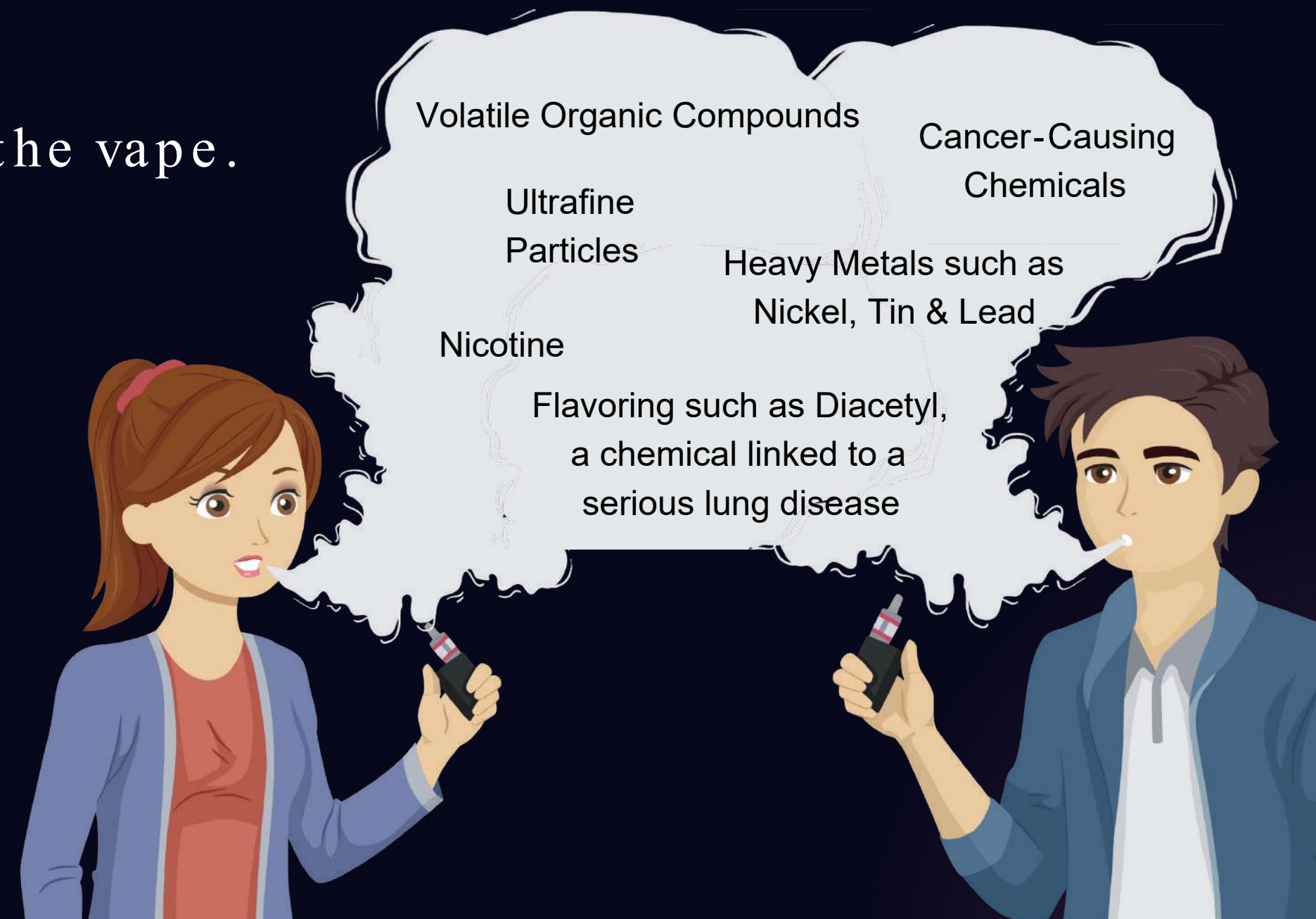
E-Cigarettes are the most commonly used tobacco product in the US

Almost all contain nicotine

Not regulated, you don't really know what is in the vape.
Many chemical & poisonous materials.

Often synthetic forms of illicit substances
that can cause immediate harm

2.5 million adolescents used e-cigarettes,
with 27.6% of adolescents using the
devices daily in 2022.



EVOLUTION OF THE VAPE



Combustible
Tobacco Cigarette



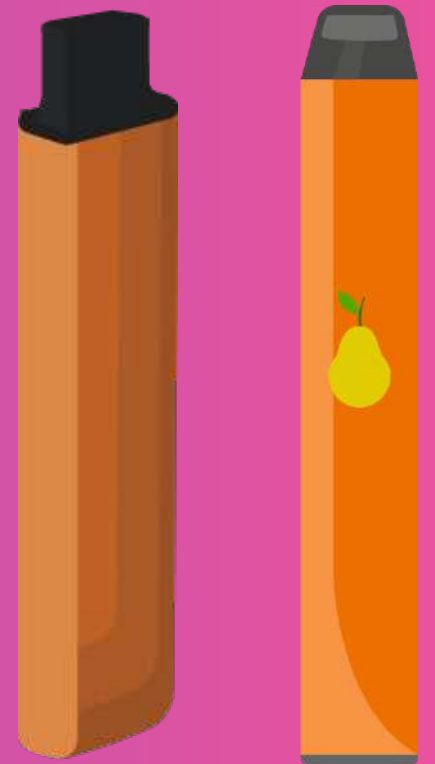
Disposable
e-cigarettes



E-cigarette with
pre-filled or
refillable cartridge



Tanks or Mods
(refillable)



Vape Pods
(disposable)

1 Pack of Cigarettes
≈20 mg of nicotine



1 JUUL pod
≈41.3 mg of nicotine



1 Puff bar
≈50 mg of nicotine



1 Suorin pod
≈90 mg of nicotine



=20
CIGARETTES



≈41
CIGARETTES



≈50
CIGARETTES



≈90
CIGARETTES



Delta-8 THC

Delta-8 is a cannabinoid, existing naturally in hemp, in small concentrations. It is chemically similar to CBD and D9-THC (found in marijuana) and creates a “mild high”.

Became federally legal with an amendment to the 2018 Farm Bill. Under this bill Delta-8 can not contain more than 0.3% THC.

Easy to get online or in smoke shops even in convenience stores.

Comes in many forms: gummies, lollipops, joints, flower, cookies, etc.



VAPING THC (MARIJUANA)

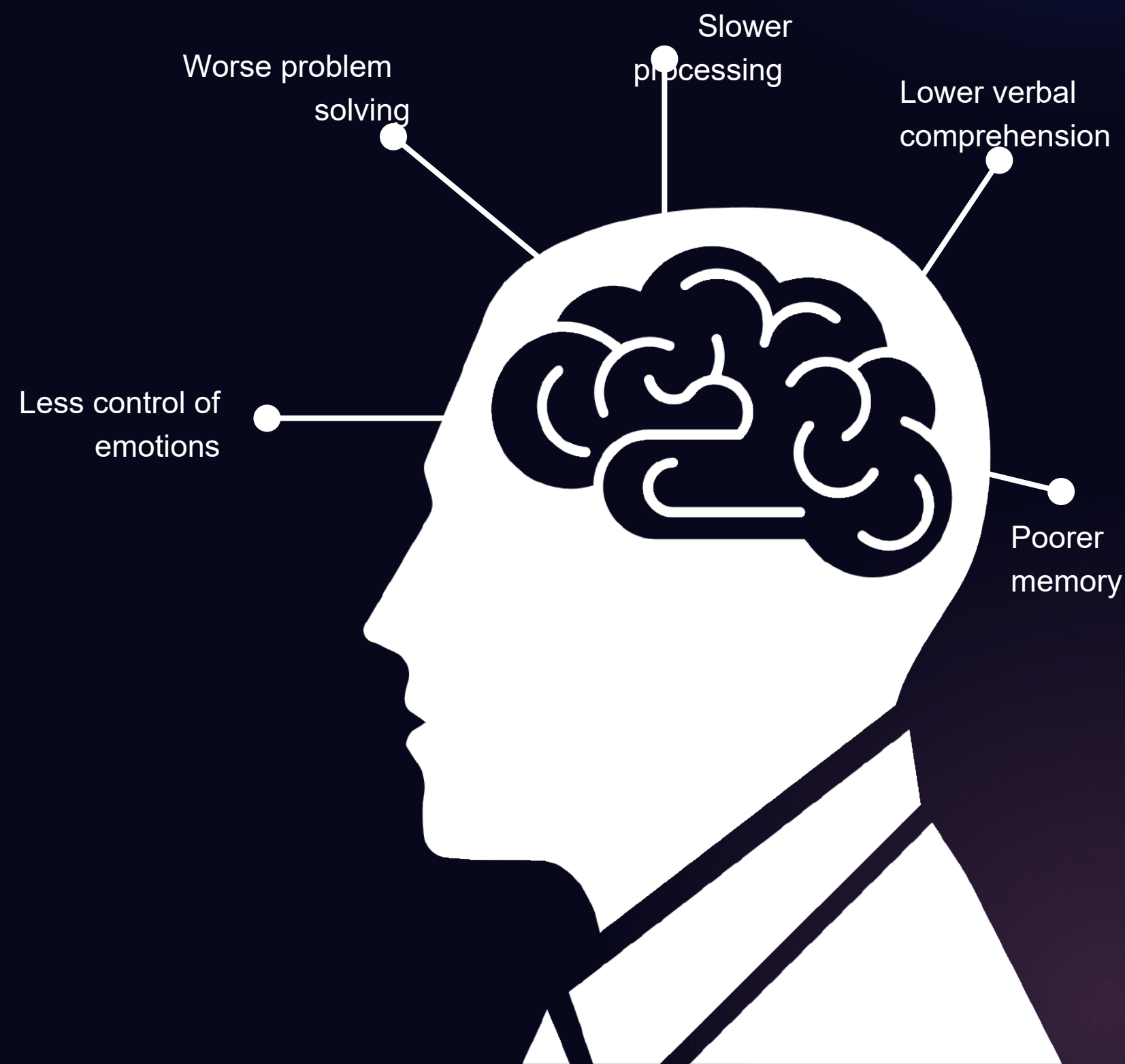
Much higher levels of THC than in the past

When vaping marijuana in concentrated form THC levels can range from 80%- 90+% vs smoking it levels range from 15%-24%.

Edibles & concentrates can contain THC in the 80-95% range.

It affects critical thinking skills, concentration, decision making, and memory for days after use.

**SYNTHETIC THC IS EXTREMELY DANGEROUS AND
LINKED TO SEVERE LUNG DISEASE
IT'S NOT REGULATED!**



YESTERDAY'S JOINT IS NOT TODAY'S MARIJUANA

50 Woodstock Joints = 1 Marijuana Dab



**JUST SAY
KNOW**

JustSayKNOW.us

**YOUTH
MARIJUANA
PREVENTION
JOHNNY'S
AMBASSADORS**

CAN YOU TELL THE DIFFERENCE?



Marijuana



Delta-8



Nicotine

HIGH POTENCY THC & MENTAL HEALTH

High-potency cannabis contains more than 20% THC or 10 mg or more of THC per serving. Cannabis concentrates can contain as much as 90-95% THC.

25% of cannabis users report depression as a side effect.

About 15% of all users will experience psychotic symptoms.

The risk of developing schizophrenia jumps by more than 300% among regular cannabis users.

Cannabis use is associated with increased risks of thoughts of suicide, suicide plan, and suicide attempt.



Questions?

Please take our survey



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