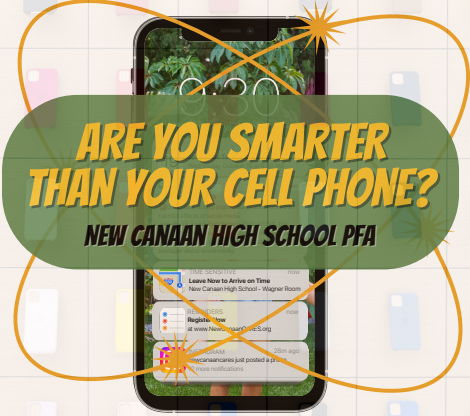


new canaan CARES



**ARE YOU SMARTER
THAN YOUR CELL PHONE?**
NEW CANAAN HIGH SCHOOL PFA

*Featuring Dr. Frank Bartolomeo, Ph.D., LCSW,
Senior Clinical Advisor of Adolescent Services, Silver Hill Hospital*

GUIDING PRINCIPLES

- # What you do is more powerful than what you say
- # Connect before you correct
- # Approach with curiosity, don't judge
- # Ask before offering suggestions
- # Tolerate not having all the answers

To learn more visit:
www.newcanaancares.org

REMINDERS

BECOME AN ACTIVE USER

- # #DetoxYourFeed
- # Permission to Snooze, Pause, or Delete
- # Turn off notifications
- # Create boundaries, even on social media

BUSINESS OF SOCIAL MEDIA

- # Check your sources
- # Everyone only shows their highlight reel
- # Personal Branding is now prevalent
- # Watch Fake Famous
- # Brain Hacking is the application of techniques and/or technologies to affect an individual's mental state

BY PRODUCTS OF SOCIAL MEDIA

- # Influencers are not experts
- # Body Image and Self-Esteem
 - Body image issues are not gender specific
 - Dove Self-Esteem films on YouTube
- # Find the fun
 - Use social media to your advantage
 - Change your mood by seeking out content that makes you laugh, relax, or find joy
 - Learn a new skill or explore a new hobby