



GROWING HEALTHY MINDS

A VIRTUAL LEARNING COLLABORATIVE

Supporting Student Mental Health

Artificial Intelligence, Cell Phone Use and Social Media

April 30, 2025

Acknowledgements & Disclosures

This Project ECHO® is made possible through a grant from the New Jersey Department of Children and Families and collaboration with:



New Jersey State
School Nurses Association
Leading, Teaching, Caring.



St. Joseph's Health
ST. JOSEPH'S CHILDREN'S HOSPITAL



None of the faculty, planners, and staff for this educational activity have relevant financial relationships with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients



NJAAP Accreditation Statement

Accreditation Statement:

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Medical Society of New Jersey. New Jersey Chapter, American Academy of Pediatrics is accredited by the Medical Society of New Jersey to provide continuing medical education for physicians.

AMA Designation Statement:

New Jersey Chapter, American Academy of Pediatrics designates this live internet activity for a maximum of 1.25 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ABP MOC Part II:

Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn up to 1.25 MOC points in the American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABP MOC credit.

Continuing Nursing Education Credits

No one with the ability to control content of this activity has a relevant financial relationship with an ineligible company.

Requirements:

- Participation in the full duration of each Growing Healthy Minds session for which you are seeking contact hours
- Completion of a Growing Healthy Minds session evaluation for each session for which you are seeking contact hours, which will be sent to the email you used to register following each session

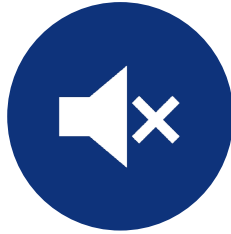
This continuing education activity was approved by the Ohio Nurses Association, an Ohio Board of Nursing approver. (OBN-001-91) Expiration date: 10/1/2026



Housekeeping



We encourage you to turn on your camera while engaging in the session.



Kindly remain on mute to reduce background noise when you are not speaking.



By participating in these ECHO sessions, you are consenting to being recorded.



To protect patient privacy, please refrain from sharing any protected health information (PHI).



Please unmute or use the chat function to engage in discussion with fellow participants and hub faculty.

Share your full name, role, and district in the chat!

Meet our Hub Faculty Members

Bert Mandelbaum, MD, FAAP

School Physician for Montgomery, Hillsborough, North Brunswick, Chapin
Chair, Department of Pediatrics, Penn Medicine Princeton Health
Chair, NJAAP Task Force on Adolescent Health and School Start Times



Laura Williams, MA

School Counselor, Deptford Middle School,
Deptford
BIPOC Committee Chair, NJ School Counselor Association



David Nash, Esq

Director of Legal Education and National Outreach for the Foundation for Educational Administration



Iqra Baig, MD, MS

Pediatric Trainee
St. Joseph's University Medical Center, Paterson, NJ



Jennifer Chuang, MD, MS, FAAP

Section Chief, Adolescent Medicine
Pediatrics Residency Program Director
St. Joseph's University Medical Center, Paterson, NJ



Kristina Donovan, PhD

Principal, Highland Park High School
Lecturer, Rutgers University



Kathy McCutcheon MSN, RN, NCSN

Lecturer, Rutgers School of Nursing- Camden, School Nurse Program
Member, New Jersey State School Nurse Association



Guest Speakers



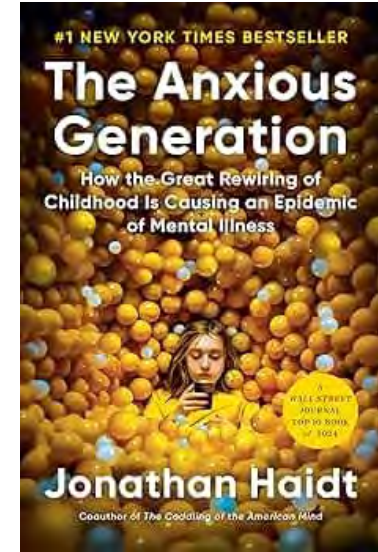
Kwame Morton, PhD
Superintendent of Cherry Hill Public Schools



Marina Badillo-Diaz, DSW, LCSW
Founder of MABD Consulting

Cherry Hill Public Schools' Cell Phone Policy

- 18 schools, ~11,000 students, grades PreK-12
- Concerns
 - Misuse of cellular devices
 - Overuse of cellular devices
- Impacts
 - Distractibility and focus
 - Research shows cell phones affect academics
 - Mental health concerns
 - Limited Social interactions
- Goal: Healthier learning environments and student well-being

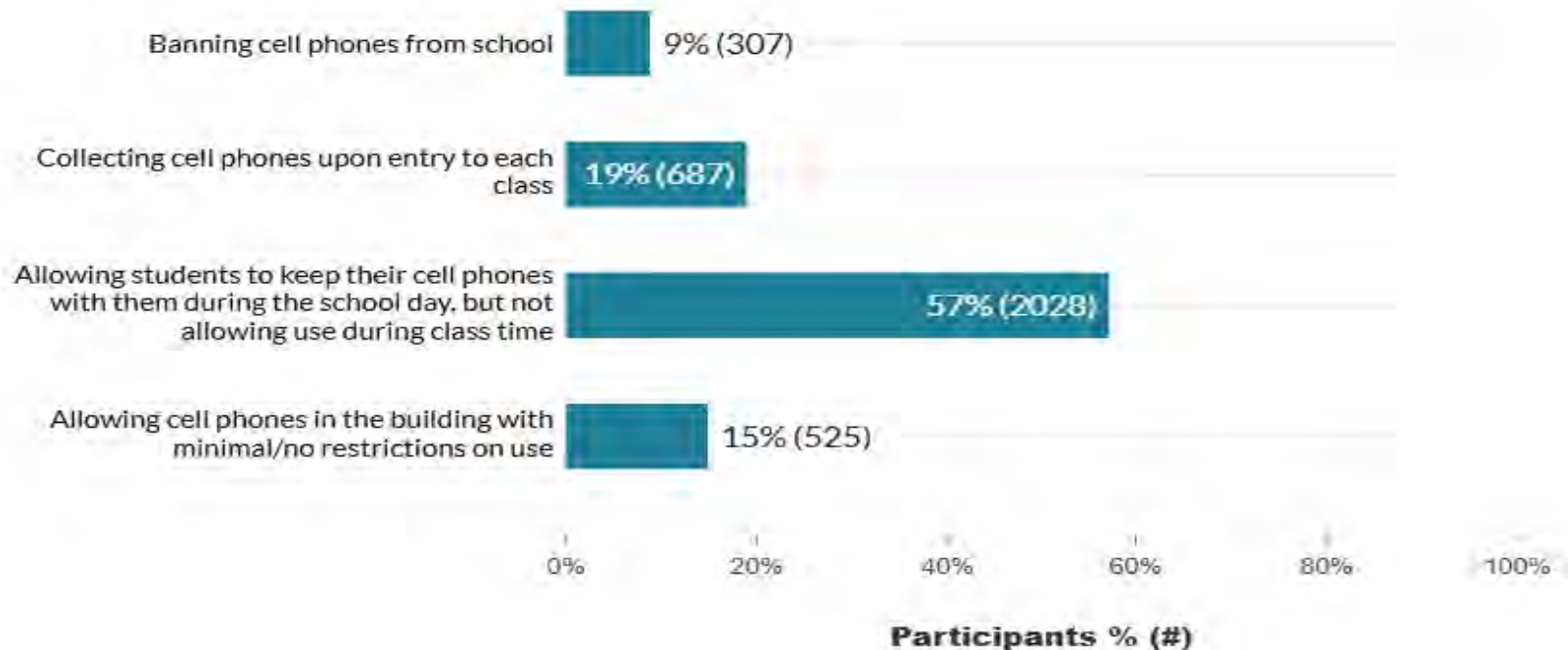


How We Decided to Restrict Cell Phone Use?

- Input from students, staff, parents via community survey
 - ~4,000 participants
- Stakeholder Meetings
 - Zone PTA
 - Cherry Hill Educational Association (CHEA)
 - Student Town Hall Meetings
 - Board of Education Meetings
 - Policy & Legislation Committee
 - Curriculum & Instruction Committee



Three options were considered:



Rolling Out the Policy

- The Decision
 - Protect instructional time
- Creation of Wireless Device Usage policy
- Summer planning for Fall 2024 launch
- Communicated information via BOE meetings, newsletters, student orientation sessions, principal messaging
- Staff trained to enforce and support change

District Policy

5516.01 - STUDENT USE OF WIRELESS COMMUNICATION DEVICES

Section: Students
Date Created: June 2024
Date Edited: June 2024

To support school environments in which students can fully engage with their classmates and their teachers, and to focus attention upon classroom instruction, the Cherry Hill Board of Education has determined that the use of cell phones and other wireless communication devices by students during school hours should be limited.

The objective of this policy is to strengthen the Cherry Hill Public School District's focus on student wellness, in alignment with our mission to ignite students' passion for learning, cultivate a strong foundation of knowledge, support classroom attention upon the delivery of instruction, enhance engagement with teaching staff, and foster a sense of community within our schools.

I. Research

Research shows that student use of wireless communication devices in schools, particularly cell phones, has negative effects on academic performance, focus, and mental health. These devices distract students from classroom instruction, resulting in unnecessary challenges, smaller learning gains, and suboptimal test scores. Increased use of such devices contributes to higher levels of depression, anxiety, and other mental health disorders in students.

II. Applicability

This policy applies to the use of wireless communication devices by students while on school property during school hours. As used in this policy, "wireless communication devices" includes cell phones and other devices that transmit and receive voice or data via electromagnetic signals without the use of wires or cables, including but not limited to ancillary devices such as smart watches, ear buds, and wireless headphones.

III. Use of Wireless Communication Devices

Students are prohibited from using wireless communication devices during instructional periods. Students may use wireless communication devices during lunch, recess, between classes, while on school buses, or during co-curricular activities (unless the school's Principal elects to prohibit such use during lunch and provided that any co-curricular use is approved by the co-curricular supervisor and does not

What We're Seeing and Hearing

- Improved class attention and focus.
- Fewer phone-related discipline issues.
- Teachers report better academic engagement.
- Students adjusting; mix of support and resistance.
- Greater social engagement amongst students.



Reflecting and Moving Forward

- Clear communication is essential.
- Frequent check-ins with students and staff.
- Accountability and reminders are necessary for students and staff.
- Keep gathering feedback and adapt as necessary.
- Balancing developmentally appropriate technology use with healthy habits.



AI Challenges and Opportunities for Youth Mental Health in Schools



The Challenges and Concerns of AI's Impact on Youth Mental Health

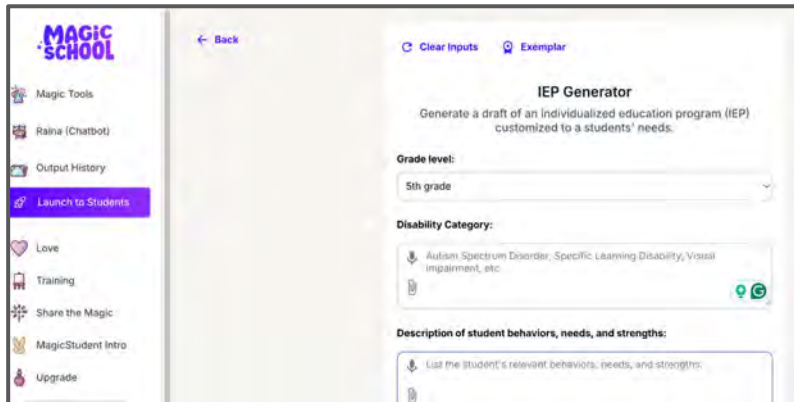
- Youth gender based violence with [Deep Fakes](#)
- Chatbots like character AI and it's risk of youth [Suicide](#) with vulnerable youth and [replacement](#) of human connection
- AI algorithms and exposure to [harmful/misinformation](#) information for vulnerable youth

The Opportunities: AI Powered Tools for School Staff to Address Youth Mental Health

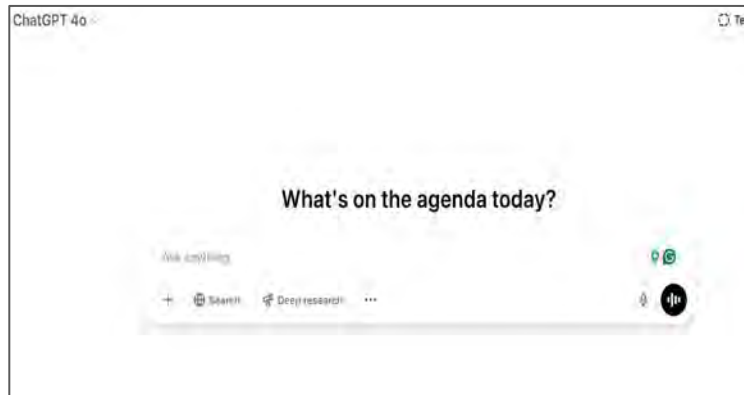
- Using tools like Magic School AI and ChatGPT can help tailor and specialized supports and interventions for youth mental health

You are still the human expert using AI. You must review, analyze, and edit the content generated from AI when appropriate.

Brief Demonstration of Magic School and ChatGPT

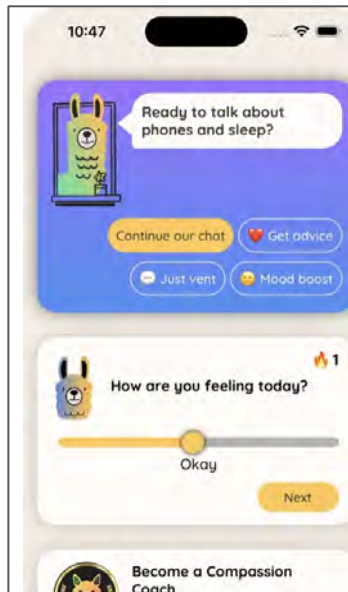


[School Magic AI:
IEP Case Scenarios](#)



[ChatGPT: Prompts](#)

Opportunities with AI Power Tools to Provide Youth Mental Health Interventions



[Alongside](#)



[Goblin Tools](#)

Future Direction of AI and Youth Mental Health

- Interdisciplinary collaboration in schools
- Digital literacy and mental health awareness (SEL + 21st Century Skills) for youth
- Innovation with with AI to address youth mental health

Foreseeable Legal Issues

- Authentication/Reliance on Apparent Evidence and Deepfakes
- Student Privacy
- FERPA, HIPAA
- Protection from Discrimination
 - Disparate Impact (often due to implicit bias)
 - Disparate Treatment
 - Algorithmic Discrimination
 - State and Federal Law Still in Place (e.g., NJLAD, Title IX, Title VI)
- Educational Effectiveness
- Administrative Approval, Efficiency, Oversight
- Due Process Rights of Parents, Students, Staff
- Acceptable Use Policy
- Anti-Bullying Bill of Rights
- Digital Citizenship, Ethical Use, Transparency
- IDEA requirements to consider available technology

Requirement to Consider Use of Technology

(c) When developing the IEP, the IEP team shall ...

10. **Consider whether the student requires assistive technology devices and services.**

- i. The district board of education shall ensure that **assistive technology** devices or assistive technology services, or both, as defined in the IDEA, are made available to a student with a disability if required as part of the student's special education, related services, or supplementary aids and services.
- ii. On a case-by-case basis, **the use of school-purchased assistive technology devices in a student's home** or in other settings is required if the IEP team determines that the student needs access to those devices in order to receive a free, appropriate public education;
- N.J.A.C. 6A:14-3.7(c)

NJDOE Guidance

- See NJDOE website - [Artificial Intelligence \(AI\)](#)
- See [August 24, 2024 NJDOE memo](#) on Cell Phone Use in Schools
- See [NJDOE website](#) on Cell Phone Use
 - Pursuant to P.L. 2023, c. 126, the New Jersey Department of Education will support the establishment of the **Commission on the Effects of Social Media Usage on Adolescents**.

Sharing Passwords

- See National Institute of Standards and Technology Study [NIST Study on Kids' Passwords](#)
- Sharing of Passwords:
 - 45% of high school students
 - 39% of middle school students
 - 23% of elementary students
- *“For adolescents, an important part of building friendships is building trust, which is shown with sharing secrets. Their perspective is that sharing passwords is not risky behavior.”*

Deepfakes - A Growing Problem

A survey conducted by the Center for Democracy & Technology found that 40% of students and 29% of teachers reported knowledge of deepfakes depicting individuals associated with their school being shared during the 2023-24 school year.

In October 2024, a group of boys at a New Jersey high school made fake nude pictures of girls in their class using AI. This caused a lot of anger, and parents and others in the community wanted those responsible to be held accountable.

In January 2025, a Baltimore high school's sports director made a fake audio recording of the principal saying racist and antisemitic comments. This fake recording spread quickly and caused a lot of problems at the school.

A student in Texas made and shared fake, inappropriate pictures of a teacher online, showing this problem isn't just between students.

Schools can use special tools to spot and stop the spread of fake videos and audio.

- Google's Deepfake Detection Tools

- Sensity AI

Technology, Schools and Law Enforcement

- P.L. 2025 c. 40 (A3540) establishes criminal penalties for production or dissemination of deceptive audio or visual media, commonly known as "deepfakes."

See also **NJDOE 12/13/23** [Release of the 2023-2024 Memorandum of Agreement Between Education and Law Enforcement Officials](#)

- See 4.6 Cyber-Harassment
 - Revised HIB law, parent may be subject to fines, civil liability
- See 4.7 Sexting
 - Crime to give, offer to give, transfer, disseminate, distribute, circulate or possess pornography depicting a person under age 18
 - Penalties include prison time, sex offender registration
- See 4.8 Offenses Involving Computers, the Internet, and Technology
 - E.g. unauthorized access to school networks

Parent & Family Resources

- [AI for Education Parent Resource](#)
- [Deep Fakes & AI safety Parent Resource](#)
- [Character AI resources for Parents](#)
- [Keeping teens safe on Social Media](#)
- [Media literacy for Parents](#)
- [Guide for Talking to your Kid about Social Media](#)
- [Social media and your Family: Nami Resource](#)
- [Discussion Guide for Teens](#)

School Staff Resources and AI

- [AI Prompt Library for Social Workers](#)
- [The AI Social Worker Blog](#)
- [School Social Workers ChatGPT Guidebook](#)
- [AI for Social Work Slack Community](#)
- [List of All 25 States AI & Education Policies](#)
- [US Department of Ed AI Guidance](#)
- [AI for Education](#)
- [Fobizz AI for SEL Lesson Planning](#)

Digital Literacy Resources for Youth in Schools

- Wisconsin SEL & Digital Citizenship Standards
- Common Sense Educator
- My Values & Tech
- Digital Media and Your Brain
- Thinking Traps
- Positive Tech Habits
- My Values & Tech
- Design Tricks
- Thinking Traps
- Tech Habits Challenge

Guest Speaker Contact Information

Dr. Marina Badillo-Diaz



Marina@MABDConsulting.com



<https://www.linkedin.com/in/drmarinabadillo-diaz/>



www.TheAISocialWorker.com



@_TheAISocialWorker

Dr. Kwame Morton



Kmorton@chclc.com



<https://www.linkedin.com/in/kwame-morton/>

Questions?



Evaluation

Reminder:

If you are seeking educational credit for your participation in
this webinar,

Please be sure to complete the session evaluation at:

<https://www.surveymonkey.com/r/8XD5TYP>



Join us again!

Topic: Substance Use Prevention Among Student-Athletes and Beyond

Cost: FREE! There is no cost to participate in this series.

When: Thursday, May 22 from 4:00-5:15 pm

Where: All sessions are hosted virtually via Zoom.

Presented by:



Kathy McCutcheon
MSN, RN, NCSN



David Nash, Esq

