

The Partnership Convening
Friday, November 11, 2023
10:00 - 11:30 AM ET



Meeting Minutes

This convening provides a presentation from Cindy Pierce who combines years of research with her storytelling skills to engage audiences with her message supporting teens to make healthy choices and navigate cultural pressures, both online and off.

Attendees (41): Kristen Doherty (SAP Counselor at Raymond High School), Judith Kutz (Local Concord Activist), Megan Landry (Littleton High School & Middle School), Scott Blewitt (Youth Can - Newport/Claremont NH), Kaitlyn Acciaro (Laconia Youth Alliance), Gail Brown (Manchester West High School/Manchester), Emily Shanahan (CADY Plymouth), Jessica Morton (NH DHHS TPCP), Shannon Hebert (Pelham School District Clinical Mental Health Counselor K-12), Melissa Lee (UNH Extension), Heather Inyart (Media Power Youth), Elizabeth Duffy (NH DHHS BDAS), Monica Gallant (Boys & Girls Club of Souhegan Valley), Lauren Chambers (UV & GSCPHN), Kandyce Tucker (NH DHHS BDAS), Eliza Zarka (Addiction & Behavioral Health Coordinator, Governor's Office), Elizabeth Brochu (CADY Plymouth), Justin Scarelli (Media Power Youth), Heather Morris (Community Action for Safe Teens/BGCSV), Kristy McDonald (Southern New Hampshire Services, Inc.), Deryn Smith (Dartmouth Health/GSCPHN), Jennifer Cahill, Andrea Smith (Dartmouth Health/ALL Together), Phil Rousseau (SAP Gorham Middle High School), Viviana Konig (BGCSV), Anna Leversee, Conor Wiley, Eric Harbeck, Hanna Brooks, Hilary Schular, Jennifer Cahil, Joy Noel, Kate MacDonald, Stephanie Bean

CHI/JSI: Christin D'Ovidio, Julie Yerkes, Emma Kane, Nikki Chute, Audrey Foxx, Ryan Barry, Martha Bradley

Presenter(s): [Cindy Pierce](#), author, educational speaker, sexuality educator, comic storyteller, innkeeper, and mom of three young adults.

Please [complete our meeting evaluation here](#). CEUs and attendance certificates are available for those who fill out the evaluation form.

This presentation was meant for convening attendees only, therefore it was not recorded due to the presenter's request.

1. Welcome and Introductions (Julie Yerkes)

2. Presentation from Cindy Pierce

- Presentation - Cindy spoke on the influence of social media on youth and provided some strategies for parents to actively engage in educating and guiding their children through social media use. Her website has a lot of content, including her TedTalks on this topic. If you missed the presentation or want to share what you heard, much of what she covered is here.
 - [How Porn Skews Sexual Expectations](#)
 - [Building Social Courage](#)
 - Some points:
 - Parents and young people need to develop Social Courage to be able to stand up for their values and develop through some of the unhealthy norming around substance use and relationships.
 - Parents become mentors with social media use. They need to teach and guide young people. She discussed three types of parent relationships with their kids and phones: the enabler, the mentor, and the limiter. She has developed some tips for phone use guidelines. Attached.
 - 2 hours a night phone free
 - Learning is part of the responsibility for having the privilege to have a phone or using the car (yes, you can use the car, but let's watch and discuss this first).
 - Be on SM with your child to start (continue) and have conversations about what is going on - does it reflect their values? What messages are being communicated?
 - Discussing the gender roles and rules; the FOMO; the could be/should be, impact on the brain, repairing offline,
 - Impact of influencers, like Andrew Tate. The overwhelm that our kids are feeling from all the information about expectations.
 - Two of Cindy's handouts, attached: Resource list and SM Guidelines
- Question/Answer and Reflection Portion:

- There is stigma around pornography and what youth are being exposed to, which can be a shock to parents, but parents are actively looking for more information to keep up.
- There's a large mental health component interconnecting with social media.
- Partners are interested in any youth-led movements for more peer-to-peer education and conversation around this topic.
 - [Media Power Youth \(MPY\)](#)
 - Youth Advisory Board: student leaders from across the country who are passionate about sharing their experiences and making a difference.
 - MPY offers youth-led education
 - Related blogs shared during convening:
 - [Adjusting My Relationship with Social Media](#)
 - [How Social Media Presents an Unrealistic View of Others' Lives](#)
 - [Curriculum Resources](#)
 - Project-based learning module developed by Youth for Educators: [Digital Climate Change](#)
- [Youth CAN \(Claremont And Newport\) Program](#)
 - Hosted a Screenagers Screening at Stevens High School in Claremont. Media Power Youth helped facilitate a panel. 40 people attended!
- Branches (new program in Milford in collaboration with faith groups) is interested in educating parents on the impact of social media. They may want to host a conversation like this.
- Littleton High School & Middle School
 - Have been dealing with sending of nude photographs via social media.
 - Hosting Parent Night on Wednesday, November 8th - with police department - panel/open discussion, food, and free childcare.
- [NH Teen Institute](#)
 - Offers free parent education programs. Can be helpful for parents to learn how to talk to their kids about these tricky topics.

3. Partner Updates

- [Strong As Granite Campaign by NH DHHS](#)
 - Strong as Granite is a platform that's raising awareness of the mental health and substance use support and resources

available throughout New Hampshire. It's part of a coordinated effort to bring help, hope, and healing to all Granite Staters.

- [Southern Rockingham Coalition for Healthy Youth \(SoRockNH\)](#)
 - Upcoming [Screenagers: Mental Health Film Screening](#)
 - Tuesday, November 7th | 6:30 - 8 PM
 - Timberlane Performing Arts Center (PAC)
- [Zero Left](#) is a movement by the Moser Family that has a short video that can be shared with teens. The video features their son who passed after a fentanyl overdose.
 - [DEA Just One Time Video](#)
- Boys and Girls Club of Souhegan Valley/CAST
 - [The UNEXPECTED HEALTH EFFECTS of Loneliness: U.S. Surgeon General Vivek Murthy and Rich Roll](#)
 - This video talks about the loneliness factor, focusing on youth and social media.
 - Upcoming Parent Cafe (details with Molica Gallant, flier attached)
- Littleton High School & Middle School
 - Upcoming Parent Night on Wednesday, November 8th - panel/open discussion, food, and free childcare.

4. Partnership Updates

- Screenagers Under the Influence, Partnership@drugfree NH and Capital Area Public Health Network presenting at Red River Theater, Concord, NH, Thursday, November 9, 11a- 1p. [Register and learn more:](#)
- *Stronger Than You Think* Campaign
 - Supports open conversations between parents, caregivers, and adults and the young people in their lives.
 - Cannabis, Alcohol, Fentanyl, Stimulants
 - Webpage: [StrongerNH.org](#)
 - Access social media toolkit
 - Download digital materials
 - Order free printed materials
- New [Social Media Toolkit to Support Communication about Preventing Underage Drinking](#)
- Dry January 2024 Social Media Toolkit coming soon

- [Better Now: Life Without Substance Use](#) video and video discussion guide
- NEW Webpage: [School Climate and Connectedness](#)
- Watch our tutorial videos on [how to co-brand with The Partnership @drugfreeNH](#) and [how-to post our partner toolkits on your social media accounts](#).
- Check out our recent [blog posts](#) and [podcast episodes](#).
- Hosting an event? We can help you promote it! Let us know by [connecting with us on our website](#).
- [Register for The Partner's eblast](#)