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Prospect PTSA LIKE Documentary & Meeting Notes, Nov. 12, 2019

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Notes on the Presentation of the Documentary “ Like” and the Teacher & Student Panel Discussion

Last Tuesday, we hosted the Social Media Documentary LIKE, followed by a Teacher and Student panel. Mr. Manning, one of our Prospect Teachers, brought this movie to parents to bring awareness about social media and how it has captured such a large mind share of our students.

He started the discussion by highlighting the *pie chart from the documentary, showing how students currently spend their time: 65% social media, 20% school related, 10% family time, 5% homework.* (So why does it take them s

long to do their homework...hmmm).

Then showed a **Pie chart with a recommended healthier balance**: 20% outdoor activity, 35% school related, 5% social media, 15% homework, 25% family time. - Wow, how do we do that...well that was what we discussed. Did you notice that Outdoor Activity wasn't even in the first pie chart numbers? Yikes!

We had a very mixed group of teens representing most demographics at our school and they all agreed that Social Media was really impacting their lives and need adult help to manage this magnetic pull on their attention.

Here is how it went based on our notes, have a little patience as our notes are written and then edited by volunteers who like you are short on time, but this should give you some very helpful information about this big topic:

Each student on the panel introduced themselves, and told us their favorite apps used. Consistently they mentioned: Snapchat, Instagram, TikTok, Netflix. If they are using social media for academic purposes, they tend to get sidetracked after.

Questions from audience and answers from students:

Q: What hours of the day do you go on social media?

A: all day, after school, before bed.

Q: Did anyone have a contract with their parents when they got the phone?

A: Yes, but was immediately broken/ attached to grades/only able to use as a phone, but then loosened up.

Q: How easy is it to use during class?

A: Depends on teacher, some take it immediately if used, some make them put it in the slots, they wish that teachers would be consistent as many find it distracting for themselves and when others use it in class.

Q: How to approach doing homework with the distractions of social media?

A: When doing homework, charge across room, turn off sound. Others are looking at it every few minutes.

Q: Are you tempted to open stuff on the computer?

A: Yes, use Tik Tok as a source of distraction for the entertaining value, also look at cell phone too at the same time. Mr. Manning asked how much screen usage they have and they said when they look at their screen time usage, they are shocked. **Acknowledged that homework that should take 1 hr is taking 3 hours.** (Again, wow! but I think subconsciously or consciously we all knew this...)

Q: What do you advise parents to do to help you to stay on track and keep on task?

A: Make list of what things need to be done, and estimate how much time each should take, and after each item is completed cross it off the list, then can go to social media as a reward and then go back to the next item on the list.

Q: How do you feel about teachers who allow phone usage vs a strict no phone policy?

A: One thinks she does better in classes where the teacher is strict or have a phone parking lot, much more focused and pay attention more. One allows them to use phone whenever they want and the students look at their phone the whole time and they do things last minute...takes away collaboration time.

Q: Addressed to administration: Why are phones allowed in the classroom? Why isn't there a blanket rule?

A: This is left up to the teachers.

Q: Do parents monitor accounts and if so, would you be more likely to have more than one account?

A: Yes, there are different accounts: main, fake, and made up.

Q: Would your behavior change if parents read your direct messages (DMs)?

A: Students felt that you should let students make their own decisions, acknowledge that some of the stuff texted is dumb. Establish a sense of trust...one student was told by parents that they trusted it would be used in the best way possible by their daughter...need to be able to gradually let go of child. (This was a bit contradictory, but I think that we need to recognize that they are teens and grappling with this themselves.)

Q: On parent asked off those that have a fake account, if there are dark

scary things shared, do you discuss with friends if they see something like that, would they share it with a parent or counselor?

A: Some try to work it out amongst themselves, another spoke with the parent of their friend to share what she learned about their daughter. One thinks it can be useful to those that don't know how else to relate to others and can be a cry for help, which could be a benefit.

Q: Do people talk the way they do on social media to each others' faces?

A: Yes, mostly. If too shy to say it in real life, may post something that makes you feel like you've shared a part of you that lets people get to know you better. They think that the way kids talk through social media is common, like an inside joke, and that it isn't rude although it may seem to be.

Q: How much sleep do you get?

A: One said 8 hours, one said 4-6 hours -- she gets into a netflix wormhole. Phone, computer, tv all on at the same time in the evening. Others mentioned 6 and 7 hours.

Q: Suggestions for parents who struggle with these addictions as well.

A: spend more time with kids - (wake up call for us?)

Q: How much has the use of phones impacted writing skills?

A: Mr. Manning answered this one - requires constant prodding from him to get them to elaborate...has tweaked their creativity some...not hitting the bar like they used to. He teaches the students how to manage their time by learning to chunk big projects down into smaller. There is also probably less reading, which can lead to weaker writing skills.....parents are also doing less reading. About 50% of his students still enjoy reading. Reading comprehension and critical thinking skills are decreasing. Social media shortens attention span. Here were the students responses:

"Never with complete silence..having something on is comforting"

"Relaxation is chilling out and going on your phone"

Summary of suggestions from our student panel:

- Every kid listens to their friends more than your parents...kids can talk with their friends about how they can help each other to not check their phones so often while doing homework.
- Kids seem to push you away, but kids are telling Mr. Manning that they really want parents to keep checking on them. They like to know that parents care what they're doing.

- Staying connected with kid can be done in various ways- talk about extracurricular things first, not just academics.
- Kid isn't inclined to come to parent to tell them stuff about how they are feeling so be sure to keep asking them.
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- **Last Suggestion: Take phones away at 10pm...the whole family**

As a side note, after the meeting the students and Mr. Manning said they would like to continue this conversation. We will be working on this in a future meeting. We hope you will take part. Stay Tuned!



Notes from PTSA General Association Meeting

DATE 11-12-19

In attendance: 23

President's Report (Cathie Watson Short, President) **Overview of Open House:** Despite the fact that we didn't have many parent volunteers, we still pulled it off and it was successful. Feedback from parents and students ran the gamut but were overall positive: Some comments:

- a. We loved it! Our girls were impressed by some of the very cool class offerings (video production, the art classes, astronomy, theater, music choices...) and we just generally enjoyed the campus, the tour, the teachers we met.
- b. The campus was clean, music director was ambitious, the astronomy class and video production class were neat to hear about,
- c. The tour was long...1.5 hours...the guides said it would be 45 minutes. This parent was hoping to see clubs and sports tables so they could see what sports are offered and to see the social side of the school, and make it seem like it was a Fun place to be...she could tell her son was a bit nervous after the tour.

- d. We were impressed with what we saw (robotics, audio-visual equipment, Mandarin Chinese teacher/classroom). We were also impressed with the knowledge and poise of the two students (girls) who led our tour.
- e. Logistically, signs indicating where to go from the parking lot to the waiting area for the tour are needed. The room for check-in was awkward as parents were lined up to get in through the small, single doorway and tours are being taken out of the same small doorway.
- f. Seemed like it was a great school for STEM and that it was promoted, but their student is a language arts kid, so was concerned that it wasn't the school for him.

Kalen Gallagher (CUHSD Board Member) Discussed new Board Vaping Resolution

Gave a little background on himself: talked about how he had a mediocre high school experience and became interested in education, became a teacher, ran for school board. Board has prioritized how to get more student voice into the board meetings, so they now have a group of students from all sites, led by two students. They are giving voice and information to board that they otherwise would not have heard. Students at sites are opening up to students, instead of to adults, and this brings a lot more info. Students are saying that vaping is really bothering them, and has skyrocketed in the past few years. What can the Board do about it? Stacey Brown, one of the board trustees, worked with the student board members on the Resolution. Advocated to local municipalities as to where tobacco vaping is sold. They may put up detectors in bathrooms, but the Board wants to address the underlying issues behind vaping- is it peer pressure, are they dealing with some issues and that's what they are using to cope? 2-3 weeks ago the resolution was passed. They will come back to us with more details as to what they are exactly going to do. His Email is on district website if you have any questions.

ASB Report (Riley Anderson) – Grateful that PTSA provided the decorations for homecoming. Doing a week of thanks around Thanksgiving for certain teachers. Starting working on Winter wishes to be held on February 1- the biggest rally of the year when students submit requests for what they want. ASB determines who receives them-- some practical, some quirky gifts. Will be raising money through Applebee's, donations, teachers may be providing things to auction off.

Reports of the Committees

- a. **Student Involvement Committee (Noel/Sophia) & Homecoming Decoration Committee (Hannah & Judy)** – Short report/debrief on our

Homecoming Decoration efforts. – PTSA Student Involvement met with PTSA set up in the afternoon, using the quad decorations, worked in conjunction with Hannah, the main parent in charge of Homecoming decorations. 35 people helped set up from 12-3, about half students, half parents, great to see everyone get involved. Added larger space for kids to roam outside and provided outdoor games in little social clusters. Had water hydration station instead of water bottles being wasted, which worked out well. Reusing the quad dec was a great idea. Next year would like to start asking for volunteers earlier. Perhaps next year assign some money to go toward food as it was uncertain there would be enough, but parents came through and brought more than enough in the 11th hour. SIC will be helping out with Operation Holiday Elves again this year in December when parents get a chance to donate toward the purchase of gift cards as part of holiday presents that all the teachers receive.

- b. **Craft Faire Update** – (Denise) - Currently at 70-75 vendors, way more than we thought there would be, which is great. Collecting fees for them, and definitely need parents and students to help out with setup the night before and help the day of. Dec 7 from 10-3pm. Need shoppers and people to help promote the event as we want it to be worth everyone's time. Help spread the word. Tried to accept vendors who have a connection to the community--alumni, parents, etc. Was asked if there will be lawn signs to advertise. We are looking for Volunteers to help at the Fair. [Sign up Here!](#)
- c. **Teacher Mini Grant Report** (Andrea & Claudine) - Got so many grants and we were able to fund all of them in conjunction with Donors Choose. Teachers are very appreciative.
- d. **Parent Climate Committee – (Sheila & Sangeetha) Upcoming Vaping Night will be coming to Prospect**, presented by Jennifer Ponzio one of our Assistant Principals. **Panther Partner update:** Introduced ourselves to local Panther businesses and may have a community mixer in late December to invite them to meet up with school members.
- e. **Music** (Cathie) – Update from Ivy Chesser (Prospect Music Booster President):
 1. We finished the Pep Band season strong, with the Middle Schools joining us on Football Senior Night. We had 119 students in the stands that night supporting our Football and Cheer. It was great and all the students really enjoyed it. Also, big thanks to the few people that came and volunteered in the snack shack, even though they didn't have students in the music program. The snack shack is our biggest fundraiser of the year and we really appreciate the

support. Now we are gearing up for concert season, which starts Nov. 21 with the Orchestra. 12/3 is Jazz, 12/11 is Winter Gala. Boosters have teamed with MEF to sell Holiday Greenery. Look for order information on the daily bulletin and come pick up your orders at the Holiday Craft Faire on Dec. 7. The Music Program will have a few ensembles there providing holiday music too. Music Boosters are in the planning stage for our next extracurricular offering which will start in the new year. If your student has an idea of what they think would be a great addition for our program, they can stop by room 49 and tell Mr. Rodriguez, or email Boosters at PMBC1617@gmail.com

Thank you all for reading to the end! We know it is a lot, but we want to keep you up to date.

Go Panthers!!

The Prospect PTSA Team

ProspectPTSA.org

Questions? President@ProspectPTSA.org



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