The days that we dream of in mid-January have arrived. Summer is here and so are the opportunities to go outdoors and explore. At this time of the year, ND can boast a lot of daylight hours. ND has some of the best sunsets in the world and chances to catch a peek at the Northern Lights. Star gazing is optimal due to the lack of light pollution. ND summers are awesome!

Here is a bubble recipe for tons of outdoor fun.

Mix well:
1/4 cup corn syrup (creates a stronger bubble)
6 cups water
1 cup Dawn (preferred) dish soap

Search your home for bubble tools. Strainers and large slotted spoons work well. Cut a hole or holes from the middle of a plastic food container cover. Help your kids explore various items and talk about why it does or doesn’t create bubbles.

Summer pairs well with water. Always watch children near water: ponds, pools, baby pools, buckets, etc.

Have fun, stay well and remember, our children are watching and listening.

Peace, Holly

If Children Live With…..

Criticism they learn to Condemn
Hostility they learn to Fight
Fear they learn to be Apprehensive
Pity they learn to feel Sorry for Themselves
Ridicule they learn to be Shy
Jealousy they learn to feel Envy
Shame they learn to feel Guilty
Tolerance they learn to be Patient
Encouragement they learn to be Confident
Praise they learn to Appreciate
Acceptance they learn to Love
Fairness they learn Justice
Security they learn to have Faith
Sharing they learn Generosity
Kindness and Consideration they learn Respect
Approval they learn to Like Themselves
Acceptance and Friendliness they learn to find Love in the World

Dorothy Law Nolte
Region 2 PFRC Class Descriptions & Schedule - 2020

The Parent and Family Resource Center, like everywhere else, is operating in a new normal and program planning remains very fluid. The calendar for our new program year (July 1, 2020 - June 30, 2021) will be available in August.

PFRC opportunities continue via Zoom (two are listed below) and NDSU Extension Leadership continues to encourage employees to work remotely. Know that you may contact the PFRC office by calling 701-857-6450, or emailing Holly (holly.arnold@ndsu.edu) or Laura (laura.morelli@ndsu.edu). We are here to help and look forward to visiting with you.

Bringing Out the Best in Your Family - Keep Connected (Helping Your Kids Become Their Best Selves - a Search Institute Program)
Limited to 12 families. Register by July 6th to holly.arnold@ndsu.edu
Healthy, strong family relationships are foundational to young people’s growth, learning and being. Register for this series to receive fun, interactive activities and connection ideas to help kids become their best selves. This series is ideal for parents and caregivers of mid-elementary and middle school children.

Wednesdays (Zoom) 7:30-8:15 p.m. July 8, 15, 22, 29 Aug. 5, 12

*Active Parenting: First Five Years - (Enjoying and Enhancing Your Child’s First Years)
Limited to 12 families. Register by July 20th to holly.arnold@ndsu.edu
Have fun, while meeting other parents and learning effective skills for parenting young children, ages 0-5. Learn about child development, brain development, and effective discipline strategies. Parents/caregivers will receive a handbook.

Tuesdays (Zoom) - 6-8 p.m. - July 21, 28, Aug. 4

On-line Parenting Education: The ND Parent Education Network has a list of research based, evidence-informed, on-line parent education classes. If this type of education might benefit you, contact the PFRC office.
Teens and Digital Devices
A Guide for Parents

Benefits of Digital Devices on Adolescent Development
- Connecting with friends and feeling a sense of belonging
- Building friendships
- Exploring identity
- Gaining autonomy
- Serving as behavior change agents (for example, improve nutritional behaviors by using social media platforms and apps)
(Kranzler & Bleakley, 2019)

Harmful Effects of Digital Devices on Adolescent Development
- Reduces the ability for the brain to retain information
- Increases mental exhaustion because the brain receives large streams of information during social media use
- Decreases face-to-face communication and social communication skills
- Increases irregular sleeping patterns
- Reduces social interactions in families
(Mills, 2016; Palfrey & Gasser, 2008)

Communicate directly with your teenagers about their use of digital devices. This will build trust. In the end, you have the right, as a parent, to monitor your teenagers’ use of digital devices.
(Common Sense Media, n.d.)

Digital devices play an important role in the daily lives of teenagers and offer many benefits, including relationship building and communication. However, some teenagers have reported that they have experienced cyberbullying through social media via their digital devices (Horner, Asher, & Fireman, 2015). Cyberbullying is harmful to teenagers’ health because it leads to depression, isolation and aggression (Martinez, Murgui, Garcia, & Garcia, 2019). Research shows that teenagers are less exposed to harmful online content as well as internet addiction when parents monitor their online activities at home (Vaala & Bleakley, 2015). Parents need to be involved actively in their teenagers’ lives by learning about social media so they can provide adequate support for their teens. Providing support greatly reduces the harmful effects related to using digital devices.

Frequency of Social Media Use in 2018
(Knutson, 2018)

Methods Parents Use to Communicate with Teenagers
(Anderson, 2016)

13 is the recommended age for use of digital devices because:
- In compliance with the Children’s Online Privacy Protection Act (COPPA), the minimum age for youth to have social media accounts is 13.
- 13 is the age when children develop a broad understanding of the world around them.
- 13-year-olds develop a sense of what is appropriate to share online.
- 13-year-olds develop the maturity and desire to control their own activities.
(Common Sense Media, n.d.)

References
The ND Parent Education Network (NDPEN)
Refer friends and family to their nearest parent and family resource center:
www.ag.ndsu.edu/pen.

Cyberbullying
Teenagers may experience cyberbullying through digital devices via social media platforms, emails or text messages. Teenagers may not tell you when this happens, but they will display certain behaviors. As parents, investigating further is important if your teenager is displaying any of the following behaviors:

- Unexpectedly stops using the cellphone
- Appears nervous when using the cellphone
- Feels uneasy about going to school or outside
- Displays anger, frustration and/or depression after going online
- shuts down social media accounts or opens new ones
- Becomes withdrawn from family and friends
- Refuses to participate in activities previously enjoyed
- Has irregular sleeping patterns
- Avoids discussion about their activities online and becomes unusually secretive
- Shows a decrease or increase in eating
- Frequently texts or calls from school requesting to go home ill
- Experiences a decline in grades
- Makes statements about suicide

(Mishra & Patchin, 2018)

Percentages of teenagers in the U.S. who say they have experienced the following online or on their cellphone

<table>
<thead>
<tr>
<th>Any type of cyberbullying listed below</th>
<th>85%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name-calling</td>
<td>42%</td>
</tr>
<tr>
<td>Spreading of false rumors</td>
<td>32%</td>
</tr>
<tr>
<td>Receiving explicit images they didn’t ask for</td>
<td>20%</td>
</tr>
<tr>
<td>Constant asking of where they are, what they’re doing, who they’re with, by someone other than parents</td>
<td>21%</td>
</tr>
<tr>
<td>Physical threats</td>
<td>18%</td>
</tr>
<tr>
<td>Seeing explicit images of them shared without their consent</td>
<td>7%</td>
</tr>
</tbody>
</table>

(Anderson, 2018)

What Parents Can Do When Cyberbullying Happens

Notice – Recognize your teenager’s change in behavior or mood. Examine whether these changes occur when your teenager is using a digital device.

Monitor – Although direct communication is best, in this situation, checking your teenager’s browsing history, social media sites and apps consistently is necessary.

Talk – Ask questions to understand what is happening and who is involved.

Document – Take photos of harmful content or posts as a way of keeping records of cyberbullying incidents.

Report – Parents can contact social media platforms or apps to report offensive content. If your teenager has received physical threats or illegal behavior is occurring, parents can report this to the police.

Support – Try to determine if your teenager may require more professional support, such as seeking the guidance of a counselor or mental health professional.

(Baron, 2018)

Tips for Protecting Family Data

- Use strict privacy settings when signing up for a new app or website by establishing privacy settings immediately. Avoid default settings.
- Enable two-factor authentication on apps and sites such as Facebook by sending a code to your phone when you log in.
- Beware of phishing scams by not opening emails or text messages from anyone you do not know.
- Use antivirus protection from reputable sources. Avoid free antivirus software because it may contain malware, which can be harmful for computers.
- Use strong passwords and change them frequently.
- Cover your webcam to prevent potential spying.

(Knoor, 2018)