



# Creating Responsible Kids on Smartphones in a Digital World: Youth, Technology, Social Media, Drugs, & Mental Health (1 hour keynote)

We cannot raise our children the way our parents raised us. That world no longer exists. How adults educate, motivate, and protect youth must adapt to the current technologies. You are invited to 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, Ryan provides the community with the tools needed to raise digitally responsible citizens. The goal of this keynote presentation is to shape your understanding of why we must adult differently in the digital world and give you the tools to get started. This keynote will identify categories of social networking that adults should be aware of and looking for with youth.

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

- How being an adult has changed as a result of the smartphone
- Understanding current youth culture
- Cyberbullying resources
- “Parasite” websites
- Common mistakes
- Sharing private information & identity theft
- Internet “challenges” (Momo)
- Mental health concerns such as eating disorders, self-harm & suicide
- Suicide prevention resources
- Untraceable texting
- How to start the conversation
- Prevention steps
- 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, LPC and NCC, is the founder of Shape the Sky. He began his career in 1994, working for an inpatient psychiatric hospital with teens diagnosed with a mental health disorder. Mr. Klingensmith’s primary focus was working with youth struggling with bipolar, depression, anxiety, eating disorders, self-harming, and suicidal behaviors. He continued his work for the next 16 years in residential treatment facilities, teen shelters, and group homes for children and teens with mental health disorders.

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 services. In his work with SAPs, Mr. Klingensmith began classroom prevention presentations. It was during this time that he experienced the effect that youth social media culture had on the students, both in private practice and within schools. This led Mr. Klingensmith to see the need for comprehensive and ongoing education about social media for students, school personnel, and parents.

With the advent of smartphone technology and youth social network use, the need to educate parents, school staff, and mental health staff to the trends of youth social media use became a primary focus of his research. With his background in mental health and his love of social media and gadgetry, he developed training programs to inform and enlighten adults of the trends with teen use and misuse of technology. His mission is to help adults educate and guide their youth with the goal of creating a digitally responsible culture among today’s Screenagers.

Mr. Klingensmith is a graduate of Penn State University and Indiana University of Pennsylvania. He is a Licensed Professional Counselor (LPC) and a Nationally Certified Counselor (NCC). Mr. Klingensmith is the author of several books related to teenage trauma and a sought-after speaker at both state and national levels on wise technology usage.

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](http://shapethesky.org) and the Facebook page at [facebook.com/shapethesky/](https://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***