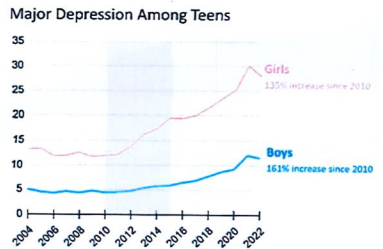


THE PROBLEM: CELL PHONES AND SOCIAL MEDIA ARE NEGATIVELY AFFECTING KIDS.



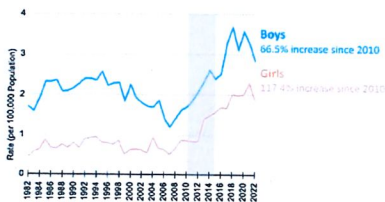
SOURCE: U.S. National Survey on Drug Use and Health

- o Increase in depression and anxiety
- o Low self-image
- o Behavioral Addictions



- o Lower quality and amount of sleep
- o Attention issues
- o Low energy & Withdrawal
- o Trouble learning/ lower grades

U.S. Suicide Rates (Ages 10-14)



- o State of unhappiness
- o Struggles with how to react to different situations
- o Struggles with how to interact with others.

AFTER-SCHOOL PROGRAMS

Malabar Tyger Club

Register online at:
<https://www.opendoorsacademy.org/programs/enrollment>



Dewald Center

More information:
<https://neo.salvationarmy.org/northeastohio/DewaldCommunityCenter>

Y Kids Club

More information:
<https://www.ymcanco.org/child-care-and-preschool>

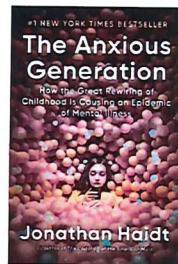


Friendly House

More information:
<https://friendlyhouseonline.com/>

UMADAOP

More information:
<https://www.mansfieldumadaop.com/>



Malabar's Building Leadership Team conducted a book study with Jonathan Haidt's book, *The Anxious Generation*. The book addresses the changes in children and teenagers, especially in their mental health with the introduction of social media and other technologies.

This pamphlet helps share some of the information the team has learned. Malabar's staff is committed to improving our students' mental health.

SKIBIDI OHIO RIZZ

What does that mean?



If you are curious, keep reading to find out!

How often do you see this?



The Answer: Too often!

KNOW YOUR JOB!

- Provide a clear structure/ schedule for the day and week with increased amounts of in-person activities & more sleep!
- Help your child build resilience by not giving into their wants. Saying “No” is okay.
- Ensure your child has a safe environment. This includes setting boundaries and validating emotions. Being their “friend” does not help them learn boundaries.

STRENGTHEN YOUR BOUNDARY MUSCLES

- Start with small boundaries and be consistent in reinforcing the boundary.
- Limit recreational screen time to 2 hours or less per day (for Malabar’s age range)
- Monitor your child’s digital activities! Learn to use parental controls & content filters on apps your child uses.

If you are curious, Skibidi Ohio Rizz is telling someone they are weird in Gen Alpha slang.



THE SOLUTION: ADULTS NEED TO COME TOGETHER TO HELP CHANGE THE IMPACT OF PHONES AND SOCIAL MEDIA.

TEAM UP WITH OTHER PARENTS!

- Find ways for your child to interact with other children doing free play or enjoy an activity as a family away from the screens.
- Meet other parents who are trying to improve their child’s mental health.
- Get together with your child’s friends or classmates’ parents and decide to enforce the same limits, such as less screen time.
- As an adult, consider setting aside your phone more to set an example.

FAMILY FRIENDLY ACTIVITIES IN RICHLAND COUNTY

- Liberty Park (Free)
- Ohio Bird Sanctuary (Free)
- Gorman Nature Center (Free)
- Richland County Public Library (Free)
- Mansfield Fire Museum & Educational Center (Free)
- Shelby Seltzer Park (Free--awesome playscape & skate park)
- Buckeye Imagination Museum
- Kingwood Center Gardens
- Malabar Farm State Park
- Alpaca Meadows (Self-Guided and Farm Tours)
- Richland Carousel Park
- Lex Lanes
- Mansfield Art Center

See more after-school options on the back.

GIVE YOURSELF GRACE!

- Give yourself permission to make necessary changes!
 - Change screen time limits
 - Take away a phone for a period of time
 - Remove apps/ games you had previously approved
- Care about your child’s feelings, but remember you do not need their approval.
- Remember you can change things in the future as the situation changes.

HELP THEM GAIN INDEPENDENCE TO ALLEVIATE ANXIETY

- Practice letting your child out of your sight for short amounts of time to allow them to learn to solve problems themselves and gain integrity.
- Refrain from jumping in to solve your child’s problems or letting them learn something new.
- Delay opening social media accounts until 16 & talk about the risks of them.