

# WHAT'S NEW

Jan  
2023

## for sophomores



### IMPORTANT DATES

- Jan. 3- School Resumes
- Jan. 16- MLK Jr. Day NO SCHOOL!!
- Jan 20- Pep Assembly

### LOOKING AHEAD

- Feb. 3- Parent/Teacher Conferences
- Feb 15- Early Dismissal
- Feb 20-President's Day NO SCHOOL!!!
- Feb. 22- PLCs AM Assembly Schedule



### REPORT CARDS

**THE HIGH SCHOOL DOES NOT SEND HOME REPORT CARDS. IF YOU WOULD LIKE A REPORT CARD OR AN UPDATED COPY OF YOUR TRANSCRIPT, PLEASE COME AND SEE ME BETWEEN CLASSES, AND I WILL PRINT ONE OFF FOR YOU!**

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 School Resumes!!!	4	5	6	7
8	9	10	11	12	13	14
15	16 MLK Jr. Day-- NO SCHOOL!	17	18	19	20 PEP ASSEMBLY (TIME TBD)	21
22	23	24	25	26	27	28
29	30	31				



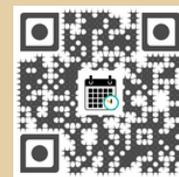
### CONTACT:

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- Teams: Debbie Kinnibrugh
- Parent Remind: @ahs25par
- Student Remind: @dogs2025

### WEBSITE



### APPOINTMENT



## The Ultimate Guide to Social Media's Effects on Teens

"Social media can affect teens in different ways – it can impact them emotionally, socially, physiologically, and psychologically. It can be a powerful tool that helps those who struggle to meet new people form connections or allows curious teens to explore and learn about topics of interest. It can also be a positive outlet for self-expression, creativity, support, community, and media literacy. But, social media accounts can also negatively influence how teens develop and maintain friendships, how they see themselves and the world, and how they could use it as a distraction to not cope with other things in their life.

Social media's effects on teens can also include negative experiences like cyberbullying, rumors, and peer pressure. These experiences can contribute to depression and anxiety in teens. Kathleen Abeln, clinical director at Calo Lake Ozarks, warns parents: "It seems like teenagers often feel emotionally invested in their accounts. They can become very addicted to social media where they can't focus or do the things required of their daily life." The data supports a growing compulsion amongst teens to spend more and more time online. In 2018, a Pew Research report found that nearly all teens reported owning or having access to a smartphone. With that level of access to smartphones, nearly half of the surveyed teens said they were almost always online. And studies show all that time spent on social media can harm teens. A 2019 study of more than 6,500 U.S. adolescents found those on social media for more than three hours a day might be at a greater risk for mental health issues.

## Parental Controls for Social Media Use

"Abeln recommends having a lot of control over your teen's use of social media, especially in the beginning. She adds: "You'll want to teach them how to navigate social media safely, how to use it appropriately, and what the consequences can be if they don't use it appropriately." Take these three steps before your child starts using social media:

1. Set boundaries and limits around screen time for social media. Talk about the appropriate times to use social media. You may also want to consider putting monitoring software on your child's device to watch how and when they're using it.
2. Sit down with them when they're on social media and explore it together. Go through the platform with them and talk through how to navigate that online space safely and appropriately. Help them become as educated as they can be on safety and the other negative consequences of social media.
3. Have a plan for unintended outcomes. Consider how you'll address misuse of social media, but also be mindful of how you'd handle other issues that may arise, such as mental health effects, bullying, or changes to their self-image.

As they get older, you can pull back the reins and use a lesser amount of control over their use.

## Protecting Teen Safety Online

Various platforms do have age guidelines, such as only allowing users who are thirteen and older. Abeln recommends, at a minimum, following those guidelines. If there aren't age restrictions, she advocates for only allowing them on age-appropriate platforms. Before they open any social media accounts, you'll also want to have conversations around who is an appropriate follower or friend on the platform. Abeln adds: "Go over those guidelines with them and help them navigate those choices by creating an understanding of who is an appropriate friend versus who is inappropriate." They may be using social media to make new friends and connections, so you'll also want to educate them on what information they shouldn't share to protect their personal safety and help them set up their privacy settings.

## Protecting Your Teen's Self-Image Against the Effects of Social Media

Pay attention to shifts in behavior. Is their sense of self wrapped up in social media? Are they constantly scrolling through their cell phone? Do they seem anxious to look at notifications? Has their perception of their body image changed? Are all their activities starting to revolve around social media (e.g., only going places to take selfies)?

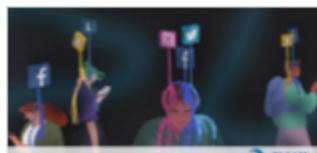
An imbalance in their life can be a sign of a growing problem. Help them take a step back from online activity and refocus on interacting face-to-face with kids and engaging in hobbies, extracurricular activities, and sports.

Social media can create a false sense of reality, as users often paint an idealized version of their life and may edit or filter photos to create an unrealistic appearance. This could give your teen a perception that their friends are happier or more self-confident than they are. The more time spent with those friends in real life (or IRL, as the kids say), the less they'll feel that way.

You may start to see that social media is significantly impacting their self-esteem or that their sense of self is increasingly becoming wrapped up in social media activity. If that occurs, get them the help they need to maintain the boundaries that will help them refocus their self-image and rebuild it in a healthy manner.

<https://www.embarkbh.com/blog/the-ultimate-guide-to-social-medias-effects-on-teens/>

## Resources



### How Using Social Media Affects Teenagers

How does social media affect teens? Experts say kids are growing up with more anxiety and less self-esteem due to social media. Read advice for parent...



### How social media's toxic content sends teens into 'a dangerous spiral'

Eating disorders expert Bryn Austin discusses the recent revelation that Facebook has long known that...



### Teens, Social Media and Technology 2022

The landscape of social media is everchanging, especially among teens who often are on the leading edge of this space. A new survey of American...



### How Social Media Affects...

Just Say YES examines how social media affects teens and the danger...

[justsayyes.org](https://justsayyes.org)

**"WHEN YOUR MENTAL HEALTH BECOMES IMPACTED BY SOCIAL MEDIA THEN IT IS TIME FOR A DETOX." - GERMANY KENT**