



WELCOME TO COFFEE WITH THE SCHOOL COUNSELOR



A little bit about us...

Mrs. Poe (formerly Ms. Davis)

- I got married in September and we have a dog, Bella.
- I was an elementary & high school counselor before LCMS and have been in CVUSD for 10 years.
- I love working with the students on academic success, college/career planning and social/emotional struggles. I find middle school to be such a fun and important age to help their growth and development pathway so that they can be confident and successful.

Mrs. McCarthy

- I am originally from Connecticut
- This is my 5th year at Los Cerritos
- I am married and have one son in college
- I love working with the kids! While many people think middle school is a terrible stage I think it is an exciting time of growth. It is amazing to help them develop life long skills and watch them mature! They make me laugh every day!!

What We Do...

We support students in their academic, college and career and social emotional development. Our goal is to help all student achieve their full potential and gain the necessary knowledge and skills to successfully transition to high school and beyond. We provide school wide social emotional lessons; meet with students individually and in group settings. We are often a touch point and trusted adult for you students on campus.

Today's Topics



5 WAYS
SOCIAL MEDIA
IS CHANGING
YOUR BRAIN
RIGHT
NOW



HOW IS YOUR
PHONE
CHANGING
YOU?



SIMPLE TIPS FOR PROTECTING KIDS

- Create an open and honest environment with kids.
- Start conversations regularly about practicing online safety.
- Emphasize the concept of credibility to teens: not everything they see on the Internet is true and people on the Internet may not be who they appear to be.
- Watch for changes in behavior — if your child suddenly avoids the computer, it may be a sign they are being bullied online.
- Review security settings and privacy policies for the websites kids frequent. These settings are frequently updated so check back regularly.
- Make sure mobile devices are secure. Use PINs and passwords, only install apps from trusted sources, and understand the privacy settings and permissions for all apps.



90% of teens
13-17 use
social media

5 Top Teenage Apps

Age

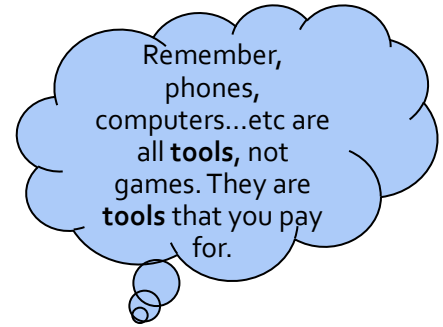
YouTube 85%
Instagram 72%
TikTok 69%
Snapchat 69%
Twitter 32%

Average Tween
spend 5 hours a
day on social
media

Parental Support/Controls

Tips/Tools:

- Implement a **No Tech Tuesday** at home
- Call your network provider and have them turn off specific cell phones during certain times (bedtime, school hours...etc)
- Model the behavior at home and commit to a plan as a household
- Don't text your kids during the school day
- Talk with your child and open dialogue about appropriate online conduct
- Restrict cell use in the car-use that time to talk with your child
- Have them turn in their phone 30 minutes before bedtime, to wind down
- Don't use your phone as an alarm clock
- Look through their texts and let them know you are doing it
- Be curious and ask them questions to open communication



Great Resources

Smart Social: Learn how to Shine Online: Excellent Resource Information on Parental Control Software, Parents Guide to Snapchat, Discord, TikTok, Blog and Resources

<https://smartsocial.com/>

Common Sense Media - Parent reviews on Movies, Video Games, Apps

<https://www.commonsensemedia.org/>