

Support Services January Newsletter



Creating Positive Digital Citizenship

In January, the SUSD SEL topic of focus is Digital Citizenship, which teaches students how to **responsibly navigate online activity**. Lessons have been offered to all students on topics such as **communicating respectfully online, being responsible consumers of online content, and contributing positively to online communities**. These lessons have been created by utilizing a leader in Digital Citizenship education- Common Sense Media. Common Sense offers videos, family worksheets, and teacher lesson plans to help youth build positive digital reputations.

Common Sense also **provides ratings for movies, books, apps, tv shows and games to let parents know how appropriate content is for young viewers**. Each offering is ranked on relevant criteria such as how positive the role models are, how much violence there is, what type of language is used, and if there is drinking, drugs, and/or smoking.

To explore Common Sense's rankings and to access these FREE resources, please visit <https://www.commonsensemedia.org/>

January Community Resources

SCOTTSDALE UNIFIED SCHOOL DISTRICT

CYBER SECURITY FOR PARENTS

Offered by the Attorney General's Office

JANUARY 21ST AT 6-7:30PM

English: <https://azag.webex.com/azag/j.php?MTID=m7e4adc77dd41c30be5edf6c00b0d8d4d>
Password: CyberSafe2020

Spanish: <https://azag.webex.com/azag/j.php?MTID=ma8f14dd01e1da281881f218f9f270391>
Password: Seguridad2021

This presentation will cover a wide range of topics such as cyber bullying, sexting, and online predators. It will inform parents about popular social media platforms and tips on keeping kids safe online. With the increased amount of time we are all spending on our screens, it is a crucial time to be aware and educated.

January 21st at 6PM, the Attorney General's Office will present virtually on the topic of Online Safety. This presentation will cover a wide range of topics such as cyber bullying, sexting, and online predators. It will inform parents about popular social media platforms and tips on keeping kids safe online. It will also encourage parents to communicate the dangers of talking with people online, to their children. With the increased amount of time we are all spending on our screens, **it is a crucial time to be aware and educated.** This will be presented in English and Spanish.

The link for the English presentation is:

<https://azag.webex.com/azag/j.php?MTID=m7e4adc77dd41c30be5edf6c00b0d8d4d>

Password: CyberSafe2020

The link to the Spanish presentation:

<https://azag.webex.com/azag/j.php?MTID=ma8f14dd01e1da281881f218f9f270391>

Password: Seguridad2021

Teen Lifeline: January can be a stressful time of year. Now that the holiday season is done, getting back into the groove of life can feel overwhelming. Whether you are doing school online or on campus, we want you to remember you are not alone. Our school community is here to help you. You can also reach out to **Teen Lifeline's confidential hotline by calling or texting the number on the back of your ID.**

Teen Lifeline's texting hours have been expanded. Teen Lifeline is also available to parents and other adults who are in need of resources for their children. The following are our new hotline hours.

Teen Lifeline: call/text 602-248-8336· Calling remains available 24/7.· Texting available extended hours 12 pm-9 pm on weekdays and 3 pm-9 pm on weekends. Peer counselors are still available from 3 pm to 9 pm every day.

How Do I Get My Kids to Put Down Their Phones?



Staying in touch with friends is a normal part of a kids growing up process. However, if cell phone use is getting in the way of family time, homework, and other responsibilities, it might be time to help your student manage their phone time.

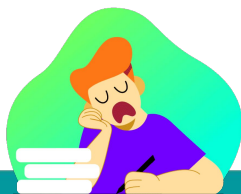


- **Help kids find space for face-to-face conversations:** Put phones down during key conversation times such as dinner or car rides. Or create a cell phone “parking lot” that you, and all family members “park” your phones in during key family time.
- **Model the manners and behavior you want to see:** Avoid texting in the car. Consider narrating your phone use ("I'm looking up directions to the party") so young kids understand the utility of the device. Make sure to excuse yourself if you have to interrupt a family moment to attend to your phone.
- **Charge kids' phones in your room at night:** Removing their phones can give kids a needed break.
- **Establish consequences for problematic phone use:** If your kids are having trouble putting the phone away when you ask or are engaging in other problematic phone-related behavior, consider instituting temporary time or location limits. Some wireless carriers offer parental controls that let you set daily phone-use limits, and some apps can disable your kid's phone when he or she hits a limit.



Article adapted from:

<https://www.common sense media.org/cellphone-parenting/how-can-i-get-my-kids-to-put-down-their-phones>





Happy 2021! I am **Leslie Rold**, a Counselor in the district. I am also so lucky to be the Naviance liaison for SUSD! We are so fortunate because **Naviance is the most respected college and career software program out there**, and there are endless activities and resources for all students. For example, **if you are a high school student applying for a job, you can make a resume so easily by choosing an already-made template!** Or, if you are a junior starting to plan for college, **you can search any college in the country and find out everything you would want to know**...acceptance rates, what the weather is like and how many students from your school may have gone there. For students who are already dreaming about possible career paths, **you can link interests to career options and even see estimated salaries for different jobs**. I am here as a resource and you can **contact me at lrold@susd.org**. I will continue to send you features about Naviance in newsletters to come!



List of Parent apps for Tracking Student Internet Use

4 Apps to help parents monitor their kids online

- **Find My Kid** - available for iOS, Android. Download for free. Has in-app purchases available.
- **Bark** - available for iOS, Android, Amazon. Free trial but requires a monthly fee after trial ends to continue using.
- **Mobicip** - iOS, Android, Windows, macOS, Kindle, chromebook. Requires a monthly fee. Offers a variety of plans.
- **Mamabear** - iOS, Android. Free version plus subscription level pricing for ad free and additional features.

This is a partial list of parental app trackers. SUSD does not endorse or recommend any of these services. This list is for your convenience and a place to start to research if a parental app tracker is right for your family.

January SEL Focus is Digital Citizenship



What is Digital Citizenship?

Being a good digital citizen is more than knowing your way around the web. It's about **empowering students with the skills to think critically, behave safely, and participate responsibly online**, allowing them to connect and collaborate in meaningful ways. Digital citizenship prepares and strengthens through teaching: **internet safety, privacy and security, relationships and communications, cyberbullying and digital drama, digital footprints and reputations, self-image and identity, information literacy, and creative credit and copyright.**

From Common Sense, a Digital Citizenship lesson: [Digital Citizenship Lesson - Bing video](#)



Online Safety Activities to do with Your Kids



Everyone is spending more time at home and on devices. It is important that kids and adults know how to stay safe online and while using those devices. Here are some things you can do as a family to help ensure safety with devices:

- **Create a family agreement** - Start discussing as a family how to use all of you use the internet and how to use it positively.
- **Have a conversation** - there are many ways to socialize, play, interact and so much more online. Be willing to have conversations around using different parts of the internet.
- **Set up or review parental controls** - These are used to help protect your children against inappropriate content online for various reasons.
- **Get creative** - there is no one way to ensure your child's safety online or how a family chooses to use the internet and devices. Create something that works for your family.

Follow the link for age appropriate activities to do with your children to teach device and internet safety!

<https://www.childnet.com/resources/online-safety-activities-you-can-do-from-home>





Helpful Apps to Boost Mental Health



Headspace: provides a WIDE variety of meditations, sleep, and movement exercises to help you out, however you are feeling. Helps reduce anxiety and stress and improve attention and awareness. Free content.



Calm: includes free meditations for stress, sleep, AND has meditations for kids.



Breathe2Relax: free, designed by the National Center for Telehealth and Technology to teach breathing techniques to manage stress.



Happify: provides science based activities and games that are meant to reduce stress, build resilience, and overcome negative thoughts.



MoodPath: personalized mental health companion, that "learns" from your responses and generates insights and provides resources most relevant to your emotional health.



MoodTools: a self help app targeting depression. Provides psychoeducation about risk factors, a thought diary, a suicide safety plan, and videos.



PTSD Coach: self help app from the National Center for PTSD provides education, assesses PTSD, and offers easy to understand tips to manage common PTSD symptoms, and offers additional treatment resources.



Quit That!: free app that helps users beat their habits or addictions. A recovery tool to track and monitor your progress.



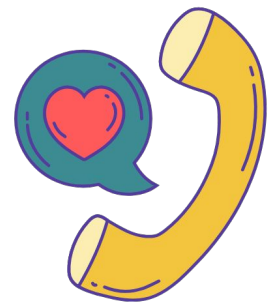
Medisafe: a medication reminder app

Shine: a self care app with research based strategies to help you reduce stress, boost self compassion, helps with focus and battles burnout.

Crisis Hotlines and Resources

If you or someone you know is struggling, **you are NOT alone**, reach out to a number below. Remember, you do NOT need to have a “crisis” to text or call for support. Hotlines are open to speak to anybody that may need extra support.

- ❑ **Teen Lifeline** Call 24/7 or Text (602-248-8336) *also available to parents and other adults who are in need of resources for their children.
- ❑ **Crisis Text Line** Text "Home" to 741741 to connect with a Crisis Counselor.
- ❑ **LGBT National Hotline**: 888-843-4564
- ❑ **National Suicide Prevention Hotline**: 1-800-273-8255
- ❑ **National Domestic Violence Hotline**: 1-800-799-7233 or text "LOVEIS" to 22522
- ❑ **Empact 24 Hour Crisis Line** (1-800-273-8255)
- ❑ **Scottsdale Police Crisis Team** (480-312-5055)
- ❑ **The Disaster Distress Helpline** (1-800-985-5990) or text TalkWithUs to 66746 to connect with a trained crisis counselor.
- ❑ **Arizona Food Bank Network**: Find nearby emergency food for yourself or someone you know struggling with hunger www.azfoodbanks.org.
- ❑ **Find Help Phoenix**: Find health and social services for Maricopa County residents.
- ❑ **Crisis Response Network** Call 602-222-9444 or 1-800-631-1314)
- ❑ **Catholic Charities**: 602-749-4405 Provides remote counseling services based on a sliding scale.
- ❑ **SAMHSA'S Treatment Referral Information**: 1-800-662-HELP
- ❑ **Covid Crisis Rental Assistance**: Maricopa County households experiencing financial hardship due to the COVID-19 Pandemic may be eligible for COVID Crisis Rental Assistance (CCRA).
- ❑ **Vista Del Camino** (City of Scottsdale Food Bank): 480-312-2323
- ❑ **UMOM**: <https://umom.org/find-help/>
- ❑ **Family Housing Hub**: 602-595-8700
- ❑ **Youth Resource Center** (For People Aged 18-24 Years Old): 480-868-7527



Still Struggling?

Reach out to your Support Services Team

Arcadia High School

Social Worker:

Whitney Hess, whess@susd.org

Guidance Counselors:

Kelley Ender, kender@susd.org

Ruth Hart, rhart@susd.org

Sonya Kim, skim@susd.org

Patricia LaCorte, placorte@susd.org

Cheryl Guthrie, cguthrie@susd.org

Desert Mountain High School

Social Worker:

Karey Trusler, ktrusler@susd.org

Guidance Counselors:

Michelle Okun, mokun@susd.org

Veva Pacheco, vpacheco@susd.org

Jennifer Cooper, jcooper@susd.org

Leslie Jones – ljones@susd.org

Madison Gilbreath, madisongilbreath@susd.org

Chaparral High School

Social Worker:

Leah Stegman, lstegman@susd.org

Guidance Counselors:

Keri Board, kboard@susd.org

Leslie Rold, lrold@susd.org

Katie Kunitzer, kkunitzer@susd.org

Janine Welch, janinewelch@susd.org

Megan Mayer, mmayer@susd.org

Dayne Davis, adavis@susd.org

Saguaro High School

Social Worker:

Mindy Hickman, mhickman@susd.org

Guidance Counselors:

LeAnne Carter, lcarter1@susd.org

Leanne DeFay, ldefay@susd.org

Katy Gerken, kgerken@susd.org

Donna Wittwer, dwittwer@susd.org

Coronado High School

Social Worker:

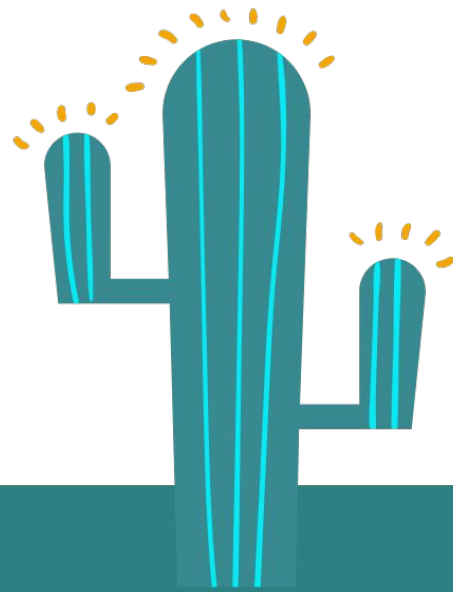
Mandy Turner, aturner@susd.org

Guidance Counselors:

Anna Huerta, ahuerta@susd.org

Nicole Tarter, ntarter@susd.org

Julie Stephan, jstephan@susd.org



Middle School Guidance Counselors

Echo Canyon

Cathy Lewkowitz, clewkowitz@susd.org

Ingleside

Aria Ham, aham@susd.org

Dana Molnar, dmolnar@susd.org

Rhonda Witherspoon,
rwitherspook@susd.org

Cocopah

Toni Rantala, trantala@susd.org

June Solod, jsolod@susd.org

Copper Ridge

Deborah Philips, dphilips@susd.org

Mohave

Lisa Balthazor, lbalthazor@susd.org

Todd Kemmerer, tkemmerer@susd.org

Desert Canyon Middle School

Nicholas Pasco, npasco@susd.org

Mountainside

Dale Merrill, dmerrill@susd.org

Robin Stieglitz, rstieglitz@susd.org

Cheyenne

Frances Lax, flax@susd.org

Tonalea K-8

Social Worker:

Sherena Small, ssmall@susd.org

Guidance Counselors:

Gail Tronzo, gtronzo@susd.org

Tammy Clow-Kennedy,
tclowkennedy@susd.org

District Support K-12

Clinical Support Coordinator:

Matthew Lins, matthewlins@susd.org

Director of Support Services

Shannon Cronn, scronn@susd.org

