



## POWERFUL STRATEGY

Have you ever tried to sit on a one-legged stool? Unless it is firmly rooted in the ground this is a very difficult balancing act. It takes three legs before the stool is steady. When we try and teach moral values or virtues our children will have a much

easier time if the three legs of home, school, and faith hold up those values. If our young people have a firm foundation, "three steady legs", giving them this message, they will be much more likely to resist the negative pressures coming their way.

**ONLINE SAFETY TIP: KIDS NEED TO BE REMINDED THAT ANYTHING POSTED ON THE INTERNET IS ACCESSIBLE TO ANYONE AND COULD POTENTIALLY BE AVAILABLE ONLINE FOR YEARS, SO THEY SHOULD BE CAREFUL THAT THEIR PROFILE DOESN'T INCLUDE ANY PERSONALLY IDENTIFIABLE INFORMATION OR IMAGES, RUDE OR THREATENING COMMENTS OR ANYTHING THAT COULD BE EMBARRASSING TO THEMSELVES OR OTHERS.**

## HOLIDAY TIP FOR PARENTS

**Help children to be realistic -** When children get older and start to become more aware of what they want and what their friends have, parents can feel pressured to deliver, meet their expectations, and provide them with the perfect presents.

Help your child to create a wishlist that outlines gifts they desire but letting them know that they will likely not receive everything on the list and highlight anything that is not acceptable or attainable is okay and reasonable!

Remind your child that Christmas is about the coming of Christ and being together, not a list of presents to tick off a list. Planning fun activities that encourage everyone to come together and have fun creates excitement. Relationship and connections with family and friends is more important and valuable than material objects.



### **NEED HELP WITH HEALTH CARE COSTS?**

The Alberta Child Health Benefit plan is for children under 18 in low-income families. It pays 100% for:

Dental care  
Eye care  
Prescription drugs  
Emergency ambulance service  
Essential diabetic supplies

#### **No cost to join.**

Details at: 1-877-469-5437  
Dental Program – David  
Thompson Health Region

## **Parent Resource Link**

Click here to access more information for parent community resources and supports.

### **School Counsellor**

Christy Magill

### **Family School Enhancement Counsellor**

Julie Masson

(403) 347-7830

## Social Media Information For Parents and Educators

Social media is not a trend. It is how many youth are communicating with each other and these sites continue to gain popularity with this demographic in particular. As such, it is imperative that the adults in teens' lives have at least a basic understanding of what these social media sites are and how to have constructive conversations regarding their use. To that end, the links below can provide a starting point. Feel free to click on the underlined title of the app for more information.

Site	Summary of Site ( <a href="https://safesmartsocial.com/app-guide-parents-teachers/">https://safesmartsocial.com/app-guide-parents-teachers/</a> )
 <a href="#">Sarahah App</a>	<p>Sarahah is an app and website that allows users to send and receive anonymous messages. Teens and tweens feel like they can hide behind their anonymous screen names and bully others without repercussions. There is no way to report inappropriate content or threats. Many students attach their Sarahah links to their Snapchat and Instagram stories and accounts.</p> <p><a href="https://smartsocial.com/sarahah-app-guide/">https://smartsocial.com/sarahah-app-guide/</a> <b>RED ZONE: ANONYMOUS APPS – Here are the apps considered to NOT be safe for Teens and Tweens.</b></p>
 <a href="#">Tik Tok App</a>	<p>The Tik Tok app is a music video social media platform. Tik Tok was purchased by the creators of Musical.ly and Musical.ly discontinued their app and transferred all of the users to the Tik Tok app. This app is popular because it mixes self deprecating humor with the latest pop music songs. In our experience, apps like Tik Tok can allow strangers to direct message your children (and consume a large amount of time, without creating a positive online footprint for your child).</p> <p><a href="#">Watch our Tik Tok App safety video.</a></p> <p><b>RED ZONE: ANONYMOUS APPS – Here are the apps considered to NOT be safe for Teens and Tweens.</b></p>
 <a href="#">Calculator% Private Photo</a>	<p>The “Private Photo (Calculator%)” app is designed to help students hide photos and videos behind an innocent looking calculator app. <b>This application looks like a calculator but entering a passcode opens a private area.</b></p> <p><a href="https://safesmartsocial.com/messenger-app-comparison/">https://safesmartsocial.com/messenger-app-comparison/</a> <b>RED ZONE: ANONYMOUS APPS – Here are the apps considered to NOT be safe for Teens and Tweens.</b></p>
 <a href="#">Snapchat</a>	<p>Snapchat is a messaging service that allows people to send photos and short videos to each other that disappear seconds after opening them. <b>A major concern with Snapchat is how teen Snapchat users use the app, since parents are not on it and content disappears.</b></p> <p><a href="https://safesmartsocial.com/snapchat-parents-guide/">https://safesmartsocial.com/snapchat-parents-guide/</a></p>
 <a href="#">Live.me App</a>	<p>Live.me is a live streaming video app that allows users to watch or broadcast live-stream videos. The app uses geolocation to share videos, so users know broadcasters exact location. Users earn coins on Live.me and some predators are using coins as a way to pay minors for pictures. Be aware that anyone can watch your students videos and access their information on the app. <a href="https://smartsocial.com/lively-app-parent-guide/">https://smartsocial.com/lively-app-parent-guide/</a></p>
 <a href="#">Instagram</a>	<p>Instagram is a free photo sharing application that allows users to take photos, apply a filter, and share it on the service or other social networking services. This app is great for showcasing one’s accomplishments and adventures. <b>However, kids need to be careful with what pictures they do post.</b> <a href="https://safesmartsocial.com/instagram-parents-guide-video/">https://safesmartsocial.com/instagram-parents-guide-video/</a></p>
 <a href="#">Twitter</a>	<p>Twitter is an online social network, which allows you to send messages up to 140 characters in length. This is a great app for students to share their thoughts and feelings. <b>However, kids must also be aware that anyone can view what is posted if their account is public.</b></p> <p><a href="https://safesmartsocial.com/what-is-twitter-parent-guide-video/">https://safesmartsocial.com/what-is-twitter-parent-guide-video/</a></p>
 <a href="#">AfterSchool App</a>	<p>AfterSchool App is an anonymous app that creates a separate chat group for every school. It has been removed twice from the AppStore because of threats and arrests. Messages often include bullying, pornography, and alcohol or drug references.</p> <p><a href="https://smartsocial.com/after-school-app-parent-guide-video/">https://smartsocial.com/after-school-app-parent-guide-video/</a> <b>RED ZONE: ANONYMOUS APPS – Here are the apps considered to NOT be safe for Teens and Tweens.</b></p>

