



Raising Our Future

Dear Parents,

In light of the current situation in Israel, numerous statements have been released urging parents to delete social media from their kids' phones, out of concern that Hamas will follow through on their threat to release videos of hostages pleading for their lives.

If this were to happen, viewing those videos, even accidentally, can have detrimental long-term effects. It is our view that in addition to following those recommendations, merely deleting apps will not suffice, as media can be consumed in so many forms. Parents should take note of the following suggestions:

**EDUCATE:** Before going ahead and deleting apps on your child's phone, it is imperative that you discuss *why* it's important. In a calm and understanding tone, share your personal concerns about the content that may circulate. Validate that your children may have curiosity about the content of the videos, and explain why you nevertheless feel the videos can be problematic (ie. Once viewed, these images aren't easily forgotten, can cause repetitive thoughts, and trigger intense feelings.). Ensure that any information shared is necessary and developmentally appropriate.

**INTEGRATE:** Together with your child, decide what actionable steps you will take in light of the aforementioned concerns. Our strong recommendation is to completely remove access to any form of social media. Some additional suggestions include: Adding/adjusting parental controls on your child's device(s), removing news sites (while ensuring your child that you will update them as events unfold), and agreeing as a family that no one will view sensitive content.

**MODEL:** While it's ok for parents and children to have different standards, share the limitations that you personally will adhere to with your children. It is important that they feel that you are in this together.

**MAINTAIN:** Regularly check in with your child and make sure to maintain an open line of communication. Reassure them that these changes are not forever and reassess the agreement on a regular basis. Appropriate adjustments should be made as needed.

As a reminder, we will be having walk-in hours, free of charge, for those seeking additional support beginning today October 10th from 12 pm -3 pm through Thursday, October 12th.

May Hashem send comfort and strength to all of Klal Yisroel during this incredibly challenging time.