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**BOARD OF EDUCATION AND COMMUNITY
DIALOGUE
OF THE BOARD OF EDUCATION
Maxfield Education Center
32789 W. Ten Mile Rd.
Farmington, MI 48336
Tuesday, March 14, 2023
6:30 PM**

AGENDA

- I. **CALL TO ORDER**
 - A. Roll Call
 - B. Pledge of Allegiance
 - C. Approval of the Agenda
- II. **PUBLIC COMMENTS**
- III. **TABLETOP QUESTIONS & DISCUSSIONS ON SOCIAL MEDIA:
INFLUENCE ON THE ADOLESCENT BRAIN**
- IV. **ADJOURNMENT**

****PUBLIC COMMENTS** are intended to provide individuals an opportunity to address the Board of Education. In the interest of fairness, the Board requests each speaker to limit his or her comments to three (3) minutes.*

***ANY PERSON** with a disability who needs accommodation for participation in this meeting should contact the Superintendent's office at 248-489-3338 at least three (3) business days in advance of the meeting to request assistance.*

***ALL MEETINGS**, with the exception of closed sessions, are open to the public. Regular Board of Education meetings and most pre-meetings of the Board of Education are cablecast live on TV10.*

The official minutes of the Board of Education are stored and available for inspection in the Lewis Schulman Administration Building of the Farmington Public School District.



BOARD OF EDUCATION

community dialogue

SOCIAL MEDIA

Influence on the Adolescent Brain

Get to know your school board members during this important community dialogue.

Tuesday, March 14

6:30–8:30 p.m.

Maxfield Education Center • 32789 W. Ten Mile Rd., Farmington

Space available for 60 participants.

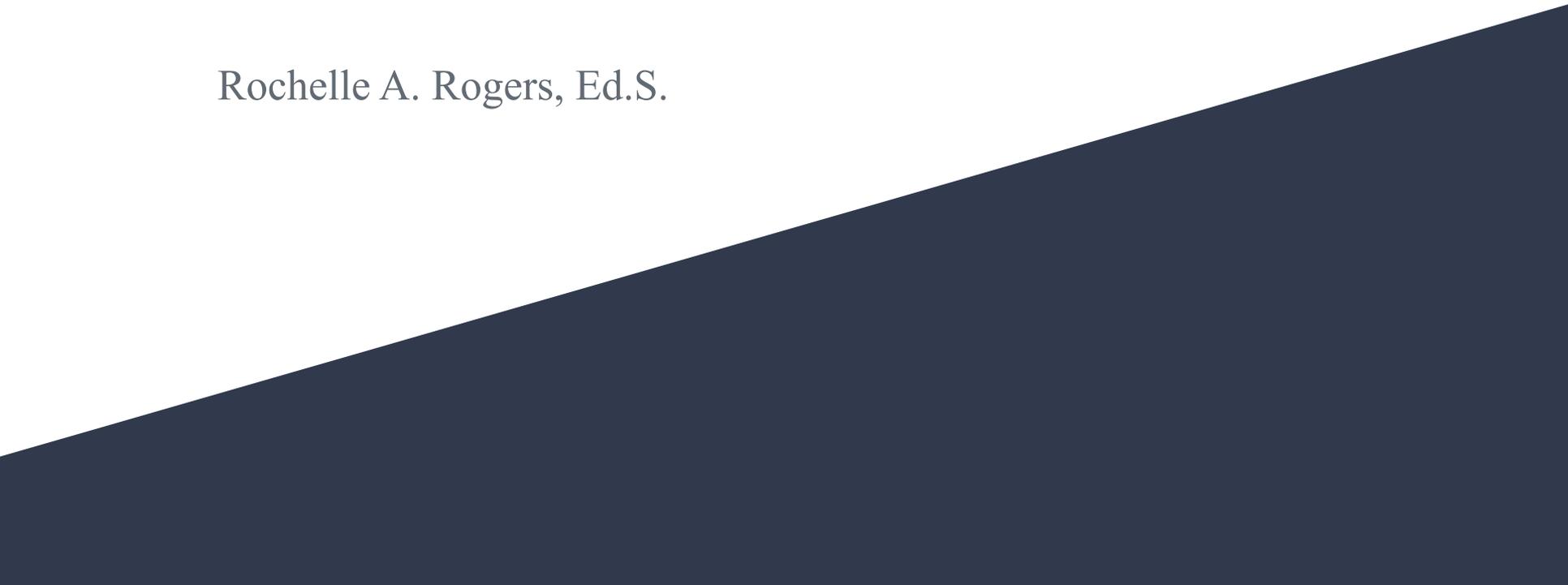
Please register by filling out this Google form: bit.ly/boardcommdialoguereg

*Sponsored by the FPS Board of Education
Community Engagement Committee.*



Social Media and the Adolescent Brain and Implications for School and Life

Rochelle A. Rogers, Ed.S.

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It is important for students and parents to know the implications of social media use.

Initially the topic of Social Media was small in my Topics in Psychology class. However as the research has grown and social media use has increased exponentially it has become a much larger unit.

Areas of interest:

- Dopamine Rush and Addictive Nature
- Amount of Time Spent on Social Media
- Feelings of Depression After Viewing Social Media
- Consequences from Social Media Gone Wrong

How social media
works on the
brain.....

The dopamine rush

“Social Media Platforms drive surges of dopamine to the brain to keep consumers coming back over and over again. The shares, likes and comments on these platforms trigger the brain’s reward center, resulting in a high similar to the one people feel when gambling or using drugs.”

Dr. Nancy Deangelis

CRNP, Director of Behavioral Health

Why Teens Are Particularly Vulnerable

Adolescence is the second biggest period of growth in the brain. Because teens' brains and social skills are rapidly developing, they are particularly susceptible to the addictiveness of social media.

“The overuse of social media can actually rewire a young child of teen's brain to constantly seek out immediate gratification, leading to obsessive, compulsive and addictive behaviors (DeAngelis).

This is what can make mental health disorders such as anxiety, depression, ADHD and body dysmorphia worse.

Amount of Time Spent on Social Media is often close to that of a full time job.

Real Research News did a survey on teenager's use of social media and they found that **38.16% of teens Spend Over 5 Hours on Social Media Daily.**

What are the implications of spending this much time on social media?

There are simply not enough hours in the day for students to go to school, play a sport, do homework, study for tests AND spend several hours a day on social media.

Students don't recognize how much time they are actually spending and they often feel overwhelmed, anxious and are exhausted. All of these things affect their mental well being.

How do you know how much time they are spending?

Have your student look up usage on their phone.

Go to settings, screen time and then see all activity you can choose daily or weekly.

This is a great activity when it is presented in a non-punitive way. If you start out asking students if they are tired, overwhelmed or have anxiety from not being able to complete everything have them look this up. Relate it to a full time job. Do they have time to work 30 hours a week? They quickly realize that this is a problem.

Time management is one of the biggest predictors of achievement and success.

Students often believe they are studying for 3 or 4 hours for a test. What they fail to take into consideration is that much of the time they are sitting at their desk or at the dining room table they are not studying.... They are on Instagram, Snapchat, Twitter and TiK Tok.

What is a strategy to get your students to put the phone away until their tasks are done?

SUPER TIME!!!

Have students put their phone away in a special spot until the task is completed! I often have kids text me that they did “Super Time” and they got everything done and went to bed early! This is an important lesson in delayed gratification.

Depression As A Result of Social Media Usage.

There are several videos and articles on this and the key takeaway is that teens especially need to realize they are watching someone else's highlight reel. Very often these images are edited, enhanced and embellished. The postings of other teens leads them to believe that in order to have this type of popularity or likes they need to look a certain way or possess certain things. They don't recognize that many influencers full time job is cultivating a specific image. Social media can also highlight differences in socio- economic status. For example, if teens see that some peers are on a luxurious vacation and they are staying at home over break this highlights the disparity in wealth.

“Why Americans Teens Are So Sad” –A recent article in The Atlantic, by Derek Thompson lists out social media as two of the main reasons.

Thompson’s article reports that one third of teen girls said, “ Instagram made them feel worse”, even though these girls “ feel unable to stop themselves from logging on.

Cambridge University looked at 84,000 people of all ages and found that social media was strongly associated with worse mental health during certain sensitive life periods, including for girls ages 11-13(Thompson, 2023).

The second reason Thompson sites as a reason for depression is that sociality is down. Instead of spending time with friends, or sleeping or doing something beneficial students are on social media.

Consequences from Social Media Gone Wrong

This is something that I think is imperative for students to recognize. We all have heard about Harvard rescinding several acceptances due to students inappropriate social media and chat room discussions.

Adolescence is a time where teens are figuring out their identity- who they are, who they want to be and what are the things that are important to them. It is very easy to have a mishap on social media. They can like something, repost something that lacks sensitivity and then they can be branded in a certain light.

In today's cancel culture, social media posts can have huge impacts on teens. They are simply not equipped to handle some of the repercussions and responsibilities that an inappropriate post can bring.

Research shows that someone can form an opinion about someone by looking at their social media for less than 90 seconds.

In class I have students do checks on each other's social media and I also share both my personal and professional social media as well as several friends of mine. They look at other's social media and determine what they should or should not post.

We also look at students and adult professionals who have had severe consequences as a result of a post.

This is a great activity to do as a family and look at the social media of others. If you ask them what they think about what a person is trying to convey it helps them realize the impression they are cultivating.

Resources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6739732/>

<https://www.jeffersonhealth.org/your-health/living-well/the-addictiveness-of-social-media-how-teens-get-hooked#:~:text=%E2%80%9CThe%20overuse%20of%20social%20media,ADHD%20and%20body%20dysmorphia%20worse.%E2%80%9D>

<https://pedimom.com/why-teens-are-addicted-to-social-media/>

<https://childmind.org/article/is-social-media-use-causing-depression/>

<https://www.theatlantic.com/newsletters/archive/2022/04/american-teens-sadness-depression-anxiety/629524/>