

Ronna Glickman – Social Media Safety Presentations

How My Presentation Aligns with the NY State Mental Health Standards

According to the national alliance on mental illness, half of all chronic mental illnesses begin by age 14. This statistic could be reduced by teaching children as young as 3rd grade online safety and preventative emotional care. According to the CDC, 'focusing on establishing healthy behaviors during childhood is more effective than trying to change unhealthy behaviors during adulthood'.

NY State Framework for Mental Health Education Instruction

1. **Self-Management** (6-8)

Develop self-awareness and self-management skills essential for mental health.

My interactive talk focuses on how social media can influence one's mental health. Preventative measures such as coping skills are taught to work through challenging situations.

1B Resiliency

Late Elementary (3-5)

Teaching students the importance of NOT correlating their self-esteem based on what they see, hear, and react to online.

Intermediate (6-8) Self-esteem is correlated to the more time spent online scrolling and comparing their life to others' lives.

Brainstorm with students to find a balance between online and offline.

1c Feelings

Late Elementary (3-5)

Have open discussions with students in relation to different feelings and how long they last. Interact in small groups to discuss ways to avoid internally reacting to what they see. Understand it is ok and healthy to go offline.

Intermediate (6-8)

Discuss examples of what they see online; what sets them off, what keeps them up at night? Responding to their emotions in a healthy way. Think, then react.

Asking, "How will this post affect me now? In 5,10 years? Healthy ways to respond vs. instant responses.

2. **Communication Skills**

Intermediate (6-8)

2A. 1e Teach healthy ways to respond. Online activity is communicating. You are judged by what you say, how you say it, and how you present yourself (photos). How will all of this affect your future?

Understanding digital footprint is there forever.

2b,2 c Empathy, Compassion, Acceptance, Forgiveness

Upstander vs bystander in regards to cyberbullying.

3 **Resource Management**

Late Elementary (3-5) Students understand that sharing feelings is healthy. Understanding the importance of telling a trusted adult when you are bullied, approached by a stranger online, or any activity that makes one uncomfortable.

Intermediate (6-8)

Warning signs, risk factors, anxiety, depression, suicide awareness. When to ask for help for self and others. Understanding when one needs help to handle the pain and anxiety being online can cause.