

The District 181 Foundation
Presents



A Documentary Film About
Our Lives on Social Media

Following the Film
Discussion and Q&A Led by
Liz Repking, Founder of Cyber Safety Consulting

October 3 & 4, 2019



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LIKE

A Documentary Film About Our Lives on Social Media

Following the Film
Discussion and Q&A Led by
Liz Repking, Founder of Cyber Safety Consulting

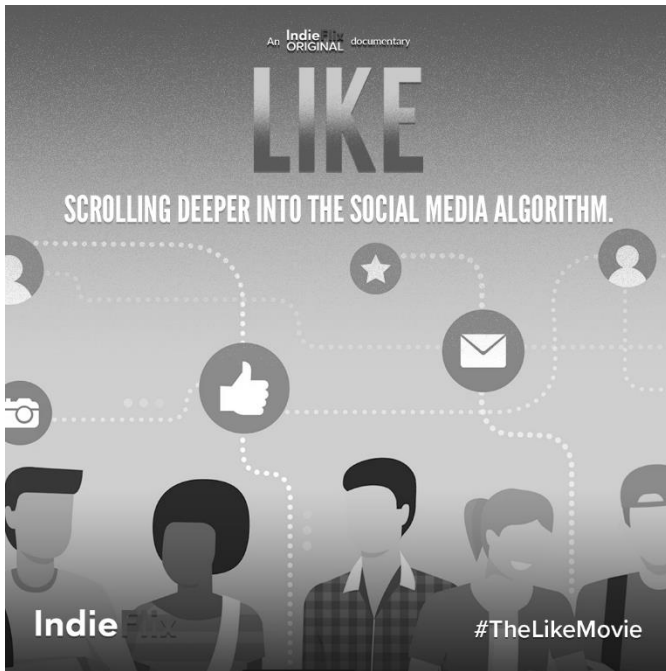
Thursday, October 3, 2019 - 7:00pm
at Clarendon Hills Middle School

Friday, October 4, 2019 – 9:30am
at The Community House

Underwriting for this program is provided by

A PROFESSIONAL CORPORATION
THE **BIELSKI LAW OFFICE** LTD.

ABOUT THE FILM



LIKE is an IndieFlix Original documentary that explores the impact of social media on our lives. Technology is a tool. It's here to stay and social platforms are a place to connect, share and care, but what's really happening?

Are we addicted? How do we stop? Where do we start? What do we need to know?

By understanding the effects of technology and social media on the brain, on our lives and on our civilization, we can learn how to navigate it more safely together.

The filmmakers' for this film is to inspire people of all ages, especially kids, to self regulate. It's not about blame. It's about looking in the mirror and empowering ourselves to create balance in our lives and to learn to be there for each other.

Learn more at thelikemovie.com.

LIZ REPKING, Cyber Safety Consulting



Liz Repking is the mother of 3 children, ranging in age from middle school to college. Entering the workforce over 20 years ago, she has spent the majority of her career working as a technical consultant, developing and delivering a variety of training for clients.

Many years ago, Liz became acutely aware of the dangers the Internet posed to children like her own. While parents recognize these dangers, they are uncomfortable and even intimidated by the depth and breadth of the technology their children use.

This led Liz to create Cyber Safety Consulting with the goal of educating parents, children, and school educators on the safe, savvy, and ethical use of the digital world.

She believes that every parent has the ability and responsibility to understand the technology and social networking sites that children are frequenting.

She is also the founder of the CASE program, Cyber Awareness & Safety Education, which is implemented in middle schools nationwide.

Liz has been seen on WGN News, Fox Morning Show, NBC News, The Morning Blend and has contributed to many national news outlets and articles.

Tips for Managing Social Media Use

Try these simple changes to live more intentionally with your devices right now.

Social media is place where we can connect, a place to share with others, and a place to express our feelings. It can also be a place of self-comparison, constant FOMO, a way to channel addictive tendencies, and overall can be quite harmful for our mental health. We do have a choice when it comes to managing the way we use it. Here are a few tips for leading a balanced lifestyle with the overwhelming presence of social media.

Turn off all notifications except from people.

Notifications appear in red dots because red is a trigger color that instantly draws our attention. But most notifications are generated by machines, not actual people. Visit Settings > Notifications and turn off all notifications, banners, and badges, except from apps where real people want your attention; e.g. messaging apps like WhatsApp, FB Messenger, Signal, Telegram, WeChat etc.

Go Grayscale.

Colorful icons give our brains shiny rewards every time we unlock. Set your phone to grayscale to remove those positive reinforcements. Go to Settings > General > Accessibility > Accessibility Shortcut (bottom) > Color Filters. This allows you to quickly triple-tap the home button to toggle grayscale on and off, so you keep color when you need it. (iOS)

Try keeping your home screen to tools only.

Limit your first page of apps to just tools—the apps you use for quick in-and-out tasks like Maps, Camera, Calendar, Notes, or Lyft. Move the rest of your apps, especially mindless choices, off the first page and into folders.

Launch other apps by typing.

Swipe down and type the app you want to open instead of leaving bad habits on the home screen. On Android you can use the Search Box on your home screen. iOS: For best results, turn off Siri Suggestions (Settings > Siri & Search > Siri Suggestions to off)

Texting shortcut: Use quick reactions.

On iOS, press and hold on a text message and you'll see this menu of quick reactions. It's faster than crafting a response, and can also add some context, giving a taste of the emotion that's often silently conveyed in a real, face-to-face conversation.

Tips for Managing Social Media Use

Try these simple changes to live more intentionally with your devices right now.

Charge your device outside the bedroom.

Get a separate alarm clock in your bedroom, and charge your phone in another room (or on the other side of the room). This way, you can wake up without getting sucked into your phone before you even get out of bed.

Use technology to protect yourself from technology.

Time-tracking apps like Moment, Quality Time and (OFFTIME) will measure how much time you're spending on your screen. Freedom and Flipd let you block your access to problematic apps and websites. Apple now has a "Do Not Disturb While Driving" mode that sends customizable automated text message responses so that you can step away from your phone without worrying that you'll leave someone hanging. Litespace does the same for Android, and displays a timer on your lock screen showing you how much time you've managed to stay unplugged. Apple has also rolled out a new feature that calculates weekly screen time.

Remove social media from your phone.

If you really want to use your phone less, we recommend removing all the major social media apps from your phone. It's the easiest way to cut back, as these apps can easily gobble up so much of our time.

Set your phone down.

If you don't treat your phone as a necessity for daily life, you won't wire your brain to think it is one. Leave your phone at home while you go for a walk. Stare out of a window during your commute instead of checking your email. At first, you may be surprised by how powerfully you crave your phone. (Note: Do keep it close by in case your kids, friends, family, or colleagues are trying to get a hold of you. Your phone can be useful for communication.)

Use the sight of others on their phones as a reminder of your own intentions.

The sight of someone else pulling out his or her phone on the elevator probably makes you want to check yours as well. But with practice, you can transform this into a cue for a new, healthier habit. When seeing other people reach for their phones, try to use it as a cue to take a deep breath and relax.

Tips for Managing Social Media Use

Try these simple changes to live more intentionally with your devices right now.

Set times to go on social media.

Don't pick up your phone and open Instagram or Twitter whenever you think of it. Rather set a couple breaks throughout the day to check updates. This will help break out of habits. Another solution is to create "speed bumps": small obstacles that force you to slow down and make sure that when you do check your phone, it's the result of a conscious choice. Put a rubber band around your phone as a physical reminder to pause, or set a lock screen image that asks you to confirm that you really want to proceed.

Log out of social media apps.

Logging out of social media apps on our phones helps the time spent on them feel more final. It also adds another step when trying to go back on and check social media. Adding another obstacle when it comes to going on social media can decrease the likelihood of going on the apps in the first place.

Keep your phone out of your hand when speaking to someone.

Being able to communicate without a phone in hand or readily accessible is an important skill. It also shows that you care about the conversation you are having.

Call a friend or family member.

Texting or emailing can sometimes feel like a chore. Talking on the phone is a more natural and communicative way of checking in with those who are close to you. (Note: this tip isn't for everyone or for all circumstances)

During class or at work, don't keep your phone on your desk.

Having our phone in our peripherals, within arms reach, or in our pockets can be distracting. Without having your phone or devices in sight will keep us focused on our work and help us be more productive. Instead, put your phone in a drawer or your bag.

Tips for Managing Social Media Use

Try these simple changes to live more intentionally with your devices right now.

Reframe the way you think about social media.

Many people equate spending less time on their phones with denying themselves pleasure — and who likes to do that? Instead, think of it this way: The time you spend on your phone is time you're not spending doing other pleasurable things, like hanging out with a friend or pursuing a hobby. Instead of thinking of it as "spending less time on your phone," think of it as "spending more time on your life."

Ask yourself what you want to pay attention to.

When we decide what to pay attention to in the moment, we are making a broader decision about how we want to spend our time. The people who design apps desperately want our attention, because that's how they make money. Have you ever wondered why so many social media apps are free? It's because advertisers are the customers — and your attention is what's being sold. So ask yourself: What do you want to pay attention to?

Set yourself up for success.

Create triggers that will remind you of your goals and make it easier to live up to them. If you want to spend more time reading, leave a book on your bedside table. If you want to cook more, lay out a shopping list for that recipe you're eager to try. On the flip side, avoid triggers that will set you up for failure. Delete social media apps from your phone. Disable notifications. Establish a rule for yourself and your family of not keeping phones on the table during meals.

Pay attention to your body.

When you notice that you're in the midst of a phone spiral, ask yourself: What's your posture like? How's your breathing? Is whatever you're doing on your phone making you feel good? Do you want to be using it right now? The more tuned in you are to your own experiences in the moment, the easier it will be to change your behavior.

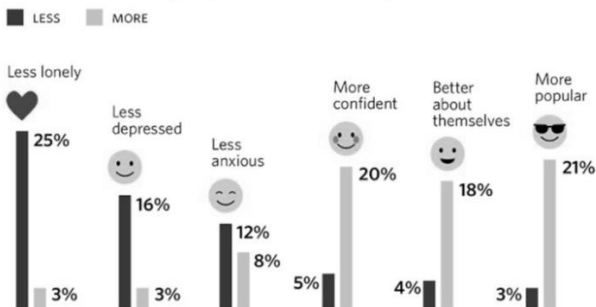
Get existential about it

If all else fails, consider your own mortality. How many people on their deathbeds do you think are going to say, "I wish I'd spent more time on Facebook"? Keep asking yourself the same question.

Tips powered by Center for Humane Technology, Catherine Price - author of "How to Break Up With Your Phone" & IndieFlix. Tips have been edited for length and clarity.

Teens are much more likely to say social media has a positive rather than a negative effect on how they feel.

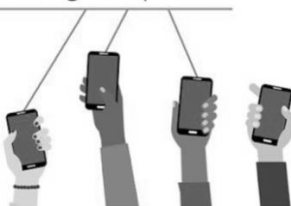
Social media users who say using social media makes them feel "more" or "less":



Teens think they're being manipulated.

72%

Of teens believe that tech companies manipulate users to spend more time on their devices.



Teens with low social-emotional well-being experience more of the negative effects of social media than kids with high social-emotional well-being.

Percent of social media users who say they:

Sometimes feel left out or excluded when using social media



Feel bad about themselves if no one comments on or likes their posts



Have deleted social media posts because they got too few "likes"



Have ever been cyberbullied



■ LOW SOCIAL-EMOTIONAL WELL-BEING
■ HIGH SOCIAL-EMOTIONAL WELL-BEING

See Methodology section for definitions of the high, medium, and low SEWB groups.

METHODOLOGY: This report is based on a nationally representative survey of 1,141 13- to 17-year-olds in the United States. The survey was administered online by the research group GfK using their KnowledgePanel® from March 22, 2018, through April 10, 2018. Participants were recruited using address-based sampling methods. The margin of error for the full sample at a 95 percent confidence level is +/-3.4 percent. The overall design effect for the survey is 1.4048.



TIPS FOR MANAGING SOCIAL MEDIA USE

IndieFlix

Try these simple changes to live more intentionally with your devices right now.

What's the Difference Between Apps We Cherish vs. Regret?

Center for Humane Technology partnered with Moment, an app that helps people track their screen time, to ask how much screen time in apps left people feeling happy, and how much time left them in regret. The rankings below reflect data collected from a pool of 200,000 iPhone users.

On average, comparing between "Happy" and "Unhappy" amounts of usage of the same apps, their unhappy amount of time is 2.4x the amount of happy time.

Our feelings about apps depend on how much time we spend...

- 22 mins per day on Facebook vs. ~ 59 mins.
- 12 mins per day on CandyCrush instead of ~ 47 mins.
- 29 mins per day on Reddit instead of ~ 57 mins.
- 26 mins per day on Instagram instead of ~ 54 mins.

Most Happy

	% of Users Happy	Daily Usage (Minutes)
1. Calm	99% 😊	10
2. Google Calendar	99% 😊	3
3. Headspace	99% 😊	4
4. Insight Timer	99% 😊	20
5. The Weather	97% 😊	3
6. MyFitnessPal	97% 😊	8
7. Audible	97% 😊	8
8. Waze	96% 😊	19
9. Amazon Music	96% 😊	7
10. Podcasts	96% 😊	8
11. Kindle	96% 😊	26
12. Evernote	96% 😊	10
13. Spotify	95% 😊	9
14. Weather	95% 😊	2
15. Canvas	95% 😊	5

Most Unhappy

	% of Users Unhappy	Daily Usage (Minutes)
1. Grindr	77% 😞	61
2. Candy Crush Saga	71% 😞	46
3. Facebook	64% 😞	59
4. WeChat	62% 😞	97
5. Candy Crush	59% 😞	47
6. Reddit	58% 😞	56
7. Tweetbot	58% 😞	78
8. Weibo	57% 😞	73
9. Tinder	56% 😞	22
10. Subway Surf	56% 😞	32
11. Two Dots	53% 😞	34
12. Instagram	51% 😞	54
13. Snapchat	50% 😞	61
14. 1010!	45% 😞	35
15. Clash Royale	42% 😞	58

Contact us

Social Media

Facebook: facebook.com/TheLIKEMovie

Twitter: @IndieFlix and @IndieFlixCEO

Instagram: @thelikemovie and @IndieFlixCEO

Questions?

Email: like@indieflix.com

Website: www.TheLikeMovie.com

Call: 323 940-3549

Computers, Laptops, Tablets

- Run a hard drive search for inappropriate pictures/videos
- Google Safe Search is set to 'ON'
- YouTube Safety Mode is set to 'ON'

iPhones, iTouches, iPads

- Passcode Lock enabled (Parent has code)
- Restrictions enabled
 - Ratings set for appropriate content
 - In App Purchases set to 'OFF'
 - Location Services disabled for Camera
- Mobicip Browser is installed and enabled (Safari is disabled)

Social Media

- Parent has ALL User Names & Passwords
- Instagram
 - Photos Are Private = ON
 - Review photos posted
 - Review comments made on photos
- Snapchat
 - Who Can Send Me Snaps = My Friends
 - Who Can View My Story = My Friends
- Ask.FM is not Being Used
- KiK is not Being Used

Monitoring Software

- TeenSafe for iPhones
- My Mobile Watchdog for Android phones
- Circle by Disney to manage internet activity for all devices in the home using WiFi

Need help with these settings? Contact Us! Cyber Safety Consulting

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The District 181 Foundation is an independent non-profit organization dedicated to inspiring community involvement, pride, and support for the exceptional education provided to all District 181 students.

The District 181 Foundation Offers Special Programs for Students, Teachers and Parents.

- Encouraging creativity and innovation.
- Bringing experts to our community to educate and inform on topics in learning, child development and parenting.
- Empowering students to make their school, community, environment or the world a better place.
- Enhancing the curriculum for all schools in ways that could not be achieved with tax dollars alone.

Join Us

The District 181 Foundation is composed of community members who want to enhance the educational experience for the children in our community. We are actively engaged with educators throughout District 181 to help fund new and creative learning opportunities. If you would like to learn more about volunteering and getting involved with the Foundation, please contact us by emailing mcooper@d181foundation.org.



Upcoming Events 2019-2020

Date	Time	Event
Oct 6	8:30am	Rotary Run Charity Classic at The Community House
Oct 16 -19	All Day	Art for Education – Art Sale at Boulevard Fine Art
Oct 22	9:30am 7:00pm	Community Speaker Series: Stixrud & Johnson “The Self Driven Child”
Nov 19	7:00pm	“Talking to Your Child about Consent” –Robert Crown Program for K-4 Parents
Nov 20	9:00am 10:30am 7:00pm	“Talking to Your Child about Consent” –Robert Crown Program for K-4 Parents
Feb 5	9:30am 7:00pm	Community Speaker Series: “Screenagers Next Chapter” with Delaney Ruston
Feb 27	6:00pm	Young Writers Night
Mar 10	6:00pm	Summer Camp Expo
April 21	7:00pm	Community Speaker Series: “How to Raise Empathic & Resilient Kids” Katie Hurley
April 22	9:30am	Community Speaker Series: “How to Raise Empathic & Resilient Kids” Katie Hurley
April TBD	6:00pm	Science Night
May 12-15		D181 Student Art Exhibit at The Community House
May 18*	6pm	Recognition Reception at CHMS

*Tentative Date Not Yet Confirmed

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District 181 Foundation



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“Tell me and I forget,
teach me and I may remember,
involve me and I learn.”

- Benjamin Franklin



Simply Put...

Thank you to all of the teachers, administrators,
and volunteers in the Hinsdale School District
for their dedication and their leadership through example.

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The Community Speaker Series

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District 86 and District 181
with the support of the
District 181 Foundation and The Community House

2019-2020

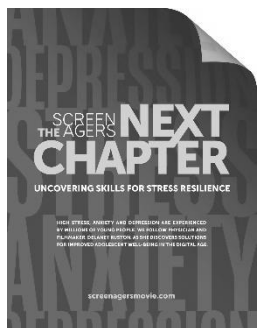


Dr. William Stixrud and Ned Johnson **The Self-Driven Child**

October 22, 2019, 9:30am - 11:00am

October 22, 2019, 7:00pm - 8:30pm

Location: The Community House



SCREENAGERS Next Chapter: **Uncovering Skills for Stress Resilience**

Documentary Film and Discussion **with Dr. Delaney Ruston**

February 5, 2020, 9:30am - 11:30am

February 5, 2020, 7:00pm - 9:00pm

Location: The Community House



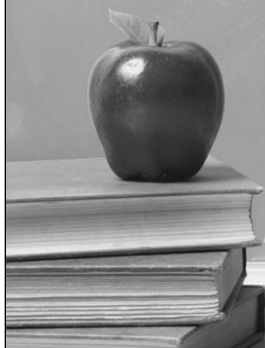
Katie Hurley, LCSW **How to Raise Empathic & Resilient Kids**

April 21, 2020, 7:00pm - 8:30pm

April 22, 2020, 9:30am - 11:00am

Location: The Community House

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Being a true community bank means doing our part to give back to the local charities and social organizations that unite and strengthen our communities. We're particularly proud to support the District 181 Foundation and its dedication to inspiring community involvement and support for creativity, innovation, and excellence in education for all District 181 Students.



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