HOW INNOVATIVE SCHOOLS ADDRESS SOCIAL-EMOTIONAL HEALTH AND SOCIAL MEDIA

Psst! For good conversation, sit at a table based on your division focus:

★ PK - 4th grade on your right
★ 5th - 8th grade in the middle
★ 9th - 12th grade on your left
WITHOUT PROPER EDUCATION, STUDENTS RISK THEIR HEALTH, HAPPINESS, AND FUTURE SUCCESS.

Analysis: Teens are sleeping less. Why? Smartphones

The Risk Of Teen Depression And Suicide Is Linked To Smartphone Use, Study Says

Experiment finds too much social media leads to anxiety in teens

Depression in girls linked to higher use of social media
WITHOUT PROPER EDUCATION, STUDENTS RISK THEIR HEALTH, HAPPINESS, AND FUTURE SUCCESS.

Anxiety
- Lower grades
- Death threats
- Cyberbullying
- Ruined reputations
- Social comparison

Depression
- Not enough sleep
- Lower self-esteem
- Lawsuits
- Suicidal thoughts
- Denied job/college admission

Sexting
- Online drama
OUR GAME PLAN TODAY

1. Introductions
2. Play
3. Discuss lessons learned
4. Questions
SOCIAL APPS STUDENTS USE ON A WEEKLY BASIS

SOCIAL APPS GIRLS USE ON A WEEKLY BASIS

SOCIAL APPS BOYS USE ON A WEEKLY BASIS

OUR GOAL
Empower students with the social-emotional skills to navigate social media and technology in positive, healthy, high character ways.
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United with leading organizations

Featured in leading publications
We introduced a **positive, student-led approach**

We're advocating for the health and wellness of students.

### Win vs Lose

<table>
<thead>
<tr>
<th>Win</th>
<th>Lose</th>
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</thead>
<tbody>
<tr>
<td>Strengthen reputation</td>
<td>Tarnish reputation</td>
</tr>
<tr>
<td>Be a positive role model</td>
<td>Be a negative role model</td>
</tr>
<tr>
<td>Land great internships</td>
<td>Lose internships</td>
</tr>
<tr>
<td>Strike a balance</td>
<td>Lose focus on priorities</td>
</tr>
<tr>
<td>Follow positive influences</td>
<td>Follow negative influences</td>
</tr>
<tr>
<td>Make a positive impact</td>
<td>Bring others down</td>
</tr>
<tr>
<td>Impress employers</td>
<td>Denied job acceptance</td>
</tr>
<tr>
<td>Play to core values &amp; character</td>
<td>Play to likes, views, followers</td>
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LET'S PLAY.

www.WinAtSocial.com/join
INNOVATIVE SCHOOLS REIMAGINE SOCIAL EDUCATION.

**DON'TS**
- Digital Citizenship
- Boring + Dull
- Scare + Restrict
- Educate Students Only
- Adults Lecture Students
- One-Off Speakers
- Paper-Pushing
- Students Roll Eyes
- Out-Dated Material
- During Assemblies
- Adults Design Lessons

**DO'S**
- Social Emotional Health + Soft Skills
- Relevant + Gamified
- Empower + Equip
- Students, Parents, Educators
- Students Learn From Peers
- Ongoing Education
- Turnkey + Tech Friendly
- Students Lean In
- Real-Time Updated Material
- Embedded Into Advisory/Class
- Students Co-Design Lessons
5 KEY WINS
WIN #1: BUILD A SYSTEMIC PROGRAM THAT ALIGNS WITH YOUR EXISTING FRAMEWORK.

Lead From Here

LEADING SELF
- Self-aware
- Growth-minded
- Accountable
- Motivated
- Resilient

LEADING WITH OTHERS
- Culturally Inclusive
- Communicative
- Collaborative
- Empathetic
- Ethical

PLAY TO YOUR CORE

STRIKE A BALANCE

PROTECT YOUR PRIVACY LIKE YOU'RE FAMOUS

FIND YOUR INFLUENCERS

CYBERBACK

USE YOUR MIC FOR GOOD

HANDLE THE PRESSURE

WIN #1: BUILD A SYSTEMIC PROGRAM THAT ALIGNS WITH YOUR EXISTING FRAMEWORK.
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WIN #2: ENGAGE YOUR ENTIRE COMMUNITY TO DRIVE LONG-TERM IMPACT.
WIN #3: Lessons advance with students — because decision-making strengthens with reps.

9th: Maintaining positive relationships while navigating explicit content situations

9th: Recognizing the science behind screen time and social media

9th: Posting and liking content that reflects your values and character

10th: Investigating how we are subtly influenced by the people who surround

10th: Upholding healthy digital boundaries in relationships and friendships

10th: Understanding the complexity of free speech online
WIN #4: EDUCATE THEM ON THE HOW, NOT JUST THE WHY.

In order to use social media positively, students need to see it in action.
**WIN #5: ROLL OUT TO ENSURE BUY-IN AND SUCCESS.**

<table>
<thead>
<tr>
<th>Leadership</th>
<th>Parents</th>
<th>Faculty</th>
<th>Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Align on the Why</td>
<td>Communicate Why via data</td>
<td>Explain Why and train the trainer</td>
<td>Deliver an engaging + turnkey experience</td>
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<tr>
<td>Identify Captain</td>
<td>Stay ahead of the curve</td>
<td></td>
<td>Gather faculty + student feedback and optimize</td>
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<td></td>
<td>Strengthen family relationships</td>
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<tr>
<td>Communicate purpose of the program, especially as situations, apps, and trends emerge</td>
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- During assemblies
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**Social Emotional Health + Soft Skills**
- Relevant + Gamified
- Empower + Equip
- Do’s
- Students, parents, educators
- Students learn from peers
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- Turnkey + Tech friendly
- Students lean in
- Real-time updated material
- Embedded into advisory/class
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Reimagine Social education at your school.
LETS EMPOWER STUDENTS WITH THE SOCIAL-EMOTIONAL SKILLS TO NAVIGATE SOCIAL MEDIA AND TECH POSITIVELY.

Influencing friends in positive ways
Balancing technology with their priorities
Cyberbacking others
Listening to other cultural perspectives
Having positive search results when someone Googles them
Championing high character online and off

Posting what represents their values
Following positive social media role models
Coaching up and helping adults understand social
Standing up to create positive social change in the world
Leading dream internships because of thoughtful digital etiquette
THANK YOU!

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