



MARCH



IT TAKES DISCIPLINE NOT TO LET SOCIAL MEDIA STEAL YOUR TIME. – ALEXIS OHANIAN



In a recent survey, 31.12% of respondents reported missing school time to play Fortnite, a popular online survival action game.

-<https://lendedu.com/blog/finances-of-fortnite/>



Researchers found that teens who see pictures of other teens getting drunk, passed out, or using drugs on social networking sites, are three times more likely to use tobacco, three times more likely to use alcohol, and four times more likely to use marijuana.

- National Survey of American Attitudes on Substance Abuse XVI



Children who use social media for more than five hours a day are almost 70% more likely than average users to go to sleep late, which puts teenagers at risk of poorer academic outcomes and emotional well-being.

-Millennium Cohort Study, School of Psychology, University of Glasgow



HELPFUL RESOURCES



<https://www.netsmartz.org/internetsafety>

NetSmartz offers numerous articles, videos, games, and other materials on Internet Safety.

<https://www.common sense media.org/>

Common Sense Media features very current information on Internet Safety and other types of media for both parents and teachers.

<https://www.fbi.gov/resources/parents>

Advice and information for parents on how to protect your children from both online and offline dangers.

Upcoming Parent Presentations:

Social Media – Tuesday, March 26th @6:00pm – Cape Coral High School

Social Media - Monday, April 8th @6:00pm – Varsity Lakes Middle School

Alcohol Awareness – Tuesday, April 9th @6:00pm – Cape Coral High School

Alcohol Awareness – Monday, May 13th @6:00pm – Varsity Lakes Middle School