



CHRIS VINEIS

FOUNDER/PRESIDENT - FAMILIES AGAINST SOCIAL MEDIA ADDICTION

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www.uarotary.org

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For make up locations, check the club web site or call the make-up hotline at (614) 470-1002.



Our speaker today was **Chris Vineis**, Founder and President of Families Against Social Media Addiction (FASMA). FASMA is a 501(c)(3) organization.

Chris, a UA resident, founded the organization earlier this year in an effort to mobilize parents and communities to fight social media addiction in our youth. FASMA is focused on harnessing the collective power of parents and families to keep kids safe from the dangers of such addiction. Parental action – rather than resignation or inaction – is a key component of the fight. The ultimate goal is prevention.

Cyber bullying has been, and continues to be, a driving force behind teen suicide. By its nature cyber bullying is relentless, hateful, anonymous and potentially deadly for vulnerable youth. Chris gave several examples of suicide cases brought on by such bullying.

She noted that social media can be defined as an exchange of user-generated information. Such exchanges can be good in that they can be creative outlets and a good communication and connection tool. Unfortunately, social media can also be a platform for unchecked and unregulated hateful communication which is void of legal guardrails.

One goal of social media organizations is to keep people online as long as possible to maximize the collection of data which is deemed to be valuable by advertisers. In some cases it seems that the nature of the content being created and shared on the sites is only a secondary consideration.

Teen suicides have doubled since 2012, the year widely adopted social media sites began to appear. Girls in the 10-14 age group are the most vulnerable and exhibit the greatest tendency to develop anxiety and depression – a tendency which has been linked to social media use in many cases.

Chris pointed out that the risk of addiction doubles when daily usage changes from 3.5 hours per day to 5 or more hours per day. Many teens report usage of up to 9 hours per day.

Young people are drawn to the excitement offered by social media access. This appeal draws them in at a time when their neural pathways have not reached maturity – which does not occur until age 25. They are subject to sophisticated algorithms which are designed to keep them online.

Ages 9 to 14 are the most susceptible to becoming addicted. People in that range typically have a desire to stay connected and be included while at times it may be difficult to distinguish between fact and fiction.

FASMA promotes the ideas of creating a safe digital plan for the family – with parents actively managing and monitoring the plan. Currently, the organization is working on a series of support groups in several locations in U.S. By this fall the results of such discussions and research will form the basis for the development of ongoing FASMA activity.

[CLICK HERE](#) to view this meeting and all previously recorded Rotary meetings



GREETERS

August 1
Rick Barth
Cameron Box

August 8
Mike Brady
Ali Carine

August 15
Brian Close
Andy Geistfeld

REGISTRATION DESK

August 1
John Cleland

August 8
Don Leach
Brian Bainbridge

August 15
J.D. Dickerson
Jim Nicklaus

CALENDAR

August 1- Scioto CC/Zoom
Vista Village
Host: Ned Clark

August 8- Scioto CC/Zoom
Clarence Mingo – VP of Corporate Affairs/ESG at T. Marzetti, former Auditor
Host: Brian Bainbridge

August 15- Scioto CC/Zoom
Cornell R. Robertson, P.E., P.S. – Franklin County Engineer
Host: Jeanine Hummer

VOLUNTEER OPPORTUNITIES

Submit your volunteer opportunity to herb@herbgillen.com for inclusion in the Rotaryview Newsletter.

SOCIAL EVENTS

Please submit your social event reminder to herb@herbgillen.com for inclusion in the Rotaryview Newsletter.

OUR NEXT MEETING

AUGUST 1ST
Scioto Country Club/Zoom

Upper Arlington
Rotary
Club



THE MEETING



President **Andy Livingston** called the meeting to order and asked **Bill Greenlee** to offer the invocation and lead us in the Pledge of Allegiance.

Jim Winfree reported that there were no visiting Rotarians and asked **Jack Cotter** to introduce his guest. Jack introduced his sister **Jill Blocker**.

Dave Hammond conducted a round of harassment in his own inimitable style. We were bombarded with detailed questions about U.S. currency. Overall, our group performance was fair, at best.

NOTES AND ANNOUNCEMENTS:



Glen Dugger proudly announced the arrival of a new granddaughter – **Margot Dugger**.

Mike Kull asked for volunteers on Sunday, July 30 to help at the Homes For Families Foundation “Not One Child, Not One Night” event. We need 5 or 6 folks to help with clean-up from 3:00 to 4:30. The event takes place at Wolfe Park on East Broad Street.

Mike also gave a heads up about an upcoming Highland Youth Gardens project to set up raised planting beds. Sign-ups will be solicited at an upcoming meeting.

Mike O’Sullivan distributed flyers for a golf outing fundraiser for First Responders Bridge – an organization that helps UA first responders and supported by UA Rotary.



NIGHT OF THE ZACAPA



SORTING OUT WHERE TO CONTRIBUTE

Where do your contributions go? There are three main organizations where we as Upper Arlington Rotarians direct our Rotary giving. Sometimes it can be confusing, so here is something to hopefully help keep things straight.

ORGANIZATION	DONATION DESIGNATIONS	ADDRESS	MEMBER CONTACT	EMAIL
Upper Arlington Rotary Club	Club dues	P.O. Box 12013 Columbus, OH 43212	Peggy Concilla	plc@columbus.rr.com
Upper Arlington Rotary Foundation	Annual \$250 and some other club funding requests	1704 Sundridge Dr. Columbus, OH 43221	Andy Livingston	andy.w.livingston@gmail.com
Rotary International Foundation	\$125 Club, Paul Harris and Polio Plus	244 Daniel Burnham Sq. Columbus, OH 43215	Debbie Johnson	debbiejohnson33@gmail.com