



Foundations of **Family Digital Wellness**

Plenty of reports and statistics outline the potentially negative impact social media can have on children, especially teens, and their mental health. By now, many adults are not surprised when we hear the frightening numbers or multiple references to data analyses that showcase how mental health can be compromised when coupled with excessive use of technology and social media. But are kids aware of the potential harm? If so, what do they think about it?

In a **recent survey** conducted by the Boston Children's Hospital Digital Wellness Lab, 1,502 teens between the ages of 13 and 17 were asked about their general media use and its impact on their well-being. The study was a dive into how teens think about rules and guidance from their parents and caregivers and how they utilize the safety tools and features provided by online platforms and apps. So, what did they say?

Overall, the findings showed teens are savvy digital media users aware of the potential impact that digital media, especially social media, can have on their health and safety. They also generally approve of family rules for media use and understand that while social media can boost social connections, it also can negatively impact aspects of their well-being, particularly mental health. So how do we help them remain safe online?

First, it is important to acknowledge that digital technology's impact on our children can have both advantages and disadvantages. Technology itself is not inherently good or bad. Second, digital technology changes quickly, meaning our understanding of how it affects us typically lags behind, leaving us to play catchup.

Therefore, regardless of how technology evolves and the impact that may accompany the use of digital technology, it is imperative we help our children build healthy behaviors and positive interactions with the use of digital technologies.



Efforts to build a positive foundation of skills and practices can help to safeguard against potential harm and risks in the future. Even more, creating a strong foundation of using digital technology safely and positively makes it easier to sustain such behavior over time. *This is the beginning of what we call the Foundations of Family Digital Wellness.*

These skills and practices — the Foundations of Family Digital Wellness — can be used flexibly based on their individual needs and experience. These foundational skills and practices encourage users to protect themselves from digital dangers through simple and proactive actions while also shifting how they use and view digital technology.

For anyone looking to help teens and families remain safe online, starting the Foundations of Family Digital Wellness is a great first step.

To learn more about the Foundations of Family Digital Wellness and related resources, visit our website at pafsa.org/family-digital-wellness.



Child Abuse Prevention Month Recap

This past April, Pennsylvania Family Support Alliance (PFSA) hosted several activities and events for **Child Abuse Prevention Month** to raise awareness and provide education on how to prevent child abuse.

Alongside PFSA were several statewide partners, community-based organizations, legislators, individuals, and volunteers who helped make an impact throughout the month.

From planting flags at the state Capitol and honoring individuals as Blue Ribbon Champions for Safe Kids to providing an educational event and sparking a Turn PA Blue campaign for prevention, PFSA stayed active all month long in an effort to **#ProtectPAKids**.

To learn more about PFSA's role in Child Abuse Prevention Month, **visit our blog** to review our April events recap and summary.



BITSY+DESIGN

B&R
Boyer & Riffer LLC

Capital 

CEISLER 
MEDIA & ISSUE ADVOCACY

DALEYZUCKER
Attorneys-at-Law

 **THE LIBRARY**
DAUPHIN COUNTY LIBRARY SYSTEM
YOUR PLACE TO BELONG

 **graphtech**

HERSHEY
ENTERTAINMENT & RESORTS

 **JACKSON**
LAW FIRM, PLLC

LAMAR

 **McNees**

 **PENNSYLVANIA PARTNERSHIPS FOR CHILDREN**
A VOICE FOR KIDS SINCE 1992

PSECUSM

 **WATERDAY PROPERTIES**

witf 
 

Thank you to our sponsors!



Virtual

PA Child Abuse PREVENTION SYMPOSIUM

**SEPT
13**

**CLICK HERE
TO REGISTER
AT PAFSA.ORG**

Registration is now open for the 2023 PA Child Abuse Prevention Symposium.

Each year, PFSA welcomes national experts to provide engaging and innovative presentations on emerging topics related to child abuse prevention. The PA Child Abuse Prevention Symposium will be held virtually via Zoom, and all participants will have an opportunity to attend each session during the symposium.

Presenter handouts will be available for all registered participants. Additionally, all registered participants will be eligible for continuing education credits (CEUs), continuing legal education (CLEs) credits, and ACT 48 credits.

Learn more about our scheduled speakers and presentation workshops by visiting our 2023 PA Child Abuse Prevention Symposium webpage — click [here](#).

THIS YEAR'S TOPICS INCLUDE:

**How Do We Talk About
Childhood Adversity and
Prevention?**

**Practices and Resources for
Serving Kinship Families**

**Recognizing Abuse and
Interviewing "Non-verbal"
Children**

**Technology's Child: Putting
the Research on Kids and
Tech to Work for Families**

We help create happy families!

Consider giving a gift to PFSA to make a difference in the lives of PA kids and families. Your gift will advance the mission of PFSA to provide education, support, and training to make Pennsylvania

safe for children. All donations help PFSA continue the successful delivery of training, development of educational materials, and ongoing support for community-based agencies. **Visit pafsa.org to learn more about our services and to donate.**



Follow us on social!



PA Family Support Alliance
@ProtectPAKids



PA Family Support Alliance
@pa-family-support-alliance



PFSA
@pafamilysupportalliance



PA Family Support Alliance
@PAFamilySupport

UPCOMING PFSA TRAININGS

Families in Recovery New Facilitator Training

This research-based program is a great resource for parents, guardians, and caretakers recovering from substance use disorder. The program aims to teach healthy coping and parenting skills while balancing the needs of recovery.

New facilitators of the Families in Recovery (FiR) program will be fully prepared to implement the program and provide training after attending a two-day comprehensive session consisting of content, education, and application instruction of the curriculum. FiR facilitators come together to share program implementation experience, ideas, and insights following initial training.

All organizations interested in implementing the Families in Recovery program are required to enter an agreement contract with PFSA and participate in the evaluation requirements of the program. FiR contracts include ongoing technical assistance, program development, facilitator calls, and assistance with data collection procedures.

Dates: October 18 & 19, 2023 (*virtual*)

Time: 9:00 a.m.-3:30 p.m.
(*half-hour lunch break*)

Cost: Email Justin Donofrio, Prevention Services Manager, at jdonofrio@pafsa.org for the paperwork or to ask any questions.

Mandated Reporter Training

PFSA has several options for mandated reporter training for staff and volunteers. Certificates are provided to the participants, and, upon request, we will upload confirmation of your training to the Departments of State or Education for CE fulfillments under Act 31 and/or Act 48. CLEs are also available for attorneys.

LIVE IN-PERSON/VIRTUAL

Cost: Free

How to register: Find and register for a virtual session here: pafsa.org/mandated-reporter-training

INDIVIDUAL ONLINE, ON-DEMAND

Cost: \$30

Take anytime: pafsa.org/on-demand-online-training

TRAIN-THE-TRAINER

This is an opportunity for organizations to develop their own quality, cost-efficient, in-house training program for employees on child abuse recognition and reporting.

Dates: July 13 & 14, 2023 (*virtual*) **OR**
October 24 & 25, 2023 (*virtual*)

Time: 9:00 a.m.-3:00 p.m.
(*half-hour lunch break*)

Cost: \$1,000 per trainer, entering into a three-year contract with PFSA. Email Haven Evans, Director of Programs, at hevans@pafsa.org for the paperwork or to ask any questions.