

WEBVTT

1 "Andersen, Dana" (1184714752)

00:00:04.420 --> 00:00:10.319

And thank you for calling and to sickness, 2024, children and families awareness series.

2 "Andersen, Dana" (1184714752)

00:00:10.319 --> 00:00:28.740

My name is Dana Anderson, and I am a coaching and support case manager here with ever North Sigma and due to today's format of this call, you will not be able to ask questions during the teleconference. The conference will open up for. Q, and a, as the completion of the presentation in slide.

3 "Andersen, Dana" (1184714752)

00:00:28.740 --> 00:00:35.670

A handout for today's seminar is available online at dot com forward slash.

4 "Andersen, Dana" (1184714752)

00:00:35.670 --> 00:00:45.780

Children's family also please log into vital for the Q. amp a, and to participate in the survey that follows the presentation.

5 "Andersen, Dana" (1184714752)

00:00:45.780 --> 00:01:05.780

And also, please note that all policies covers today's topics. So for more specific information, if your policy covers topics discussed in today's seminar, please contact the number on the back of your insurance card. And today I have the pleasure of introducing a link to.

6 "Andersen, Dana" (1184714752)

00:01:05.780 --> 00:01:16.890

With pipeline, and today we are joined with bright line for interactive webinars that will help you harness the power of social media and a positive way for your children.

7 "Andersen, Dana" (1184714752)

00:01:16.890 --> 00:01:27.570

From my full screen time and learning to establish limits you will be prepared to develop a plan that is appropriate and work for your family. You will learn more about the following.

8 "Andersen, Dana" (1184714752)

00:01:27.570 --> 00:01:37.320

Pros and cons of social media impact that social media has on the brain setting healthy boundaries and parenting tips and more.

9 "Andersen, Dana" (1184714752)

00:01:37.320 --> 00:01:57.320

So this is invaluable insight and actionable steps for managing social media, with your family. So, today we are pleased to have a lean who has vast experience working with children and teams in a behavioral health setting in addition to lean has subject matter expertise regarding the use of.

10 "Andersen, Dana" (1184714752)

00:01:57.320 --> 00:02:06.484

Social media with children and team we would like to thank you for being here today. And you are welcome to start your presentation.

11 "Aline Topjian" (150252288)

00:02:06.484 --> 00:02:25.490

Thank you everyone my name is Arlene top, John. I'm a board certified health and wellness coach masters in educational psychology and counseling. I've been working with kids and families from different backgrounds for over 10 years. Now I've worked as a multi lingual educator, social, emotional learning consultant.

12 "Aline Topjian" (150252288)

00:02:25.490 --> 00:02:32.940

A curriculum designer, a school counselor, a special ed teacher and currently I'm a pediatric behavioral health check right? Line.

13 "Aline Topjian" (150252288)

00:02:32.940 --> 00:02:49.260

I'm very happy to be here today and I'm very excited to share the space to discuss a very important topic before we kind of dive in. Um, I like to do a few minutes to do an ice breaker activity with you and share some terrific trivia questions. Um.

14 "Aline Topjian" (150252288)

00:02:49.260 --> 00:02:56.670

Feel free to put your answers in the chat and let's try to make this as interactive as we can. So let's get started.

15 "Aline Topjian" (150252288)

00:02:56.670 --> 00:03:06.780

Can someone help me with this slide next? 1? Please.

16 "Aline Topjian" (150252288)

00:03:06.780 --> 00:03:14.970

Thank you. Okay, so our 1st question, what percentage of teams.

17 "Aline Topjian" (150252288)

00:03:14.970 --> 00:03:27.030

What percentage of teams admit to checking their social media accounts? Multiple times per day? 35%, 60% 80% or 95%.

18 "Aline Topjian" (150252288)  
00:03:27.030 --> 00:03:30.300  
Feel free to just drop your answers in the chat.

19 "Aline Topjian" (150252288)  
00:03:30.300 --> 00:03:36.390  
And the right answer is next slide please.

20 "Aline Topjian" (150252288)  
00:03:36.390 --> 00:03:42.690  
80% next question.

21 "Aline Topjian" (150252288)  
00:03:42.690 --> 00:03:53.220  
What social media platforms has the highest percentage of teenage users as it Facebook, Instagram, Snapchat or tech talk.

22 "Aline Topjian" (150252288)  
00:03:53.220 --> 00:04:01.200  
It's TikTok actually, that's the most popular 1 next slide. Please.

23 "Aline Topjian" (150252288)  
00:04:01.200 --> 00:04:08.850  
What percentage of parents say they have snooped on their teen social media accounts.

24 "Aline Topjian" (150252288)  
00:04:08.850 --> 00:04:13.350  
10% 30%, 50% or 70%.

25 "Aline Topjian" (150252288)  
00:04:13.350 --> 00:04:18.990  
What do you guys think the right answer is 50%.

26 "Aline Topjian" (150252288)  
00:04:18.990 --> 00:04:24.000  
Some good guesses in the chats next 1 please.

27 "Aline Topjian" (150252288)  
00:04:24.000 --> 00:04:30.659  
What percentage of teenagers have experience bullying on social media.

28 "Aline Topjian" (150252288)  
00:04:30.659 --> 00:04:35.219  
10% 30%, 50% or 70%.

29 "Aline Topjian" (150252288)  
00:04:35.219 --> 00:04:41.039  
The right answer is 50%.

30 "Aline Topjian" (150252288)

00:04:41.039 --> 00:04:47.309

We have some right answers in the chat next question. Please next slide.

31 "Aline Topjian" (150252288)

00:04:47.309 --> 00:04:53.699

What percentage of teams say they have made friends online that they've never met in person.

32 "Aline Topjian" (150252288)

00:04:53.699 --> 00:04:58.709

Is a 10, 30%, 50% or 70%.

33 "Aline Topjian" (150252288)

00:04:58.709 --> 00:05:06.269

And the right answer is 50%.

34 "Aline Topjian" (150252288)

00:05:06.269 --> 00:05:10.649

And our last review question.

35 "Aline Topjian" (150252288)

00:05:10.649 --> 00:05:20.789

Which social media platform is known to have the highest rates of negative impact on mental health among teenagers is a tick tock, Instagram, Facebook, Snapchat or Twitter.

36 "Aline Topjian" (150252288)

00:05:20.789 --> 00:05:26.789

So.

37 "Aline Topjian" (150252288)

00:05:26.789 --> 00:05:42.959

It's Instagram, thank you so much for engaging and participating. These are some helpful sets that give us a lot of good information that we're gonna use throughout our webinar. So, keep some of this information. Um.

38 "Aline Topjian" (150252288)

00:05:42.959 --> 00:05:46.619

In mind as we move through the slides.

39 "Aline Topjian" (150252288)

00:05:46.619 --> 00:06:06.619

Okay next slide. Please. So just a quick overview, um, that we've already mentioned I'm gonna be discussing some of the pros and cons of social media. How social media and the brain work together. And what does that mean for us? Some boundaries and healthy habits that we can

build around social.

40 "Aline Topjian" (150252288)

00:06:06.619 --> 00:06:16.439

Media, how can we work together with our kids and teams to make sure it's a good experience when using social media and then we'll have some time for Q and a.

41 "Aline Topjian" (150252288)

00:06:16.439 --> 00:06:36.439

Next slide please. Awesome. Okay. So I wanted to start by discussing some of the cons. I want to say that we want to take an objective, look at social media today by weighing in the advantages and disadvantages I want to start by discussing some of the cons. 1 of the big.

42 "Aline Topjian" (150252288)

00:06:36.439 --> 00:06:47.069

Ones is this idea of comparison and low self esteem so we're constantly comparing ourselves.

43 "Aline Topjian" (150252288)

00:06:47.069 --> 00:07:07.069

Are behind the scenes with other people's highlights and videos and content and what that does is sometimes if you're a child or Tina stuck at home, and they're doing their homework or chores, and they see their friend who was traveling or visiting Disneyland, or they're in Paris et cetera, um, there's this habit of constantly comparing ourselves and it's.

44 "Aline Topjian" (150252288)

00:07:07.069 --> 00:07:17.669

It's not a healthy 1 and if we're not careful, it can affect, uh, uh, it can affect our lose ourselves self esteem and self worth and our confidence, because we're always.

45 "Aline Topjian" (150252288)

00:07:17.669 --> 00:07:27.509

And this loop of believing everyone is better than us, and everyone has it better than us. Um, another piece of information that's important. Is this idea of.

46 "Aline Topjian" (150252288)

00:07:27.509 --> 00:07:45.029

Um, the social currency, when we become almost a product, and we're giving a label and our value kind of depends on how many followers how many likes or comments we get. Uh, and if we don't have enough social engagement online that's gonna affect and impact our self esteem.

47 "Aline Topjian" (150252288)

00:07:45.029 --> 00:07:56.249

It's not going to feel good. Uh, and we're gonna feel like we're not good enough. So I've invite you to think a little bit how social media might be negatively impacting your child or team's confidence and self esteem.

48 "Aline Topjian" (150252288)

00:07:56.249 --> 00:08:02.219

The 2nd 1 is digital footprint footprint regret.

49 "Aline Topjian" (150252288)

00:08:02.219 --> 00:08:22.219

Anything that we post online, even if we deleted later, can remain accessible and can have long term consequences. I'm sure some of us have Facebook memories regret from 10 years ago. Um, and we have to keep in mind that college admission officers, future employers, even scholarship committees are constantly.

50 "Aline Topjian" (150252288)

00:08:22.219 --> 00:08:37.349

Social media profiles, so, even if we delete something, someone might have been able to take a screenshot of our photos post comments that we might regret later. How where is your child or team of their digital footprint?

51 "Aline Topjian" (150252288)

00:08:37.349 --> 00:08:57.349

Well, it might not drastically affect their behavior online. It it can help them be more mindful about what they're doing and what they're posting online. Another piece is this idea of privacy and safety concern um, along with some of the things that we might say, or post that we were, we would.

52 "Aline Topjian" (150252288)

00:08:57.349 --> 00:09:17.349

There's a concern of privacy, if they're not aware, they might be sharing personal information. 1 of the most common ones is your location data. So some social media platforms allow users to share their current location, um, tag their location to find their friends, or just to share with the world where they are.

53 "Aline Topjian" (150252288)

00:09:17.349 --> 00:09:23.729

And this feature sometimes can compromise some, uh, 100 safety and sometimes.

54 "Aline Topjian" (150252288)

00:09:23.729 --> 00:09:43.729

3rd party apps can get in the way. Let's say you have a child or team playing a video game, and they see an ad. That kind of takes them to

an inappropriate website. Some of these websites can also have access to your personal data messages and contacts and that's not safe. Either. Are your children or teens?

55 "Aline Topjian" (150252288)

00:09:43.729 --> 00:09:51.209

Of geo location data on social media platforms, like Instagram and Snapchat and are they using it responsibly?

56 "Aline Topjian" (150252288)

00:09:51.209 --> 00:10:11.209

Another important this advantage is the impact on mental health, so when we overview screen time or social media, it can lead to some mental health challenges. It's been linked to increase rate of anxiety, depression, sleep, disturbances and negative body image. It's also been linked.

57 "Aline Topjian" (150252288)

00:10:11.209 --> 00:10:18.809

To reduce the attention span because if something isn't interesting, we're engaging on social media.

58 "Aline Topjian" (150252288)

00:10:18.809 --> 00:10:38.809

We lose focus very easily, and we have the option of just disengaging or scrolling away when we don't really have that choice in real life with our homework school work with people that we're, uh, interacting with. Um, and the other piece is this instant gratification that social media provides, and kind of.

59 "Aline Topjian" (150252288)

00:10:38.809 --> 00:10:58.809

An urgent craving without thinking about the big picture, which again, we don't always have access to that in real life. Um, so all of these impact mental health, another important piece that we kind of touched upon in the trivia questions is this idea of cyberbullying. So, around 50.

60 "Aline Topjian" (150252288)

00:10:58.809 --> 00:11:10.559

Percent of students in the U. S report being bullied online and it's popular because it's so much easier to be mean when we're behind the keyboard especially if we're able to stay anonymous.

61 "Aline Topjian" (150252288)

00:11:10.559 --> 00:11:27.629

And cyberbullying has caused kids and teens to hurt themselves and their families. I'm just wondering how much, you know, of your child or teens cyberbullying experience have, you had any conversations around that have they been ever have they ever been bullied online? Or

might they be the bully.

62 "Aline Topjian" (150252288)

00:11:27.629 --> 00:11:31.079

And our final 1 is.

63 "Aline Topjian" (150252288)

00:11:31.079 --> 00:11:51.079

Skewed perceptions not everything we see online is real from influencers to ads to content. Uh, we're constantly bombarded with unrealistic beauty standards. A lot of the content and on Instagram is filtered. Um, there's a lot of controversy about people posting.

64 "Aline Topjian" (150252288)

00:11:51.079 --> 00:12:04.049

Photos of big houses and cars when they're when those things aren't even theirs. Um, people are editing content to look like they're traveling when they're really at home. And there's a lot of misinformation that can be spread.

65 "Aline Topjian" (150252288)

00:12:04.049 --> 00:12:17.099

And this could be about how it could be about products. It could be about, um, news or politics. So, what skewed perception of the world might your charter team have due to social media over here?

66 "Aline Topjian" (150252288)

00:12:17.099 --> 00:12:23.489

Next slide please. Okay.

67 "Aline Topjian" (150252288)

00:12:23.489 --> 00:12:29.339

Now, we've mentioned some of the disadvantages, but, um.

68 "Aline Topjian" (150252288)

00:12:29.339 --> 00:12:35.549

We also have to be objective and say that social media offers a lot of advantages as well.

69 "Aline Topjian" (150252288)

00:12:35.549 --> 00:12:43.949

It's just a tool like any other 2, and it depends on how we're using it. So, 60% of the world's population uses social media regularly.

70 "Aline Topjian" (150252288)

00:12:43.949 --> 00:13:03.949

That includes adults, right um, so it's not going to go anywhere. So instead of completely dismissing it, we want to take a look at some of the ways we can actually take advantage of it. Um, 1 of the bigger pieces is that it kind of provides a platform for connecting with



people that we care about and it fosters a.

71 "Aline Topjian" (150252288)

00:13:03.949 --> 00:13:13.019

Community and belonging, it's a great way. Um, for teams to stay connected throughout the summer with their friends, uh, and not.

72 "Aline Topjian" (150252288)

00:13:13.019 --> 00:13:28.619

It might not feel as true of a connection to us, but to them, it does because they grew up with tech and we didn't necessarily it's also a great way to stay connected with family who may not live close by. Uh, it's a great way to access.

73 "Aline Topjian" (150252288)

00:13:28.619 --> 00:13:40.259

A community, whether it's a sports fan base, a sports team, dance team, or debate team, uh, youth group, or any other community that your child or team finds useful.

74 "Aline Topjian" (150252288)

00:13:40.259 --> 00:14:00.259

And, um, I invite you to think a little bit. How how is social media strengthen your relationship with your friend's family or your community? How have you been using it? Uh, if your team is an on social media, what opportunities are friendships are they not cultivating? Because they're unable to connect to friends or.

75 "Aline Topjian" (150252288)

00:14:00.259 --> 00:14:03.599

Who SHARES similar interests, or even family members.

76 "Aline Topjian" (150252288)

00:14:03.599 --> 00:14:08.909

Um, the 2nd, big advantage is this.

77 "Aline Topjian" (150252288)

00:14:08.909 --> 00:14:28.909

Peace on education and entertainment TikTok has been phenomenal in terms of an educational resource around learning life skills and educational content, online tutorials and mental and physical health education. Um, you can also learn a lot. Let's say you want to plan a trip to Europe, or you want to learn an exercise.

78 "Aline Topjian" (150252288)

00:14:28.909 --> 00:14:37.439

As routine, um, or you want to learn how to cook or bake um, there's a ton of videos that kind of show you how to do that.

79 "Aline Topjian" (150252288)

00:14:37.439 --> 00:14:45.389

Um, there's specific people who have more niche interest, like collecting books and very cool. Um.

80 "Aline Topjian" (150252288)

00:14:45.389 --> 00:14:49.739

Habits or content that you wouldn't find elsewhere.

81 "Aline Topjian" (150252288)

00:14:49.739 --> 00:14:55.499

Um, what interesting factor skills have you learned from TikTok or any other social media platforms?

82 "Aline Topjian" (150252288)

00:14:55.499 --> 00:15:12.419

The other piece is creative expression. So, social media can be a great way to express your creativity. I could be by creating content. During your art, you're writing your photography music video or anything that you're really passionate about.

83 "Aline Topjian" (150252288)

00:15:12.419 --> 00:15:16.169

Uh, and there's a lot of creators nowadays that are younger.

84 "Aline Topjian" (150252288)

00:15:16.169 --> 00:15:24.899

Um, like, there's a team that plays covers with the saxophone and it's very, very cool. Uh, so it can be a great way to express your creativity.

85 "Aline Topjian" (150252288)

00:15:24.899 --> 00:15:31.709

Um, has social media empowered you to showcase your creativity and times?

86 "Aline Topjian" (150252288)

00:15:31.709 --> 00:15:35.579

Or has it motivated your team to do? So.

87 "Aline Topjian" (150252288)

00:15:35.579 --> 00:15:50.579

The other piece is activism and awareness, so it kind of allows a platform to raise awareness about social issues, sharing, informative content, learn about personal biases and engaging discussions.

88 "Aline Topjian" (150252288)

00:15:50.579 --> 00:15:55.679

About climate change and social justice and mental health.

89 "Aline Topjian" (150252288)

00:15:55.679 --> 00:16:12.869

Um, kids teams nowadays have organized and participate in online campaigns movements, fundraisers, to support causes like, black lives matter anti bullying campaigns are promoting the body bench at school for kids who don't have friends, um, to sit with or play with.

90 "Aline Topjian" (150252288)

00:16:12.869 --> 00:16:32.869

And another important pieces, especially for teens career, growth and networking, using platforms, like LinkedIn to connect with mentors industry, professionals and organizations, you can also showcase your skills, explore internship opportunities and learn about different career paths through.

91 "Aline Topjian" (150252288)

00:16:32.869 --> 00:16:52.869

Engaging with the relevant communities and content. Um, how has it been for you guys, um, when you think about some of these platforms to, uh, offer some career growth and networking I know a lot of the times when we think of social media, our brain automatically goes to the disadvantages. But it's also good to be.

92 "Aline Topjian" (150252288)

00:16:52.869 --> 00:17:00.899

Mindful and acknowledge all of the benefits that social media offers and learning how to use it to best to view.

93 "Aline Topjian" (150252288)

00:17:00.899 --> 00:17:11.609

And our final 1 is problem solving, um, YouTube is a great 1. it's now considered social media because you can comment and engage with the videos.

94 "Aline Topjian" (150252288)

00:17:11.609 --> 00:17:22.649

And YouTube shorts can serve as a platform to find solutions and content around problems that you have. It could be maybe tutoring in math or, um.

95 "Aline Topjian" (150252288)

00:17:22.649 --> 00:17:28.229

Learning how to solve a tech problem, or even, um, um.

96 "Aline Topjian" (150252288)

00:17:28.229 --> 00:17:32.309

Construction related house project and stuff like that.

97 "Aline Topjian" (150252288)

00:17:32.309 --> 00:17:35.789

Um, okay, next slide please.

98 "Aline Topjian" (150252288)  
00:17:40.079 --> 00:17:44.999  
Okay, the other piece that we want to.

99 "Aline Topjian" (150252288)  
00:17:44.999 --> 00:17:50.759  
Also mentioned is this idea of understanding how our brain works uh,  
and.

100 "Aline Topjian" (150252288)  
00:17:50.759 --> 00:17:58.079  
Seeing how we can use that information to our benefit. So the human  
brain is very, very complex.

101 "Aline Topjian" (150252288)  
00:17:58.079 --> 00:18:08.579  
And it has endless capabilities and once we understand how it kind of  
works, it helps us make more informed decisions about the things that  
we consume.

102 "Aline Topjian" (150252288)  
00:18:08.579 --> 00:18:13.109  
So I want to spend a little bit of time talking about.

103 "Aline Topjian" (150252288)  
00:18:13.109 --> 00:18:20.999  
Areas of the brain that are involved and social rewards, regulating  
thoughts, emotions and behaviors.

104 "Aline Topjian" (150252288)  
00:18:20.999 --> 00:18:39.149  
So, there's a part in our brain, which is called the prefrontal  
cortex. It is basically the front of our brain, this part is  
responsible for all executive functioning, which means it's  
responsible for decision making planning. Um.

105 "Aline Topjian" (150252288)  
00:18:39.149 --> 00:18:54.899  
Uh, thinking about things problem solving, uh, controlling our  
emotions and our working memory and this area of our brain. We used to  
think it stops developing by the age of 18. there's more and more  
research now, suggesting that it continues to develop.

106 "Aline Topjian" (150252288)  
00:18:54.899 --> 00:18:58.859  
Until we're 25, so knowing this.

107 "Aline Topjian" (150252288)  
00:18:58.859 --> 00:19:10.439

Knowing that the area of the brain that's responsible for controlling impulses right? Making, um, responsible decisions, uh, is not fully developed for kids and teens.

108 "Aline Topjian" (150252288)

00:19:10.439 --> 00:19:14.549

It suggest that we need alternate methods.

109 "Aline Topjian" (150252288)

00:19:14.549 --> 00:19:24.779

To regulate social media usage, because of digital footprint regret and other things that we mentioned, we need to find alternate ways to help kids and teens.

110 "Aline Topjian" (150252288)

00:19:24.779 --> 00:19:33.749

Um, regulate their usage and regulate their behavior when it comes to online behavior, another important part of the brain.

111 "Aline Topjian" (150252288)

00:19:33.749 --> 00:19:53.749

Uh, that I want to mention is called ventral stray Adam, and this part is involved in motivated behavior and it's considered a dopaminergic system, uh, meaning that it relies on the roles of dopamine and oxytocin. These are neurotransmitters that are called. Uh, there are also called the chemical.

112 "Aline Topjian" (150252288)

00:19:53.749 --> 00:19:57.059

The love hormone, and the way this kind of works is.

113 "Aline Topjian" (150252288)

00:19:57.059 --> 00:20:12.269

Because it feels good, it reinforces behavior. So let's say I'm scrolling on Instagram or to talk. If I get a rush of dopamine in oxytocin. I'm very likely to be my for my behavior to be reinforced. And for me to keep doing it.

114 "Aline Topjian" (150252288)

00:20:12.269 --> 00:20:15.839

Whatever the, and.

115 "Aline Topjian" (150252288)

00:20:15.839 --> 00:20:27.329

It's actually when we think about video games, and when we think about social media, it's designed to give you that hit. It's designed to be addictive. Like 1 of the features. I remember that was different.

116 "Aline Topjian" (150252288)

00:20:27.329 --> 00:20:32.249

Years ago with both Facebook and Instagram when you.

117 "Aline Topjian" (150252288)

00:20:32.249 --> 00:20:51.179

Had when you wanted to, um, engage in more content, you had to click on something that took you to another page and then at some point, they changed that feature to endless trolling. Right that's a very addictive feature. That kind of gives you a rush of dopamine. And you just keep doing it because it's being reinforced.

118 "Aline Topjian" (150252288)

00:20:51.179 --> 00:20:55.349

So knowing these 2 things, it's important.

119 "Aline Topjian" (150252288)

00:20:55.349 --> 00:21:13.439

To find alternate ways and another important thing to also remember is that the dopamine release that we're getting from, let's say 30 minutes of scrolling on TikTok is very different than the dopamine release that we get from 30 minutes of exercise, or 30 minutes of social interaction.

120 "Aline Topjian" (150252288)

00:21:13.439 --> 00:21:27.659

Because when we're engaging in an exercise in social interaction, the benefits are steady and slow and they produce more long term effect of relaxation and learning. Whereas if it's on social media, it's quick.

121 "Aline Topjian" (150252288)

00:21:27.659 --> 00:21:35.039

And it's often referred to as cheap dopamine, because it's an artificial source and the effects aren't as long lasting.

122 "Aline Topjian" (150252288)

00:21:35.039 --> 00:21:43.049

And I want to again reiterate that we're talking about these things when we mention, um.

123 "Aline Topjian" (150252288)

00:21:43.049 --> 00:21:58.469

Overuse right, because we're all using it on a day to day basis. It depends on how, how we're using it. How much we're using it and what kind of impact it's having on our lives. Um, but knowing all these things, it's important that we help teens and the kids.

124 "Aline Topjian" (150252288)

00:21:58.469 --> 00:22:04.889

Regulate their usage, because their brains aren't fully developed and we also find ways.

125 "Aline Topjian" (150252288)  
00:22:04.889 --> 00:22:08.009  
That W, where we can offer them.

126 "Aline Topjian" (150252288)  
00:22:08.009 --> 00:22:20.399  
A healthy bonds of outside, like, social rewards outside of social media use, playing with friends engaging in an in person activities. It could be sports. It could be dance. It could be any type of group activity.

127 "Aline Topjian" (150252288)  
00:22:20.399 --> 00:22:23.999  
It could be spending time with you guys, um.

128 "Aline Topjian" (150252288)  
00:22:23.999 --> 00:22:32.909  
Next slide please. Okay so we want to talk a little bit about.

129 "Aline Topjian" (150252288)  
00:22:32.909 --> 00:22:42.089  
How we can set healthy boundaries and how we can help create healthy habits and we want to talk about 10 tips and strategies for digital wellbeing.

130 "Aline Topjian" (150252288)  
00:22:42.089 --> 00:23:01.139  
The 1st, the 1st, 1 is time and platform limits, so we want to make sure that we have a specific time limit for daily social media usage and it's agreed upon ahead of time with your childhood team. So that it doesn't interfere with activities like school, work, family, time, physical exercises, asleep.

131 "Aline Topjian" (150252288)  
00:23:01.139 --> 00:23:05.789  
Uh, 1, great way to do this. Especially if your team is.

132 "Aline Topjian" (150252288)  
00:23:05.789 --> 00:23:15.419  
Being introduced to a smartphone is having a contract with them where you kind of agree on how they're gonna use the phone. How much time they get every day.

133 "Aline Topjian" (150252288)  
00:23:15.419 --> 00:23:28.619  
And making sure that everything is agreed upon ahead of time the 2nd, 1 is having the vice reasons at home, having certain areas of times or times in the home where you don't use the devices.

134 "Aline Topjian" (150252288)

00:23:28.619 --> 00:23:39.539

And that applies for everybody, it could be bedrooms at night time when they're sleeping, it could be during meals, for example, dinner. So you guys can have a conversation um, the 3rd.

135 "Aline Topjian" (150252288)

00:23:39.539 --> 00:23:43.709

1 is privacy settings and personal information audit.

136 "Aline Topjian" (150252288)

00:23:43.709 --> 00:23:51.539

Just having an open conversation with teens about the importance of privacy, just guiding them.

137 "Aline Topjian" (150252288)

00:23:51.539 --> 00:23:58.289

To understand and learn some of the settings on their social media accounts and encouraging to.

138 "Aline Topjian" (150252288)

00:23:58.289 --> 00:24:18.289

Never share sensitive, personal information, online, practicing mindful consumption so having open conversations and encouraging critical thinking and responsible content consumptions, teaching them to evaluate the source and the credibility and the accuracy of what they're seeing and consuming.

139 "Aline Topjian" (150252288)

00:24:18.289 --> 00:24:22.079

Because there's a lot of misinformation online.

140 "Aline Topjian" (150252288)

00:24:22.079 --> 00:24:28.469

Um, again, communication and openness is a huge 1, um, always leaving.

141 "Aline Topjian" (150252288)

00:24:28.469 --> 00:24:40.979

Communication lines, open, talking about their usage, talking about their experiences and challenges and concerns, being supportive and non judgmental in your conversations. Just coming from a place of curiosity.

142 "Aline Topjian" (150252288)

00:24:40.979 --> 00:24:45.269

Next slide please.

143 "Aline Topjian" (150252288)

00:24:45.269 --> 00:24:58.259

The other pieces, cyber cyberbullying awareness, just having those conversations. If you see something say something, um, encourage them



to be always be kind if they see something for them to say something.

144 "Aline Topjian" (150252288)

00:24:58.259 --> 00:25:18.259

Uh, ensuring that they understand the importance of treating others with respect and kindness the kindness and then also prioritizing offline activities. Just a model how connection happiness and flourishing can be experienced offline outside of social media just to have a balance between online and offline.

145 "Aline Topjian" (150252288)

00:25:18.259 --> 00:25:22.709

Um, and just ensuring that they have hobbies.

146 "Aline Topjian" (150252288)

00:25:22.709 --> 00:25:29.639

For it's creative pursuits, and they're spending enough time with their friends and family outside of the digital space.

147 "Aline Topjian" (150252288)

00:25:29.639 --> 00:25:33.299

Um, the other piece is role modeling.

148 "Aline Topjian" (150252288)

00:25:33.299 --> 00:25:36.359

It's very important because they're always watching us.

149 "Aline Topjian" (150252288)

00:25:36.359 --> 00:25:46.709

To set a positive example by demonstrating health, healthy, social media habits yourself. So just being mindful of how we're using social media and how we're using screen time.

150 "Aline Topjian" (150252288)

00:25:46.709 --> 00:25:51.509

Um, and how much we're interacting with people in real life.

151 "Aline Topjian" (150252288)

00:25:51.509 --> 00:25:59.039

And emphasizing empathy in respect and because it's important for them to.

152 "Aline Topjian" (150252288)

00:25:59.039 --> 00:26:05.759

Practice those values, not only offline, but also online and the last 1 is digital detox.

153 "Aline Topjian" (150252288)

00:26:05.759 --> 00:26:10.289

So, consider using this as a fun activity.

154 "Aline Topjian" (150252288)

00:26:10.289 --> 00:26:26.609

Uh, maybe having a periodic digital detox as a family where everyone kind of takes a break from social media and screens for a designated period and allowing for kind of a reset, um, and focusing on offline activities and connections.

155 "Aline Topjian" (150252288)

00:26:26.609 --> 00:26:46.609

Next slide. Please. Okay so we want to remember that every teenager is unique so it's very essential to have these conversations and boundaries and to tailor them to their needs and their maturity level and their responsibility level. So, regular discussions around trust mutual understanding.

156 "Aline Topjian" (150252288)

00:26:46.609 --> 00:26:52.289

They're very crucial so that you can have and maintain healthy social media boundaries.

157 "Aline Topjian" (150252288)

00:26:52.289 --> 00:26:57.239

And we want to emphasize that we want to approach it from.

158 "Aline Topjian" (150252288)

00:26:57.239 --> 00:27:09.539

A perspective of teamwork and boundaries, we don't want to come from a place of judgment or shaming. We want to come from a place that we want to work together to see how we can.

159 "Aline Topjian" (150252288)

00:27:09.539 --> 00:27:21.239

Use this tool in the best way that we can so we can take advantage of all the positive things that this tool offers and reduce the. This is this advantages as much as we can.

160 "Aline Topjian" (150252288)

00:27:21.239 --> 00:27:40.109

So we want to look through how we can kind of team up with our teams and put our efforts together. 1 of them is this idea of tracking screen time and you guys can do this through the phones. Um, just to make sure how many hours.

161 "Aline Topjian" (150252288)

00:27:40.109 --> 00:27:46.559

Are we spending on our phones on social media and can we use those hours doing something else?

162 "Aline Topjian" (150252288)

00:27:46.559 --> 00:27:58.649

Having opened discussions around mental health to slop, establish a supportive environment checking in with them seeing how what their experiences are like, if they feel like.

163 "Aline Topjian" (150252288)

00:27:58.649 --> 00:28:18.649

They need help, maybe reducing their screen time checking in, on them always helps and making sure that we're just coming from a place of curiosity and having those open conversations and encouraging in person, social interactions as much as we can. And then setting some time aside.

164 "Aline Topjian" (150252288)

00:28:18.649 --> 00:28:24.839

So that you can spend together socializing and doing fun things that are outside of the digital world.

165 "Aline Topjian" (150252288)

00:28:24.839 --> 00:28:38.969

Next slide please. Okay. We want to talk a little bit about some of the challenges that we see as behavioral health coaches. Next slide. Please.

166 "Aline Topjian" (150252288)

00:28:42.509 --> 00:28:49.679

Okay, so I've been working with kids and teens for over 10 years now. Um, and.

167 "Aline Topjian" (150252288)

00:28:49.679 --> 00:28:53.189

Throughout my ears of work.

168 "Aline Topjian" (150252288)

00:28:53.189 --> 00:28:57.149

I have always come across, um, these concerns.

169 "Aline Topjian" (150252288)

00:28:57.149 --> 00:29:16.829

And we keep seeing these self esteem, struggles, um, overused concerns. Sometimes you have teams who are aware that they are overusing it, but just don't know how to stop. And they would voice that out verbally. Um, because it's highly addictive in nature. We want to keep remembering that it's designed.

170 "Aline Topjian" (150252288)

00:29:16.829 --> 00:29:33.899

For you to keep doing it, because it gives you that dopamine rush and the parts of the brain that help you regulate yourself and regulate your impulses isn't fully developed for them. So it is very hard to

not do it. That's why we kind of need to step in and help them. Um.

171 "Aline Topjian" (150252288)

00:29:33.899 --> 00:29:45.119

Another 1 is unrealistic, having unrealistic expectations, uh, because we're constantly comparing ourselves to other people and what they have and what we don't have, um, lacking boundaries.

172 "Aline Topjian" (150252288)

00:29:45.119 --> 00:29:52.109

Um, which often leads to regret to some things that we post, or, um, comment.

173 "Aline Topjian" (150252288)

00:29:52.109 --> 00:29:57.509

Um, social isolations we see this a lot too with teens.

174 "Aline Topjian" (150252288)

00:29:57.509 --> 00:30:07.709

Spending most of their time in digital spaces, and not really engaging with friends and real life, not engaging in hobbies or activities or sports.

175 "Aline Topjian" (150252288)

00:30:07.709 --> 00:30:16.049

Um, which leads to unhealthy habits, um, often a disturbs sleep for a lot of people, it impacts their schoolwork.

176 "Aline Topjian" (150252288)

00:30:16.049 --> 00:30:20.639

And it causes a lot of stress and anxiety next slide please.

177 "Aline Topjian" (150252288)

00:30:24.479 --> 00:30:34.979

Okay, so then what are we doing at bright line? We take a cognitive behavioral approach, um, to social media concerns.

178 "Aline Topjian" (150252288)

00:30:34.979 --> 00:30:50.309

Um, so we want to start by recognizing some negative thinking patterns if we have, let's say, a concern with self esteem, right? We want to recognize some of the negative thinking patterns and where they come from and try to understand.

179 "Aline Topjian" (150252288)

00:30:50.309 --> 00:31:05.699

What the result of these patterns are, is it impacting their ability to function in their day to day date? Is it causing them to be more withdrawn from social interactions? Is it impacting their schoolwork? So we want to see where the result.

180 "Aline Topjian" (150252288)

00:31:05.699 --> 00:31:25.699

Is visible when it comes to these thinking patterns, and then we want to then come in and replace some of those negative patterns with positive and that's the technique that we call cognitive. Reframing where we help teens and kids reframe some of their negative thinking, negative thoughts. Um, and we want to also compliment that with other.

181 "Aline Topjian" (150252288)

00:31:25.699 --> 00:31:37.529

To combat negative thinking, which sometimes can be physiological calming tools like the debriefing visualization techniques, progressive muscle, relaxation techniques and, um.

182 "Aline Topjian" (150252288)

00:31:37.529 --> 00:31:49.289

Et cetera, we also want to help them learn more effective communication skills. If something is bothering them for them to be able to be assertive and communicate that.

183 "Aline Topjian" (150252288)

00:31:49.289 --> 00:32:00.089

Without being mean, or aggressive, right? Um, and this idea of being able to be vulnerable and asking for help when they need help when they feel like it's.

184 "Aline Topjian" (150252288)

00:32:00.089 --> 00:32:20.089

It's out of control, right? And they can't really do anything on their own to change it. And we always take a collaborative problem solving approach we're involving them and the decision making when we set goals together when we're involving them. Um, when we talk about their, there's perspective on what kind of progress.

185 "Aline Topjian" (150252288)

00:32:20.089 --> 00:32:25.889

They've made where they want to troubleshoot and what they feel like. Um.

186 "Aline Topjian" (150252288)

00:32:25.889 --> 00:32:29.219

Has improved, um.

187 "Aline Topjian" (150252288)

00:32:29.219 --> 00:32:49.219

Okay, so this is the end of our presentation. There's a few resources that I kind of wanted to mention verbally that you guys might find interesting. Um, there's 3 books that you might find interesting if you want to learn more about social media and how it kind of affects.

188 "Aline Topjian" (150252288)

00:32:49.219 --> 00:32:59.279

And adults, the 1st, 1 is called the distracted mind. The 2nd, 1 is called indestructible how to control your mind and choose your life.

189 "Aline Topjian" (150252288)

00:32:59.279 --> 00:33:19.279

And the 3rd, 1 is called unsubscribed how I'm driving in high school without social media and a website. That's a very helpful resource for parents is common sense media, which kind of tells you what apps are appropriate for what age levels how what are some things that you can do to help kids in teams.

190 "Aline Topjian" (150252288)

00:33:19.279 --> 00:33:27.827

Navigate screentime and social media um, and now I'm going to open the floor for some questions.

191 "Andersen, Dana" (1184714752)

00:33:27.827 --> 00:33:31.109

Yes, and we are open for questions in.

192 "Andersen, Dana" (1184714752)

00:34:00.149 --> 00:34:07.382

We have a request here if you could please repeat the book that you just referenced to.

193 "Aline Topjian" (150252288)

00:34:07.382 --> 00:34:12.059

Yes, and I'm trying to put it in the chat so people can have access to that.

194 "Aline Topjian" (150252288)

00:34:12.059 --> 00:34:18.119

So, the books that I mentioned, um, the 1st, 1 is called the distracted mind.

195 "Aline Topjian" (150252288)

00:34:18.119 --> 00:34:24.029

The 2nd, 1 is called indestructible how to control your mind and choose your life.

196 "Aline Topjian" (150252288)

00:34:24.029 --> 00:34:31.499

And the 3rd, 1 is called unsubscribed. How I'm thriving in high school, that social media.

197 "Aline Topjian" (150252288)

00:34:31.499 --> 00:34:40.767

And a very helpful website is common sense media Thank you so much. Of course.

198 "Andersen, Dana" (1184714752)

00:34:40.767 --> 00:34:49.007

And our next question is with your experience at what age is it appropriate to give a child a phone.

199 "Aline Topjian" (150252288)

00:34:49.007 --> 00:35:08.639

So, this always comes up and I think there's a big difference between giving a child a phone and giving a child a smartphone right? It depends on why you're giving the phone if it's about, uh, having access to them for pick up and drop off and stuff like that and safety you can always give them a phone that doesn't have the smart phone features.

200 "Aline Topjian" (150252288)

00:35:08.639 --> 00:35:13.439

Um, if it's about your child or team being, um.

201 "Aline Topjian" (150252288)

00:35:13.439 --> 00:35:23.849

Involved or included in some of the stuff that is happening online with their friends. I, I always recommend the more you can delay it the better. Um.

202 "Aline Topjian" (150252288)

00:35:23.849 --> 00:35:29.789

Social media really? Because it's hard for kids to control their usage.

203 "Aline Topjian" (150252288)

00:35:29.789 --> 00:35:39.419

It really can have a detrimental effect on, um, mental health. So you want to make sure that whenever you do that, whenever they're teenagers, right?

204 "Aline Topjian" (150252288)

00:35:39.419 --> 00:35:54.269

You want to introduce that with a contract with clear instructions and agreement between you and your team of how they're going to use their phone um, how you're going to have parental control on it. And then, um.

205 "Aline Topjian" (150252288)

00:35:54.269 --> 00:36:00.329

How much time usage right? They have every day in terms of screen time.

206 "Aline Topjian" (150252288)

00:36:00.329 --> 00:36:09.539

And what happens when they don't use it responsibly? What are the consequences you want to agree on all of this ahead of time? Um.

207 "Aline Topjian" (150252288)

00:36:09.539 --> 00:36:16.169

Because that's 1 of the alternate methods where you can help them kind of navigate, uh, the social media world.

208 "Aline Topjian" (150252288)

00:36:16.169 --> 00:36:19.319

Keeping in mind that they can't do it on their own.

209 "Aline Topjian" (150252288)

00:36:19.319 --> 00:36:23.766

Does that help.

210 "Andersen, Dana" (1184714752)

00:36:23.766 --> 00:36:27.329

That's a really great insight and advice.

211 "Andersen, Dana" (1184714752)

00:36:27.329 --> 00:36:34.544

Thank you and we still have time for additional question.

212 "Aline Topjian" (150252288)

00:36:34.544 --> 00:36:40.446

Mm, hmm. Trying to see if there are any questions that came in. Yeah.

213 "Andersen, Dana" (1184714752)

00:36:40.446 --> 00:36:46.319

I have 1 here. What are your thoughts regarding the social media currency?

214 "Andersen, Dana" (1184714752)

00:36:46.319 --> 00:36:53.639

Especially with teams, college recruiters, look at social media for information of potential recruit.

215 "Andersen, Dana" (1184714752)

00:36:53.639 --> 00:37:00.925

The higher your social media currency views, it's better connections to colleges.

216 "Aline Topjian" (150252288)

00:37:00.925 --> 00:37:11.189

So, in terms of social media currency, again, we want to look at what platforms we're talking about. I highly doubt that college recruiters are looking at. How many followers.



217 "Aline Topjian" (150252288)

00:37:11.189 --> 00:37:14.939

Um, a team has on Instagram, right?

218 "Aline Topjian" (150252288)

00:37:14.939 --> 00:37:27.059

Or on TikTok, and it really depends on why they're how they're using their platforms if they're using it for activism. And they're applying for, let's say a major that is in, um.

219 "Aline Topjian" (150252288)

00:37:27.059 --> 00:37:40.229

International Affairs, like politics, social works anything that kind of is aligned with how they're using their platform or Instagram platform. The social currency might have more weight.

220 "Aline Topjian" (150252288)

00:37:40.229 --> 00:37:45.479

Then if they're just using it to post about their day to day, right? And how they're having fun.

221 "Aline Topjian" (150252288)

00:37:45.479 --> 00:37:59.309

But also, when we talk about how colleges and employers are checking social media profiles, they're not necessarily looking for how much um, fellowship or engagement you have. They're more looking for.

222 "Aline Topjian" (150252288)

00:37:59.309 --> 00:38:20.329

Impulse control and things that maybe you would have done or said that you would regret. Right? Are you are you able to be responsible? What does your social media page say about you as a person? So we want to be mindful about digital footprint regret and being a good digital citizen, right? Online I think those are 1 of the bigger.

223 "Aline Topjian" (150252288)

00:38:20.329 --> 00:38:30.651

Things that employers and recruiters look for more so than how much engagement or likes or follows you have.

224 "Andersen, Dana" (1184714752)

00:38:30.651 --> 00:38:31.965

Thank you.

225 "Aline Topjian" (150252288)

00:38:31.965 --> 00:38:32.890

Mm, hmm.

226 "Andersen, Dana" (1184714752)

00:38:32.890 --> 00:38:43.543

And how to deal with a child who becomes frustrated, when they see other friends or cousins, whose parents are more lax about their social media and screen time.

227 "Aline Topjian" (150252288)

00:38:43.543 --> 00:38:51.780

Yeah, that's a great question. It comes up very often. It's very hard sometimes for parents to be the only parent right?

228 "Aline Topjian" (150252288)

00:38:51.780 --> 00:38:55.920

Not to give their teen a phone when everybody else has it.

229 "Aline Topjian" (150252288)

00:38:55.920 --> 00:38:59.250

So, I usually recommend 2 things, um.

230 "Aline Topjian" (150252288)

00:38:59.250 --> 00:39:12.810

Well, before I jump, jump into those 2 things, I always encourage like, there's a lot of celebrities right? Even people who have been in tech some of the pioneers that created some of these social platforms.

231 "Aline Topjian" (150252288)

00:39:12.810 --> 00:39:32.220

They themselves do not allow their kids to be on social media. That should say a lot right? But I also fully acknowledge that it's very hard for a parent to say, no, when everybody else in their class has a phone and we don't want that to turn into something that kind of, um, excludes them.

232 "Aline Topjian" (150252288)

00:39:32.220 --> 00:39:43.380

Or, um, makes them feel like an outsider. So the 2 things that I recommend, the 1st, 1 is trying to engage with the parent community as early as you can.

233 "Aline Topjian" (150252288)

00:39:43.380 --> 00:40:03.380

I've seen a lot of parents do that, um, when the kids are transitioning into teenage years, and the phone conversation starts to come up and I've seen a lot of parent communities agree together that, okay, we're going to delay it until they're 13 or 14. right? That's something you can always try. It might not always work. It depends on what the.

234 "Aline Topjian" (150252288)

00:40:03.380 --> 00:40:08.460

Values are of the parents that you're surrounded with the 2nd pieces.

235 "Aline Topjian" (150252288)

00:40:08.460 --> 00:40:12.720

Going back to the contract, right? When you feel like, you have to introduce it.

236 "Aline Topjian" (150252288)

00:40:12.720 --> 00:40:32.720

Make sure that you have, you constantly have open conversation about it without judgment without shaming, let them know that you're there to help, but you want them to use it responsibly. And that can be easily done through a contract. That you kind of come up and write. And sign together, right? How many hours are they going to be able.

237 "Aline Topjian" (150252288)

00:40:32.720 --> 00:40:42.540

To use it, are they going to have it just on the weekends? Are they going to get to have access to it? 1 hour a day as a start and then gradually increase that time?

238 "Aline Topjian" (150252288)

00:40:42.540 --> 00:40:47.160

Um, are they gonna have it all the time? Right? Are you going to have parental controls on it?

239 "Aline Topjian" (150252288)

00:40:47.160 --> 00:40:56.970

Um, are you going to have access and see who they're engaging with and what they're doing? Especially if they're younger and as they get older.

240 "Aline Topjian" (150252288)

00:40:56.970 --> 00:41:09.720

You can give them more freedom, but for them to learn that with freedom comes responsibility and initially they're going to need some help to be responsible with this tool for all the reasons that we've mentioned before.

241 "Andersen, Dana" (1184714752)

00:41:15.604 --> 00:41:19.680

I am a grandma with 5 beautiful grandkids that they are.

242 "Andersen, Dana" (1184714752)

00:41:19.680 --> 00:41:27.930

I'll have some sort of device so all this has huge issues with me asking her to turn off the device and do something different.

243 "Andersen, Dana" (1184714752)

00:41:27.930 --> 00:41:34.587

YouTube obsessed how can I accomplish this without upsetting issue?

Each time?

244 "Aline Topjian" (150252288)

00:41:34.587 --> 00:41:39.660

That's a great question and I think it comes back to sometimes.

245 "Aline Topjian" (150252288)

00:41:39.660 --> 00:41:59.340

Um, this generational gap that we have, right. Uh, between people who did not grow up with tech and people who grew up with tech and tech was part of everything that they do it was in the classrooms. Right? Uh, when they're learning things, it's how they connect to their friends, it's how they learn things. So, 1 of the.

246 "Aline Topjian" (150252288)

00:41:59.340 --> 00:42:05.970

Bigger pieces is approaching it from a place of non judgment and non shaming.

247 "Aline Topjian" (150252288)

00:42:05.970 --> 00:42:25.970

And showing interest, and just having an open conversation if they're really into YouTube maybe talking about what is it that they're watching on YouTube? What are they interested in what have they learned? What's 1, cool thing that they've seen lately and just planting the seed where you can start those conversations where the team feels like you really are.

248 "Aline Topjian" (150252288)

00:42:25.970 --> 00:42:33.960

Are interested and you're not just trying to tell them what to do because that's what makes them very defensive and taking that as a starting.

249 "Aline Topjian" (150252288)

00:42:33.960 --> 00:42:41.940

And then gradually, when you get to a place where you can have these conversations, and it's a good experience and it's a good time.

250 "Aline Topjian" (150252288)

00:42:41.940 --> 00:42:46.410

She might put her phone aside and try to engage with you instead.

251 "Aline Topjian" (150252288)

00:42:46.410 --> 00:42:56.910

But they need to feel like it's not coming from a place of I'm here to tell you what to do because I know better or I'm judging you if that makes sense, which is sometimes hard to do.

252 "Aline Topjian" (150252288)

00:42:56.910 --> 00:43:00.780

But I think it, it goes a long way, especially with teenagers.

253 "Aline Topjian" (150252288)

00:43:00.780 --> 00:43:05.670

Of course, you're welcome.

254 "Aline Topjian" (150252288)

00:43:05.670 --> 00:43:14.693

Any other questions that I can help with.

255 "Andersen, Dana" (1184714752)

00:43:14.693 --> 00:43:30.049

Teens are very smart these days, especially with them growing up with tech, and dealing with other teams who have not been given boundaries. A contract in writing is very hard to enforce. What other avenues do you have.

256 "Aline Topjian" (150252288)

00:43:30.049 --> 00:43:33.660

So, I think this goes back to.

257 "Aline Topjian" (150252288)

00:43:33.660 --> 00:43:38.370

Discipline is a bigger umbrella, right um, because.

258 "Aline Topjian" (150252288)

00:43:38.370 --> 00:43:41.670

Being able to enforce consequences.

259 "Aline Topjian" (150252288)

00:43:41.670 --> 00:44:01.670

It is hard if you don't have the conversations ahead of time. I think anytime something happens that we don't like, and we try to parachute a consequence, which is often more of a punishment than a consequence. They don't respond well to that. But if it happens in a calm setting.

260 "Aline Topjian" (150252288)

00:44:01.670 --> 00:44:05.250

When there's not a problem behavior, right?

261 "Aline Topjian" (150252288)

00:44:05.250 --> 00:44:17.040

It could be a regular dinner on Sunday when it's fun and we're just engaging and you can bring it up and say, okay, I've been noticing that you've been spending a lot of time on social media.

262 "Aline Topjian" (150252288)

00:44:17.040 --> 00:44:22.290

How do you feel about that? Do you feel like it's keeping you from

doing other things? That could be fun.

263 "Aline Topjian" (150252288)

00:44:22.290 --> 00:44:30.960

Um, and try to invite them into the problem solving right? And then frame it as it depends on the age of the team. Of course.

264 "Aline Topjian" (150252288)

00:44:30.960 --> 00:44:50.960

Especially if they're older, you can involve them more in the problem solving, you can invite them to brainstorm with you and just share that you're there to support. Right? And you're trying to find ways to help them and you can also use science and information. You can talk about the brain. And the areas that we talked about today.

265 "Aline Topjian" (150252288)

00:44:50.960 --> 00:44:55.860

That makes it less personal it makes it less about.

266 "Aline Topjian" (150252288)

00:44:55.860 --> 00:44:59.220

I want you to do this, because I think.

267 "Aline Topjian" (150252288)

00:44:59.220 --> 00:45:12.630

Uh, it's best for you to. Let's look at what science is seeing. Right let's look at how I can help you. Um, and then frame the framing the conversation like that. I think when you're in a place where.

268 "Aline Topjian" (150252288)

00:45:12.630 --> 00:45:16.170

Consequences aren't working with the team.

269 "Aline Topjian" (150252288)

00:45:16.170 --> 00:45:19.350

You need to go back and repair that relationship.

270 "Aline Topjian" (150252288)

00:45:19.350 --> 00:45:29.760

Get to a place where you can have a conversation where they're not tuning you out. They're listening to you. Right? Because it it falls under more of a bigger discipline umbrella.

271 "Aline Topjian" (150252288)

00:45:29.760 --> 00:45:33.690

Does that make sense?

272 "Aline Topjian" (150252288)

00:45:33.690 --> 00:45:41.490

And I think that would be that would be a question that might need a

little bit more time to kind of unpack and troubleshoot.

273 "Aline Topjian" (150252288)

00:45:41.490 --> 00:45:48.569

But I tried to do the best with, um, within a few minutes if that makes sense. Yes. Thank you.

274 "Andersen, Dana" (1184714752)

00:45:48.569 --> 00:45:55.908

Next question can the social media contracts to be applied to video game time such as Minecraft or roadblock?

275 "Aline Topjian" (150252288)

00:45:55.908 --> 00:46:16.010

Yeah, yes, of course, I think anything when it comes to screen time, you can use the same method or tool, uh, of a contract right? The important the most important thing is to do it when the child is calm, or the team is com, and it's not presented as a punishment it's presented as a support tool.

276 "Aline Topjian" (150252288)

00:46:16.010 --> 00:46:22.020

To help the child, or the team bounce their lives as best as they can.

277 "Aline Topjian" (150252288)

00:46:22.020 --> 00:46:42.020

Um, because if it's presented as a punishment, it's not gonna be received well, it's if it's presented as a tool, that's there to support them. And it's something that they're part of right? Maybe you think they should have 30 minutes, and they think they should have 3 hours. So then instead of imposing your 30 minutes, maybe you can start with a compromise and it's.

278 "Aline Topjian" (150252288)

00:46:42.020 --> 00:46:49.530

Just 1 hour, right? So they don't necessarily get what they want, but they somehow have a voice in the conversation.

279 "Aline Topjian" (150252288)

00:46:49.530 --> 00:46:53.460

Um, you can definitely use it for a video game time as well.

280 "Aline Topjian" (150252288)

00:46:53.460 --> 00:47:00.293

Because those are designed to be addictive as well.

281 "Andersen, Dana" (1184714752)

00:47:00.293 --> 00:47:09.090

And next question, my niece is obsessed with posting on Instagram and is constantly editing and filtering her image to make herself look.

282 "Andersen, Dana" (1184714752)

00:47:09.090 --> 00:47:14.880

Like, a perfect image as much as I tell her, she doesn't need to do that that she is beautiful.

283 "Andersen, Dana" (1184714752)

00:47:14.880 --> 00:47:21.088

What advice can I give to help her filters also? Bring the wrong attention.

284 "Aline Topjian" (150252288)

00:47:21.088 --> 00:47:32.220

Um, that's a tricky 1 and it's pretty common because of the filters and everything that we have when it comes to beauty standards. I think.

285 "Aline Topjian" (150252288)

00:47:32.220 --> 00:47:35.760

Keep having the conversations around, um.

286 "Aline Topjian" (150252288)

00:47:35.760 --> 00:47:49.590

Realistic beauty standards, um, if they're on social media, it might be helpful to try to find accounts that kind of focus on realistic beauty standards and it could be conversations around maybe.

287 "Aline Topjian" (150252288)

00:47:49.590 --> 00:47:56.670

Um, musicians or actresses or actors or celebrities that she.

288 "Aline Topjian" (150252288)

00:47:56.670 --> 00:48:04.680

Might be interested in who don't necessarily use filters or that much makeup or, um, are more.

289 "Aline Topjian" (150252288)

00:48:04.680 --> 00:48:11.310

Um, presenting as their own realistic versions of themselves. Um, that could be a great way.

290 "Aline Topjian" (150252288)

00:48:11.310 --> 00:48:16.380

You wanna find external tools to help you, because you don't want to just rely on.

291 "Aline Topjian" (150252288)

00:48:16.380 --> 00:48:36.380

Um, saying, okay, this is unrealistic. Uh, you're beautiful the way you are, and then having conversations about what really makes a



person desirable or attractive, it's not necessarily just looks. It's your attitude. It's how you carry yourself. It's the values you have, how you treat people just those types of conversations.

292 "Aline Topjian" (150252288)

00:48:36.380 --> 00:48:40.470

And it's ongoing, it won't be like a magic a switch.

293 "Aline Topjian" (150252288)

00:48:40.470 --> 00:48:47.520

Or where you have 1 conversation, and it kind of helps, but also staying there right next to them.

294 "Aline Topjian" (150252288)

00:48:47.520 --> 00:48:51.900

So that when they, they do make mistakes, or when they, they are having a bad day.

295 "Aline Topjian" (150252288)

00:48:51.900 --> 00:48:56.490

They have someone to talk to and they feel like there's always going to be someone there to support them.

296 "Aline Topjian" (150252288)

00:48:56.490 --> 00:49:02.280

And some of these things it takes time for them to kind of learn on their own.

297 "Aline Topjian" (150252288)

00:49:02.280 --> 00:49:13.470

But it helps them constantly have those conversations, because they're constantly bombarded with these unrealistic expectations. It's all around them. So, we're kind of fighting a current.

298 "Aline Topjian" (150252288)

00:49:13.470 --> 00:49:18.060

Um, which is hard, but we still keep trying.

299 "Aline Topjian" (150252288)

00:49:18.060 --> 00:49:22.756

If that makes sense.

300 "Andersen, Dana" (1184714752)

00:49:22.756 --> 00:49:38.060

Yes, but I did want to address the presentation is going to be archived in the children and families awareness series. So you can go to my signature com to go ahead and access.

301 "Andersen, Dana" (1184714752)

00:49:38.060 --> 00:49:49.440

This for future reference and so next question, do you suggest family therapy once a year as a check in to see if everyone is doing well, especially your team.

302 "Andersen, Dana" (1184714752)

00:49:49.440 --> 00:49:55.872

How would you say, just bringing that up to your team? And it's not seeing that there is a problem.

303 "Aline Topjian" (150252288)

00:49:55.872 --> 00:50:00.690

That's a great question. I always think that.

304 "Aline Topjian" (150252288)

00:50:00.690 --> 00:50:04.380

Therapy or coaching are helpful, right?

305 "Aline Topjian" (150252288)

00:50:04.380 --> 00:50:20.640

I feel like we have to normalize these conversations and we have to normalize seeking support just like, when we have headaches, we go to the doctor to check if we have a migraine to figure out if there's anything wrong with our, uh, vitamin levels.

306 "Aline Topjian" (150252288)

00:50:20.640 --> 00:50:37.740

It should be okay to seek help when we feel like maybe we need help navigate a family conversation. Maybe we're not feeling great. We're feeling down lately. Right? I think if you have that as a resource, and you're able to access it in terms of.

307 "Aline Topjian" (150252288)

00:50:37.740 --> 00:50:41.520

A resource, I think it can only do good.

308 "Aline Topjian" (150252288)

00:50:41.520 --> 00:50:46.530

But the way you can talk about it is just the way I kind of presented it now.

309 "Aline Topjian" (150252288)

00:50:46.530 --> 00:50:55.980

It would be just a tool for us to use as a family, just to kind of check in on each other and see if we need help. If there's something we need to talk about.

310 "Aline Topjian" (150252288)

00:50:55.980 --> 00:50:59.100

Another thing that might be helpful is not waiting.

311 "Aline Topjian" (150252288)

00:50:59.100 --> 00:51:04.410

Until we get to that point during the year to kind of have a check in with the therapist once a year.

312 "Aline Topjian" (150252288)

00:51:04.410 --> 00:51:08.640

But also having those open conversations during, like, mealtimes, right?

313 "Aline Topjian" (150252288)

00:51:08.640 --> 00:51:28.640

And very casual, and very low pressure kind of way checking in on each other, um, easy questions that could facilitate some of these conversations or okay. What's something that you're excited about this week or? What's something that went well for you? This, uh, this week or today or yesterday, and then.

314 "Aline Topjian" (150252288)

00:51:28.640 --> 00:51:33.780

So framing it and another way of saying, okay, what's something that you found challenging lately?

315 "Aline Topjian" (150252288)

00:51:33.780 --> 00:51:41.640

But it's important that when we're asking kids or teens to talk about these things, we're also able to be vulnerable and open.

316 "Aline Topjian" (150252288)

00:51:41.640 --> 00:52:01.640

As adults, right as sharing. Okay, this happened at work today. I was very frustrated, and this is how I, I kind of cope with it. Maybe I took a break, and I went on a walk. Maybe I talked to someone to get help to support a problem. So, narrating our narrating our own problem solving and talking about our highs and lows. That's very.

317 "Aline Topjian" (150252288)

00:52:01.640 --> 00:52:14.820

Very important for us to model how we communicate about difficult things and how we solve the difficult things. So, having that as a habit as a family, and then it's okay, it's helpful to check in once once a while.

318 "Aline Topjian" (150252288)

00:52:14.820 --> 00:52:26.910

With a therapist, but once you have that solid base and foundation of having those conversations, then going to a therapist and talk about something to talk about, some things wouldn't seem as.

319 "Aline Topjian" (150252288)

00:52:26.910 --> 00:52:32.550  
Triggering or, um, huge if that makes sense.

320 "Andersen, Dana" (1184714752)  
00:52:37.794 --> 00:52:43.440  
Okay, we do have 4 minutes remaining if there is any additional questions.

321 "Andersen, Dana" (1184714752)  
00:53:04.410 --> 00:53:16.260  
I am also going to put the link to the children's family awareness series in the chat so that's you can all get it from there. So you can get to the correct.

322 "Andersen, Dana" (1184714752)  
00:53:16.260 --> 00:53:23.131  
Place very easily.

323 "Aline Topjian" (150252288)  
00:53:23.131 --> 00:53:29.754  
Okay, if there aren't any more, uh, sorry, go ahead.

324 "Andersen, Dana" (1184714752)  
00:53:29.754 --> 00:53:34.710  
I was just going to say we can go ahead and conclude the presentation.

325 "Andersen, Dana" (1184714752)  
00:53:34.710 --> 00:53:49.950  
And so I want to thank everybody for joining us today and this was a very insightful, wonderful opportunity, I think, for parents to get some really great insight around how to deal with this very.

326 "Andersen, Dana" (1184714752)  
00:53:49.950 --> 00:54:09.950  
A huge problem it can be. So I also wanted to say, thank you again for bright line and Eileen for coming to present today and please join us make sure that before you leave the presentation to complete the.

327 "Andersen, Dana" (1184714752)  
00:54:09.950 --> 00:54:24.150  
Survey that is in the chat and on, and our next webinar will take place on February 15th, and we will be discussing talking to your child with difficult topics. And that will be presented by Laura, make this.

328 "Andersen, Dana" (1184714752)  
00:54:24.150 --> 00:54:29.670  
So, this concludes our presentation for today. Thank you everybody and have a wonderful day.