



MASSACHUSETTS SCHOOL
ADMINISTRATORS' ASSOCIATION



An MSAA Professional Development Workshop for: All PreK-12 Educators

The Effect of Social Media on Anxiety and Depression



**Featuring Ribas Associates Presenter:
Jane Hardin**

Wednesday, January 23, 2019
at the MSAA Office, Franklin

Sign-In: 8:00am-8:30am
Workshop: 8:30am-3:00pm

PD Hours: 6
Content Area: *Safe and Supportive
Learning Environments*

Fees: *Member \$215 / Non-Member \$285*

MSAA Contact: pd@msaa.net

This workshop will examine the questions:

- How much screen time is too much screen time?
- Does social media impact Anxiety, Depression, and School Violence?

Those in attendance will be provided with research on the impact of social media on student’s anxiety and depression. We will discuss methods and strategies to help children and teenagers increase their awareness of how to control screen time (taming the screen dragon). We will learn about the work of Nicolas Kardaras, author of *Glow Kids: How Screen Addiction Is Hijacking Our Kids-How to Break the Trance*, and helpful websites such as *Raising Digital Natives*. We will learn about the Center for Mental Health and Media at MA General Hospital and the work they are doing to increase awareness of the influence of social media on children and adolescents.

We will also examine some of the apps that are often used to hide negative communication or bullying on student’s phone and how parents and teachers can be alert to some of these.

Jane M. Hardin is the head of Ribas Associates Department of Special Education. During her time as a Special Ed teacher, her program was selected as an exemplary model by the National Council for Exceptional Children. She serves on the Massachusetts Council for Exceptional Children. Jane is the author of the books *Social-Emotional Learning in the Classroom* and *Social-Emotional Learning in the Home 2018*. She holds a master’s degree in Special Education, with advanced training in differentiated instruction and language disabilities.

[Register online at www.msaa.net](http://www.msaa.net)

LEADERSHIP MATTERS

MSAA | 33 Forge Pkwy | Franklin, MA 02038 | 508-541-7997

