



AIM HIGH PARENT NEWSLETTER

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Note from Jim Jordan, Director of Programs

Welcome to the September edition of the Aim High Parent Newsletter. We appreciate your comments on the parent survey which will guide the content for this year's e-newsletters. This issue includes tips and information parents should know about their tween or teens use of social media. The three articles (two with links to the webpage that has other useful information) is a good starting point for you to have meaningful conversations with your Aim High achiever.

If you forward this newsletter to others, please use the forward button and enter their name and email in the appropriate boxes. You can also direct friends to our website to view the newsletter at [Aim High Parent Newsletter](#)

Best,

Jim Jordan, Director of Programs
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What Parents Said About Aim High This Summer

The following quotes came from the parent summer survey. We hope your Achiever has shown how they have grown and are better prepared for school this year.

"The strengths I've observed in my daughter attending the Aim High Program is that she has grown to become more independent, more responsible, more confident in herself, over all she has blossomed into a more mature young lady!! "



Aim High Achievers join Gentlemen of Vision on 1st day assembly

"Her willingness to learn new things, this was her first year and she loved it. She told me, I actually believe in myself to learn math which she has struggled in during the school year."



"I am just excited that my son is a part of this awesome program. He is able to convey information in a more direct way he is becoming very positive about his future."



"She had a great summer. She bragged about the teachers' involvement and the praise she received for her hard work. She also said the TAs were great and helpful." "The program doesn't just focus on academics, but provides students with opportunities to explore who they are."



"My daughter was very enthusiastic about going every day. She loved the atmosphere., teachers, TA's, old and new friendships, and the building itself."



"I feel the greatest strength of the Aim High program is the ability for children to be themselves without being judged. Every child is there to learn so no one is trying to make fun of the next so the children are comfortable putting forth their full potential."



"I gained a deeper respect for the Aim High program by attending the Family/Friends Day. The students were so open about their personal experiences and articulate about how the program has helped them in their everyday lives."



Aim High Saturday schedule 2016-1017 School Year

You will receive a letter with bus schedule and program details before the program. Make sure your Achiever attends to kick off the school year right.

September 10 – Priory and Villa

September 17 – John Burroughs

October 8 – John Burroughs, Priory and Villa

November 12 – John Burroughs, Priory and Villa

December 3 – John Burroughs

December 10 – Priory and Villa

January 14 – Priory and Villa

January 21 – John Burroughs

February 11, 2017

February 18 – John Burroughs

March 11 – John Burroughs, Priory and Villa

April 8 – Priory and Villa

April 22 – John Burroughs

Social Media: What Parents Must Know

*By Rebecca Felsenthal Stewart
From the WebMD Archives*

Whether or not you're tweeting or sharing your daily thoughts on Facebook, you have to acknowledge it: Interacting with friends online is a fact of life for your children. "These connections are really integral to the social lives of today's kids," says Caroline Knorr, parenting editor for Common Sense Media, a nonprofit organization that helps families navigate the world of media and technology.

Besides the benefits, there are also risks. That's where you come in. "It's a parent's responsibility to parent around the technology", says Shawn Marie Edgington, author of *The Parent's Guide to Texting, Facebook and Social Media*.

Getting Started

Facebook, Instagram, and Twitter all require children to be at least 13 years old to join. That's because of the "Children's Online Privacy Protection Act," which limits companies from collecting personal information about kids under 13. "Some kids younger than 13 dodge those age limits by faking their birth date and setting up an account, whether their parents know it or not.

"Parents need to ask their children on a regular basis, 'Do you have a Facebook account? Do your friends?'" Edgington says. She recommends that when you buy your child a cell phone, one of the conditions is that she can't get a Facebook, Twitter, or Instagram account until age 13 and you approve it.

If you're tempted to make an exception for them, you might want to consider the message you're sending if you allow them to break the rules by lying, about whether they're mature enough to behave safely and responsibly, and about what you will do to monitor their activity (such as "friending" them).

Once your child is of age and has your permission, sit down together to set up the account. Use all the privacy restrictions available and don't give unnecessary information like cell phone numbers, Knorr says.

This is also a good time to talk about what not to post, such as your home address, your child's location, and any inappropriate pictures (including those that have "geotagging" that gives away the child's location.)

Instruct her never to "friend" anyone she doesn't know, and never to share her password, Edgington says. Tell her that she can come to you if anything happens online that makes her uncomfortable.

Setting Ground Rules

Write a contract for your child about how they behave on social media. Outline consequences: "If you take away a 16-year-old's cell phone, it's worse than taking away his car," Edgington says. Remind your child that social rules apply online, Knorr says.

Explain that it comes down to how she wants to portray herself to the world, and that once something is online, it's hard to make it go away. "Everything your child posts is about his image and brand because it's going to be there forever," Edgington says. Colleges and employers check social networking sites and do Google searches on applicants. Though the concept of long-term consequences may not click with your child right away, keep reinforcing it.

Checking In

Spot-check your child's account and see what she's up to: what she's posting, who her friends are, and who she's following. Figuring out how to do that can be touchy. When your child is 13, you can insist on having her password, says Edgington. However, an older teen might see that as an invasion of her privacy. Still, you are the parent.

If you're Facebook "friends" with your child, you can keep tabs on what's going on, but

check with her to see if it's OK before friending her (and promise never to post on her page). Be aware that this can give you a false sense of security, since most teens are pretty savvy about blocking parents from seeing what they don't want them to see.

Some teens who know their parents are checking on them set up an alternate account. If you don't see much activity or many friends on her page, that might be the case. Set up a Google alert with your child's name so that if anything about her hits the Internet, you know about it immediately, Edgington says.

"You're the best judge of your kid," Knorr says. "If you think you have a kid who engages in risky behavior and can't be trusted, you'll have to police her online activities more closely."

Prevent Overuse

Social media can take up a lot of time and energy. If your child starts to stress about how many times her photos or posts are liked or retweeted, it's time to step in. "You want to raise a kid who feels she has internal self-worth" beyond that, Knorr says.

There are times when texting and checking Facebook is just not appropriate, such as during family dinners, catching up with relatives in person, at or after bedtime, and during class. Of course, texting or being online while driving is totally off limits, for safety's sake.

Watch your own behavior, too. "Start with your own usage as a parent," Knorr says. "Say, 'I'm putting the phone away at dinner time because that's how we do it in our family. When we meet someone we have to make eye contact.' It's important for kids to learn how to socialize properly and be in the world without the stimulation of the online environment."

Common Sense Media rates, educates and advocates for kids, families and schools. They published these articles by Christine Elgersma, Senior Editor in 2016.

9 Social Media Red Flags Parents Should Know About by Christine Elgersma

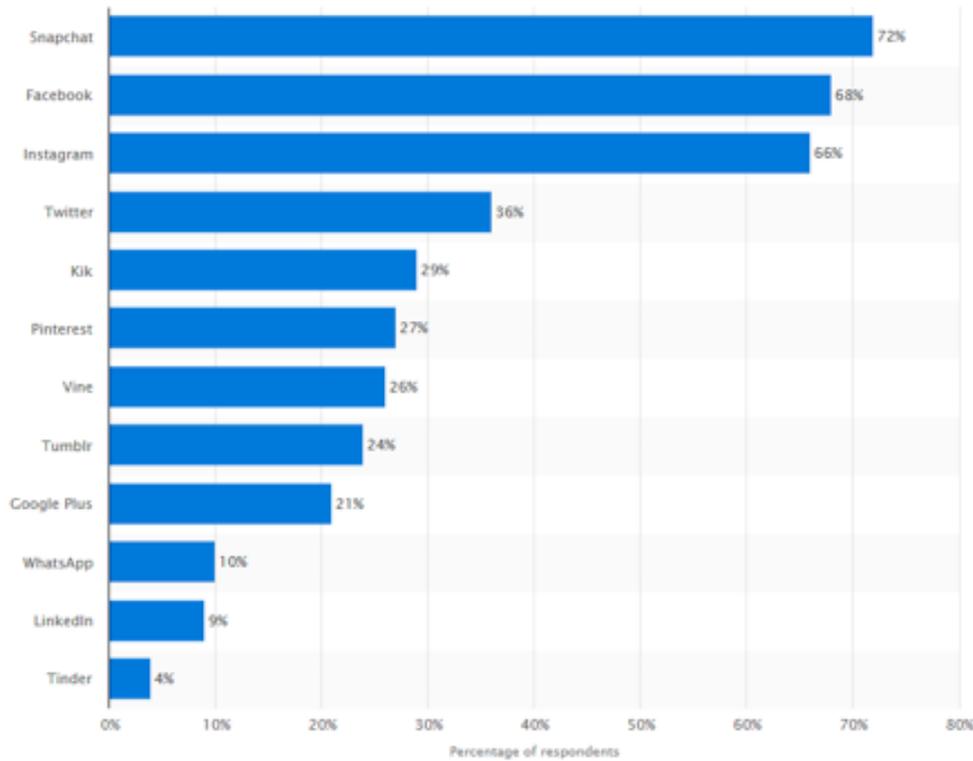
<https://www.commonsensemedia.org/blog/9-social-media-red-flags-parents-should-know-about> Find out which social media features are cause for concern -- no matter which app your kid is using. It can be hard to keep up with the latest apps that kids are using. Just when you've figured out how to talk to your kids about *Facebook*, they've moved on to *Instagram* or *Snapchat*. But here's the deal: Even when new apps come along, adding new features such as the ability to disappear or track your location, they're often not that different from other apps. And if you know what to look for, you can help your kid avoid some common social media pitfalls such as drama, cyberbullying, and oversharing.

16 Apps and Websites Kids Are Heading to After Facebook by Christine Elgersma <https://www.commonsensemedia.org/blog/16-apps-and-websites-kids-are-heading-to-after-facebook#>

Social media apps that let teens do it all -- text, chat, meet people, and share their pics and videos -- often fly under parents' radars. The article lays out some of the most popular types of apps and websites for teens: texting, micro-blogging, self-destructing/secret, and chatting/meeting/dating. It provides what parents need to know about each and potential problems tweens and teens may encounter using them. The more you know about each, the better you'll be able to communicate with your teen

about safe choices.

Reach of leading social media and networking sites used by teenagers and young adults in the United States as of February 2016 by Statista



STAY CONNECTED WITH AIM HIGH!

Aim High is on social media so you can always stay in the loop! We have a Facebook page and Twitter account that we regularly update with program information, pictures of student activities, and more. Use the links below to find us on Twitter and Facebook or click the icons below. No worries if you don't use social media sites. You can still view our information on either site without creating an account.

Twitter- <https://twitter.com/aimhighstlouis>

Facebook- <https://www.facebook.com/Aim-High-St-Louis-166574511442/>



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