

OCTOBER MTSS FOCUS

What is MTSS?

CUSD is making a commitment to increase the social emotional, behavior, and academic support for all of our young people. We call this focused approach to organizing and providing support: "Multi-tiered System of Supports" or "MTSS."

MTSS Focus for October:

Appropriate Use of Social Media

For the month of October we are emphasizing the importance of appropriate use of social media as part of our "social emotional" support for all students.

Did you know that teenagers (age 13-18) use an average of 9 hours of media entertainment (including social media) per day?¹

Did you know that teenagers check their phone an average of 157 times per day?²

Family Resources

The following articles, videos, and resources are available for your family to learn more about the appropriate use of social media for students. Below are samples of resources available for families:

- Article: [What Parents Need to Know About Social Media and Anxiety](#)
- Article: [Technology Addiction](#)
- Article: [Chatting with Kids About Being Online](#)
- Article: [Technology Addiction: Concern, Controversy and Finding Balance](#)

Parenting Workshops for October

To support our families and provide parenting strategies to build healthy relationships with their children, we are offering the following parent workshop during the month of October:

Social Media and Internet Safety Workshop - October 18 from 9-10 am at the District Office in Training Room #3

Presented by Western Youth Services (WYS), this workshop covers the basics of how to talk to your kids about responsibly using the internet. Throughout this presentation, you will become familiar with the proper freedoms and limitations your kids should be granted, depending on their ages, when both you and they decide that using the internet should become a part of their life. Along with advice to give to your children, this presentation also offers you knowledge about different forms of communication online, such as social media, and common technical jargon associated with the various activities your kids might participate in. This comprehensive presentation will give you the proper tools to ensure that your children's online browsing remains safe!

Please RSVP [HERE](#)

References

1. [Social Media Week](#)
2. [Common Sense Media](#)