

- We need to talk more about anxiety and depression. We underestimate the number of youth who are struggling. Parent awareness is of critical importance.
- Therapeutic services are not available in the community, or have long wait lists.
- Social media is a huge influence on mental health due to: exposure to negative information and behaviors, increased pressure, constant (24/7) access, cyberbullying, etc.
- Incivility is normalized in media and social media.
- Conflict resolution and accountability need to be modeled by parents and other adults.
- There is a negative impact of social media and technology on relationships.
- Building positive relationships between students and the greater Bethel community is of critical importance.
- Increase of exposure to risky behaviors- is normalized through social media, vape shops, etc.
- Parents may have a low capacity to manage risk behaviors, due to a lack of knowledge or confidence in what to say to their children.