

WEBVTT

1 "Dana andersen" (222031616)
00:00:05.790 --> 00:00:23.700
You for calling into signals 2023 children and family awareness series.
My name is Dana Anderson, and I am a coaching and support care manager
for nurse, Cigna, and due to the format of this call, you will not be
able to ask questions during the teleconference.

2 "Dana andersen" (222031616)
00:00:23.700 --> 00:00:28.740
The conference will be opened up for Q and a, at the completion of the
presentation.

3 "Dana andersen" (222031616)
00:00:28.740 --> 00:00:38.460
There is also a handout for the day seminar, and it's available online at
Cigna dot com forward, slash children's.

4 "Dana andersen" (222031616)
00:00:38.460 --> 00:00:47.220
Families also please log into slide for the Q amp a, and to participate
in any in the moment questions.

5 "Dana andersen" (222031616)
00:00:47.220 --> 00:00:50.490
And please note that not all policies.

6 "Dana andersen" (222031616)
00:00:50.490 --> 00:01:02.664
Cover today's topics for more specific information. If your policy covers
topics discussed in today's seminar, please contact the number on the
back of your insurance cards.

7 "Laura Magnuson" (1418838784)
00:01:02.664 --> 00:01:04.346
And today.

8 "Dana andersen" (222031616)
00:01:04.346 --> 00:01:23.390
I have the pleasure of introducing Laura Magnuson and also Liz kalanza
and 1st, we'll start with Laura. Laura Magnuson is a VP of clinical
engagement, and a license associate marriage and family therapist. She is
responsible for supporting.

9 "Dana andersen" (222031616)
00:01:23.390 --> 00:01:27.210
And pair clients realize the inherent.

10 "Dana andersen" (222031616)
00:01:27.210 --> 00:01:37.950
Clinical value of tax space, comprehensive, mental health system for
their various populations, and bring mental health. Well, being and
treatment to life.

11 "Dana andersen" (222031616)

00:01:37.950 --> 00:01:57.950

She also provides industry thought leadership to HR professionals on how to create a mentally well, workplace as a mental health 1st, aid instructor. She is passionate about mental health education and how that parlays into an effective and healthy workspace. She has held over.

12 "Dana andersen" (222031616)

00:01:57.950 --> 00:02:04.590

Idea of rules and mental health space, including with the payer psychiatry hospital.

13 "Dana andersen" (222031616)

00:02:04.590 --> 00:02:15.750

Crisis system, the courts and the serious mental illness system. She has a master's degree in forensic psychology as well as marriage and family therapy.

14 "Dana andersen" (222031616)

00:02:15.750 --> 00:02:22.950

And we also have Liz kalanza, and she is a director of research and programs that talk space.

15 "Dana andersen" (222031616)

00:02:22.950 --> 00:02:35.010

She is a licensed professional counsellor in a state of Missouri specializing in couples and trauma work. She is also the CO, founder of the last thing for couples therapy.

16 "Dana andersen" (222031616)

00:02:35.010 --> 00:02:53.520

And today's presentation is going to be about helping your team with social skills and boundaries in virtual and face to face settings as a parent. It can be hard to know how to assist your team with their social skills and where to draw the line. When it comes to social media.

17 "Dana andersen" (222031616)

00:02:53.520 --> 00:02:58.050

In this webinar, we will discuss the current state of team, mental health.

18 "Dana andersen" (222031616)

00:02:58.050 --> 00:03:05.550

Parenting tips and self care needs of parents related to social skill development and social media.

19 "Dana andersen" (222031616)

00:03:05.550 --> 00:03:08.730

We will also share some resources.

20 "Dana andersen" (222031616)

00:03:08.730 --> 00:03:22.149

To help navigate these topics we would like to thank you for being here today and Lauren and Liz. You are welcome to start your presentation. Awesome. Thank you.

21 "Laura Magnuson" (1418838784)

00:03:22.149 --> 00:03:30.326

Dana, and I'm not sure I am not able to see the slides. Liz. Can you see them? Oh, yes.

22 "Liz Colizza" (2177981184)

00:03:30.326 --> 00:03:33.649

I can see them. Okay. Um, oh, there we go.

23 "Laura Magnuson" (1418838784)

00:03:33.649 --> 00:03:46.140

Okay, now I can perfect. So, like like, Dana mentioned, we are here to chat with you today about helping your team with social skills and boundaries and virtual and face to face settings.

24 "Laura Magnuson" (1418838784)

00:03:52.770 --> 00:04:12.770

Actually, there we go, thank you and so today we're going to be talking about, uh, the current landscape of teen, social skills and social media use effective parenting tips to teach both healthy social media use and healthy social skills. The importance of doing personal work as a parent and taking care of yourself.

25 "Laura Magnuson" (1418838784)

00:04:12.770 --> 00:04:19.950

And then also, we will end with some resources to consider and some, some question and answer time.

26 "Laura Magnuson" (1418838784)

00:04:19.950 --> 00:04:41.960

So many of us, as if you're joining as a parent, you probably didn't grow up with social media and so, you know, there wasn't any kind of PlayBook as a parent for how you should be interacting with your child when it comes to social media. And, of course, then we threw covid into the mix.

27 "Laura Magnuson" (1418838784)

00:04:41.960 --> 00:05:01.960

And many of us were working from home and had children that were at home with us. And so, you know, screen use definitely went up during that time. I know in my own household, um, that we are trying to take some steps back to get into a healthier, um, utilization of our screens.

28 "Laura Magnuson" (1418838784)

00:05:01.960 --> 00:05:21.809

And so many of you might be finding yourself in similar situations and so we just wanted to start today. Um, to have you start to think about what is your top concern when it comes to your team's social media use or interaction? Um, do you have any kind of questions in regards to helping your team navigate social media?

29 "Laura Magnuson" (1418838784)

00:05:21.809 --> 00:05:40.649

What questions do you have in regards to helping your team? Learn? Social skills right? Many. Um, again we're at home during coven and so maybe there were some times that social skill development was missed. And so how do we get our kids back on track and headed in the right direction?

30 "Laura Magnuson" (1418838784)

00:05:40.649 --> 00:05:58.679

And what support do you need to have a better relationship with your team? This is a difficult time. I have again. I mentioned 1 at home. She'll be 13 in October and there is nothing easy about raising children and especially, especially this age group during this time.

31 "Laura Magnuson" (1418838784)

00:05:58.679 --> 00:06:08.789

So just just take a moment and kind of think about these questions and where you're at, related to your child and social media and social skills.

32 "Laura Magnuson" (1418838784)

00:06:15.959 --> 00:06:23.039

And then we can go to the next slide.

33 "Laura Magnuson" (1418838784)

00:06:23.039 --> 00:06:45.229

So we also wanted to really just level set and say, okay, what does the population look like right now? How many teams are really using social media? Um, and what what was put out by the U. S. surgeon General's advisory is that up to 95% of young people? Age? 13 to 7.

34 "Laura Magnuson" (1418838784)

00:06:45.229 --> 00:06:53.069

Team report using a social media platform, nearly 2 thirds of teenagers report, using social media every day.

35 "Laura Magnuson" (1418838784)

00:06:53.069 --> 00:07:12.839

And 4th report using social media almost constantly, so we would have blinders on if we believed that only a couple kids are using social media um, or if they're only using it once a week or occasionally right? That's not what what was found by the surgeon general.

36 "Laura Magnuson" (1418838784)

00:07:12.839 --> 00:07:34.159

And so as we talk about social media use, I think it's helpful to also to think about their pros for using this technology. Right? There are pros and then there are cons as well, but really want to call out, um, you know, there can be connection with friends and family. So, again, during that period of time where we.

37 "Laura Magnuson" (1418838784)

00:07:34.159 --> 00:07:54.159

Work to have that face to face interaction we were able to, um, connect in a way virtually that maybe we wouldn't have been able to connect at all. Um, we're also able to have interactions with different groups then maybe we wouldn't have, um, maybe we're able to join different support groups.

38 "Laura Magnuson" (1418838784)

00:07:54.159 --> 00:08:08.639

Depending on the need that we don't have access to if we're living in a smaller community again exposure to campaigns, nonprofits, charities, we're able to promote creative expression as well on social media.

39 "Laura Magnuson" (1418838784)

00:08:08.639 --> 00:08:28.639

And being able to meet teams with similar interests, right? Whether it's music or art, um, there's some kind of group for every entity out there. And so there can really be a sense of belonging that individuals can feel when using social media appropriately. And then there's also.

40 "Laura Magnuson" (1418838784)

00:08:28.639 --> 00:08:32.069

The ability to get educated about current events.

41 "Laura Magnuson" (1418838784)

00:08:32.069 --> 00:08:52.069

And then, of course, there are some cons here. So, these are ones that, you know, probably you have heard of cyberbullying. Right? So, individuals really picking on others in this space. Um, and maybe parents aren't even aware that. This might be happening identity stuff. There's a possibility. When it comes to.

42 "Laura Magnuson" (1418838784)

00:08:52.069 --> 00:09:04.139

Technology exposure to offensive images and messages, not being able to be able to filter some of these out depending on what platform you're utilizing.

43 "Laura Magnuson" (1418838784)

00:09:04.139 --> 00:09:18.329

There are opportunities for grooming by strangers, right? So you hear stories about individuals that are meeting up with someone that is older than them, or going out to a different city. Maybe.

44 "Laura Magnuson" (1418838784)

00:09:18.329 --> 00:09:38.329

Body image issues as well. So if if a teenager is constantly looking, um, at pictures of individuals that are very thin, or, um, don't look the way that they do, they can start to develop some of those body image issues, um, and unrealistic portrayals of life.

45 "Laura Magnuson" (1418838784)

00:09:38.329 --> 00:09:58.329

So, I don't know if you are, like, my child, but I hear about these videos that are put out on social media and it really makes it look like

someone's on vacation all of the time. Um, there'll be, they're able to travel to, um, really extravagant and luxurious places.

46 "Laura Magnuson" (1418838784)

00:09:58.329 --> 00:10:06.389

And so really that there's never a conflict that's happening and everyone is in this really rosy Rosie world.

47 "Laura Magnuson" (1418838784)

00:10:06.389 --> 00:10:26.389

And then, the last column listed here is the normalization of risk taking behaviors. So, again, really putting out there. We've seen different challenges. That have been, put out. If you're if you're aware of some of the different tick, tock challenges and so, that can be really scary. If you remember, right like the.

48 "Laura Magnuson" (1418838784)

00:10:26.389 --> 00:10:34.619

Pod challenge different pieces that have been put out and so putting kids into scary situations.

49 "Laura Magnuson" (1418838784)

00:10:34.619 --> 00:10:57.319

And so just some general considerations here, social media is recommended for teens, 13 and above I know that there has been a lot of conversation in, even in the legislature recently about how do we monitor and regulate that social media is only accessible to those 13 and over.

50 "Laura Magnuson" (1418838784)

00:10:57.319 --> 00:11:17.319

Um, and then with the consideration that they need to have social and emotional skills to be able to navigate the platform, um, spending more than 3 hours a day on social media, doubles the risk of mental health problems for children and teens, including experiencing symptoms of depression. And anxiety.

51 "Laura Magnuson" (1418838784)

00:11:17.319 --> 00:11:24.989

So, again, when we see the uptick of utilization, uh, that's really increasing the risk of some of those mental health challenges.

52 "Laura Magnuson" (1418838784)

00:11:24.989 --> 00:11:44.759

And recent study shows that teens spend on average 3 and a half hours on social media per day. So again, we talk about this mental health crisis. And what we can see is that really some of that social media use can be contributing to some of those feelings of depression and anxiety as well.

53 "Laura Magnuson" (1418838784)

00:11:44.759 --> 00:11:51.839

And the National fleet foundation, recommend staffing screen, use, at least 30 minutes before bedtime.

54 "Laura Magnuson" (1418838784)

00:11:51.839 --> 00:12:03.089

And we're going to get into what your routines look like, related to social media. Um, but just some general considerations to be aware of. And considering when you're putting together what your plan might look like.

55 "Liz Colizza" (2177981184)

00:12:06.174 --> 00:12:25.429

Yeah, I'm going to keep talking about, um, what does it mean that our kids have access to social media, or don't have access um, social media is not going away. We do live in a digital age where everyone has access to all kinds of information. And so we want to be able to equip our kids with the skills.

56 "Liz Colizza" (2177981184)

00:12:25.429 --> 00:12:45.429

And the knowledge to navigate social media and healthy ways, and we can't deny that right now there is a mental health crisis, and it is impacting our teams heavily. And I started to look into the research, and there's just all kinds of research out there about the link between social media use and mental health disorders, depression, anxiety. And so this can feel overwhelming. I know.

57 "Liz Colizza" (2177981184)

00:12:45.429 --> 00:13:05.429

What we're presenting, because we are facing a lot of things as parents, but we want to be informed as parents and know what what is out there and what's happening to our kids. And so just so all of us are on the same page and know what's happening in the mental health sphere globally. 1 in 71,010 to 19 year olds experience, a mental health disorder. And so that's a.

58 "Liz Colizza" (2177981184)

00:13:05.429 --> 00:13:19.109

Planning for 13% of the global burden of disease in this age group. And so that's a huge percentage. And so the main things that we are seeing in teens is a high rate of depression anxiety and then behavioral disorders like ADHD.

59 "Liz Colizza" (2177981184)

00:13:19.109 --> 00:13:39.109

And so we want to just we want to pay attention to that we want to learn the signs and symptoms of that. So that we can talk to our kids about those things we can look for the signs in our kids. And then we, you know, the sobering reality that suicide is the 4th leading cause of death among 15 to 29 year olds. And so we know that our teams are going through a lot and.

60 "Liz Colizza" (2177981184)

00:13:39.109 --> 00:13:59.109

Emotionally, they're going through a lot and that's been true. You know, throughout time going through adolescence is a hard time. Everything is changing physically, emotionally, mentally hormonally. And then if we put

it into the context, now we have kids that are connected all the time and can be connected to anything and have access to all the.

61 "Liz Colizza" (2177981184)
00:13:59.109 --> 00:14:19.109

Information and we have kids that have gone through a global pandemic and we need to keep that in mind, as we think about our context and where we are. Because a lot of these teenagers are kids that started high school during a pandemic or started middle school. During a pandemic have learned to relate to their friends a lot through FaceTime video.

62 "Liz Colizza" (2177981184)
00:14:19.109 --> 00:14:39.109

Calls platforms where they're chatting while playing video games and so this is their reality. It wasn't my reality growing up. It wasn't yours Laura, you know, most of us, it wasn't what we knew as kids or teens. Um, and so we really as parents need to lean in and learn what we can so that we can come alongside our kids. Um, and we just need.

63 "Liz Colizza" (2177981184)
00:14:39.109 --> 00:14:54.959

To keep in mind that the consequences of failing to address mental health issues now, for adolescence continues into adulthood this is setting the stage for how they will learn to relate to themselves. And to other people, as they grow up, as they get jobs, as they build their own families and worlds.

64 "Liz Colizza" (2177981184)
00:14:54.959 --> 00:15:14.959

All right, and so to move from the sort of the overwhelming statistics and setting the stage here, we want to talk about what we want to equip you with today because we really want to empower you in your role as a parent that there are things that you have control over, and there are steps that you can take to come alongside your kid to.

65 "Liz Colizza" (2177981184)
00:15:14.959 --> 00:15:34.959

Equip them with skills, so that they can make the best decisions they can navigate social media in the right ways. So, you can teach them skills to build relationships both in the virtual setting. And in person, some things that we're going to go over in regard to social media is how to set appropriate limits and boundaries. What those look like how to communicate.

66 "Liz Colizza" (2177981184)
00:15:34.959 --> 00:15:54.959

Them with your team, the the reason to know the ASR team is using to really become well informed. I think as a parent it's an easy way. An easy sort of step to take to say. Well, I just didn't grow up with that. I don't even know what the teams are using this day and to sort of take a disconnected approach and say well, that's their.

67 "Liz Colizza" (2177981184)
00:15:54.959 --> 00:16:14.959

Whole thing, and that is being naive and ignorant and really throwing our kids into an ocean filled with sharks. Right? And we can't do that to our kids. We need to know. What are the apps that are out there? What are those apps? Like? What can my team do in those apps? What is the experience of being in those apps? And then what we can do for our teams is that we can't take them, you know, I don't think it's a healthy approach to.

68 "Liz Colizza" (2177981184)

00:16:14.959 --> 00:16:34.959

Say, I'm just going to shield my kid from all technology. We can't do that to our team. We need to equip our team to teach them how to use it. Well, and what to use it for what is the purpose of technology how can you use it for your growth as a person professionally? How can you use it to make connections with other people and then we're going to.

69 "Liz Colizza" (2177981184)

00:16:34.959 --> 00:16:54.959

We're going to talk about what it looks like to make to develop self control for your teams and decision making skills both in the virtual setting but then in real life, and how to emotionally regulate without screens. Because I think that is something that our teams are kind of, failing our kids and our teens and is that we are giving them screens and it's become an easy coping mechanism for hard.

70 "Liz Colizza" (2177981184)

00:16:54.959 --> 00:17:08.699

Emotions, my kid's upset, they want a screen here have a screen now my kids calm and sometimes that's all I can do, because I'm so spent myself as a parent, and we really need to think about how do we help our kids learn to emotionally regulate without screens, what can we do.

71 "Liz Colizza" (2177981184)

00:17:08.699 --> 00:17:28.699

And so now we have just a pause here to reflect before we move into talking about setting the stage for emotional safety and communication because teams listen to people that they respect they listen to people that they feel emotionally safe with. And if you find that your team is not listening to, you.

72 "Liz Colizza" (2177981184)

00:17:28.699 --> 00:17:47.339

Seems to be cutting off conversations or not wanting to stay around. Then you want to consider what can I do to rebuild emotional safety. What can I do to connect with my team differently and so there's 2 questions up here to just get us thinking for yourself. What makes you feel safe to open up and share with other people.

73 "Liz Colizza" (2177981184)

00:17:47.339 --> 00:17:51.449

What do you experience or hear from someone that makes you feel? Oh.

74 "Liz Colizza" (2177981184)

00:17:51.449 --> 00:17:56.339

I can share here be authentic and be myself.

75 "Liz Colizza" (2177981184)

00:17:56.339 --> 00:18:02.879

And then the next question is, what does your team when does your team to share with you? The most.

76 "Liz Colizza" (2177981184)

00:18:02.879 --> 00:18:14.369

My oldest is a Pre team, so he's turning 12 and I know when I think about this question, I think he shares with me when I'm playing ping pong with him.

77 "Liz Colizza" (2177981184)

00:18:14.369 --> 00:18:24.689

And he doesn't have to look me in the face and we're doing something competitive and he can kind of just start talking. He shares with me when the lights go out. And I say, good night with him. He doesn't have to look at me and he shares with me when he's in the car.

78 "Liz Colizza" (2177981184)

00:18:24.689 --> 00:18:37.289

And so we want to take advantage of that. A lot of teens feel more comfortable sharing with their parent when the pressure is not on to have an intense, serious conversation, you know, that they can look at something else. They can break eye contact.

79 "Liz Colizza" (2177981184)

00:18:46.199 --> 00:18:50.189

And now, as we're thinking about this, I'm going to we're going to pull up a video.

80 "Liz Colizza" (2177981184)

00:18:50.189 --> 00:18:56.309

To take, sort of help us help us put this into place. And what does it mean to.

81 "Liz Colizza" (2177981184)

00:18:56.309 --> 00:19:06.869

Um, create safety with my kid, or my team so that they feel heard and validated and so that they do want to talk to me about these hard things. So you a lot of you will recognize this video.

82 "Liz Colizza" (2177981184)

00:19:06.869 --> 00:19:11.302

Um, this clip from this video.

83 "SP Presenter" (2248361216)

00:19:11.302 --> 00:19:14.399

The economy.

84 "SP Presenter" (2248361216)

00:19:14.399 --> 00:19:25.259

Wait, Randy, and I still use it still has to be solved parallel. Who is your brand new likes to play?

85 "SP Presenter" (2248361216)
00:19:25.259 --> 00:19:38.879
Randy, and I go to the.

86 "SP Presenter" (2248361216)
00:19:38.879 --> 00:19:43.289
I can't be done with me.

87 "SP Presenter" (2248361216)
00:19:43.289 --> 00:19:56.399
Hey, it's going to be okay, we can fix this. We just need to get back to headquarters which way do the train station.

88 "SP Presenter" (2248361216)
00:19:56.399 --> 00:20:04.829
I had a whole trip plan for us. Hey, who's taking this?

89 "SP Presenter" (2248361216)
00:20:04.829 --> 00:20:09.899
Hey, mom look at this.

90 "SP Presenter" (2248361216)
00:20:09.899 --> 00:20:19.499
Oh, here's the fun game. You're playing to the train station and we go there. Well, that'd be fine. I was going to train station.

91 "SP Presenter" (2248361216)
00:20:19.499 --> 00:20:27.419
I'm sorry, they took your rocket, they took something that you loved. It's gone.

92 "SP Presenter" (2248361216)
00:20:27.419 --> 00:20:31.439
Forever sadness don't make him feel worse. Sorry?

93 "SP Presenter" (2248361216)
00:20:31.439 --> 00:20:48.479
It's only had left the Riley. I bet you Riley had great adventures. They were wonderful. Once we flew back the time we had breakfast twice that day. It sounds amazing. And that Riley liked it. Oh, she did.

94 "SP Presenter" (2248361216)
00:20:48.479 --> 00:21:05.849
We were best friends.

95 "SP Presenter" (2248361216)
00:21:05.849 --> 00:21:12.539
Okay, now, come up, the train station is this way.

96 "SP Presenter" (2248361216)
00:21:12.539 --> 00:21:32.539

You said the word.

97 "SP Presenter" (2248361216)

00:21:32.539 --> 00:21:47.099

These facts, so similar don't worry about it happens all the time.

98 "SP Presenter" (2248361216)

00:21:47.099 --> 00:21:53.083

All right.

99 "Liz Colizza" (2177981184)

00:21:53.083 --> 00:22:09.799

So, I actually had pulled up this video last night. I was preparing for a webinar today, and I have a I have an almost 9 year old who's starting 3rd grade and she has sleep anxiety and could not go to bed. And I was watching this video. And it actually helped me readjust my perspective towards.

100 "Liz Colizza" (2177981184)

00:22:09.799 --> 00:22:29.799

My daughter, you know, because I was like, you've done so many grades. This isn't a big deal was my initial gut reaction watching this and then I was like, oh, no, what she really needs to hear is it's really hard to start a new grade. I get it this is hard, and it didn't take away her emotions, but she felt heard and she then wanted to just hug and then was able.

101 "Liz Colizza" (2177981184)

00:22:29.799 --> 00:22:49.799

To go back to sleep and get in her bed and I think that our approach a lot of times to our kids and our teams is that we know something's up. We know they might be feeling something. And we think I'm going to make it worse. If I bring it up and I asked them to talk about it, and we kind of we let them dictate how that goes because they don't want to talk about it. And so we kind of back up.

102 "Liz Colizza" (2177981184)

00:22:49.799 --> 00:23:04.349

And really what our teams our kids need to hear is validation they need us to listen, they need us to let them know. I see you I hear you. This is hard. And I'm with you in it, and that that creates the safety for us to have really open conversations.

103 "Liz Colizza" (2177981184)

00:23:04.349 --> 00:23:09.779

Now, I don't have I no longer have access to the slides to move them I don't know if you do Laura.

104 "Liz Colizza" (2177981184)

00:23:09.779 --> 00:23:18.599

Sandy, could we get access back for the slides? I think it might have gotten Max messed up with the video. Oh, there we go. Thank you.

105 "Liz Colizza" (2177981184)

00:23:18.599 --> 00:23:38.599

All right, so there we go. So hopefully you saw in that video what we see sadness come alongside and say yeah, that's really hard. That's sad. And it just gives space for. I can't remember the guy's name before him to cry and grieve. And so we want to think about our teams are going to go through hard things if they aren't all.

106 "Liz Colizza" (2177981184)

00:23:38.599 --> 00:23:58.599

How can we listen to them actively? How can we validate what they're feeling? How can we resist the temptation to try to make them feel better right away? Try to fix things for them, because really, that's what builds trust, you know, our teams, their brains are developing in the way that they're moving toward. How we experience other people with a little kid. You can just.

107 "Liz Colizza" (2177981184)

00:23:58.599 --> 00:24:18.599

Extract you can play games because their emotions go all over the place with a team. You really want to come alongside and think about giving them space to feel things and to validate what they feel. So, here's just some, just some pointers. If you are wondering, how do I create emotional safety with my team to have these conversations this is always a good list for me.

108 "Liz Colizza" (2177981184)

00:24:18.599 --> 00:24:38.599

Back to you to think, like, okay, how can I adjust increase safety, you know, be more patient and understanding how can I encourage their expression of emotions? How can I myself express emotions and healthy ways? Let them know that I'm someone who feels and I can express emotions and healthy ways. And how can I create a non threatening environment where they feel that they can tell me things.

109 "Liz Colizza" (2177981184)

00:24:38.599 --> 00:24:49.547

All right, so to pass it back over to Lauren to talk about what we know about the teenage brain, because this is another important aspect of parenting a team. Yeah.

110 "Laura Magnuson" (1418838784)

00:24:49.547 --> 00:25:07.369

So, it's always, it's always funny. I was just having this conversation the other day about brain development and, um, actually with my 12 year old and, uh, we were discussing how, you know, the part of your brain that's really good at making decisions isn't fully developed until.

111 "Laura Magnuson" (1418838784)

00:25:07.369 --> 00:25:27.369

25, I've also heard research that in males it goes up to 30 and without even being prompted she was like, but you're allowed to drive at 16 and I was, like, I know, right? Like, that's a that's an interesting thing that we allow these undeveloped children to be able to.

112 "Laura Magnuson" (1418838784)
00:25:27.369 --> 00:25:32.399
Get into some, some risky types of situations um.

113 "Laura Magnuson" (1418838784)
00:25:32.399 --> 00:25:52.399
So, just to call out here, that prefrontal cortex is what I was referring to that ability to, uh, be able to make decisions to plan to reason. Um, again, that is still developing. So we should expect for our team to to fumble. We should expect for them to make errors. Not have the best.

114 "Laura Magnuson" (1418838784)
00:25:52.399 --> 00:26:00.809
Sometimes right, that's all part of growing and developing and that brain is still really, it's still really growing there.

115 "Laura Magnuson" (1418838784)
00:26:00.809 --> 00:26:20.809
Um, and also you can see here that that further development, um, continues right? So that parietal lobe that's responsible for touch site language that's growing until our early 20. S. and so they don't process information effectively either. So, you know, if you think about.

116 "Laura Magnuson" (1418838784)
00:26:20.809 --> 00:26:40.809
Maybe the way that you're communicating, making sure that your team heard what you said, can be really valuable. Right? Having a little exercise of. Okay. So I said that this is our plan for today. Can you repeat back to me? What is it that we're doing right? To make sure that they're really processing that information and they, they heard what that.

117 "Laura Magnuson" (1418838784)
00:26:40.809 --> 00:27:02.989
Messages, um, also that reward center is not fully developed in teams, so they're more excited by rewards than they are consequences. So, if we can think about how we are able to bring that into our day to day parenting, right. Um, that our kids are going to be more responsive to some of the reward pieces then then.

118 "Laura Magnuson" (1418838784)
00:27:02.989 --> 00:27:22.989
Things away, right. Um, and then also, that hippocampus, that hub of memory and learning that is also still growing. Um, and so there's that learning curve that we just need to be aware of. I think often times, we think when kids get to a certain age, they should have it together. Right? You're 16, you're.

119 "Laura Magnuson" (1418838784)
00:27:22.989 --> 00:27:42.989
Driving like, you should have it together, you're able to have a part time job. Right now how come you can't figure out some of these pieces. That seems so trivial. Right? And so this is just to serve as your reminder here. That that brain is still growing and so, um, our kiddos are really still learning during this timeframe.

120 "Laura Magnuson" (1418838784)

00:27:42.989 --> 00:27:56.189

So, again, just kind of taking a pause and thinking about your, your team's own digital footprint on average. How many hours do they spend on their phone?

121 "Laura Magnuson" (1418838784)

00:27:56.189 --> 00:28:07.739

And what apps do they have access to and how well do you do you know, those apps right? Or why they like to use them um, what do they do on these apps?

122 "Laura Magnuson" (1418838784)

00:28:07.739 --> 00:28:27.739

Um, I know that I've had conversations with my kiddo. Um, and, you know, there are certain apps that she likes for filters, because you can do some funny things on them. There are certain apps that she likes because you're able to connect with big groups quickly. So, I know her whole school, um, many individuals at her school are on this 1.

123 "Laura Magnuson" (1418838784)

00:28:27.739 --> 00:28:46.079

And they're able to connect quickly and again, pros and cons. Right? They can have conversations about their homework or a project they're working on, but it can also sometimes be used in an unhealthy manner as well. So, I'm going to give you just just 30 seconds here to think about what is your team's current digital footprint.

124 "Laura Magnuson" (1418838784)

00:28:46.079 --> 00:29:07.189

And thinking about that, 1st question, how many hours do they spend on their phone? Just? So, you know, there are some.

125 "Laura Magnuson" (1418838784)

00:29:07.189 --> 00:29:15.329

Great pieces of technology out there that can tell you and that can tell your team how many hours they're on their phone to.

126 "Laura Magnuson" (1418838784)

00:29:15.329 --> 00:29:21.179

All right.

127 "Laura Magnuson" (1418838784)

00:29:21.179 --> 00:29:41.179

So then, if we think about if we're able to rewind, maybe you have a that's not in this place of having social media, um, or access to that technology yet or maybe you're re, evaluating what your team does have access to and having conversations about again. We had this.

128 "Laura Magnuson" (1418838784)

00:29:41.179 --> 00:30:01.179

Conversation in my house listen, like, some of our utilization got a little bit out of control during covid and we need to look at our

behaviors and try to make sure that we're really being healthy and responsible. And so the best approach is before even getting access to any of these pieces to have conversations about what it means.

129 "Laura Magnuson" (1418838784)

00:30:01.179 --> 00:30:14.159

To have access, so thinking about what you're going to put up before you post and I know that I have shared with my kids. I didn't have social media right? But some of the things that we post there there.

130 "Laura Magnuson" (1418838784)

00:30:14.159 --> 00:30:34.159

Right. You can't take them away. Um, and so if you think about, what does this look like, when somebody goes to get a job right? In 55 years, um, and they are able to pull up something that you posted that wasn't respectful, um, or didn't lie align with your current values. Um, that's out there.

131 "Laura Magnuson" (1418838784)

00:30:34.159 --> 00:30:39.299

Right. And so having some of these important conversations is really necessary.

132 "Laura Magnuson" (1418838784)

00:30:39.299 --> 00:30:59.299

Um, and again, protecting your privacy and the privacy of others, so not putting personal information out there right so if you're having a conversation with someone and making sure that that's not out there as well as other individuals and not interacting with with people that you don't know there are some games, right?

133 "Laura Magnuson" (1418838784)

00:30:59.299 --> 00:31:15.779

My son, he loves to play roadblocks and there's an ability that you can interact with others on that game. Um, and so making sure that your, your kiddos are only interacting with people that they know, and again, making sure that they're not giving out other information as well.

134 "Laura Magnuson" (1418838784)

00:31:15.779 --> 00:31:20.999

Also really looking at. How does social media make you feel.

135 "Laura Magnuson" (1418838784)

00:31:20.999 --> 00:31:40.999

So, being able to have a conversation, um, you know, if you're looking at certain videos all day and we know that, um, body image can really be putting question here um, asking your child, you know. Okay. So, you were just on that app for a while like, what does that do for you? Or how does that making you.

136 "Laura Magnuson" (1418838784)

00:31:40.999 --> 00:32:00.999

Feel right asking them those questions and helping them to protect their brain so letting them know right that as you're on these different apps,

and you're viewing different content or material, if something doesn't make, you feel good about yourself, you don't have to continue. Right? And finding different.

137 "Laura Magnuson" (1418838784)

00:32:00.999 --> 00:32:05.789

An alternative ways that you can deal with some of those emotions we're going to talk about as well.

138 "Laura Magnuson" (1418838784)

00:32:05.789 --> 00:32:27.739

So, what are those healthy social media habits that we can start to teach our children? Um, it's creating limits and boundaries with your team, right? So, when can phones be used? Um, are there certain hours of the day that they have access to them? Um, I know we have a rule in our house. Uh, you don't get any of your.

139 "Laura Magnuson" (1418838784)

00:32:27.739 --> 00:32:44.459

At the dinner table, right? And that includes the adults as well. So sorry, if you're waiting for an important work call, you can't access your phone during dinner time. That's our precious sacred time. If you will that we get to be together without interruptions.

140 "Laura Magnuson" (1418838784)

00:32:44.459 --> 00:33:03.329

Where are you storing phones at night? Right? It can be really easy, um, for a team to get kind of sucked back into technology after you think that they're asleep. So, where are you storing those, those phones or or tablets or whatever way that they're accessing that technology.

141 "Laura Magnuson" (1418838784)

00:33:03.329 --> 00:33:14.309

And then, do they have the ability to download whatever they want, or are their protections or have you had conversations about what apps they're using and what is being used the most.

142 "Laura Magnuson" (1418838784)

00:33:14.309 --> 00:33:20.819

And then, you know, asking questions right? What is it that you like about this particular app?

143 "Laura Magnuson" (1418838784)

00:33:20.819 --> 00:33:35.009

Having some awareness about maybe how your friends might appear differently on social media than they do in person and being able to figure out, what is that? Fine line? What do you want to put out into the world about who you are?

144 "Laura Magnuson" (1418838784)

00:33:35.009 --> 00:33:42.209

We talked about this already a little bit, but, you know, thinking about your mood. How is it? How is it impacted by social media?

145 "Laura Magnuson" (1418838784)

00:33:42.209 --> 00:33:50.519

I'm thinking about what will your friends think if you post that and how do you decide who to be friends with, on social media?

146 "Laura Magnuson" (1418838784)

00:33:50.519 --> 00:34:10.519

Right. It's easy to follow some of these individuals. Um, and, you know, it's really interesting too when we think about, um, asking children. What do they want to be when they grow up? Um, I know there's been lots more kids that are saying, I want to be a influencer. I want to be a YouTuber right? Because that's what they're receiving.

147 "Laura Magnuson" (1418838784)

00:34:10.519 --> 00:34:30.519

Um, helping to develop self control and decision making skills, right? So, you know, being able to not criticize, um, which again we need to give our self compassion, because we did not grow up with this technology. Um, but being able to suggest, you know, I'm wondering if you should wait until you've calmed down before you start chatting with them.

148 "Laura Magnuson" (1418838784)

00:34:30.519 --> 00:34:34.769

Or before you post this, maybe let's take some time away.

149 "Laura Magnuson" (1418838784)

00:34:34.769 --> 00:34:41.099

Right. So not having emotional responses and then putting things out on social media.

150 "Laura Magnuson" (1418838784)

00:34:41.099 --> 00:35:01.099

And helping them to learn how to regulate their emotions without screens. Right? So we saw that video right? Um, and, you know, letting them know that that sounds hard and just really sharing space instead of saying something like, well, we didn't have this when I was growing up. So you should just be happy. You have access to.

151 "Laura Magnuson" (1418838784)

00:35:01.099 --> 00:35:19.709

Do it at all right um, because that might be 1 of your go to responses, but helping them to say, you know, some people find exercise helpful when they're angry, or helping them to figure out how they can channel these emotions in a way without those screens. Also, so they don't become dependent on them.

152 "Liz Colizza" (2177981184)

00:35:25.886 --> 00:35:42.919

We have now we're going to shift and talk about developing social skills and this applies to the virtual setting, but also applies to just in person. We know that we can present as 2 different people in a way and our virtual appearance, our virtual personality.

153 "Liz Colizza" (2177981184)

00:35:42.919 --> 00:36:02.919

In our in person personality, but we want to think about how do we build healthy relationships as a person and in doing that we want to reflect on our own relationships because we want to be building those for herself and we want to come alongside our team to help them build healthy relationships, relationship skills are something that are learned, and that we can learn and.

154 "Liz Colizza" (2177981184)

00:36:02.919 --> 00:36:22.919

Time and so if you see what your team, you know, what are the gaps in how they're doing relationships, and how they're communicating and how they're interacting with their friends, what can you help them learn? So, I want to give you a few seconds here to just think through and reflect on how healthy do your relationships feel right now? You know, where, you know, a year, a year and a half out of the global.

155 "Liz Colizza" (2177981184)

00:36:22.919 --> 00:36:42.919

Pandemic ask still happening still not. Right. That's really impacted. How people do relationships the types of relationships relationships people have who they're still connected to and then thinking through, like, what relationship skills do you want to develop in yourself? And what do you want to help develop in your team? How can you look at your team's life? And.

156 "Liz Colizza" (2177981184)

00:36:42.919 --> 00:37:02.919

Okay, they really have a hard time when they're in bigger groups they tend to go quiet and pull back. I wonder if I can help them develop more of a sense of belonging or figure out how to connect with people in smaller spheres and create that for themselves. Maybe you want to help your team to become better at asking people to do things. Maybe standing up for themselves.

157 "Liz Colizza" (2177981184)

00:37:02.919 --> 00:37:25.609

You know, what would you identify for yourself and your team.

158 "Liz Colizza" (2177981184)

00:37:25.609 --> 00:37:46.939

Hopefully, some things are coming to mind. I always like to encourage parents to think less about disciplining and punishment more about teaching and coming alongside helping your child brain develop in healthy ways. So, we do have a big role in helping our kid, develop their skills with people and we want to make sure that we're still teaching those face to.

159 "Liz Colizza" (2177981184)

00:37:46.939 --> 00:38:06.939

Face social skills, even though so much of our team's world is on a screen and so how can we do that these are just a few different pointers that we want to call out but you yourself modeling healthy communication

setting healthy boundaries, reflecting, on your own experiences emotions thoughts, and then this 1 at the end is, I think 1 of the big.

160 "Liz Colizza" (2177981184)

00:38:06.939 --> 00:38:26.939

Those things we can do for our kids, our teens is repairing with your team and that means taking responsibility when you mess up when you're too harsh. When you say something that's mean, when you overreact, when you hurt your teens feelings, and letting them know that you recognize that it's wrong and saying you're sorry and seeking to make things better with them, just make.

161 "Liz Colizza" (2177981184)

00:38:26.939 --> 00:38:46.939

Everything's right to do it differently in the future repairing with a Kate is 1 of the biggest predictors of social, emotional, mental health later in life, then if fostering and building your own adult relationships teams that see their parents having relationships are more inclined to build their own relationships to see that it's something that they can do.

162 "Liz Colizza" (2177981184)

00:38:46.939 --> 00:39:06.939

To feel equipped and power to do that themselves and then we want to ask open ended questions to our teams. And I know that you might hear me saying that and think yeah, they're just going to tell me they don't want to talk. They're going to answer with 1 word, and we want to really take the weight and the responsibility of that relationship with our team on ourselves that we continue to pursue them and ask.

163 "Liz Colizza" (2177981184)

00:39:06.939 --> 00:39:26.939

Open ended questions, and we can ask them in ways that encourage parts of their brain to be developed around problem solving empathy, self awareness. I'm going to give you some examples of those open any questions. So, you can store them a way to use later, make observations out loud to your team. Hey, last week you had a lot of homework. How are you doing? I can see that. You're.

164 "Liz Colizza" (2177981184)

00:39:26.939 --> 00:39:46.939

Dragging today, I'm wondering if you're feeling stressed out, because I can like, it looks like you're kind of pacing around right now. So, letting them know I see your behavior and taking some guesses at what might be going on trying to help them. Connect dots, ask them to participate in family decision, making in rule creation. If you found that it's not working, like, the routine.

165 "Liz Colizza" (2177981184)

00:39:46.939 --> 00:40:06.939

The rules in your house, they are working presented to your team, like, hey, I know that we've been having a problem with laundry, it's just kind of piling up. Can we problem solve and talk about how we might do this differently? What do you think is the best way for us to do this? Right?

So, bring them and ask for their opinion and I say this to parents and a lot of times parents say yeah, but what if they say something totally ridiculous that I.

166 "Liz Colizza" (2177981184)

00:40:06.939 --> 00:40:21.570

Can't get on board with, right? And I always say, well, your stopper is always yeah, I get that. And the problem with that is, and then you just follow the, like, the problem is with that is if you do no laundry, then your laundry is just going to pile up and you'll end up with nothing to work.

167 "Liz Colizza" (2177981184)

00:40:21.570 --> 00:40:41.570

The problem with that is, if I do all the laundry and keep doing that, I'm going to have no time for us to do this. So you kind of fill it in you take them for what they're saying and then you add. Yeah. The problem with that is this, let your teens disagree with you and have their own ideas. This is another big 1. your team is developing into their own individual person and for them to.

168 "Liz Colizza" (2177981184)

00:40:41.570 --> 00:41:01.570

Have healthy emotions, healthy thoughts, healthy sense of identity. You need to be okay with them disagreeing with you and having independent ideas. Opinions likes dislikes. This can be particularly hard for certain parents, depending on your background and your childhood experience, and experience with trauma. So that's.

169 "Liz Colizza" (2177981184)

00:41:01.570 --> 00:41:16.320

That's your own work that you need to do if that's if that resonates with you and then you want to give kids and teens opportunities to practice things that develop their brain, like, ordering food on their own going for errands, eating dinner with different types of people. Being around people that are different than them.

170 "Liz Colizza" (2177981184)

00:41:16.320 --> 00:41:36.320

So then I mentioned open any questions, this is just a list of some open ended questions. Maybe you want to take a screenshot of this. Maybe we want to write down some to put in your back pocket that you can use to just try to invite and initiate conversation with your team around whatever. It is. Right? What was that? Like, for you? That's such a good 1 to keep in your pocket. Because you can say.

171 "Liz Colizza" (2177981184)

00:41:36.320 --> 00:41:42.570

About almost anything your team's talking about? Huh? What was that? Like for you? Huh? I can see. That was hard.

172 "Liz Colizza" (2177981184)

00:41:42.570 --> 00:41:47.670

Yeah, tell me more about that. What you think of that right? How does it land with you? When I say that.

173 "Liz Colizza" (2177981184)

00:41:47.670 --> 00:41:52.350

Different things that you can do to express curiosity to invite them to open up more.

174 "Liz Colizza" (2177981184)

00:41:52.350 --> 00:42:13.760

And then we want to teach empathy kids are not born with empathy empathy, something that grows and evolves over time and people that don't have empathy. They can start to stretch that muscle. They can start to learn what that is, and you can do that by showing empathy towards your team. Right? Empathizing with them. Some good ones. That sounds.

175 "Liz Colizza" (2177981184)

00:42:13.760 --> 00:42:36.110

Hard, I'd feel that way too. Man. This is tough. I can imagine how challenging that is. Right? Those are all phrases that say, hey, I see you and I understand what you're saying. I can put myself in your shoes and then you want to express them with each other people. You want to let your team know I empathize with other people in the world and express that verbally to them. And then you would encourage empathy thinking asking questions.

176 "Liz Colizza" (2177981184)

00:42:36.110 --> 00:42:44.640

What do you think that what do you think that would be like, man if you were her, how would you feel? What would you do right? Get them to start thinking in those ways.

177 "Liz Colizza" (2177981184)

00:42:44.640 --> 00:43:05.960

Then we want to be continually encouraging self awareness and our kids and our teams we do this through talking about our own feelings needs and boundaries saying them out loud. And you don't want to emotionally dump on your kid. Everything that you're feeling and thinking. Because that would be inappropriate, but there are ways that we can share with our team about stress that we're feeling about.

178 "Liz Colizza" (2177981184)

00:43:05.960 --> 00:43:25.960

Feeling upset about something without going into all of the details without emotionally making them the person. We're relying on. We can start to let them see, I'm a person and I have feelings. I've needs I've boundaries. I'm feeling pretty overwhelmed. Right now. Give me a few minutes. And then come back to me, and I'll come find you, and we'll talk about it then. And then I said, make observations.

179 "Liz Colizza" (2177981184)

00:43:25.960 --> 00:43:45.960

Get curious about your team, um, such a good way to let your team know that you see them without coming on too strong and then direct your team

inward. Let them know that you see that. They've got the ability to do things. Um, that sounds frustrating. And I know you can handle it listen to what you need to be kind yourself. I'm here if you need.

180 "Liz Colizza" (2177981184)

00:43:45.960 --> 00:43:55.290

Right. Don't jump into fix or problem solve for your team all the time hand it back to them and say, hey, you know, what do you think? I'm sure that you can figure this out.

181 "Liz Colizza" (2177981184)

00:43:55.290 --> 00:44:01.733

I don't know to pass it back over to Laura to end us with some words on self care. Yeah. So.

182 "Laura Magnuson" (1418838784)

00:44:01.733 --> 00:44:16.970

So we talk about, um, being able to be present in our best self, and we can't do that, unless we're really making sure that we're taking care of our own needs as well. Right. So I'm sure you've all heard the example of when you're flying with your child and.

183 "Laura Magnuson" (1418838784)

00:44:16.970 --> 00:44:36.970

They say, make sure that you put on your mask 1st and the 1st, time that you probably heard that you were probably a little dismayed. Right? But really, we need to make sure that we are in a good place. So, that we can be a better parent. And so what does that mean that means that we need to take time for ourselves? We need to carve out regular periods of time to be able to engage in.

184 "Laura Magnuson" (1418838784)

00:44:36.970 --> 00:44:56.970

Activities that we enjoy and be able to recharge ourselves so this could be hobbies right? Exercise reading, taking a walk or simply relaxing practicing a healthy, healthy lifestyle. So, uh, you know, really paying attention to your physical health by eating a balanced diet, getting enough sleep.

185 "Laura Magnuson" (1418838784)

00:44:56.970 --> 00:45:03.390

Engaging in regular exercise, um, taking care of your body overall, uh, can really help with.

186 "Laura Magnuson" (1418838784)

00:45:03.390 --> 00:45:23.390

Energy levels as well. Um, and then also seeking support so reaching out for help when it's needed, whether it's from a partner, a family member. A friend a support group surrounding yourself with strong support system is is really essential and there's a variety of different professional supports that you can reach out to.

187 "Laura Magnuson" (1418838784)

00:45:23.390 --> 00:45:27.870

As well setting boundaries, so making sure that.

188 "Laura Magnuson" (1418838784)

00:45:27.870 --> 00:45:47.870

You're able to ensure that healthy work life balance and I know that's a juggle for all of us and something. We're, we're constantly trying to practice, but, you know, giving yourself permission to say no. To additional commitments. When you feel overwhelmed and being able to prioritize quality time with your family practice.

189 "Laura Magnuson" (1418838784)

00:45:47.870 --> 00:46:07.870

Compassion right. Um, again, we, we understand that this can be really difficult. Um, parenting is definitely 1 of the hardest things that I've ever done and so you need to be able to give yourself that self compassion and knowing that you're doing the best that you can, uh, social connections. Right? It's really important for you to.

190 "Laura Magnuson" (1418838784)

00:46:07.870 --> 00:46:23.670

Keep those self, those social connections as well, um, being able to nurture friendships, um, because really spending time with friends and having meaningful connections and relationships really can help you to reduce some of that stress.

191 "Laura Magnuson" (1418838784)

00:46:23.670 --> 00:46:27.030

A mindfulness and relaxation.

192 "Laura Magnuson" (1418838784)

00:46:27.030 --> 00:46:32.970

And pursuing personal interests, of course, also carry value here when we talk about software.

193 "Laura Magnuson" (1418838784)

00:46:32.970 --> 00:46:50.520

So, as we talk about moving forward with our key takeaways, wrapping up setting ground rules for social media together with your team, can be really valuable. We want to be able to teach and empower, rather than discipline and rule.

194 "Laura Magnuson" (1418838784)

00:46:50.520 --> 00:46:54.810

Model social relationships, you would want your team to replicate.

195 "Laura Magnuson" (1418838784)

00:46:54.810 --> 00:47:09.570

Make sure that you're practicing self care throughout your day. So, being able to insert it even, you know, in 5 minutes in between meetings, if you're able to and seeking out support again, remember it's a sign of strength and you don't have to be in crisis.

196 "Laura Magnuson" (1418838784)

00:47:09.570 --> 00:47:23.550

So really think about what your support system looks like, and that you're able to reach out to professional support before you ever get to a crisis moment. Right? If you're even just struggling as a parent therapy is a great way that you can engage.

197 "Laura Magnuson" (1418838784)

00:47:23.550 --> 00:47:34.380

So your takeaways here right? Jotting down here. What do you want to do differently with helping your team navigate social media? Um, what social skills do you want to have your.

198 "Laura Magnuson" (1418838784)

00:47:34.380 --> 00:47:39.810

Help your team to develop and what open ended questions can you ask them today?

199 "Laura Magnuson" (1418838784)

00:47:46.920 --> 00:47:57.420

So, before we move on to questions, also wanted to be able to share a couple of resources. Um, so there is, um, a.

200 "Laura Magnuson" (1418838784)

00:47:57.420 --> 00:48:17.420

Family media plan that you can access through healthy children dot Org and really you input information about what's important and put together what this, uh, media plan is going to look like for your family. So, that's a great tool. Um, there's also a tip sheet for parents that you can see located here. This comes from, um, the.

201 "Laura Magnuson" (1418838784)

00:48:17.420 --> 00:48:26.370

Which is the American Psychological Association so rate when thinking about things related to social media or if you want more information.

202 "Laura Magnuson" (1418838784)

00:48:26.370 --> 00:48:37.650

itoc space we also have a blog related specifically to teams. We have a variety of content so you are able to access that whether you're using talk space or not.

203 "Laura Magnuson" (1418838784)

00:48:37.650 --> 00:48:57.650

And then also really just want to call out 908. so if you're not familiar with 908, this is a national number that you can call if you need support. So you can call, you can text similarly, to 901 for some kind of emergency. This is really? The focus on mental health and.

204 "Laura Magnuson" (1418838784)

00:48:57.650 --> 00:49:01.470

So, I always want to make sure you're aware of that resource as well.

205 "Laura Magnuson" (1418838784)

00:49:01.470 --> 00:49:08.970

So, I think we have just a couple minutes here for questions to be able to open up.

206 "Dana andersen" (222031616)

00:49:13.602 --> 00:49:17.280

And just in a moment, I'll pull those for you.

207 "Dana andersen" (222031616)

00:49:41.490 --> 00:49:47.760

Sorry about the pause here.

208 "Dana andersen" (222031616)

00:49:47.760 --> 00:50:03.150

Okay.

209 "Dana andersen" (222031616)

00:50:03.150 --> 00:50:23.150

Okay, so our 1st question is, I'd like to learn about appropriate age for kids to receive a cell phone. My son 9, but he started asking about getting a cell phone. My wife, and I are concerned about this exposure to social media, cyber bully and et cetera. Are there any.

210 "Dana andersen" (222031616)

00:50:23.150 --> 00:50:30.541

Recommendations for specific devices or how to handle this. Thank you. Yeah.

211 "Laura Magnuson" (1418838784)

00:50:30.541 --> 00:50:50.180

So, I will share and then Liz feel free to jump in, you know, there's a variety of different ways that you can give your child access. It depends. So, my 1st, question would be, um, what's the purpose or what do you want to be able to give your child? I know that it's really convenient for me.

212 "Laura Magnuson" (1418838784)

00:50:50.180 --> 00:51:10.180

Need to be able to communicate with my child while she's at school about pick up things like that. So there are different phones that don't have access to social media. And, you know, if that's something that they want, maybe you can also talk about a progressive piece about 1st, we're going to learn responsibility about.

213 "Laura Magnuson" (1418838784)

00:51:10.180 --> 00:51:27.900

Having a phone, right that doesn't have access to social media. And if you can show me that you're responsible in that way. Right then maybe you set a parameter of this is how we're going to get you to the place that you want to be at. But my 1st question, of course, would be what is your purpose.

214 "Laura Magnuson" (1418838784)

00:51:27.900 --> 00:51:33.426

What is it that your child wants? The phone for et cetera? Yeah.

215 "Liz Colizza" (2177981184)

00:51:33.426 --> 00:51:53.150

I mean, I would echo all of that, and I, I think that we hear a kid asking for something and we want to give them what they ask for. And that doesn't mean, they should get what they asked for, you know, and I think, you know, my, my almost 12 year old would also like to have a phone. And I've told him, you know, when you get to high school, or when you start driving. So, we went the route of giving him a watch.

216 "Liz Colizza" (2177981184)

00:51:53.150 --> 00:52:13.150

That just, he can call 5 people and text 5 people, and I can locate him and that's given him freedom to walk in the park. Go far by cried. Go to a friend's house. Yeah, so I follow that. Yeah. What what is the purpose? How will you teach them? The responsibility? Are they responsible enough for any form of device in that realm?

217 "Liz Colizza" (2177981184)

00:52:13.150 --> 00:52:23.910

And I think, you know, I think the more we can make this, a conversation with our kids about responsibility about growing up about all the things that are out there and how to navigate it the more we're equipping them.

218 "Liz Colizza" (2177981184)

00:52:23.910 --> 00:52:34.890

And also helping them to understand we have in my house, you have a lot of hard conversations around the fact that kids my kids age have phones and my kids don't, you know, and I'm just like, well, that's their parent's decision.

219 "Liz Colizza" (2177981184)

00:52:34.890 --> 00:52:41.550

And our decision is not that, so let's figure out how to do something else, you know, on an iPad that you want to do.

220 "Liz Colizza" (2177981184)

00:52:41.550 --> 00:52:49.263

Thanks for your question.

221 "Dana andersen" (222031616)

00:52:49.263 --> 00:52:58.267

What are the early warning signs for mental health issues that a parent can recognize with kids? Yeah.

222 "Laura Magnuson" (1418838784)

00:52:58.267 --> 00:53:17.990

So again, feel free to jump in here, Liz. Um, so really, when we're looking at early warning signs, we're looking for a change in behavior so, that can mean, um, sleep patterns changing that can mean eating out patterns changing change in mood right? Maybe someone, maybe your child used to.

223 "Laura Magnuson" (1418838784)

00:53:17.990 --> 00:53:37.990

Will be calm and now you're seeing some more anger coming out so any kind of change in behavior is always kind of that red flag to ask the question of okay. What's going on here right let's try to figure this out. Um, so that's where I would start is looking at changes in behavior.

224 "Laura Magnuson" (1418838784)

00:53:37.990 --> 00:53:58.045

And again, this can be tricky with teams. Right? We see that teams are wanting to sleep a lot more. Um, we can see that. Sometimes they're eating a lot during this timeframe of growth too. So, it comes down to having a conversation when you see these signs. I'm just trying just to figure out what's going on.

225 "Liz Colizza" (2177981184)

00:53:58.045 --> 00:54:03.218

Yeah, and I would just echo that of, you know, we, we want to always see our kids.

226 "Dana andersen" (222031616)

00:54:03.218 --> 00:54:05.200

Behaviors as being expressions of their.

227 "Liz Colizza" (2177981184)

00:54:05.200 --> 00:54:17.190

Emotional mental health, they don't know how to regulate their emotions and it's going to come out behaviorally. And so when you start seeing things and patterns of things, you want to get really curious and wonder what's going on. What's changed.

228 "Liz Colizza" (2177981184)

00:54:17.190 --> 00:54:31.350

How can I connect with my kid about this and see if they've noticed it? If they're a team, you know hey, I've noticed that you've been eating or, like, you haven't been hungry at dinner something been going on or something. Are you feeling more stressed? Are you, did you notice that.

229 "Liz Colizza" (2177981184)

00:54:34.620 --> 00:54:40.125

Great question.

230 "Dana andersen" (222031616)

00:54:40.125 --> 00:54:44.370

Okay, I do have another question and this is.

231 "Dana andersen" (222031616)

00:54:44.370 --> 00:54:49.200

Are there social media sites that are safe?

232 "Dana andersen" (222031616)

00:54:49.200 --> 00:54:52.822

Safer than others.

233 "Liz Colizza" (2177981184)

00:54:52.822 --> 00:55:14.960

Yeah, I mean, I, I feel like the ones I mean, I mean, I, I personally feel that if you start when you start giving your kid access to a phone that they, they should know that you are also going to be monitoring what they do. And so I feel that to me, the ones that feeling safe are the ones where you take a picture, and it disappears 30 seconds.

234 "Liz Colizza" (2177981184)

00:55:14.960 --> 00:55:26.130

Better job I think Snapchat is a, that can be an unsafe 1 because you don't know what your kid has been doing what your kid is being sent because it disappears.

235 "Liz Colizza" (2177981184)

00:55:26.130 --> 00:55:29.730

After I don't even have 30 seconds a minute, a couple minutes.

236 "Liz Colizza" (2177981184)

00:55:29.730 --> 00:55:35.820

Um, you know, I would say, and then other ones where they have more.

237 "Liz Colizza" (2177981184)

00:55:35.820 --> 00:55:40.140

Um, unlimited access to lots of people.

238 "Liz Colizza" (2177981184)

00:55:40.140 --> 00:55:43.590

Right where there's not the safeguards. I know. Um.

239 "Liz Colizza" (2177981184)

00:55:43.590 --> 00:55:53.550

Facebook now makes like a chat mess Messenger for kids that they've tried to create with more safe parameters where parents have to then approve.

240 "Liz Colizza" (2177981184)

00:55:53.550 --> 00:55:58.320

Who your kid can connect with right? So, apps like that I feel have more.

241 "Liz Colizza" (2177981184)

00:55:58.320 --> 00:56:04.877

They have more boundaries around them. They have more safeguards. Um, what would you say, Laura? Yeah, I would.

242 "Laura Magnuson" (1418838784)

00:56:04.877 --> 00:56:10.650

Would echo everything that that you said really was? I don't know that there is much more that I would add. Um.

243 "Laura Magnuson" (1418838784)

00:56:10.650 --> 00:56:30.650

I know that there are certain technologies that you can install on your phone to 1 that comes to mind is, I think it's called bark and so that can alert the parent if there's some, something that's concerning. I'm sure there's others out there too. So, I don't need to name drop or.

244 "Laura Magnuson" (1418838784)

00:56:30.650 --> 00:56:46.257

Favorites, but, yeah, do some research about what it is that again kind of going back to that question what you want your child to have access to and make sure you're getting on the apps and experiencing what they do yourself as well. Mm. Hmm.

245 "Liz Colizza" (2177981184)

00:56:46.257 --> 00:56:54.510

I guess there's some 1 other thing out there. I think that sometimes we can feel maybe alone in our parenting. If we're more concerned.

246 "Liz Colizza" (2177981184)

00:56:54.510 --> 00:57:14.510

Um, more cautious about phones, social media and Messenger apps. And from my experience, I've found that when I initiate conversations with the parents of kids that my kids are wanting to connect with, they're, they're on board with having those conversations and then talking through parameters of like, okay, you know, is your kid getting on Messenger?

247 "Liz Colizza" (2177981184)

00:57:14.510 --> 00:57:30.873

I'm going to let him get on, but who else is your kid connected to and what have you seen them doing on this app in particular right? And so kind of finding your parent allies is another way, I think like a great way to support yourself and your kid in that.

248 "Dana andersen" (222031616)

00:57:30.873 --> 00:57:41.553

Okay, we are at about time, I just wanted to ask you Lauren and Liz. We do have some additional questions. Would you be willing to take those via email?

249 "Liz Colizza" (2177981184)

00:57:41.553 --> 00:57:43.856

Okay.

250 "Dana andersen" (222031616)

00:57:43.856 --> 00:58:00.740

All right, so I would like to thank everybody for being here today. Especially thanks to Lauren and Liz. You demonstrated a wonderful, insightful presentation and also I wanted to thank you for.

251 "Dana andersen" (222031616)

00:58:00.740 --> 00:58:20.740

Being here, and I do also want to make sure that if you have any specific questions on topics discussed today please remember the context signal by calling a number on the back of your insurance card and our next webinar will take place on September 21st with our presenter and she'll be.

252 "Dana andersen" (222031616)

00:58:20.740 --> 00:58:31.950

Discussing building, resilient children and it's presented by bright line. So I want to thank you all for attending have a great day and we'll see you on the next 1.

253 "Dana andersen" (222031616)
00:58:31.950 --> 00:58:39.180
Bye bye. And if you want to hold on Liz and Lauren.

254 "Dana andersen" (222031616)
00:58:50.160 --> 00:58:55.740
Okay, great.