

00:00:03.090 --> 00:00:12.780

Jason Schmidt: Everybody welcome once again to the panther podcast this is your host Jason and I have a very special guest with me today i'm going to ask Jennifer to introduce yourself.

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00:00:16.740 --> 00:00:19.740

jehehalt: so happy to be here this morning, thanks for inviting me.

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00:00:19.920 --> 00:00:35.490

Jason Schmidt: yeah no problem so you're you're a new voice for the podcast so, can you tell us a little bit about who you are where where you're from and kind of just a just a little bit of the work that you're involved with Why do I have you here today.

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00:00:36.360 --> 00:00:42.240

jehehalt: Absolutely so i'm a senior regional manager at common sense education.

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00:00:42.840 --> 00:00:52.590

jehehalt: My role really is about focusing on professional development for educators administrators students and the families that we're we're connecting with an engaging with.

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00:00:53.400 --> 00:00:59.580

jehehalt: You know partnering with all kinds of both school districts Community based organizations after school programs.

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00:01:00.180 --> 00:01:05.070

jehehalt: To really think about building a whole community approach to digital citizenship.

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00:01:05.520 --> 00:01:21.150

jehehalt: And yes, that's a mouthful but we really want to just make sure we're engaging everybody and making everyone feel responsible for making sure our kids are equipped with you know everything they need to make really responsible decisions when interacting in online spaces.

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00:01:21.870 --> 00:01:23.610

Jason Schmidt: yeah you know and that's a that's a.

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00:01:24.090 --> 00:01:33.810

Jason Schmidt: Huge mission that common sense education has like a that's just that's just gigantic you know just going through kind of looking through some of your website materials and stuff like that you know there's.

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00:01:34.200 --> 00:01:45.990

Jason Schmidt: there's curriculum on there that we've been using in our district to kind of teach kids about digital citizenship and and things like that, but then there's also like resources for parents and.

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00:01:46.920 --> 00:01:49.890

Jason Schmidt: You know just a just, all of these different kinds of things you know you.

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00:01:50.640 --> 00:01:57.720

Jason Schmidt: Your privacy section that has just some amazing resources in there as well, to help educate people about how their data is being used.

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00:01:58.230 --> 00:02:05.340

Jason Schmidt: APP reviews like you could literally just spend probably a couple of different podcast episodes just talking about the different areas of.

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00:02:05.970 --> 00:02:23.040

Jason Schmidt: What common sense, education is involved with can you can you just give me a little bit of a little bit of an idea of like your background like you know where to where do you come from you know you like what are what are some of your some of your personal experiences too.

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00:02:23.910 --> 00:02:34.110

jehehalt: Absolutely so i'm a former elementary education teacher taught second grade and sixth grade for a while, but then we're very moved from classroom for a long time since.

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00:02:34.110 --> 00:02:35.640

jehehalt: i've been doing professional development.

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00:02:35.970 --> 00:02:41.910

jehehalt: For the last 1520 years so special while the very closely connected to the educators, and you know what their.

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00:02:42.300 --> 00:02:46.620

jehehalt: Their needs are, and you know, obviously apparent myself I before and a six year old.

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00:02:47.040 --> 00:03:03.180

jehehalt: So you know, common sense, education, and you know, common sense media has been a saving grace for our family, and you know all of the families around us, because our ratings and reviews are really helpful when you're starting to make good choices around the media that your kids are consuming.

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00:03:04.380 --> 00:03:11.880

jehehalt: You know pre pandemic, you know we always worried about our screen time and you know Oh, my goodness well that flew out the door.

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00:03:13.020 --> 00:03:15.450

jehehalt: Right in March or April, it was just.

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00:03:15.450 --> 00:03:26.250

jehehalt: survival and you know the the guilt, you know that had said in with families that I was talking to, and you know it goes down to quality versus quantity.

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00:03:26.880 --> 00:03:32.040

jehehalt: So you just want to think about going to our ratings and reviews we rate in review Apps games.

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00:03:32.070 --> 00:03:34.620

jehehalt: Books movies websites and we take a look at.

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00:03:34.800 --> 00:03:41.910

jehehalt: The learning potential and the age appropriateness that that particular media has to offer, so we all know, you know.

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00:03:42.630 --> 00:03:52.560

jehehalt: Video gaming for hours is much different than creating movies for hours or it's much different than you know, putting your younger kids on Daniel tiger all afternoon.

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00:03:52.890 --> 00:04:00.480

jehehalt: As opposed to maybe something else that's not as appropriate and so it's a really nice starting point for families to make those decisions.

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00:04:01.500 --> 00:04:05.250

Jason Schmidt: yeah you know and and that's one of the things that I really appreciate about.

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00:04:05.370 --> 00:04:09.930

Jason Schmidt: A lot of the resources and the way that the materials are developed is not just.

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00:04:10.260 --> 00:04:18.060

Jason Schmidt: it's not just Okay, this is here's a curriculum and here stuff like okay send it to your kids deliver it to your kids and then check the box.

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00:04:18.390 --> 00:04:33.390

Jason Schmidt: it's nothing it's not it's not like that you know there's there are resources for engaging parents engaging the Community, I actually took advantage of some of those materials, I gave a presentation just a couple weeks ago on social media gaming and mental health.

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00:04:33.720 --> 00:04:37.950

Jason Schmidt: And I use the common sense I adapted them a little bit because I noticed that I could.

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00:04:38.310 --> 00:04:38.730

Jason Schmidt: So.

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00:04:39.690 --> 00:04:40.050

jehehalt: yeah but.

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00:04:40.080 --> 00:04:51.210

Jason Schmidt: You know those those materials were just a excellent and I get a lot of comments about yeah you know, this is a really important topic, and thank you so much for putting that on, and you know a lot of those a lot of verses are really available and.

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00:04:51.840 --> 00:05:07.980

Jason Schmidt: You know, getting getting parents connected with the kids and the teachers everybody's got these common interests and working together that's the way that we kind of tackle some of these some of these these issues that we're, seeing as far as kids in their media use right.

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00:05:08.700 --> 00:05:15.450

jehehalt: Absolutely, and you know, common sense we do a lot of research as well, we have an entire research team dedicated to children's media use.

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00:05:15.900 --> 00:05:24.060

jehehalt: And so we recently did one on mental health at the high school level, so you know anybody wants some light reading for the weekend.

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00:05:24.990 --> 00:05:39.720

jehehalt: We have a lot of research studies that you know just show the the both the high level and the details of what's happening around that and then we also have our latest zero to eight media use that research, study is really well, so all of our resources that we you know.

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00:05:40.740 --> 00:05:49.290

jehehalt: Curie design create it's all research based and so it's really just about building that common language between school and families so.

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00:05:49.950 --> 00:05:57.990

jehehalt: educators, have access to a free, high quality research based curriculum designed, you know, in partnership with the Harvard School of education.

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00:05:58.440 --> 00:06:02.580

jehehalt: And so kids are getting access K through 12 around topics like.

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00:06:02.940 --> 00:06:13.380

jehehalt: You know, media balance where we're talking privacy we're talking digital footprints we're talking news and media literacy, so all of that conversation that's going on in classrooms with the educators.

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00:06:14.160 --> 00:06:18.900

jehehalt: All of our lessons are connected to a family tip sheet and family activity sheet that can go home.

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00:06:19.320 --> 00:06:26.850

jehehalt: and say you know I feel like it's mostly dinnertime talk, you know or in the car on the way to practices like let's talk about what you.

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00:06:27.210 --> 00:06:37.050

jehehalt: You know how do you feel about you know X, Y Z or whatever the topic is that day, but I think it really brings in conversation starters between parents and kids.

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00:06:37.890 --> 00:06:49.800

Jason Schmidt: yeah that's yeah that's really you know, a helpful, I think, to to have those kinds of things, because a lot of time, you know, at least for for me as a parent I have older children, you know mine aren't foreign six mine my youngest is 11.

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00:06:50.640 --> 00:07:03.270

Jason Schmidt: So you know we, but we still we still you know have those questions like you know how was your day in school, and you know that's a that's a really rotten question and to be able to have some of these conversations around.

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00:07:04.140 --> 00:07:08.670

Jason Schmidt: You know these these really important topics, so we don't really know how to breach right.

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00:07:09.450 --> 00:07:16.290

Jason Schmidt: You know and that's kind of that's kind of where where we want to go with all of these kinds of things in these materials and these discussions that we have is.

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00:07:16.560 --> 00:07:27.720

Jason Schmidt: You know how do we, how do we breach that topic, how do we bring that up with our kids and you know what's the what's going to be a good way to have a productive discussion around it so it's really awesome that we have access to those resources.

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00:07:28.380 --> 00:07:31.980

jehehalt: Absolutely, and you know when I talked to families, I do lots and lots of family.

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00:07:31.980 --> 00:07:34.950

jehehalt: Engagement you know events and conversations and.

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00:07:35.700 --> 00:07:46.440

jehehalt: A lot of times it comes down to like you just don't know what you don't know you know through nobody's fault but it's just sometimes you're just not sure what to ask, and you know where to go and how to model.

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00:07:46.890 --> 00:07:58.710

jehehalt: Some of these things, so I think as family and as parents, we need to think about our own media use and how we interact with the platforms that we're on and because you know, no matter what age there realize watching.

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00:07:59.460 --> 00:08:02.370

jehehalt: All of the things we're doing so I think modeling is a big.

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00:08:02.430 --> 00:08:10.230

jehehalt: You know, take away I think co viewing, especially at the younger ages, but you know 1112 you know there that's the sweet spot.

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00:08:10.260 --> 00:08:11.910

jehehalt: Where they're starting to ask for.

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00:08:12.510 --> 00:08:21.420

jehehalt: Their own smartphone and they're starting to ask you know they're in more like online social gaming type events, and you know it's that.

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00:08:21.780 --> 00:08:29.310

jehehalt: Time where you play the game with them ask them about it, you know what do they like about it, you know and also thinking about.

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00:08:29.970 --> 00:08:43.290

jehehalt: Another thing I asked parents to watch for is their emotional well being when they're done engaging in any type of media whether it's a TV show a movie your social media APP that they're using but.

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00:08:43.770 --> 00:08:58.740

jehehalt: You know, are they Okay, are they happy when they you know close out of that particular APP or website and if not, you know digging a little deeper as to why you know, is it you know, whatever the culprit might be.

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00:09:00.240 --> 00:09:06.960

jehehalt: But those I think are the top things we need to think about as as families and caregivers navigate media at home.

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00:09:07.770 --> 00:09:13.920

Jason Schmidt: Right yeah yeah and, especially, you know our focus this month has been on media balance and well being.

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00:09:14.850 --> 00:09:18.300

Jason Schmidt: You know, and just and one of the one of the biggest messages that I hope.

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00:09:18.840 --> 00:09:31.200

Jason Schmidt: Parents are getting and that I hope teachers are getting to is that not all screen time is created equal like you were saying right, you know there's a there's a difference between sitting and binge watching Daniel tiger for hours on end.

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00:09:31.470 --> 00:09:34.830

Jason Schmidt: And you know face timing with grandma.

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00:09:34.920 --> 00:09:43.590

Jason Schmidt: And you know and doing those kinds of things like there's a huge difference in the way that that the that kids react to those kinds of things so.



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00:09:45.030 --> 00:09:49.680

Jason Schmidt: that's that's definitely definitely an important point for people to take away.

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00:09:50.700 --> 00:09:56.430

Jason Schmidt: You had mentioned earlier that common sense does a ton of research, and you know there's a lot of.

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00:09:56.850 --> 00:10:13.350

Jason Schmidt: Research based practices and those kinds of things can you can you give us an idea, maybe about some of the trends that you're, seeing as far as the digital habits of our children are concerned, you know, like you know what kinds of things are they doing or any of those any of that.

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00:10:14.790 --> 00:10:16.410

Jason Schmidt: Any anything anything there.

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00:10:17.130 --> 00:10:25.710

jehehalt: Absolutely, so one of the biggest trends right now is a social emotional well being of our kids again this is any age.

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00:10:26.610 --> 00:10:35.610

jehehalt: This is a really hard time for them, you know their friends or everything they're not connecting with their friends and hanging out, you know playing and socializing.

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00:10:36.000 --> 00:10:45.840

jehehalt: And so what i'm noticing is how much the digital citizenship topics connect to social emotional well being you know so when we're talking about.

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00:10:47.010 --> 00:10:56.700

jehehalt: relationships and communicating online and really getting kids to understand that there's somebody else on the other side of that screen there's a human being, you know with.

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00:10:57.690 --> 00:11:12.810

jehehalt: A heart, you know with with really the motion, and so I think it's about getting kids to think about this isn't just a life skill, you know it's much more than that it's helping our kids design, you know habits of mind.

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00:11:13.290 --> 00:11:18.060

jehehalt: You know and thinking about you think before you post pause for people.

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00:11:18.870 --> 00:11:32.970

jehehalt: You know, all those different kind of sayings mean so much more than what we're just saying to them like practicing it modeling it and and really embedding it into a common language that everybody is you know familiar with and comfortable with so.

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00:11:34.020 --> 00:11:42.570

jehehalt: I think you're going to see a lot more content coming out of common sense around social emotional wellbeing and you know what are things parents families can do.

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00:11:43.230 --> 00:11:52.080

jehehalt: To make sure that your you know your kids are equipped with what they need to you know when they come across something that makes them uncomfortable what do they do.

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00:11:53.010 --> 00:12:10.380

jehehalt: You know a lot of kids don't know where to turn or you know, so the equipping them with strategies examples and role playing digital dilemmas, so that when it comes time to actually be involved in one they know what to do and understand how to be an up stander and it was all of it.

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00:12:11.400 --> 00:12:14.700

jehehalt: Because I think it's okay to have a different perspective.

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00:12:15.870 --> 00:12:18.060

jehehalt: You know, because that's how we learn, you know if someone's.

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00:12:18.060 --> 00:12:20.580

jehehalt: perspectives different that's how we're learning and so.

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00:12:20.730 --> 00:12:30.540

jehehalt: it's okay to disagree it's not okay to use hate speech, and you know and come down when somebody because they're not thinking what you think so I.

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00:12:30.540 --> 00:12:42.030

jehehalt: Think middle high school, you need to start thinking about that stuff too, and all of this ties back to digital citizenship we think about relationship to the communicating your digital footprint, you know what you put out there is for ever and ever.

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00:12:42.360 --> 00:12:47.430

jehehalt: Right so it's my new quote for the year is just all the things.

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00:12:47.850 --> 00:12:49.200

jehehalt: All the things all the things.

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00:12:51.630 --> 00:12:53.400

jehehalt: It just all comes down to you know just.

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00:12:53.460 --> 00:12:58.770

jehehalt: Having conversations and teaching kids just yet another habit, you know with dispositions that.

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00:12:58.860 --> 00:13:01.320

jehehalt: Right or young as kindergarten, believe it or not.

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00:13:01.710 --> 00:13:10.860

Jason Schmidt: Right yeah I you know it's it's too bad that this is just an audio podcast because if people could see my face right now, they would have seen me nodding, along with like everything that you said.

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00:13:11.280 --> 00:13:19.800

Jason Schmidt: And like yeah yeah you know, like that's exactly right, you know, and those are the kinds of things that we're that we're looking for in our kids you know it's not really.

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00:13:21.210 --> 00:13:26.010

Jason Schmidt: You know it's not it's not really just you know when we say something like digital citizenship like we don't.

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00:13:26.340 --> 00:13:41.070

Jason Schmidt: we're it's more it's it's more all encompassing than just what they do online it really you know, like you said it's that it's that social emotional aspect of things like you know how does what you do and say online affect another person.

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00:13:41.310 --> 00:13:49.980

Jason Schmidt: or affected your life like there's really, you know as much as people want to say well i'm a completely different person online than I am and person well why.

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00:13:50.400 --> 00:14:00.960

Jason Schmidt: I you know what's the what's The reason for that persona you know, and is there is there really something maybe bigger going on, that we need to figure out, and you know because there's just so many.

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00:14:02.520 --> 00:14:14.250

Jason Schmidt: You know, so our kids today are just faced with so many different things than when we were growing up right, you know if I did something dumb I didn't have to worry about somebody posting a video of it on tick tock and then it was going to be there forever.

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00:14:15.270 --> 00:14:19.770

Jason Schmidt: You know I just I just did something dumb and now we have a good story and fun memories, but.

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00:14:20.460 --> 00:14:22.380

Jason Schmidt: You know yeah.

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00:14:23.580 --> 00:14:31.200

jehehalt: yeah and I think to a lot of our curriculum is based on the Rings of responsibility, so you know your responsibility for yourself.

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00:14:31.710 --> 00:14:42.450

jehehalt: Your family your community and the world, you know so embedding that in everything that we do in our lessons is really important message to you know how does this affect me.

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00:14:42.990 --> 00:14:56.010

jehehalt: How does this affect my family my community and so betting that question to throughout each grade level, I think, is a big piece of it which ties to everything a classroom teacher does.

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00:14:57.030 --> 00:14:59.880

jehehalt: What you're teaching and you know parents to you know, like.

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00:15:00.450 --> 00:15:02.370

jehehalt: values are tied to this.

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00:15:02.490 --> 00:15:13.830

jehehalt: Right it just becomes everything and like how are we represented as yourself in our family in our district more engaging and things because a lot of this this can be fun right.

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00:15:13.890 --> 00:15:25.440

jehehalt: This is like you know, we have the world in our hands, and of course there's so many like advantages to that and there's so much opportunity, so we tend to lose that.

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00:15:25.890 --> 00:15:35.850

jehehalt: That idea and we go rapes, you know down the rabbit hole of like, no, no, no, no, no, so how can we, you know teach our kids to do these things safely, so we can say yes, more often.

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00:15:36.030 --> 00:15:41.760

jehehalt: yeah let's try this together, yes let's do this, yes, and then I want to see this, you know so.

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00:15:41.760 --> 00:15:42.180

Jason Schmidt: Right it's.

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00:15:42.210 --> 00:15:46.560

jehehalt: More yeses and last nose, so that when they are on their own, we feel good about it.

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00:15:46.830 --> 00:15:51.600

Jason Schmidt: yeah you know, and that that kind of gets that another thing this is we're going a little bit off script.

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00:15:51.600 --> 00:15:59.610

Jason Schmidt: When i'm sorry Okay, no that's Okay, and this is really important stuff but that's that's one of the things you know that's a that's a really strong.

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00:16:00.030 --> 00:16:04.440

Jason Schmidt: belief of mine, too, is that you know, we need to, we need to equip kids.

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00:16:04.800 --> 00:16:17.850

Jason Schmidt: And you know, a the way that we do that is by giving them experiences in a structured environment, so that we can teach them, this is the way to do things, and this is the way not to do things you know it's kind of like.

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00:16:18.840 --> 00:16:28.860

Jason Schmidt: A friend of mine, used to say that the internet's a playground and nobody's on recess duty, and you know, a and that's and that's very apt description, I think.

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00:16:29.070 --> 00:16:29.700

Jason Schmidt: The way that our.

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00:16:30.780 --> 00:16:41.250

Jason Schmidt: way that our world functions right, and you know nobody's nobody supervising, we have to it's up to us to like that that whole idea of personal responsibility right i'm responsible for myself.

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00:16:41.640 --> 00:16:44.250

Jason Schmidt: And i'm also responsible for the for the.

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00:16:45.090 --> 00:16:59.970

Jason Schmidt: The the consequences of my actions and the consequences of how people react to my actions even you know, like we're going beyond we're you know it's it's very Meta I like that that illustration of the Rings you know it's kind of like ripples in a pond right.

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00:17:00.300 --> 00:17:04.440

Jason Schmidt: So you know you throw a stone in the middle that's your one little thing now what happens is that.

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00:17:04.920 --> 00:17:13.770

Jason Schmidt: thing gets bigger and bigger and bigger and you know I people have a lot of power and with that we have a lot of responsibility to to.

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00:17:14.130 --> 00:17:23.280

Jason Schmidt: Make sure that we're you know, acting in ways that don't harm other people and that's you know that's a that's a key aspect I think of digital citizenship.

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00:17:23.940 --> 00:17:28.260

Jason Schmidt: they're really kind of just takes it beyond just the like it's it's not just.

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00:17:28.740 --> 00:17:43.470

Jason Schmidt: Your online conduct, but how your online conduct affects the real world and that's really what we need to be teaching and that's what that's what the the whole heart of digital citizenship is getting out yep absolutely yep.

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00:17:44.520 --> 00:17:44.940

Jason Schmidt: Okay.

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00:17:47.100 --> 00:17:49.380

Jason Schmidt: Like I said we went way off script on this so.

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00:17:50.070 --> 00:17:55.560

jehehalt: I know i'm so sorry but you know what at the end of the day, you know, there are so many resources parents can.

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00:17:55.560 --> 00:17:57.630

jehehalt: turn to and that's The good thing so.

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00:17:57.720 --> 00:17:58.020

Jason Schmidt: yeah.

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00:17:58.050 --> 00:18:07.800

jehehalt: You know, we talked about a lot will make sure that everything we talked about, you have a link to it, so you can download it, you know call it up on your device, you know whether offline or online activities.

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00:18:08.760 --> 00:18:15.180

jehehalt: Like we talked about the family tip sheets just to recap some takeaways you have those conversation starters, which are great we also have.

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00:18:16.530 --> 00:18:25.200

jehehalt: What I really love her family's I know we've done it a few times now is it's a family media agreement and essentially just a family contract where.

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00:18:25.200 --> 00:18:33.810

jehehalt: Everybody sits down you go through you know this is how we take care of our device, this is the time we're allowed to use our vital device or xyz has to be done, and then you can go on your device.

138

00:18:34.140 --> 00:18:41.310

jehehalt: However, you want to you know laid out but it's a template really good one and i'll admit we've changed ours, a couple of times we're living and learning through all of this and that's okay.

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00:18:41.340 --> 00:18:50.190

jehehalt: But yeah right everybody signed it, we put it on the refrigerator you know somewhere visual and that's what we you know turn to a lot, especially now that we're homework.

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00:18:50.520 --> 00:19:01.920

jehehalt: Right so it's something visual so we'll make sure you have that template for sure we also have i'm not sure Jason you know about this, but we have a web website called wide open school work.

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00:19:02.130 --> 00:19:04.950



jehehalt: yeah this one is one you'll want to bookmark.

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00:19:05.190 --> 00:19:07.530

jehehalt: To everyone right it's another.

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00:19:07.530 --> 00:19:15.630

jehehalt: Life saving grace where you can keep kids learning and feel good this is feel good stuff parents guilt free stuff.

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00:19:16.170 --> 00:19:27.390

jehehalt: online and offline activities that you know don't require us a description or a login or anything it just takes you straight to that activity for kids to see videos and virtual field trips and.

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00:19:28.380 --> 00:19:36.000

jehehalt: You know just grabbing go activities again both online or offline so make sure you check that out, we have lots of cool.

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00:19:36.540 --> 00:19:43.650

jehehalt: Content areas that are easy to just pull up on your phone real quick get the idea and and take it offline if you have to and then it's for the older kids to.

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00:19:44.220 --> 00:19:50.730

jehehalt: Really cool stuff for them to tap into and read about that you can feel good about so we'll make sure you get that link wide open school.org.

148

00:19:51.030 --> 00:20:02.430

jehehalt: And then the last one I just want to share with you is called tech balance and that's where you can get common sense advice and kind of crowdsource your ideas around media balance in your home it's a text message.

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00:20:03.330 --> 00:20:10.200

jehehalt: campaign so you can just have those things come into your phone once a week, which is really cool to see will make sure you have all those things to get you started yeah.

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00:20:10.230 --> 00:20:12.030

Jason Schmidt: I signed up for the tech balance.

151

00:20:13.470 --> 00:20:23.640

Jason Schmidt: text messages like a couple a couple weeks ago, and you know there's been there's been some really good stuff coming out of that so and it's just real quick really easy just a little graphic you pull it up you look at it like oh that's really cool.

152

00:20:23.910 --> 00:20:30.300

Jason Schmidt: And you know gives you something to talk about or take with you, so I definitely appreciate that resource that one sounds pretty new to me so.

153

00:20:30.690 --> 00:20:30.870

i'm.

154

00:20:32.430 --> 00:20:36.240

Jason Schmidt: glad that common sense is doing that and promoting it as well it's good stuff.

155

00:20:37.290 --> 00:20:46.140

jehehalt: Well, I enjoyed being here today, thank you, I hope that there were a couple of things that everyone could take away, and you know check us out there's always something new to learn at common sense that org.

156

00:20:46.860 --> 00:20:53.280

Jason Schmidt: Well, and we appreciate that you're providing all those resources and helping you know partnering with organizations like.

157

00:20:53.370 --> 00:21:03.870

Jason Schmidt: o'connell fall school district, and many others across the country to to kind of help advance this to help help our parents and help our schools.

158

00:21:04.620 --> 00:21:16.170

Jason Schmidt: create more responsible kids and more responsible citizens, I should say, because those resources are just invaluable now you've we've got a place to start in place to have some of those conversations and then hopefully we see some real growth.

159

00:21:16.980 --> 00:21:24.750

jehehalt: Absolutely, and you know, to all the parents out there, give yourself a high five because we're doing this we're in this together, we got this.

160

00:21:27.120 --> 00:21:30.570

Jason Schmidt: Well it's been a pleasure, having you on the podcast I definitely appreciate it Jennifer.

161

00:21:31.020 --> 00:21:39.390

Jason Schmidt: You know, on a snowy Thursday afternoon or Thursday morning I guess it's not afternoon, it feels like it should be afternoon, even though it's a snow day but you know that's how that's how it goes so.

162

00:21:39.840 --> 00:21:46.590

Jason Schmidt: appreciate your time and all the planning that went into being on the podcast I hope this isn't the last time that we hear from you.

163

00:21:47.490 --> 00:21:48.870

jehehalt: Absolutely, thank you.