

SOUND BITES

HIGHLIGHTS FROM LECTURES: TIPS FOR LIFE



Social Work Conference on Trauma and Mental Health Treatment Panel Discussion

"The goal with trauma is to help integrate the experience and the processing of [it]. I think as humans we are very complex and to say there is one way that is going to work for everybody is probably a bit naïve. The journey of coping with trauma may not be specific to just one specific way."

- Ryan Grant, LSCW, Primary Children's Center for Safe and Healthy Families.

Watch the full lecture here:

<https://goo.gl/10Mywc>



Women's Studies Conference

"The intersection of race, faith, and gender [is] like a three- or four-way stop; you don't know if there is a rule that the person to the left of you goes first. I don't know if I'm a woman first, a Mormon first, or black first"

- LeShawn Williams Shultz

Watch the full lecture here:

<https://goo.gl/PFNeEg>



Marjorie Pay Hinckley Lecture

"We worry so much about physical aggression, but...social aggression appears also to pose developmental risks...As our children get older, we need to talk with them very overtly about what type of friend they want to be, what kind of friends they want to have, and to convey that everyone deserves friends they can trust."

I was surprised by several results of this study with 13-year-olds. When we asked them, 'What is more important to you, your offline social experiences or your online?' They said online social experiences were more important."



Celebrating the Family Proclamation

"The whole plan of happiness was an idea in the mind of God. But His plan had to move from being an idea to becoming a word, a spoken declaration in the councils of heaven that was brought to life and made flesh by our loving Savior."

- Dean Busby, Chair, BYU School of Family Life

Watch the full lecture here:

<https://goo.gl/JgG7Wp>

**"WE ALL NEED TO
STRUCTURE OUR HOMES...TO
AVOID OVER-INVOLVEMENT
WITH SOCIAL MEDIA."**

"What seems to hurt children the most in the online social world is so subtle that even the most vigilant parent, who might be trying to monitor their child's social media for cyber bullying, might not pick this up. What hurts them the most is very difficult for adults to see...Parents simply being friends with their children on social media was insufficient to protect them from distress."

"Spending lots of time lurking could make adolescents feel terrible about themselves and their lives because they are comparing their inner, emotional experience to everyone else's filtered, carefully selected, and highly-curated pictures showing the most positive pictures of their lives."

- Dr. Marion K. Underwood

Watch the full lecture here:

<https://goo.gl/82XSkj>