



Katey McPherson  
Director of Professional Development  
Youth Mental Health Advocate

Resources Katey mentioned at the parent night:

Podcasts: Dr. Lisa D'Amour  
<https://podcasts.apple.com/us/podcast/ask-lisa-the-psychology-of-parenting/id1525689066>

"How to Talk To Your Children About Anything" with Dr. Robyn Silverman

Websites and apps to protect kids:

- [kateymcpherson.com](http://kateymcpherson.com)
- [bark.us](http://bark.us)
- [mmguardian.com](http://mmguardian.com)
- [goguardian.com](http://goguardian.com)
- [smartsocial.com](http://smartsocial.com)
- [protectyoungeyes.com](http://protectyoungeyes.com)
- [healthyscreenhabits.com](http://healthyscreenhabits.com)
- [digitalnatives.com](http://digitalnatives.com)

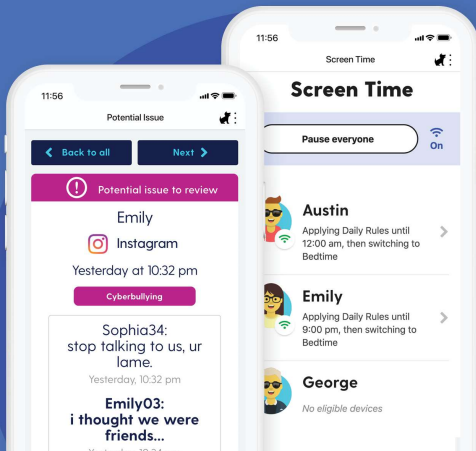


A promotional card for Katey McPherson. The name "Katey McPherson" is written in a white cursive font at the top. Below it, the text "Resources, book recommendations, digital protection" is displayed. A large QR code is centered on the card. To the right, there is a circular portrait of Katey McPherson, with the text "CHILDHOOD ADVOCATE &amp; EDUCATION CONSULTANT" below it. At the bottom right, there are social media icons for Facebook and Instagram, with the handles "@KateyMCPH" and "@KateyAZ1" respectively. The background is dark blue with red and white circular accents.



# Monitor + Manage Devices

Bark provides families with the tools they need to raise kids in the digital age.



Free on YouTube: CHILDHOOD 2.0  
A must watch for every parent and educator



## Protective Factor #1

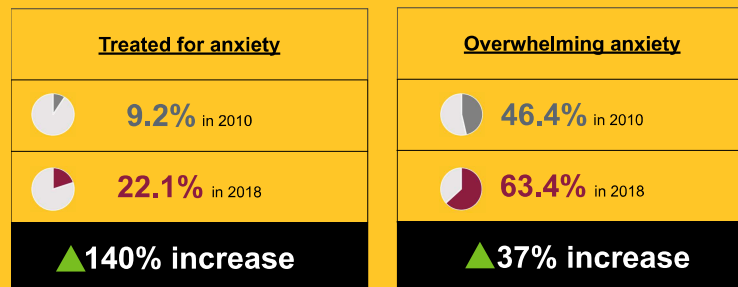
I have trusted adults in my life that I can count on

What do KIDS say is a trusted adult?



## National mental health trends

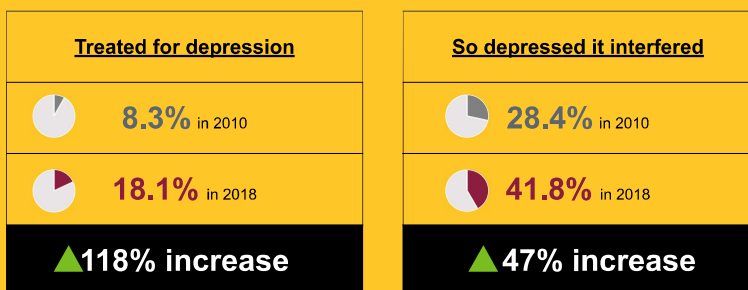
Percentage of students past 12 months



Source: 2010, 2018 ACHA NCHA II

## National mental health trends

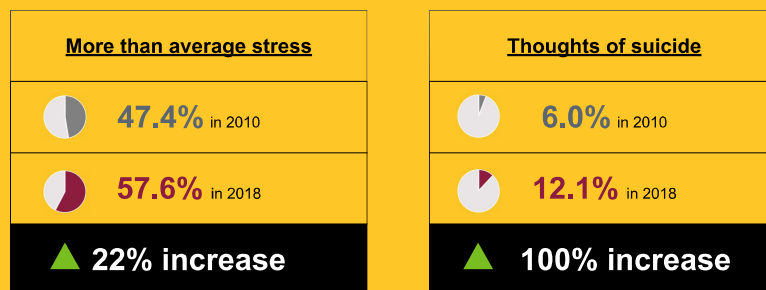
Percentage of students past 12 months



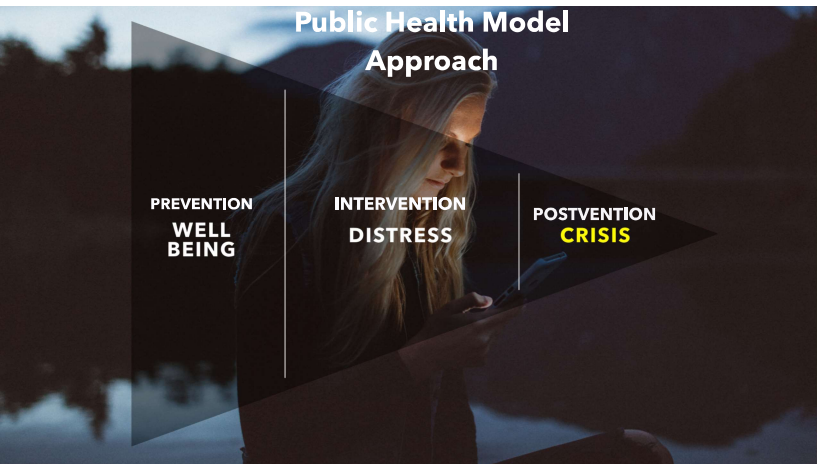
Source: 2010, 2018 ACHA NCHA II

## National mental health trends

Percentage of students past 12 months



Source: 2010, 2018 ACHA NCHA II



**Protective Factor #3**

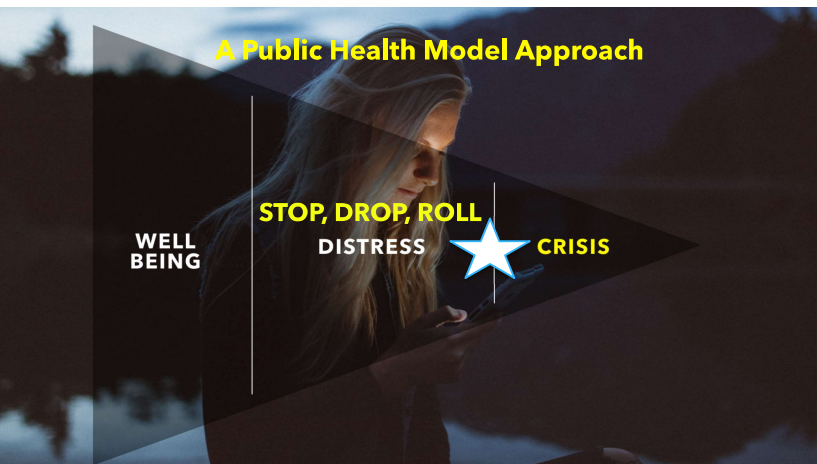
**Using the Public Health Model Approach to continuously assess students**

WELL BEING

DISTRESS

CRISIS

The right side of the top row features a similar image of a woman with a smartphone, but with a different text overlay. The background is the same dark landscape.



**DIFFERENT THAN ANY OTHER GENERATION  
DON'T REMEMBER LIFE WITHOUT INTERNET**

Academic Pressue starting in Pre-K  
"The Performance Arms Race"

Removal of rough and tumble play/sedentary lifestyles

Neurotoxin enriched foods

We have told students EVERYTHING is bullying

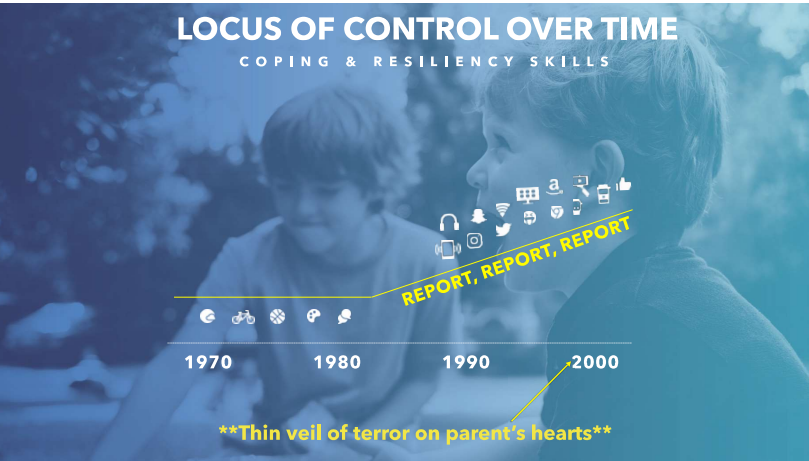
Constant Media Stream 24/7

**iGEN**

Dr. Jean Twenge,  
2014

The bottom row has a red-to-orange gradient background. It contains a list of factors and the title 'iGEN' in large white letters. The author's name and year are at the bottom right.





## DIGNITY

SOCIAL JUSTICE CHAMPIONS

PRACTICE HOW TO NAVIGATE FLUIDLY AMONGST GROUPS LIKE THE REAL WORLD

MEDIA/TECH LITERACY SOCIAL COMPETENCE

Rosalind Wiseman, 2010

RESPECTUS - MUTUAL ADMIRATION FOR ANOTHER

DIGNITAS - INHERENT WORTH

# dignity AND respect

BULLYING - A POWER DIFFERENTIAL AND THE SILENCING OF ONE'S VOICE  
Rosalind Wiseman, 2010

## MEAN, RUDE, DRAMA OR BULLYING?

### BONDING

Feel liked

Don't feel  
put down

Will stop if  
asked

### ANNOYING

Doesn't know  
how you feel

"I was just  
joking."  
"Relax!"

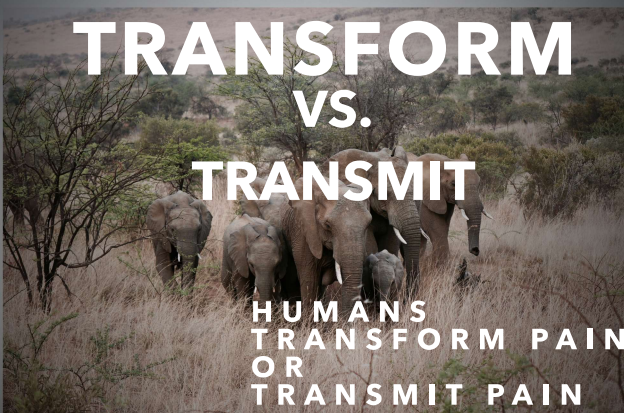
### MALICIOUS

Teased for  
insecurities

"Uptight"  
threatened  
to end  
friendship

Relentless  
and public

**CREATING A CULTURE OF DIGNITY**



22-24 for girls

28-30 for boys

Protective Factor #3: Understanding The Developing Brain

**PREFRONTAL CORTEX (RATIONAL RIDER)**  
THINKING/LOGIC  
WHAT TO DO/EVALUATION

**HIPPOCAMPUS**

REGULATES MEMORY  
& EMOTIONS

**AMYGDALA (EMOTIONAL BRAIN)**

URNS ON FIGHT OR  
FLIGHT, AND STORES  
MEMORIES OF THE  
EVENT

(HORSE) SURVIVAL BRAIN  
SPOOKED HORSE

## Protective Factor #4 Understanding Developing Brains



22-24 for girls

28-30 for boys

Protective Factor #3: Understanding The Developing Brain

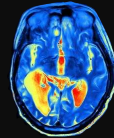
### UPSTAIRS BRAIN!

**PREFRONTAL CORTEX (RATIONAL RIDER)**  
THINKING/LOGIC  
WHAT TO DO/EVALUATION

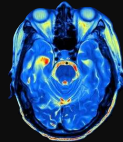
### DOWNSTAIRS BRAIN!!!

TOO MANY WORDS  
NOT ENOUGH SPACE  
NOT ENOUGH TIME  
NO REPARATION  
THREAT TO EGO  
UNPREDICTABLE

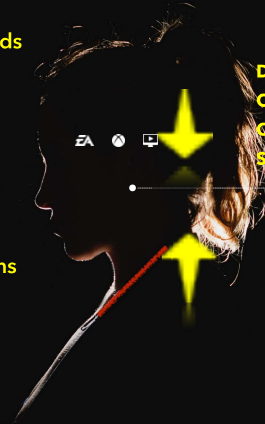
Vegetables/Rewards



Candy/Risks/Harms



**DOPAMINE  
CORTISOL  
OXYTOCIN  
SEROTONIN**







# Protective Factor #5

I am seen, heard, and loved...(even when I mess up)

Attachment Needs:

SEEN  
HEARD  
LOVED

TRUST I AM OK, ADULTS ARE OK, THE WORLD IS OK  
 NEED HUNGER, LONELY, UNCOMFORTABLE, IN PAIN  
 RAGE ANGRY, HELPLESS, HOPELESS  
 RELIEF CAREGIVER/RELATIVE RESPONDS TO CHILD/ADULT WITH EMPATHY

## PROTECT SLEEP

Less than 9% of secondary students are getting the recommended 8-12 hours of sleep  
(Center for Disease Control, November 2019)

In a study of 23,000 9-12th grade students each hour of lost rest was associated with a 38% increase in the risk of feeling sad or hopeless (Journal of Youth and Adolescence Study, February 2015,  
"Sleepless in Fairfax: The Difference One More Hour of Sleep Can Make")



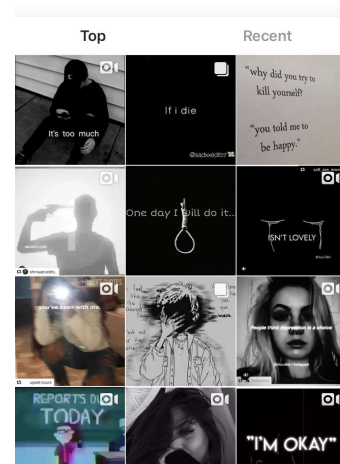
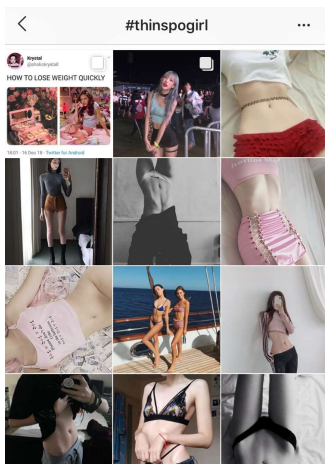
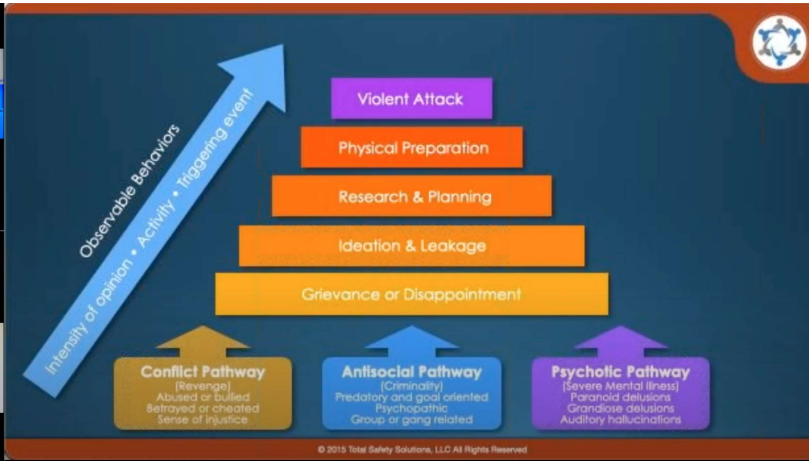


While there are numerous risk factors that can contribute to suicide, the most commonly identified risk factors were family discord (47%), mental health disorder (39%), and previous talk of suicide (34%) (Table 11).

**Table 11. Risk Factors that may have contributed to the Child's Despondency Prior to Suicide, Ages 8-17, Arizona, 2019**

Risk Factors*	Number	Percent
Family Discord	18	47%
Mental Health Disorder	15	39%
Previous Talk of Suicide	13	34%
Abuse/Neglect History	12	32%
Victim of Bullying	11	29%
Argument with Parent	11	29%
Substance Use	11	29%
Drug or Alcohol History	11	29%
Access to Firearms	10	26%
Parent's Divorce	9	24%
School Failure	9	24%

\*Total exceeds 100% as more than one risk factor may have been identified for each death



**Family Screen Time Contract**

1. I understand that as a minor, I am still on my parent/guardian's telephone service provider contract, and as such have an obligation to meet my parent/guardian's expectations of behavior regarding the use of my cellular phone and/or data plan.
2. I will be responsible for the monthly payment of my data plan for the duration of the service provider contract to the extent that my parent/guardian expects me to be.
3. I will uphold our family values and represent my family with dignity while using my cell phone for communications and internet use.
4. I will not display any personal information on my social media profiles and/or communications, including full names, dates of birth, locations of home or school, etc.
5. I will not knowingly (and/or create) any media (texts, pictures or videos) that violates our family values or any state laws.
6. If receive any media that violates our family values or any state laws, I will report it immediately to one of the adult signers of this contract.
7. I will agree to the installation and use of any parental control software applications should my parent/guardian decide to use such.
8. I will not permit younger siblings or children to use the internet without specific permission from my parent/guardian.
9. I will not meet anyone in person that only know from internet contact without specific permission from my parent/guardian.
10. I will not use my cell phone to engage in any harassing, threatening or otherwise illegal behavior. I understand that ignorance of the law is not an excuse.
11. I will disclose all user names and passwords for all accounts accessible by my cell phone to only my parent/guardian and to no one else.
12. I understand that violation of any of the terms of this contract may result in the loss of my cell phone and data plan privileges until my parent/guardian restore such privileges, but that I will continue to be responsible for payment of my data plan as determined above (see #2).


\_\_\_\_\_  
 Adult Parent/Guardian Signature      Date      Adult Parent/Guardian Signature      Date

\_\_\_\_\_  
 Minor's Signature      Date

WiFi PERFORMANCE    INTERNET SECURITY    PARENTAL CONTROLS    SUPPORT KNOWLEDGE    **2024 AWARDS**

## Mesh WiFi Security Router & Parental Control System

WIFI6E



Best Security-Focused Mesh Router    The Best WiFi Mesh Network Systems for 2024 - Top 10 List    Best of CES 2024 - Best Router for Family Safety and Privacy    The Best Parental Control Hardware Award    2000+ Positive Reviews on Amazon.com