



Digital Wellness in the Digital Era

Digital technology is everywhere. We use multiple digital devices on a daily basis, we enter and exit digital environments frequently, we interact with each other using digital software and platforms, and we receive news and entertainment through digital media. The convenience of digital technology has simply helped make our lives easier and more efficient. However, digital technology has a dark side as well.

For every benefit digital technology provides, there is likely a negative, or potential negative, that can arise. This is especially true when it comes to teens and young children. However, some of the long-lasting, negative impacts on youth have less to do with technology and more to do with how we use it.

Our cultural views on digital technology have normalized obsessive use and dependency on devices, and we have done so with minimal guardrails in place for youth. Furthermore, we have found ourselves so dependent on digital technology that we have essentially given up trying to figure out exactly how to rein it

in and reset. We have even gone as far as to acknowledge that social media, in particular, likely has a negative impact on children, but continue to allow them to use it before we can figure out a better way.

At PFSA, our goal is to encourage and support others in using digital technology in a safe and healthy way. Rather than leveraging a “restrictive approach” to this issue, we want to promote well-being through a positive approach.

Our **Family Digital Wellness** initiative aims to make people aware and educate them about the evolution of digital technology and its impact on us all in order to build resilience and capacity for safe and healthy interactions

with technology. To do this, we encourage everyone to become familiar with the **Foundations of Digital Wellness**.

This resource is one of many PFSA has launched to help parents, caregivers, and families begin their digital wellness journey. The resource is rooted in the idea of using technology as a tool and building capacity to identify red flags and proper actions/steps when a threat arises. We believe that competence is the best way to mitigate inevitable risks, and this belief is foundational to digital wellness.

To learn more about PFSA’s Family Digital Wellness initiative and resources, visit **our website**.

Family Digital Wellness

Digital Wellness Day: Special Webinar

On May 3, 2024, PFSA hosted a special webinar titled **Emerging Digital Dangers for Families and Youth** to acknowledge Digital Wellness Day. This webinar walked participants through the differences between common digital dangers youth currently face and dangers emerging in today’s technology landscape. It also provided key takeaways for addressing and mitigating such dangers.

If you missed this special webinar, visit our **Family Digital Wellness page** to view the recording!

Follow along with us!



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FAMILIES IN RECOVERY TRAINER SPOTLIGHT

Chris Kupsky

We recently interviewed Chris Kupsky, who has been a contracted trainer for PFSA since 2021. Here is what she had to say about why she is so passionate about training facilitators for the Families in Recovery program.

Why have you chosen to help support families who are impacted by substance use disorder?

I have had the honor of supporting families in recovery through the work I do at Columbia County Family Center. Watching people fight the disease of substance use and those who support them reminds me of how strong, resilient, kind, and loving human beings can be. I am inspired every day.

What about the Families in Recovery program is important to you?

I had the privilege of being a part of the first pilot program for Families in Recovery. I fell in love with this curriculum and the way it is delivered. This program approaches participants from a place of understanding and

love. It is well written, easy to follow, and incorporates thoughtful discussion. I have seen participants come together as a group, share painful stories, and gather strength from the work they do in this program. It is healing.

Why do you train for PFSA?

Sharing this curriculum with others is a joy for me. I love knowing that the professionals I carry through this curriculum will make a difference in the lives of the people they work with. I appreciate the opportunity that PFSA has given me to do this work.



We appreciate all that Chris does to provide quality training to new facilitators of the Families in Recovery program and the abundance of experience she brings to each training!



SAVE THE DATE!

Mark your calendar and plan to join us virtually on **November 7, 2024**, for PFSA's annual **PA Child Abuse Prevention Symposium!**

REGISTRATION OPENING SOON!

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: July 16 & 17, 2024 (*virtual*)
October 22 & 23, 2024 (*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.

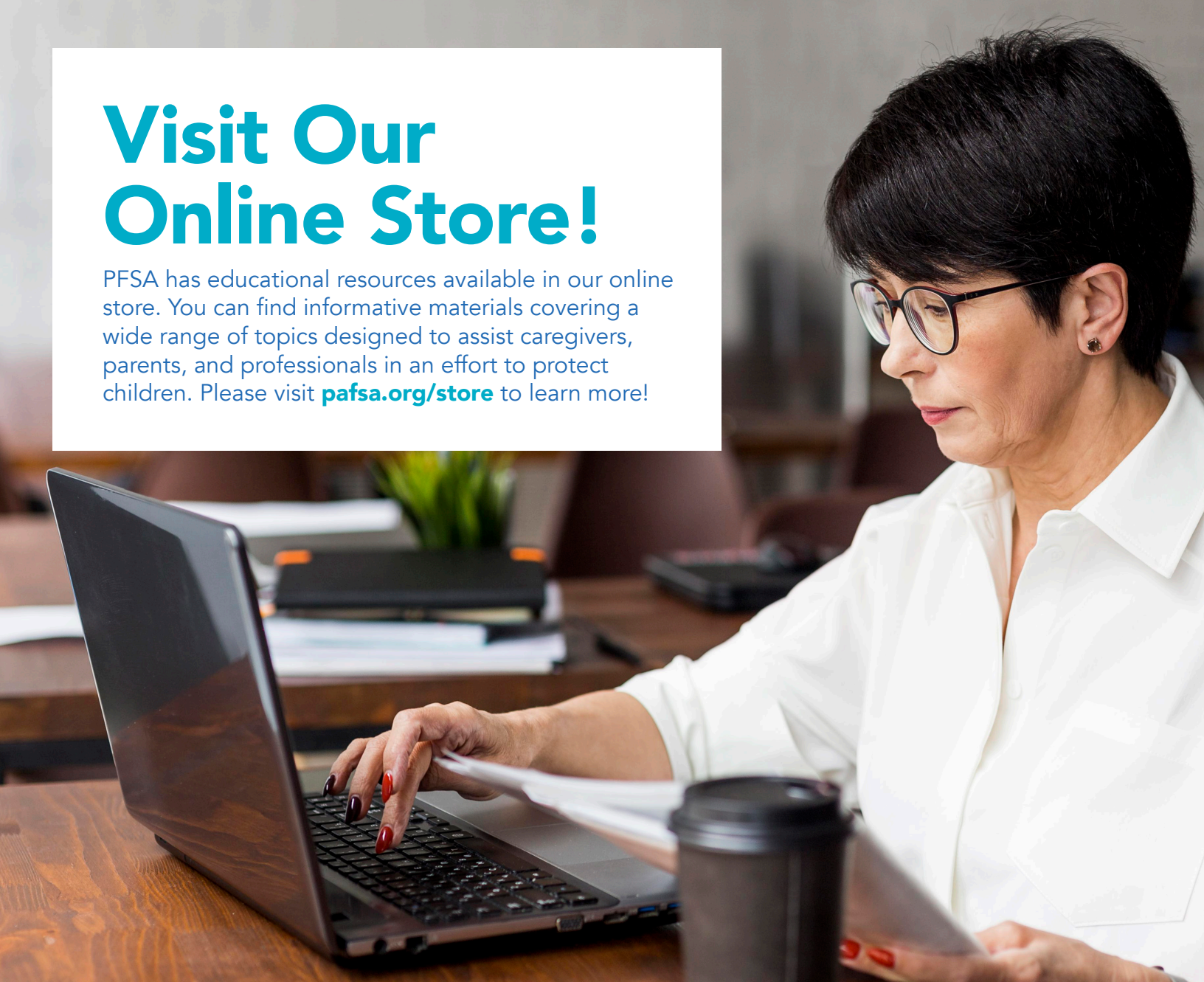
Dates: July 25 & 26, 2024 (*virtual*)
October 22 & 23, 2024 (*virtual*)

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.

Visit Our Online Store!

PFSA has educational resources available in our online store. You can find informative materials covering a wide range of topics designed to assist caregivers, parents, and professionals in an effort to protect children. Please visit pafsa.org/store to learn more!



#ProtectPAKids

Help us support the families and communities across Pennsylvania by donating to PFSA today. Your gift will help PFSA continue to deliver successful training, education, and ongoing support to PA families and children.

Visit pafsa.org to learn more and donate!