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The Rescue One Foundation is looking for applicants to fill a vacancy on its Board of Directors. Residents living within the Moraga-Orinda Fire District’s coverage area are eligible to apply.

The Rescue One Foundation serves as the support group for the paramedic program of the Moraga-Orinda Fire District.

Letters of interest should be sent no later than March 18 and addressed to Rescue One Foundation, 1280 Moraga Way, Moraga, CA, 94556.

For further information about this position, please call (925) 376-6151.

Parenting in the age of technology

Erina Polansky, LICSW, PD, co-founder of My Digital Self, continued from Page A5

Over the last 13 years, there have been huge changes in social media technology. Facebook was created in 2004, and by 2007 it was the largest social network service. By 2012, the average user spent over 70 hours per month. The first iPhone was released in 2007, with the first iPad following next year. And in 2010, teams have access to 2.5 million apps.

Many of these apps are dangerous for middle schoolers to traverse. Polansky says it’s important as a parent to know what your kids are doing on social media, but they can be defiant about these rules.

The suggested that parents expect an interest in their child’s favorite apps by asking non-threatening questions, and if the app passes muster, then extend the features and boundaries.

Social media is a teen’s relief for coping with their daily life. Teens use social media to connect with others and to participate in the world, they are shown to be creative and independent. It is important to the generation of today. Teens are often found to be driven by the desire to be needed and to be part of a group. They are seeking the attention and companionship they need in their lives.

They are often found to be driven by the desire to be needed and to be part of a group. They are seeking the attention and companionship they need in their lives.

Leaving a digital legacy in Virtually impossible to remove. Anybody has the power to be an ally to someone who has cyberbullied by sending a message of support to the other party or people. They can also report bullying to an adult in order to submit complaints. When there is an issue, it is important that you contact authorities. Parents must learn to balance digital access with digital safety and healthy habits.

A fourth grader she counseled told her, “My friend had a sleepover and we couldn’t fall asleep. We googled how to fall asleep and read all the tips on your device. We do want to do what they say, but we do want to do what they say!”