



National Association  
of Episcopal Schools  
*Excellence Through Association*

# Social Media Wellness

*(and a bit about Episcopal schools)*

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## Episcopal schools are:



**ST. JOHN'S SCHOOL**  
GUAM, USA



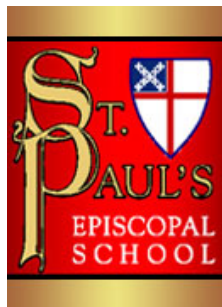
**GROTON**  
SCHOOL



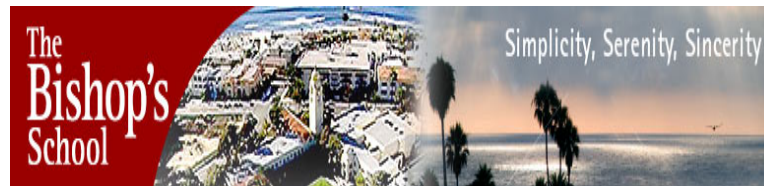
**TRINITY**  
EPISCOPAL  
SCHOOL  
*10 years*  
Established 2000

**St. Mary's**  
**Episcopal Day School**

The  
Episcopal  
School  
of Knoxville  

**ST. PAUL'S**  
EPISCOPAL  
SCHOOL



The  
**Bishop's**  
School

Simplicity, Serenity, Sincerity

**ESPERANZA**   
*Academy*  
School of Hope



## Episcopal Schools are Numerous

- There are nearly 1200 Episcopal schools throughout the Episcopal Church
- 54 secondary schools
- Close to 600 ECE programs
- 36 boarding schools (8 boarding-only)
- 3 military schools



## Episcopal Schools are Numerous

- Diocese of Haiti has the most schools, with over 250 schools.
- Approximately 160,000 students in Episcopal schools throughout the church.
- Approximately \$212,000,000 given out in financial aid on an annual basis.
- Oldest school is Trinity in New York City, founded in 1709.





# The Four Pillars of Episcopal Identity



Chapel &  
Worship

Relationships  
& Community



Service &  
Social Justice

Religious  
Studies &  
Spiritual  
Formation





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# Chapel & Worship







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# Religious Study & Spiritual Formation





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# Relationships & Community







# Service and Social Justice





## What does NAES do?

- The mission of the National Association of Episcopal Schools is to *serve those who serve Episcopal schools.*
- Approximately 400 members of NAES, representing a wide range of schools through the Church.



## What does NAES do?

- Episcopal Urban School Alliance
  - Network of 10 schools serving historically low income areas
- Assist in the founding of new schools
  - The Episcopal School of Nashville
- NESCS – Support Network for Chaplains





## What does NAES do?

- Haiti Partnership
  - 50 Episcopal schools and parishes partnering with schools in Haiti
  - NAES offers supporting grants
- E.E. Ford Matching Grant
  - Network for Diversity Practitioners



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# Social Media Wellness



## Ubiquitous Devices

- Devices are everywhere
- RIP Aol Instant Messenger
- We never leave them
- People feel “owed” a swift response
- Poor work-life boundaries
- Infinite dopamine loop





## How to Break the Cycle

- In a group, try all agreeing to put phones on 'silent' or collecting them all
- Put your phone down in consistent location when you get home
- Intentionally decide which email accounts to sync to your phone, or turn off notifications



## Screen time and kids

- 29% of babies under age of 1 are averaging 90 minutes of screen time a day
- Negatively impacts ability to read human emotions
- Correlations with childhood obesity
- Linked to disruptions in sleep patterns
- Most prominent in low-income families



## Screen time and kids

- Opportunity to develop motor skills
- With the right apps, a smart phone or tablet can be a great mental challenge
- AAP recommends limiting to 2 hours a day for ages 3-18 (zero below that)
- As a family, work on developing a “healthy media diet”





## Signs of and unhealthy relationship with social media

- You spend a lot of time thinking about social media or planning how to use it.
- You feel an urge to use social media more and more.
- You use social media in order to forget about personal problems.



## Signs of and unhealthy relationship with social media

- You have tried to cut down on the use of social media without success.
- You become restless or troubled if you are prohibited from using social media.
- You use social media so much that it has had a negative impact on your job/studies.



## Solutions

- Acknowledge the problem is real
- Delete apps from your phone
- Disable 'push' notifications
- Only use social media on a desktop computer



## Unhealthy Comparisons with Peers

- Your Facebook friends (usually) only share the best elements of their lives.
- You compare the good and bad of your life with just the good of theirs. Of course it seems like their lives are better!





## False Comparisons with Peers

- Feel like you are behind in life
- Feel like your relationships aren't as fulfilling
- FOMO – Fear of Missing Out
- Highlighting economic differences between kids (or adults) and their friends.



## Potential Solutions

- Be judicious in what you post – make sure you are posting for the right reasons.
- Remember that you are in control. Don't be afraid to unfollow your "successful" friend on Facebook that won't stop posting pictures of their new yacht.
- Remember that the filter is there.



# Unfiltered Hostility & Arguments

- No filters
- Anonymity
- Godwin's Law



## Concerns for Families

- Sexting
- Snapchat / Instagram Stories
- Illusion of impermanence
- Long lasting consequences of social media posts





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Questions?



## Articles of Interest

- Resources and a PDF of this presentation available on the NAES website
  - [www.episcopalschools.org/socialmediawellness](http://www.episcopalschools.org/socialmediawellness)



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Thank you!