



**MEETING NOTES ~ April 3, 2019**

**Community Support Network Partner Meeting**

3:30 to 5:00 pm ~ Gene Albaugh Community Room at the Madelyn Helling Library

3:20 **Attending CSN Partners** – 26 attended (15 filled out evaluation forms) including: Cindy Wilson, NC Public Health; Jolene Hardin, Young Parents Program; Shera Banbury, Mental Health Advisory Board; Nohemi Meade, NCSoS; Cathy Collins, CASA; Tim Collins, CASA, Chuck Coovert, Kiwanis; Dan Petric, Mountain Valley; Craig Terry, CBV; Mary Mackintosh, CORR; Cheryl Morris, CASA; Karen Poskus, CASA; Nicola Baldwin, Sierra College; Char Weiss-Wenzl, Nevada County Public Health; Dena Malakian, The Friendship Club; Joette Collier, Foothills Truckee Healthy Babies; Laura Harter, PARTNERS FRCs; Lindsay Dunkel, First 5 Nevada County & CSN-CAPC Board; Lisa Nowlain, Nevada County Library; Lourdes Vose, SNCS & CSN-CAPC Board; Madelyn Johnston, Community Beyond Violence; Marina Bernheimer, CANC & CSN-CAPC Board; Morgan Welty, NCSOS; Ned Russell, Got 40? & CSN-CAPC Board; Paul Platner, community member; Schuyler Bright, Holistic Trauma Recovery

3:30 **Welcome & Introductions** – Ned Russell, Got 40?, and CSN-CAPC Board Member

3:35 **Meeting Minutes** Accepted minutes from March meeting

3:40 **40 Developmental Assets** – Ned Russell of Got 40?  
Developmental Asset #18 – Child & Youth Programs – details on last page of the minutes

3:45 **Meeting Focus** – *Youth Safety & Social Media*  
Speaker: Officer Zack LaFerriere, Grass Valley Police Department for 13 years.  
Technology for children is a double-edged sword - great power, but potential to damage. Presentation allows people to be a net-savvy parent (parent used broadly here); enables you to talk with kids about technology; agree on a plan for kids; know how to protect your devices and your children's devices.  
April is Child Abuse Prevention Month. Two ways we can help prevent child abuse: being knowledgeable ourselves, and supporting youth in wise and safe use of social media.

41% of teens report a negative experience on social media  
25% say that a post led to a face-to-face argument  
13% of teens said they felt nervous to go to school the next day

**CSN Vision Statement**

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## The Tech-Saturated Child - 12-17 years old

95% use the internet

78% have cell phones, 80% of those admit they sleep with their phone

58% say someone has said something hurtful to them online

### CELL PHONES

**Benefits** of child cell-phone use: constant contact, GPS tracking, emergency contacts

**Concerns:** Safety (text messages include location data; 92% of teens share their real name, 91% real photo); Overuse & addiction; Distraction from school & relationships; privacy concerns (who is your child interacting with online)

- Sexting (sending someone sexually explicit photographs or messages via cell phone). Jessica Logan - advocate against sexting who had been a victim of sexting who committed suicide as a result of ex-boyfriend sharing sexually explicit pictures of her.  
30% of young people report being involved in some type of naked sexting, 17% admit they've shared the received photo. Must talk with kids about their digital footprint. Snapchat "self-destructs" but people can do screen shots. SnapMap is an app that shows you where all your friends are (can turn on and off, but if activated, broadcasts your location).
- Teens use an app that looks like a calculator and hides your photo vault from parents.
- Tinder has a dating app for teens - lots of one-night stands, known for "hook-up" culture - called Spot-a-Friend or Yolo for teens.
- Musical.ly - short music videos on Tic Toc. All about popularity - chemistry of the reward center of our brains fires off and drives even more interaction this way. Make sure you download the app if your child does and have access to what they are posting.
- Teens are driven by popularity, fear of missing out. Office Zack says "Make sure that your child understands that his or her worth is not, and cannot be, dictated by the number of likes or followers he or she has."
- Whisper is anonymous platform, reveals user's location (town name); predators have been known to use it to contact victims. Zack showed local memes from Whisper that were all cries for help, anonymously.

### TO DO LIST FOR CHILD WITH CELL PHONE

Set a passcode that you and child both have, configure privacy settings, disable cell phone camera GPS capabilities, sign child-parent phone agreement (<http://www.gvpcd.net/parentu/> to download). Send your kid messages of love and affection (this is how they communicate, few parents do this). Set up a family service and customize settings for your child.

### INTERNET

Facebook, Pinterest, Instagram, Twitter, Google+ - billions of users

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9 of 10 teens have used social media  
33% of teens have as a “friend” people they’ve never met in person  
60% of teens set Facebook to “private” - need to get to other 40% of them  
88% say they’ve shared too much  
21% feel bad about their own life as a result of social media  
(studies show the more time people spend on social media, the less happy they feel about their own life overall - and about their school work, school, family, appearance.)

Showed video “#BeingThirteen” from CNN that paints a picture of impact of social media on eighth graders. Constant comparisons to others, obsessed with their self-image. Big takeaway: the negative effects of social media are mitigated by a parent trying to be involved, monitoring, asking questions about what’s happening on social media account, showing that you care.

Resources - all available at <http://www.gvpd.net/parentu/> including social media agreement between parent and child with agreements on what they will access and post and that you may access - and suggested consequences.

#### VIDEOGAME CONSOLES

Xbox, Playstation, Wii - all connect live with other people all over the world, download apps, access the internet. You can restrict games and content; use a family timer (daily/weekly - set limits and then it locks), disable Xbox Live access; control text, video, chat functions; control web browser.

Grand Theft Auto - best seller that is rife with killing, theft, violence, sex, active shooting, illegal activity. All video games have ratings - see if they align with your morals.

TO DO LIST: talk with your child about how they are using their video game console, set usage parameters, use parental controls.

#### PORNOGRAPHY

This is in your face and pops up even when we aren’t expecting/looking for it. one way to control this is by using OpenDNS - a service with extends the Domain Name System by adding additional content filtering to traditional DNS service. Accounts are free - you lock down your router so that it acts as gateway to the internet at your house and no one using technology at your house can access things you’ve blocked.

“SCREENS” - Many families use this as a check on phone activity - when you say it, everyone has to turn their screen to you. If they do something to it first, they lose it for an hour (for instance) - it is a household agreement. Tell your children that it is because you love them and want to keep them safe that you search their phones and monitor their technology use.

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Audience questions: is predatory behavior online a local threat? Yes, teens agree to meet a stranger and get raped; predators getting naked photos of teens and sharing them. Officer Zack has seen if many times.

4:50

**Network Announcements and Meeting Evaluation** – April 9 at 9 a.m. - wear your “And How Are the Children?” t-shirt and come to the BoS for Child Abuse Prevention Month presentation by Marina Bernheimer on behalf of CAPC.

- Sean Manchester, director of special education and student services at NJUHSD, was killed in a kayaking accident on Sunday - a gofundme link is on the NCSoS Facebook page as well as a meal train to help his wife and two young children.
- Sierra College hosting immigration legal help clinic on Thursday, May 2.

5:00

**Adjournment** – Next meeting May 1, 2019, Gene Albaugh Community Room, at the Madelyn Helling Library.

***2019 CSN Partner Meeting Dates ~ January 2, February 6, March 6, April 3, May 1, June 5, July & August-hiatus, September 4, October 2, November 6, December-hiatus***

### **Community Support Network of Nevada County Meeting Agreements**

- Make decisions by consensus.
- Create an atmosphere of mutual respect that includes active listening and listening without judging.
- Start and end on time.
- Maintain a sense of humor and a positive attitude.
- Bring concerns to the whole group. Don't take them to the parking lot after the meeting.
- Set up the room in an inclusive way.
- Take responsibility for a task only if you have the time to accomplish it.
- Everyone is empowered to be a process observer and take ownership for the health of the meeting and is responsible for the health of the whole meeting.
- Be sensitive to others' need for more information. Make sure everyone understands.
- Be careful of injecting your self-interest and label it as such. Be able to layout your agency's interest and be open to other's interests.
- Meetings are meaningful and have a shared purpose.
- This is a living document and can be changed as needed.

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### **Developmental Asset #18 – Child & Youth Programs – April 3, 2019**

Young person spends time each week in sports, clubs, or other organizations at school and/or in the community – at least once/week, 3+ hours/week for older youth.

Kids need engaging activities that are fun, educational, developmentally healthy, away from electronics and social media, and minimize any tendency to hang out with other kids who also have nothing to do. Now is a good time for parents to seek out and plan for youth summer activities, ones that meet a known interest, or a variety, one of which may become a lifelong passion.

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Structured activities are best with adult guides/mentors/role models, rules, cooperative teamwork

- Volunteering, when organized well, can provide the same benefits as costly programs
- Selected activity can often boost other assets: Asset #3 Other Adult Relationships; Assets #14 & #15 Adult & Peer Role Models; Asset #17 Creative Activities – for example, a dance production; Asset #26 Caring – fund raising or donation drive, yard sale, mentoring younger youth
- Teamwork & passion can boost Assets: #27 Equality & Social Justice; #32 Planning & Decision Making; #33 Interpersonal Competence; #34 Cultural Competence; #36 Peaceful Conflict Resolution; #37 Personal Power, #38 Self Esteem, #39 Sense of Purpose, #40 Positive View of Future

To learn more about the 40 Developmental Assets (Got40?) call: 530-271-5617 or  
email: NedRussell@pacbell.net

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