



Cougar Connections and Conversations

10/17/25



This Morning's Agenda

Connecting Activity

Keeping Your Student Safe Online

**How to Help Kids Build Resilience
and Cope with Challenges**





Connecting Activity: First Gadget Flashback

Connecting - First Gadget Flashback

Instructions:

- Turn and talk to your table group.
- Share: *“What was the first piece of technology you remember getting as a child?”*
- Listen to each other’s stories — Walkmans, Game Boys, flip phones, etc.
- Notice how technology has changed for today’s kids!



05:00

Our First Tech Gadgets



Ms. Heather Boyd
Assistant Principal



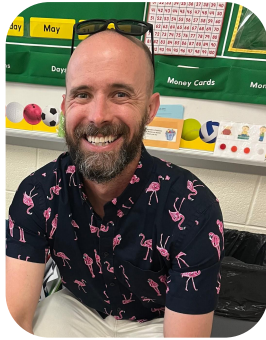
Dr. Liz Beaty
Principal



Ms. Krystal Styles
Assistant Principal



Our First Tech Gadgets



Mr. Ben James,
instructional technology coach

Mrs. Theresa Eastman,
Technology Support Specialist

Why Online Safety Matters?

- Kids spend more time online than ever.
- Exposure to inappropriate content, cyberbullying, and online predators.
- Teaching digital responsibility is as important as teaching driving safety.



The Key Analogy

We wouldn't give our children keys to a car without teaching them how to drive. Likewise, we shouldn't give them devices or Internet access without guidance.



Parental Controls: Why They Are So Important



Here at School

- Basics of room arrangement
 - Ability to see screens
 - Ability to navigate room
- Observing behaviors
- Web content filtering
- Lightspeed software

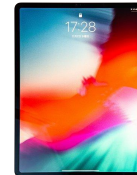


Parental Controls: Phone Carriers

Carrier	App / Control	What It Does
AT&T	AT&T Secure Family	Track location, set screen time limits, filter content
	Circle with Disney	Manage device use, pause Internet, set time limits, content filtering
Verizon Wireless	Verizon Smart Family	Monitor usage, set screen time rules, filter websites
T-Mobile	T-Mobile Family Mode	Track data usage, set filters, pause Internet access

Parental Controls: Apple

App / Control	What It Does
Screen Time	Limit app use, set downtime, monitor usage
Family Sharing	Share purchases, locate devices, approve app downloads
School Time	Limit Apple Phone usage during school hours.
Qustodio	Monitor apps, filter content, track calls/texts
Bark	Alerts for risky messages, social media, or online activity



Parental Controls: Google Android

App / Control	What It Does
Google Family Link	Set screen time limits, approve apps, monitor activity
Qustodio	Monitor apps, filter content, track calls/texts
Bark	Alerts for risky messages, social media, or online activity



Parental Controls: Windows

App / Control	What It Does
Microsoft Family Safety	Track usage, set screen time limits, filter content
Qustodio	Monitor apps, filter content, track calls/texts
Bark	Alerts for risky messages, social media, or online activity



Parental Resource



Common Sense Media ([commonsense.org](https://www.commonsense.org)) is the basis for our digital citizenship curriculum.

Has great resources for parents on so many topics: media, devices, online safety, etc.

Device contracts and advice for parents of all ages!

Screen Time Guidelines



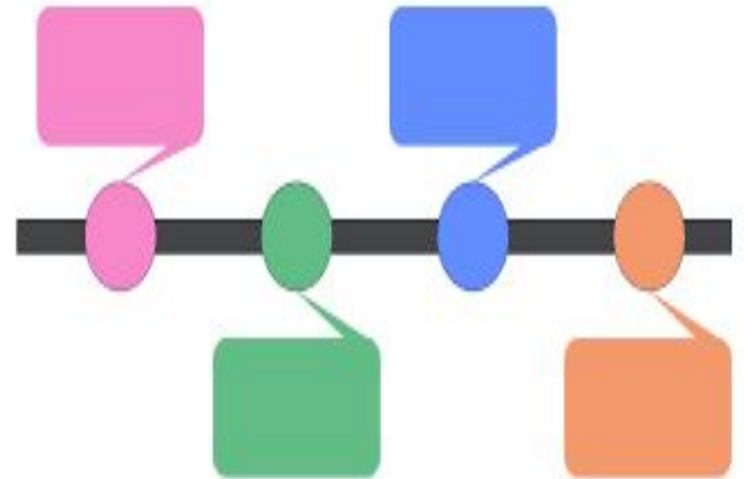
- **Ages 2–5:** 1 hour/day max of high-quality programming
- **Ages 6–12:** 1–2 hours/day of recreational screen time
- **Ages 13–18:** Encourage balance with offline activities; set clear limits

Maintain device-free family meals and bedtime routines

Recommendations from the **American Academy of Pediatrics (AAP)*

Device and Social Media Guidelines

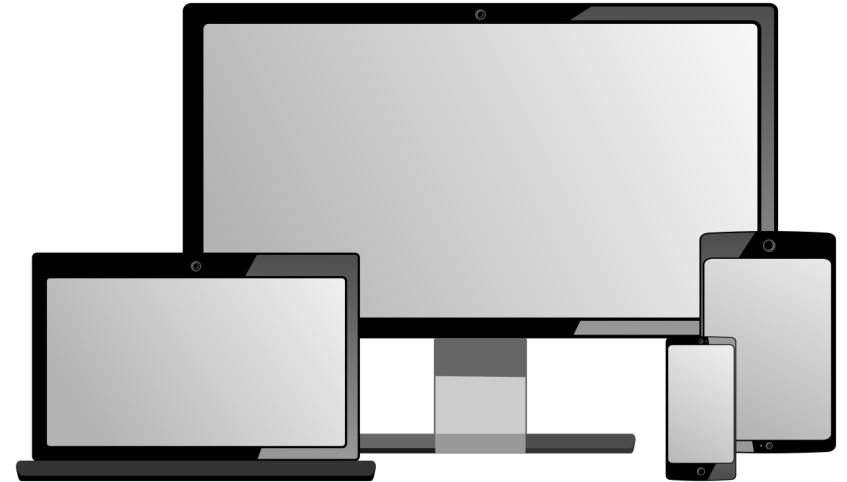
Device Activity	Recommended Age
Cell Phone	11-13 (middle school)
Laptop	10-12 (upper elementary)
iPad / Tablet	8-10 (with parental guidance)
Apple Watch	12+
Social Media (Instagram, Tik Tok)	13+
Video Games w/ Online Access	12+
Personal Email	10-12



Recommendations from Common Sense Media

Device Contracts & Family Plans

- [Sample Family Plan](#)
- [Sample Planning Template](#)



Teach Responsibility Before Giving Access

- Discuss online behavior and consequences.
- Set clear rules and limits together.
- Model positive online behavior.
- Encourage open conversation. Kids should feel comfortable coming to you.



Discussion / Q&A

- What challenges are you facing with your child's device use?
- Which parental controls do you already use?
- Any questions about apps, screen time, or social media?



Closing Takeaways

- Start conversations early, guide before giving access.
- Use parental controls and screen time settings.
- Follow age-appropriate timelines for devices & social media.
- Stay engaged, check in, and model responsible behavior.



Lightspeed Tech Support

After today's session, please join Theresa Eastman and Ben James in the SACC room for a printed walkthrough and support with navigating Lightspeed on your phone.

We are here to support you!





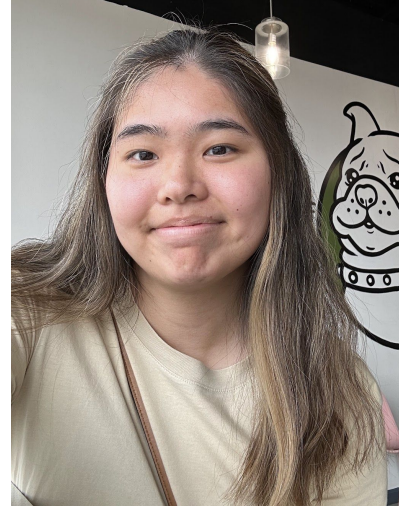
How to Help Kids Build Resilience and Cope with Challenges

Meet the Counseling Team!



**Ms. Veronique
Lilienthal**

6th Grade – ~~Thomas, Smith, Levine, and Williams~~
Grades K, 2, 4, and 6



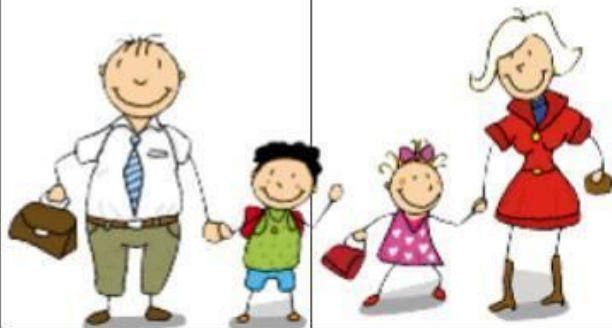
Ms. Shannon Li
Grades 1, 3, 5, and 6

6th Grade – Gerrity, Mitchell, and O'Leary

S

STAY SAFE

Stay safe.
Protect your
own and
others' private
information.



M

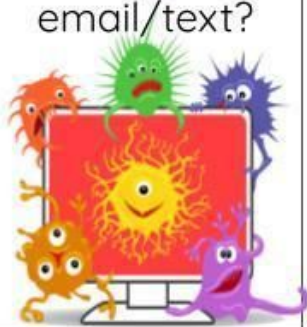
MINDFUL

Be mindful.
Respect
yourself and
others in
online
communities.

A

ASK

Ask yourself,
is this
someone I
know? Should
I accept their
friend request
or open their
email/text?



R

RELIABLE

Check all
information
before you
believe it. Is
the person or
website telling
the truth?



T

TELL

Tell an adult if
someone or
something
makes you
feel worried or
uncomfortable

Follow these
SMART tips to
keep yourself
and others
safe online!

T

Is it true?

H

Is it helpful?

I

Is it inspiring?

N

**Is it
necessary?**

K

Is it kind?

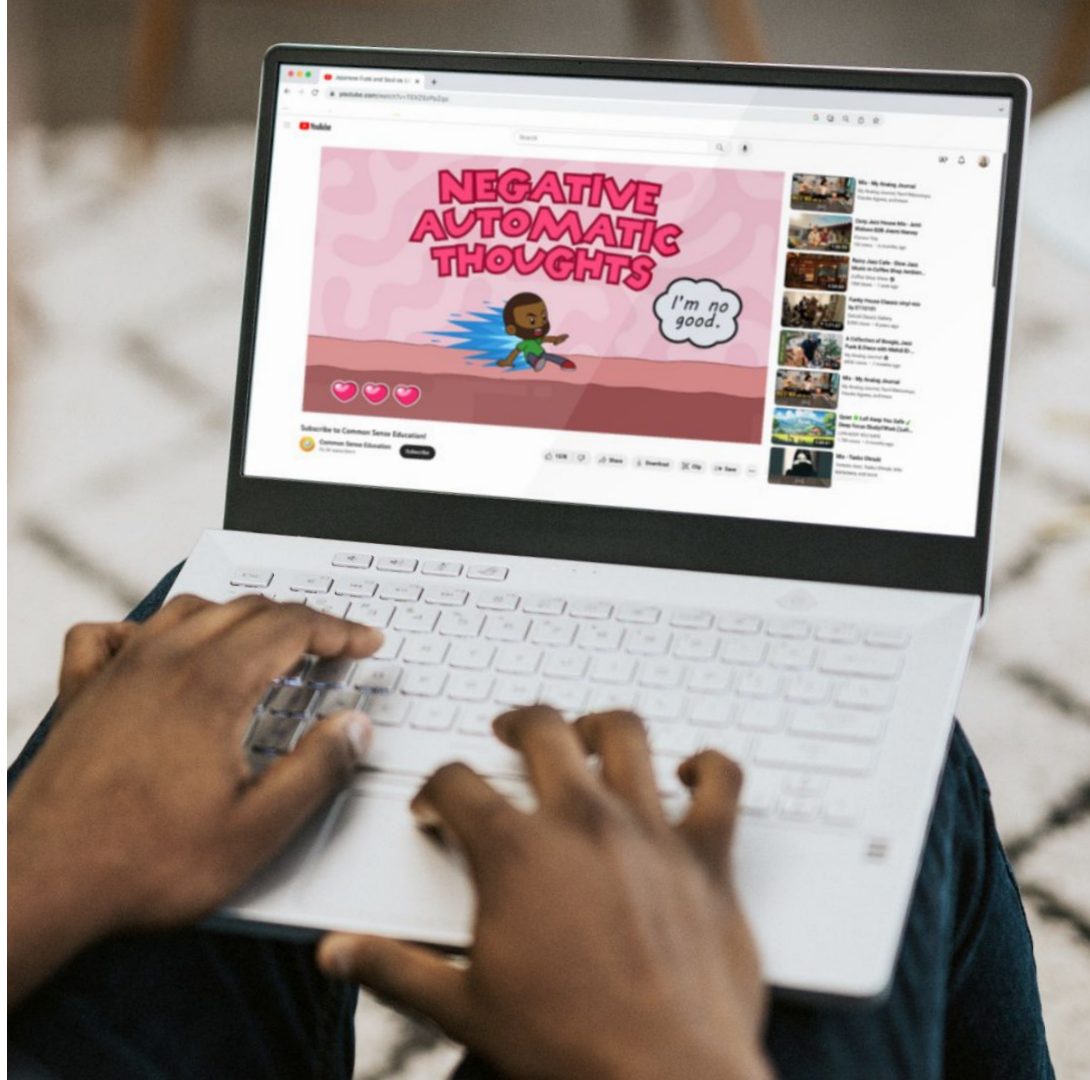
Grades 6–12

Thinking Traps



+

CENTER FOR
DIGITAL
THRIVING





Key Vocabulary

Digital well-being — Experiencing media and technology in ways that support one's mental, physical, social, and emotional health.

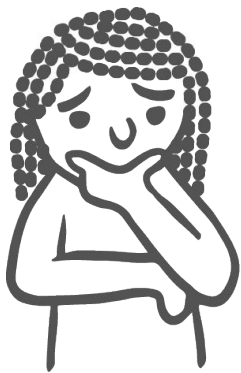


Key Vocabulary

Thinking Traps – Exaggerated or irrational negative thought patterns that can lead us to believe things that aren't necessarily true.

Example Thought

*All my friends have
better lives than me.*



*Keywords: all, always, never, none,
everyone, nobody, etc.*

Example Thought

*My friend didn't reply to
my text. She is clearly
mad at me.*



Example Thought

*My friend posted that
they're feeling sad. It
must be my fault.*



Practicing Resiliency Online

- Problem-solving skills online
 - unsubscribe from negative content
 - report inappropriate or unkind behavior
 - screenshot, mute & block their messages
- Circle of Control
- It's okay to let your child try to solve the problem on their own because that's how they learn
- Parents are the coaches, not the playing



Problem-Solving Model for Parents

1. What is the problem?
2. What have you done so far to solve it?
3. What else can you try?
4. What is the best solution?
5. Choose a solution, and check back to see if it worked. If not, try something else.



Remember that there are many perspectives in any given situation



thank you

al warren