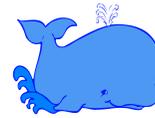




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Tech Tip-To support your family's physical & mental wellness

Over the past two years the words, “health, safety, mental and social wellbeing” has taken on an entirely different meaning for us. Taking care of our families and children day to day has impacted the way we look at what’s going on the social media platforms. Children, pre-teens and teens unfortunately cannot make their own mistakes without being judge by the world. Mistakes that once taught lessons can now cost their friends, college scholarships most importantly how they recover from such devastation. While not all is negative on social media, it has presented many more platforms for kids to share how lonely, bored, bullied, and afraid they are. Enabling individual, the opportunity to take advantage of our youths.

How many “likes” would you give raising your kids in the age of social media? Can they spell, speak in full sentences, have an interview face to face with mutual dialogue?

Many apps have been created to monitor your child’s social media activity. A fan favorite between parent groups is the OurPact app, which acts as a monitor to mirror what the child does on their screens. If a Child opens Instagram and sends direct messages to friends, the parent will know and see exactly what they sent. OurPact app concept allows for open honest conversation. Helping to create an additional bond between parent and child while teach responsibility of social media etiquette. The child understands the app is an actual “pact” between them and their parent to have view of their social media content. The app has also helped parents report content in real time that is being funneled which could be deemed not age appropriate or harmful. On the flip side it will allow the parent to report/DM to another parent if a child is reaching out for help via social media.

Resources: Education Weekly: Tech Tips & USA Today