



~SOCON NEWS~

Important information from your school
Social workers, COounselors & Nurse

Fall, 2020: Technology Use



Parents, you own the phone. You need to know this....

Smartphones came into our daily lives in 2007...

- By 2015, approximately 92% of teens and young adults owned a smartphone
- A study between 2010-2015 found that high levels of depressive symptoms increased by 33%
- A 65% increase in the rate of suicide in girls was found during the 2010-2015 study

How does the use of Smartphones increase depression and anxiety?

- Social media presents constant pressures.
- Social media is a breeding ground for comparison which can lead to a loss of self-esteem (Did you know Instagram is often cited as the platform leading to the most reports of anxiety, depression and worries about body image?).
- Ordinary people can become keyboard warriors who make harsh judgements, especially with the lack of impulse control for youths.
- Teens often need to face the very people that have hurled insults and created rumors about them.



Kids use so much technology for Hybrid & Distance Learning!

While online and hybrid learning mean that students are using screens more than in past school years, parents can and should put boundaries on screen time.

Model the behavior you want to see. Make sure your child sees you “turn off” from work and electronics, give limits on how much screen time students have outside of schoolwork etc.

Here are some ideas to get you started:

- *Read a book
- *Draw
- *Knit
- *Woodworking
- *Bake
- *Write a handwritten note
- *Help parents with chores
- *Put a puzzle together
- *Go for a hike
- *Build a snowman
- *Ice skate
- *Play a board game
- *Color
- *Be active (Sports, run, yoga)
- *Fix up an old car
- *Make a family meal
- *Help a neighbor
- *Rearrange your room
- *Take pictures in nature
- *Rake leaves
- *Go sledding or skiing
- *Shovel the sidewalk

Looking for more information? Check out: <https://www.commonsemmedia.org/>

Some of the information presented in this newsletter was taken from an article written for us by Claudette Larson, LICSW, RPT from Willow Creek Counseling. The entire article can be found here:

https://drive.google.com/open?id=1b_7XWHZr6_8caO8rLV-2zt3YuEQjF9Zm

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