

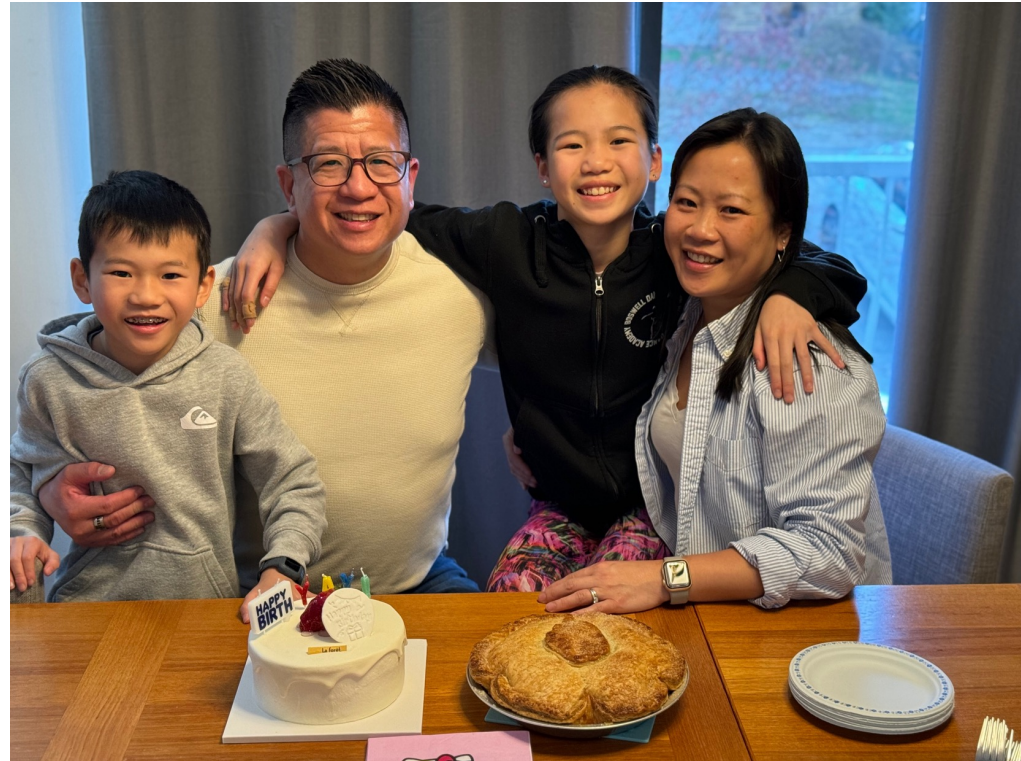


# Mental Health, Social Media & our Kids

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## ISSUES

- Of Canadians ages 15+ who report having a mental health care need in the past year, one third state their needs were not fully met.
- An estimated 75% of children with mental health disorders do not access specialized treatment services
- 70% of mental health problems have their onset during childhood or adolescence
- 34% of high-school students indicate a moderate to serious level of psychological distress. 14% report serious levels (symptoms of anxiety and depression)

## COSTS

- The economic burden of mental illness is about \$51 billion dollars per year in health care costs, lost productivity, and reductions in health-related quality of life
- About 4,000 Canadians die per year by suicide..almost 11 per day.
- Mental illness can cut 10-20 years from life expectancy
- The cost of a disability leave for mental illness is about double that of a leave due to physical illness.

# Mental Health Definition

## Public Health Agency of Canada

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Mental Health is “the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity.”




# Mental Health Definition

## Public Health Agency of Canada

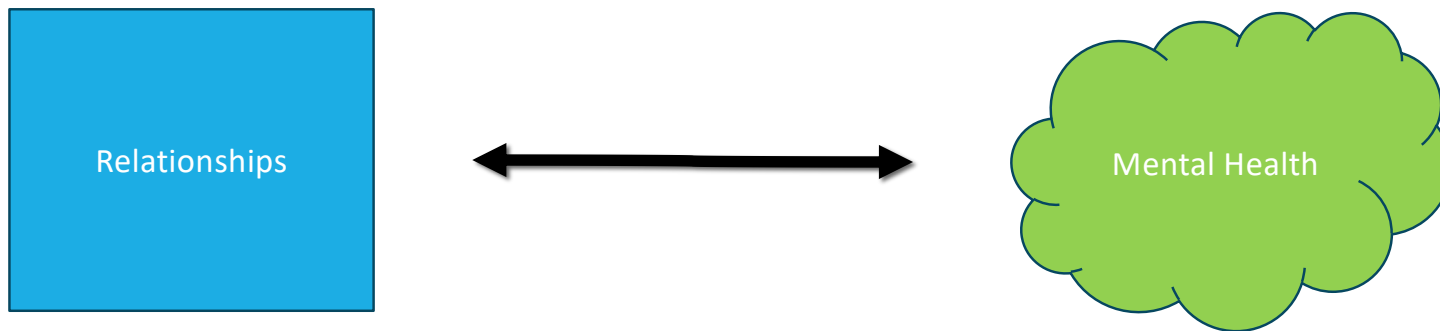
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Mental Health is “the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and **deal with the challenges we face**. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity.”



# Why mention mental health first?

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# Student Voice

Gathered by Integrated Child Youth Teams Youth peer Support Workers

**IT TAKES TIME.**

**BE PATIENT.**

**- STUDENT, CITY CENTRE YOUTH  
HUB**

**APPRECIATE ME MORE!**

**- STUDENT, CITY CENTRE YOUTH  
HUB**

**SUPPORT ME THROUGH  
SCHOOL.**

**- STUDENT, CITY CENTRE YOUTH  
HUB**

**DONT OVERLOOK MY WORDS.  
MENTAL HEALTH IS MORE  
SERIOUS THAN YOU THINK. THIS  
YEAR ALONE THERES BEEN  
OVER 5,130 SUICIDES.**

**- STUDENT, CITY CENTRE YOUTH  
HUB**

# Student Voice

Gathered by Integrated Child Youth Teams Youth peer Support Workers

**IT'S NOT THAT EASY TO JUST LET GO OF THINGS. EVEN THOUGH YOU WERE ABLE TO DO IT WHEN YOU WERE YOUNGER, DOESN'T MEAN WE'D BE ABLE TO DO IT THE SAME. OR JUST HAVING MOTIVATION FOR ANYTHING. SO PLEASE, BE MORE UNDERSTANDING AND PATIENT AND DON'T JUST JUMP TO ASSUMPTIONS.**

**- STUDENT, 13, JOHNTSON HEIGHTS**

**WHEN I SAY I'M TIRED THEY JUST ASSUME I'M LAZY. BUT WHAT I MEAN IS I'M SO MENTALLY EXHAUSTED AND DRAINED.**

**- STUDENT, 16, SALISH**

**I WISH SHE COULD LET ME SLEEP MORE SO I CAN REST UP AND DO BETTER AT SCHOOL**

**- STUDENT, 17, LORD TWEEDSMIR**

**I WANT THEM TO UNDERSTAND THE FACT SCHOOL ISN'T AS EASY AS THEY THINK. THEY DON'T UNDERSTAND HOW MY CLASSES ARE AND HOW I WANT MORE FREEDOM. I GOT TO FIGHT FOR IT AND FIGHT MY WAY OUT. I WANT TO DO THINKS OPENLY IN FRONT OF THEM LIKE SMOKE AND DRINK. I AM TIRED OF HIDING IT. I AM 17 ALMOST, I WISH THEY SAW MORE THEN SCHOOL, GRADES AND DRUGS. THAT'S ALL THEY SEE.**

**- STUDENT, 16, LORD TWEEDSMIR**



# Student Voice

Gathered by Integrated Child Youth Teams Youth peer Support Workers

**I WISH YOU COULD KNOW MORE  
ABOUT SCHOOL SO YOU  
WOULDN'T PRESSURE ME**

**- STUDENT, 16, SALISH**

**THAT I DO WANT TO  
GRADUATE SCHOOL AND BE  
SUCCESSFUL IN LIFE**

**- STUDENT, 15, LORD  
TWEEDSMIR**

**BE OPEN TO MORE  
CONVERSATIONS ABOUT  
SCHOOL.**

**- STUDENT, SALISH**

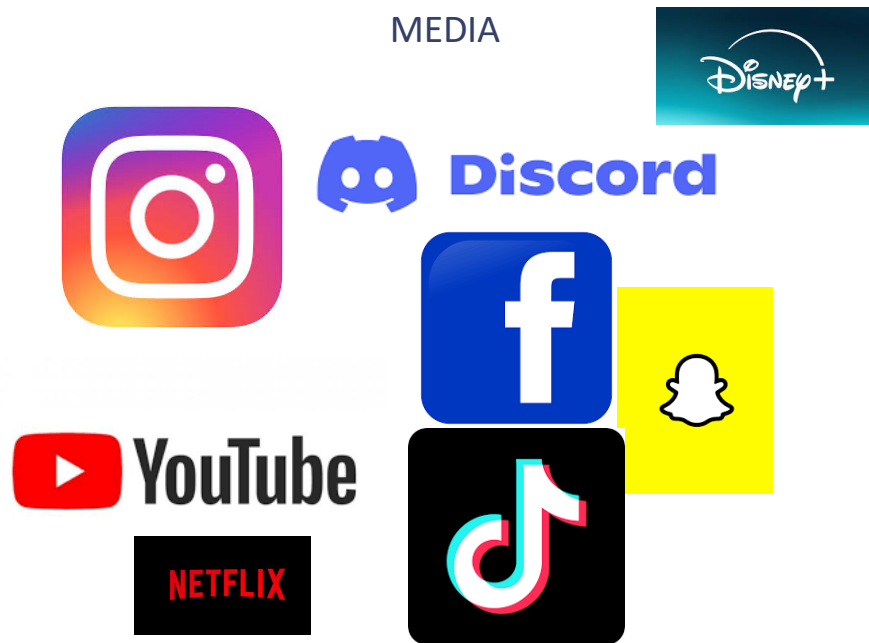
**YOU CAN DO ANYTHING, NOT  
EVERYTHING. YOU WILL BURN  
OUT!**

**- STUDENT, CITY CENTRE YOUTH  
HUB**

# Know the difference

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MEDIA

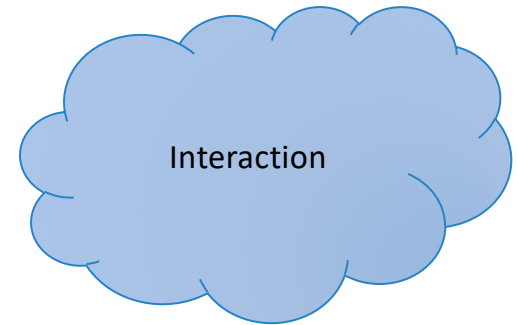
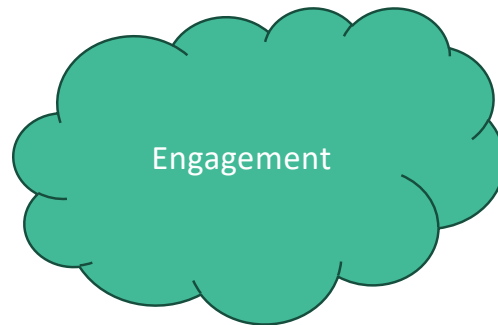
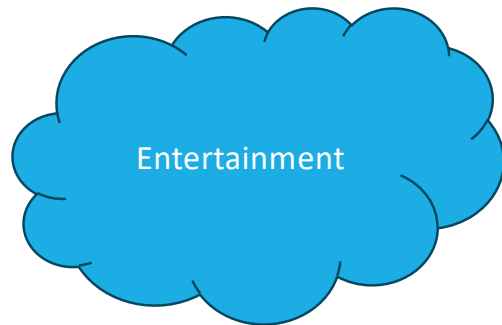


MEDIUM



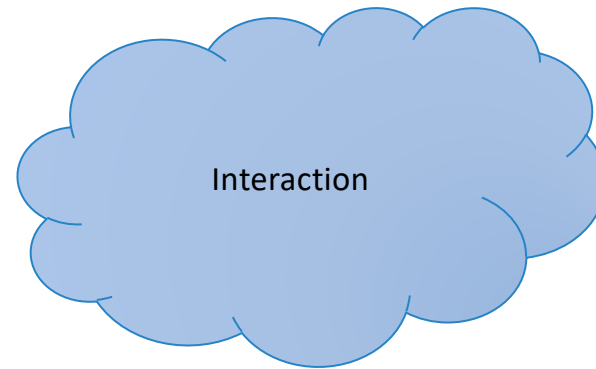
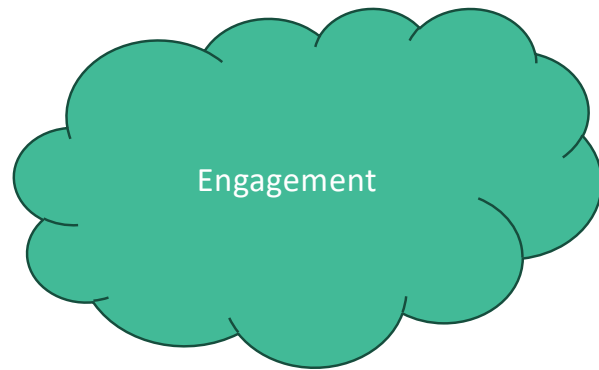
# Know the difference

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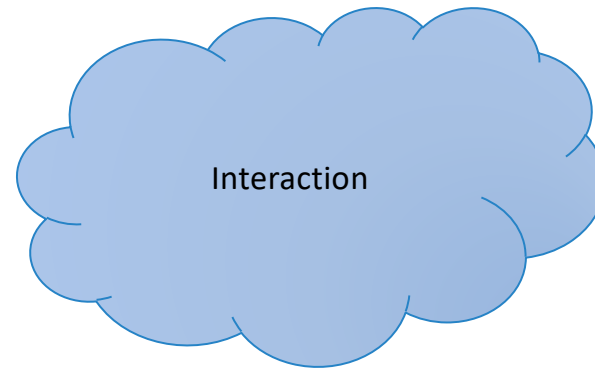
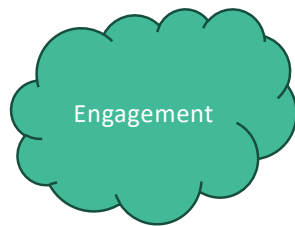
Today - we are mainly dealing with

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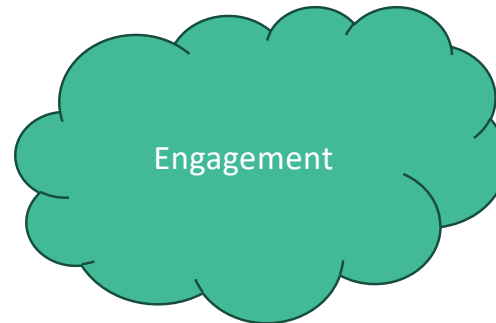
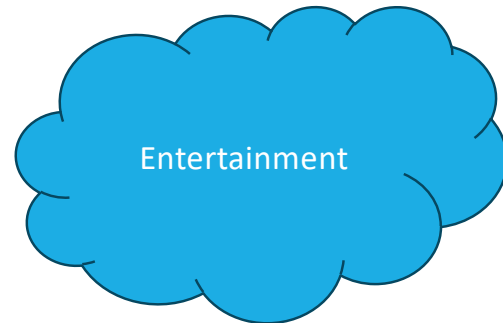
And really, the key issue for youth is  
the level of:

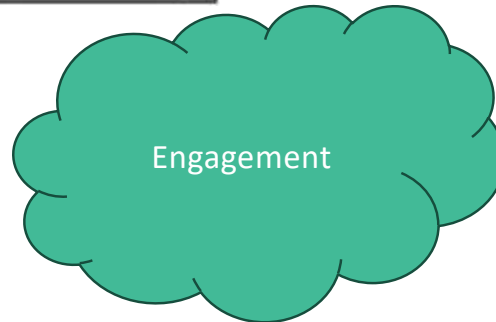
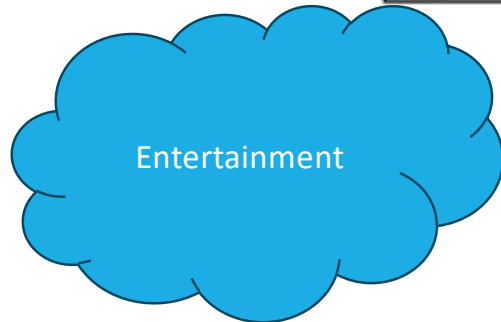
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It's quite easy to.....

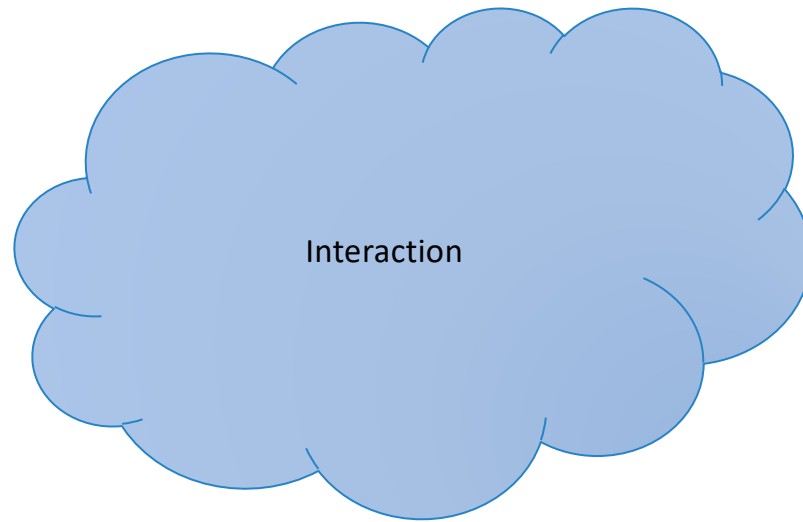
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Hardest thing to deal with is:

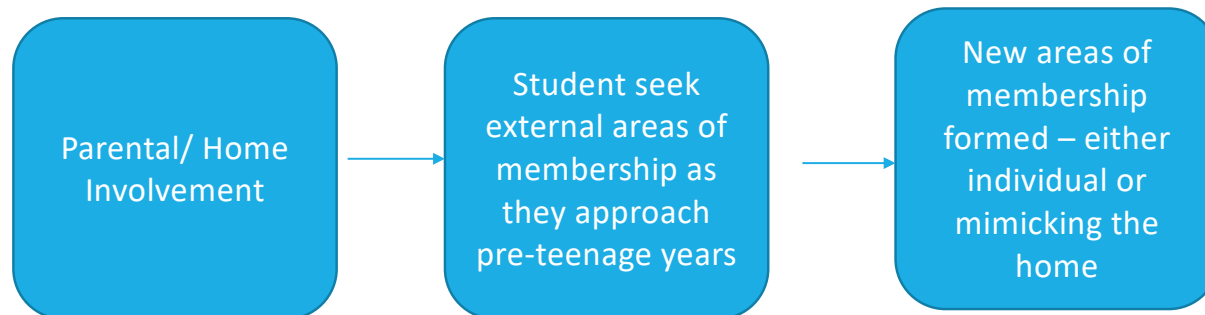
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# Where do kids seek a connection???

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From Dr. Daniel To  
Ed.D Thesis, 2017



90% behavior seen,  
10% of issue

What is wrong with this person?

What has this person  
been through?

Behaviors

Rules

Beliefs

Values

Our view of what “should” be

10% of behavior  
unseen,  
90% of issue is  
unseen or root  
causes (ACEs)

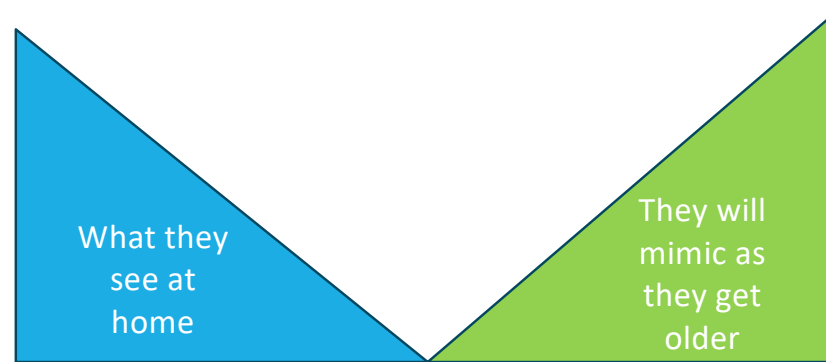
## Causal Link to Digital Stress (and other disorders related to body image/ image)

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# So...essentially....

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# So...essentially....

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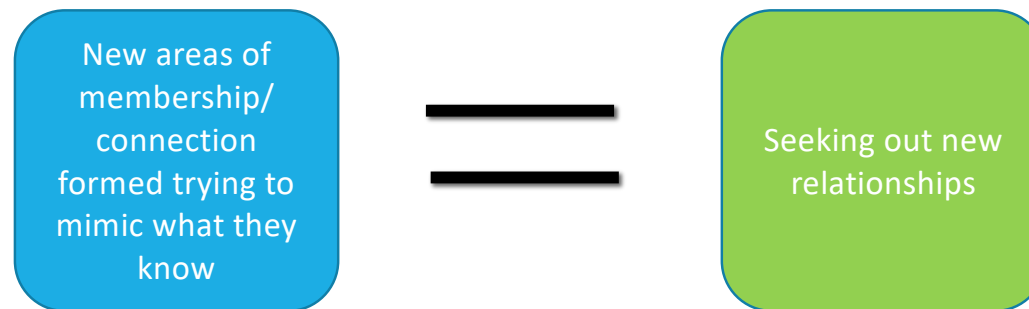
# So...essentially....

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# Where do kids seek a connection???

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From Dr. Daniel To  
Ed.D Thesis, 2017



And this will happen either...

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OR



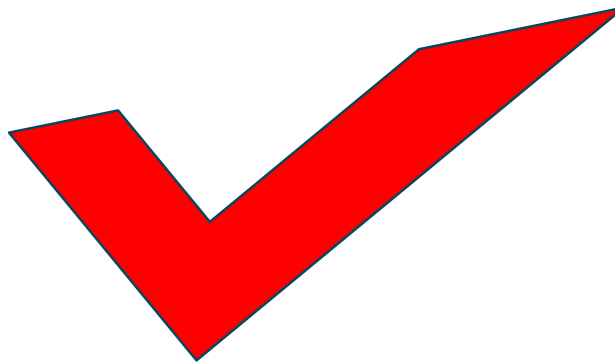


# Reality Check

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## ONLINE RELATIONSHIPS ARE EASIER

- Feel connected faster (7-10 interactions)
- Easier to hide true self/ promote idealized version of self
- No need to worry about “social norms”

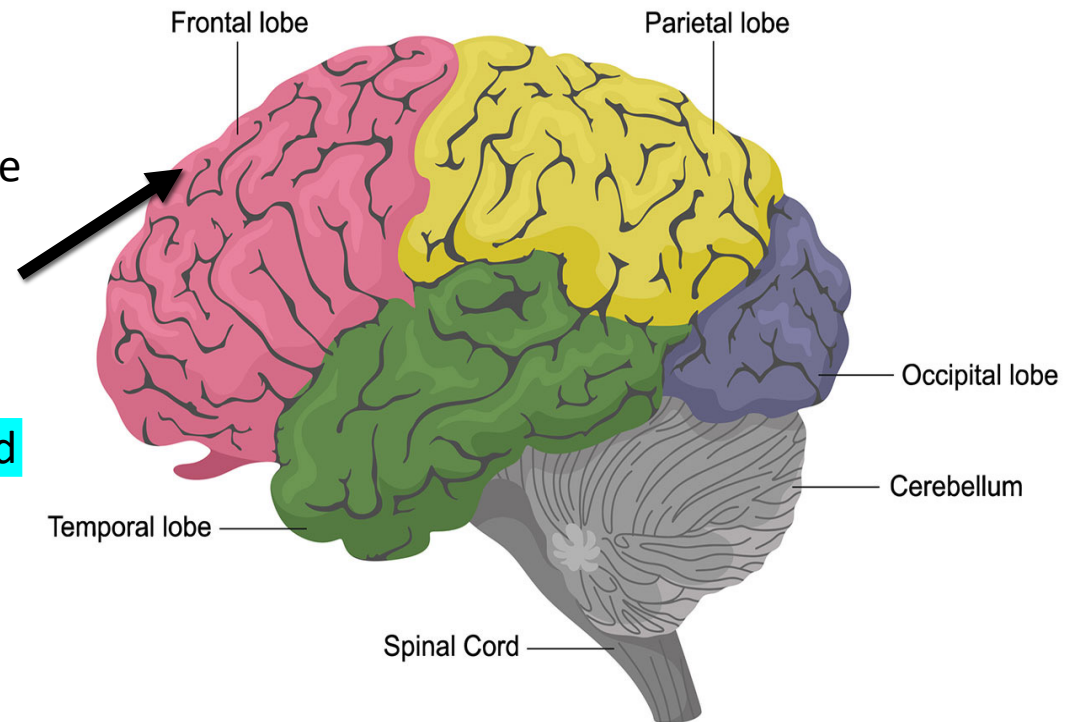


# Human Brain Anatomy

## CHECK OUT THESE FACTS!

- Brains are wired uniquely
- Social media sites and games uses the wiring of brain to promote usage
- It can give us direct hits of dopamine that some brains seek out (some more than others)
- Important to have boundaries around usage

-- Coralee Curby – School Psychologist



Picture from John Hopkins Medicine

# Some of the positives of online relationships


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1. Help spark offline relationships
2. Help enhance existing offline relationships
3. Help spark relationships for those who are isolated/  
unable
4. Help with collaboration
5. Help people stay connected when connecting is not  
possible



## Some of the dangers of online relationships

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1. Greater Anonymity
  2. Few non-verbal social cues
  3. Can be a great distraction
  4. Easier for Misunderstandings to occur
  5. Sometimes online chatter can create barrier
  6. Eventually can be less fulfilling/ more aggravating
- 

The reality is....

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*It's a tool, not life*

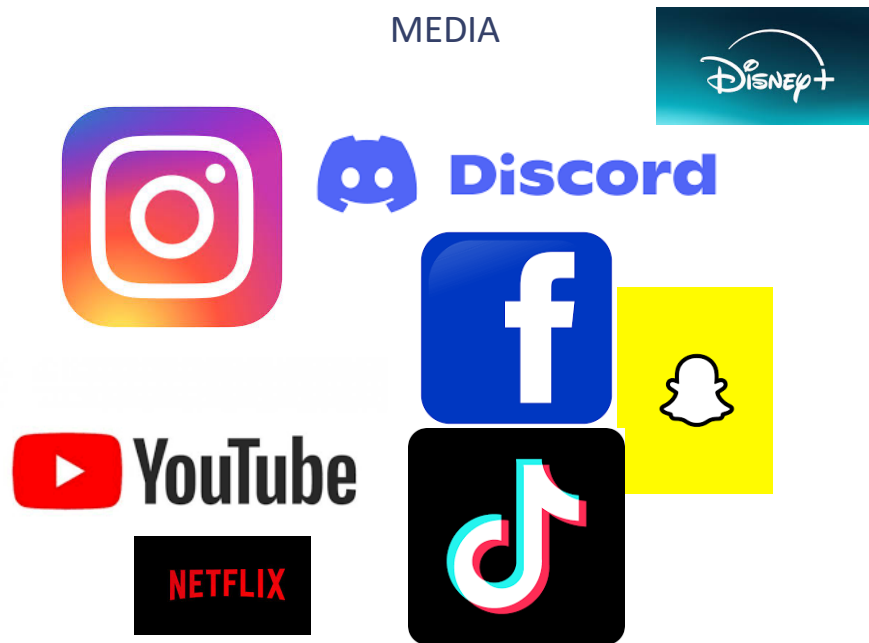
*It's technology, not necessity*



# These are tools

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MEDIA



MEDIUM



# #1 RECOMMENDATION?

The number- and quality- of relationships in a child's life

Rebuilds trust, confidence, sense of security, reconnecting to love through strong social network that surrounds and supports –

THIS MEANS YOU



Resilience Building Blocks  
A SENSE  
OF BELONGING



Bruce Perry MD, PhD



# Have the right conversations

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# Digital Stress Video

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After you have viewed the videos, you may want to engage your students in a discussion about them. For example, you can ask them:

1. What are healthy ways we use digital technology?
2. What are some unhealthy ways we use digital technology?
3. How would you know if your digital device usage is getting
4. in the way of school, personal life, family or your health?
5. How do you feel when you do not have access to your
6. digital device?
7. If you have difficulty putting down your devices, what
8. could you do or where do you think you can go for help?

# Mental health video series

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Important health and wellness topics were identified by district counsellors & school psychologists as common challenges faced by children and teens.

**Eight animated videos were created:**

- You Are Not Alone
- Coping with Stress & Anxiety
- Navigating Life Changes
- Digital Stress
- Healthy vs Unhealthy Stress
- Health and Wellness
- Healthy Relationships
- Body Image



Dr. Daniel M. To

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Slides and Resources at: <https://www.surreyschools.ca/mentalhealth/>

Example of Great Parent Resources:

<https://studentmentalhealthtoolkit.com>

<https://keltymentalhealth.ca>

<https://foundrybc.ca> (click on Supporting Others, then Family and Caregivers)

# Additional Resources

<https://www.surreyschools.ca/mentalhealth/>

<https://www.eaie.org/blog/5-mental-health-stressors-international-students.html>

<https://blog.ingleinternational.com/mental-health-what-it-means-for-international-students-and-how-you-can-help/>

<http://ontario.cmha.ca/news/promoting-mental-health-awareness-and-support-for-international-students/>

<https://keltymentalhealth.ca>

<https://www.mentalhealthcommission.ca/English>

<https://www.youtube.com/watch?v=w-Geb1fkM58>

<https://www.albertafamilywellness.org/resources/video/how-brains-are-built-core-story-of-brain-development>

## Other References

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1. *Two social lives: How differences between online and offline interaction influence social outcomes* Alicea Lieberman<sup>1</sup> and Juliana Schroede
2. *Connecting with close friends online: A qualitative analysis of young adults' perceptions of online and offline social interactions with friends* Riley A. Scott \*, Jaimee Stuart, Bonnie L. Barber
3. *Americans Find It Easier To Relate To Strangers Online Than Those In Real Life, New Study Claims* Dr. Hura Anwar