

Surviving the Digital Age

Social media, although beneficial in making information available to all and creating a democracy of knowledge, also contains forums where anonymous shaming of children, increased access to sexual predators, and sexting have proliferated. A principal we worked with estimates that 80 percent of student-on-student problems begin online. Snapchat, Instagram, Facebook and Twitter are just a few platforms that many students access frequently. With technology changing so quickly, these platforms are likely to be replaced by others within the next few years.

We tell students two specific things about social media. First, a post is like toothpaste squirted from the tube: once out, it is impossible to put back. Even if you delete a message, someone might have shared or forwarded it. Second, if you have to think about posting a message or photo, don't. If you hesitate even a moment because of fear that you might offend or humiliate another person or yourself, don't hit "Send." Bullying online via social media has become too widespread and dangerous to ignore; a single tweet can reach thousands of others in seconds. So, while recognizing that social media is not going away and can also be used for good, we advocate that schools require instruction in the appropriate use of social media.

Curwin, Mendler A., Mendler B. Discipline with Dignity: How to Build Responsibility, Relationships, and Respect in your Classrooms (4th edition) 2018

Other Resources:

- ◆ www.parentandteen.com
<https://parentandteen.com/middle-school/>
- ◆ Commonsensemedia.org
<https://www.commonsensemedia.org/>
- ◆ American Academy of Child and adolescence Psychiatry
www.aacap.org



Works cited:

- <https://adaa.org/living-with-anxiety/children>
- <https://www.cdc.gov/childrensmenalth/health/depression.html>
- <https://www.commonsensemedia.org>
- <https://www.aacap.org>

OLIVER MIDDLE SCHOOL
BROCKPORT, NY

Parent Information Packet

Working together to meet your
children's needs



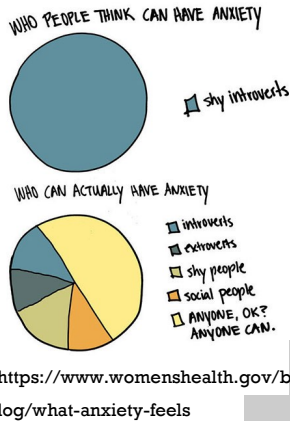
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Anxiety and Perfectionism

Anxiety

Anxiety is a normal part of childhood, and every child goes through phases. A phase is temporary and usually harmless. But children who suffer from an anxiety disorder experience fear, nervousness, and shyness, and they start to avoid places and activities. (ADAA.org)

- Being very afraid when away from parents (separation anxiety)
- Having extreme fear about a specific thing or situation, such as dogs, insects, or going to the doctor (phobias)
- Being very afraid of school and other places where there are people (social anxiety)
- Being very worried about the future and about bad things happening (general anxiety)
- Having repeated episodes of sudden, unexpected, intense fear that come with symptoms like heart pounding, having trouble breathing, or feeling dizzy, shaky, or sweaty (CDC.gov)



How to Help Your PERFECTIONIST CHILD

WORRY LESS AND DO MORE

- EXCELLENCE-SEEKER** VS. **PERFECTIONIST**
- has a GROWTH mindset
 - is intrinsically motivated
 - focuses on learning
- has a FIXED mindset
 - avoids judgement
 - focuses on mistakes



- **Encourage High Standards, Not Perfection**
- Avoid using the word "perfect" altogether.
- Help your child set goals and standards that are reachable with effort.



- **Teach Your Child "The Power of Yet"**
- Add "YET" to your child's "I can't" statements. Use the 3-step strategy:

 1. Ask them to create a DRAFT
 2. Acknowledge what they did WELL
 3. Provide specific feedback for improvement



- **Be an Example of Someone Who's Not Perfect**
- Model imperfection by sharing YOUR mistakes.
- Ask your child for ADVICE when you experience a setback or a struggle.



- **Emphasize the Fun**
- Highlight enjoyment and learning when you question and praise your child.
- Ask: "Did you have fun today?"



- **Recognize Negative Thoughts**
- Use the "balloon technique" to teach your child to let go of self-critical thoughts.
- Play the Five Senses Game to combat anxiety and feelings of doubt and blame.

Big Life Journal - biglifejournal.com

Instead of this:	Try this.....
Calm down	How can I help you?
Stop Crying	I can see this is hard for you.
You're Okay	Are you okay?
Don't get upset	It's okay to feel sad.
That's enough	Do you need a hug?
I'm over this	I am here for you.
Stop yelling	Take a deep breath and tell me what happened.

Peer Pressure

Peers can be positive and supportive. If they are positive then they can really influence your teen to make good choices, set goals and develop new skills.

However, peers can be negative. They can encourage each other to engage in risky behaviors. Kids can fall into negative influences because they want to fit in and be liked. They also worry that they might be bullied if they don't engage in these behaviors.

Tips to share with your child:

- Stay away from peers that seem to do things that are wrong or dangerous
- Learn how to say "no" and practice how to get out of uncomfortable situations
- Find a friend who also willing to say "no"
- Find a grown up you trust

Tips for parents:

- Encourage open and honest communication
- Teach assertiveness at home