

Southview Parent Club Minutes

Jan 11, 2017

Southview and Northview joint Parent Club Meeting.

Jon Elhai is our Speaker. Healthy versus Unhealthy use of smartphones and social media among adolescents. He is a professor of Psychology and Psychology at University of Toledo.

How we interact with Technology:

Harmful effects of overusing/excessive use of technology. Meaning an impairment to life in some way.

Health effects: neck problems

hand pain

other muscular and skeletal problems

eye strain

sleep problems - stay up too late, blue light emissions

academics - concentration in school

traffic accidents, walking accidents

Mental effects: depression and anxiety.

depression/anxiety can cause excessive use

excessive use can cause depression/anxiety

cyberbullying

Positive effects of moderate use of technology.

Type of use - Educational apps and videos

Can teach productivity - use of calendars/check lists/other organizational uses

Socialization social media and social features on devices can help with social interactions but it does not replace other types of socialization. It can build social support/networking. It can help build and maintain friendships.

All issues apply to adolescents and adults.

Be aware that Kids will take cues from adults on how to deal with these devices. Everyone uses them differently.

Promote positive use.

Be knowledgeable about how to use the privacy settings, parental controls.

Start early and have age appropriate conversations about the use of these devices.

Strategies will change as the kids get older.

Pick your battles when it comes to the devices.

We need to be good role models for our children and demonstrate good uses of the devices.

Why are these devices now allowed in the classrooms? David McMurray and Steve Swaggerty answered this question.

It was becoming a losing battle and was too much of a distraction to try and stop it. It is also hard if a teacher/administrator takes it away, they become responsible for the device if it gets lost, stolen or broken.

Now that technology is such a large part of our society, the district decided to work with the devices to promote and teach the best ways to use all this technology.

Lisa McMurray

Secretary