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New

Valley psychologist educates children about social media safety

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By Rebecca Thomas [CONNECT](#)



CAVE CREEK, AZ (KPHO/KTVK) - Parents need to be hyper-vigilant these days when it comes to anything that has to do with the Internet.

Just as they wouldn't send a child into a public place alone with thousands of strangers, they shouldn't have free reign online where nearly 3 billion users could have access to them.

"If I get into a van and drive near a school to pick a kid up, people are going to notice," said Dr. Lisa Strohmman, a Scottsdale psychologist. "Parents are paying attention to that. What parents aren't paying attention to are the people getting into their Internet, and driving by and picking up the pictures and taking them offline."



Dr. Lisa Strohmman

So Strohmman, founder of the [Technology Wellness Center](#), is taking her message to their children and educating them about the dangers of social media.

"You don't ever want to identify yourself or give personal information, location or schedule," she explained to a group of fifth- and sixth-graders Friday during a seminar at Black Mountain Elementary School in Cave Creek.

Strohmman said early education, before these children become users of social media, is vital.

"This is a preemptive strike, to teach them what the Internet is," she explained. "Even though we can kind of talk about it, they really don't understand that you can't take something back."

Don't do or say anything online that you wouldn't in real life.

Emma Bauer, a 12-year-old who participated in Strohmman's seminar, said she gets it.

"I don't want people to come and like find me or anything," Emma said. "Because, that's just like really creepy."

Strohmman said parents need to realize the decision-making part of a brain isn't fully developed until the age of 26.

So, teens tend to be more impulsive, making them easy prey for online predators.

"A brain of a kid that's in middle school is like an open field with maybe some dirt paths," Strohmman explained. "As an adult, we've got highways with street lights and we have police officers that are there. So, we have this structure in place. Kids don't really have that structure."

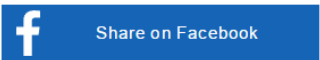
Beyond making sure privacy settings are activated on all devices and applications, Strohmman said parents need

The event is being held at [LifeScape Medical Associates](#) in Scottsdale from 9:30 a.m. until 10:30 a.m.

It's open to parents, educators and anyone else who works with children.

Registration is required by calling 480-220-4702 or emailing drlisa@technologywellnesscenter.com.

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