



Wilmot YAC Agenda

Date: March 1, 2021

Time: 7:00pm - 8:30pm

Meeting Minutes: Crystal

Topics To Cover	Meeting Minutes
1. Welcome & Reminders	<p>YAC Facilitator Update: looking for 3-5 members to conduct interviews with the 3 potential candidates. You need to submit a letter with a minimum of 2 questions that you would like to ask them</p> <p>Alisha's survey: please complete the survey that was emailed to you, once completed screenshot a photo and email to us for your chance to win a prize</p>
2. March Event: confirm the links in the March Spreadsheet so we can purchase items	To Confirm with Crystal
3. Rose, Bud & Thorn Activity	<p>Rose: Something good form today, Thorn: Something that was a pain, Bud: Something to look forward too</p>
	<p>How many screens are in your home? 7- 23</p> <p>Screens can enhance our lives, so what are some of the positive things of having screens in your house? Netflix, talking to friends, communication, organization, Doctors Appointments for minor things, social interactions, entertainment, communication with family and friends who live far away, convenience, entertainment, staying conected, playing games, watching TV and Videos, Communicating with people, making school faster, allows for something to listen to while I do other things, easier to get books, being able to Zoom, watching sportss, connecting to friends, news, funny videos, communicating with friends</p> <p>If you could only keep one screen, which one would it be and why?</p> <p>Phone (use the apps, more than one thing), E-Readers (I can use it for a long time without a headache or getting bored), Cromebook (for Schoolwork), TV, (for watching sports and movies) PC (multi-purpose)</p>

4. Wellness Night Topic: Screen Time

What are your concerns about Screens or Social Media? Headaches, wasting of time, sleep, easy to lose track of times, forgetting how to get outside and turn cameras off screens, mental health with social media, eye strains, headaches, kids don't play outside, parents wont socialize, can become addictive, self isolation from people you live with, comparision of images to others, comparing yourselves to others, really easy to lose track of time
TedTALK Videos: Hiughtlighting some of the things they said, Social Currencies(likes, comments, followers,shares, love, being seen) and FOMO (the fear of missing out)
https://www.ted.com/talks/freddy_muli_impact_of_social_media_on_youth
https://www.google.com/search?client=firefox-b-d&q=tet+talk+atler
Thoughts on Concertration: How many of you have been distracted by your phone over the last hour?
Last Video: Stoping Cues: A place where you can stop oir you have finished and use it to check your phone or create another distraction. There are services like Netflix or YouTube where the Cue keeps on going, and therefore has no stopping cues and things continue.
How much times outside of work or school do you spend on a screen in a day? 2-5 hours weekdays and 5-15 on weekends.
If you had an extra hour in a day, what would you do with it? Read, friends, sleep, pets or animals time, whatever needs to get done in the day, workouts, try to do a hobby, hang outside, Skate, walk, be outside
How many minutes before you go to bed do you have your phone in your hand? 0-60 minutes
Screens and Bedtime: Melatonin is a natural substance the body produces, but seeing a light around bedtime inhibits it from being created and then can prevent sleep (whether it be falling asleep or you sleep for a lesser amount of time).

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5. Next Meeting: March 8, 2021				