



The Connection Crisis

Fostering Authentic Connections in
a Digital World





What have you seen change with kids in recent years?



The end goal for our kids...

- RESILIENCY
 - Let's take a survey!

- What is it? How do we get them there?



The importance of fostering connections

*Kids need to see that we value real life relationships over online ones.

-How much time do we **allow** online vs. in person?

-How much time do we **spend** online vs. in person?

-What are we doing to be INTENTIONAL about the time we do have?

Children need to be connected to...

- Their peers
- Their families
- To nature
- To society

Goals for our students...

Social-Emotional Health-

- Connection to self
 - Self-awareness
 - Self-management
 - Responsible decision-making
- Connection to others
 - Relationship skills- connections to others
 - Social awareness

Benefits for our children

- Increased health
- Decreased risk of negative mental health symptoms
- Empowering them to be able to do things without us
- More chances of future success

Specific ideas

- What ideas do you have for fostering these connections?
- What can you add for your child to have those needs met and build resiliency?



It's all about balance!

*Experts suggest being intentional about the time we spend together.

- Technology free time as a family
- Modeling your use of technology
- Planned activities with no technology

[Ideas for family activities](#)



* Our world today is wired to use technology ALL the time. This takes great awareness on a consistent basis.

Additional resources

[Research on Technoference in the parenting relationship](#)

[5 ways students should be connected beyond technology](#)

[Social Media and the Middle School Child](#)