



A Digital World: Youth, Technology, Social Media, Drugs, & Mental Health

Two Hour Training

Your community is invited to join us as we team up with Licensed Professional Counselor and Nationally Certified Counselor Ryan Klingensmith, who is the founder of Shape the Sky, an organization dedicated to Creating Responsible Kids on Smartphones. Through parent, professional, and youth trainings, combined with online resources, Shape the Sky provides the community with the tools needed to raise digitally responsible citizens. The goal of this training session is to help adults educate and provide guidance for youth, with the goal of creating a digitally responsible culture among today's digital youth.

This session will identify categories of social networking that you should be aware of and looking for with youth.

Depending on the current trends, the presentation may review information on:

- How growing up has changed
- Why kids don't talk to adults about technology
- Understanding current youth culture
- Accessing the Dark Web through apps and web browsers
- Online grooming
- Age restrictions
- Cyberbullying resources
- Fake text messages
- Finsta accounts
- "Parasite" websites
- Common mistakes
- Sharing private information & identity theft
- Hidden photo vaults
- Social media and drugs
- Internet "challenges" (Momo)
- Mental health concerns such as eating disorders, self-harm and suicide
- Suicide prevention resources
- 13 Reasons Why Netflix series
- Digital Dating & Abuse
- Untraceable texting
- "Anonymous" apps
- How to start the conversation
- Prevention steps
- Monitoring services
- Using a Technology Contract
- Taking a social media pledge
- How to set expectations
- When to monitor a device
- Access to online resources
- Creating a digitally responsible youth

Depending on the current trends, the presentation may review popular apps such as:

- Instagram
- Snapchat
- Confide
- YOLO
- TikTok
- Afterschool
- Tumblr
- Hidden Photo Vaults
- Yubo
- Tor
- VSCO
- Venmo
- Jott Messenger



Ryan Klingensmith began his career in 1994, working for an inpatient psychiatric hospital with teens diagnosed with a mental health disorder. Mr. Klingensmith has worked in group homes, Residential Treatment Facilities and youth shelters. In 2010, Mr. Klingensmith started providing outpatient mental health therapy for youth. He also began working in Student Assistance Programs (SAPs) in middle schools and high schools, helping to identify at-risk students and provide them with mental health and anti-drug/alcohol prevention referral services. In his work, Mr. Klingensmith began classroom prevention presentations regarding youth social media culture and saw the positive effect on students, both in private practice and within schools. Currently he provides Educational Mentoring for a school district working with students K-12. He also provides social media training for parents, counselors, educators, community groups, law enforcement and any other adults helping to shape the lives of youth.

For more information on Mr. Klingensmith's initiatives, visit shapethesky.org and/or the Facebook page at <https://www.facebook.com/shapethesky/>.

"Kids have the knowledge to use the technology, but sometimes lack the wisdom to use it. Adults have the wisdom to use the technology, but sometimes lack the knowledge to use it. My goal is to connect knowledge with wisdom."

~ Ryan Klingensmith