



Episode 11

## Negative Social Media

### Riding the Pine



Have you ever tried something new? Of course you have! Everything you have ever done was brand new to you at some time, right? Maybe it went well, maybe it didn't, but getting up off the bench and giving it a try is a great first step to take.

What about trying social media? Well, it can be a great way to connect with new friends and old friends, but it shouldn't replace playing and learning. These are the things that Coach Hampton and her team are about to find out – and they would like you to join them!

#### Coach Hampton

Coach may be the bravest of them all. She has stepped forward to help the team, even though the game is brand new to her. It doesn't matter if you're a kid or a grown-up – it's never too late to try something new.

#### Dewer

Dewer and the other crabs are too caught up in social media to realize there is a new and fun opportunity out there on the field. Will they stay on their phones, or will they take a chance and get in the game?!

#### Mrs. Haverchuck

What can you say about Mrs. Haverchuck? She's worried about her child (maybe a little too much), but she's there to offer support and cheer for the team – and to check on the straws!

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# 11

## Cartoonversation™

### Card Episode 11

# Riding the Pine



## Five Cartoonversation™ Starters

1. If your friend wanted to try something you're good at doing, what could you do to encourage them?
2. If you could do anything in the world, without a fear of failing, what would you try? Why?
3. Do you remember the first time you tried something that you are now good at doing?
4. Why do you think it's a good idea to try new things?
5. Have you ever tried anything new and it didn't go so well?

## Five Factoids

### Pros and Cons of Social Media

- Con: Excessive use of social media has been linked to poor sleep quality in kids and teens.
- Pro: Kids can use social media to find others who share similar interests.
- Con: Spending more than two hours a day on social media has been linked to an increase in depression and anxiety in young people.
- Pro: Healthy and positive interaction on social media can help strengthen existing friendships.
- Con: Negative behaviors on social media can lead to cyber bullying.

## Five Websites

For more helpful information, please visit these websites:

1. [raisesmartkid.com](http://raisesmartkid.com)
2. [sunshine-parenting.com](http://sunshine-parenting.com)
3. [learningworksforkids.com](http://learningworksforkids.com)
4. [todaysparent.com](http://todaysparent.com)
5. [biglifejournal.com](http://biglifejournal.com)

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