

THE CHANGE AGENT

An Online Publication by and for Adult Learners

CARING FOR OUR CHILDREN AND OUR HEALTH IN THE DIGITAL AGE



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Editor: Cynthia Peters

Cover design by Ebony Vandross.



The "Our Digital Future" Series

For our 2024-25 series, students write about how they use digital tools and skills in all spheres of life. To amplify and extend your teaching with these materials, visit World Education's SkillBlox at <https://www.crowdedlearning.org/skillblox> and see how *Change Agent* articles are linked to other open educational resources (OERs), providing you with a wealth of curated free teaching materials. Here is a list of issues in this series:

Issue #62, August 2024: "Advocate, Organize, Vote"

Issue #63, November 2024: "Caring for Our Children and Our Health in the Digital Age"

Issue #64, February 2025: "Digital Tools at Work, School, and Everyday Life"

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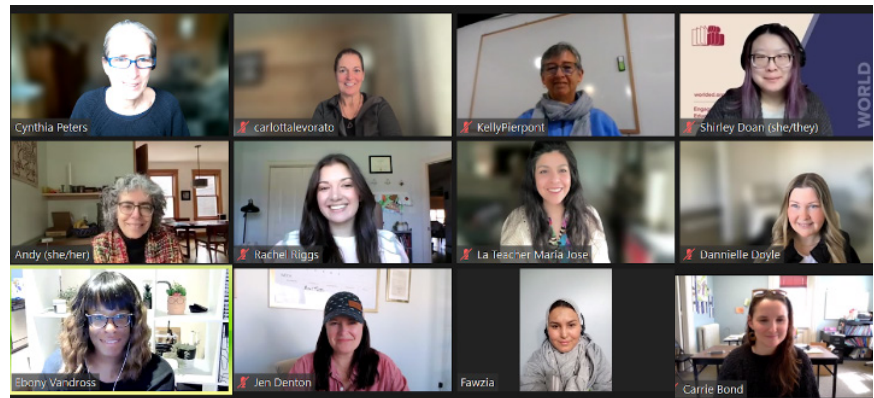
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We Need Rules

J. Antonio Rodriguez Carreon

BEFORE YOU READ:

1. What are some age-based rules we have in our society? For example, how old do you have to be to start first grade? How old do you have to be to buy cigarettes?
2. What does *minimum* mean? Try using it in some sentences.
3. A *gadget* is a small electronic or mechanical device, such as a tablet or a can opener.

Beer for Gustavito

"I'm going to get a beer for Gustavito," I said to my wife. Gustavito is our five-year-old grandson, and my wife takes care of him.

"Are you nuts?" she shouted. "He is only five years old!"

"Why can't I give him a beer? You give him a cell phone to play with. And you don't control what he sees on the phone. For me, it is the same thing!" I told her.

Protect Developing Brains

We have a *minimum* age for lots of things—driving, voting, drinking alcohol. We need a *minimum* age for using these *gadgets*. When we give a child a cell phone, they can see a whole world of information. Why are we doing this? Does the child have the skills to understand all this information? No! We must protect their developing brains.

When we leave our children alone on the internet, we are giving them to people we don't know. These people should not be raising our children. They will shape their idea of reality—the same way alcohol does. The same way people become addicted to alcohol, our children are becoming addicted to images on the screen. These images affect how they see the world. These images affect their mental health.



A small child playing with a device. Photo by Alistair Kelman from [Wikimedia](#) CC 2.0.

We Should Have Rules about Technology

When it comes to technology, we need rules about how old children should be before they can use it. We have rules about alcohol. We should have rules about technology, too.

"Cheers, Gustavito!"

AFTER YOU READ: What is the author's main point? How does he use humor to make his point?

J. Antonio Rodriguez Carreon is a student at Ysleta Community Learning Center in El Paso, Texas. He has been living for two years in a new city, a new country, and a new world. He's struggling every day to make his dreams come true.



From Father to Friend

Kwanghee Lee

BEFORE YOU READ:

1. What does the title mean? What do you think it means for a father to also be a friend?
2. Read the headings and look at the pictures. What do you think this article will be about?

My Son Learns English with Computer Games

When my family came to the United States in 2022, my son's English was very poor. During his first term at school, he couldn't understand his teachers and his classmates. He couldn't make any friends, and he was afraid to go to school. He was so lonely at school and home, so I suggested he play computer games with one of his classmates. I thought it would be a helpful way to learn English and make more friends. It worked! Now he is happier and more confident.

Conflicts with My Son

However, as time went by, I had one problem with my son. After school, he finished his homework roughly and quickly. He didn't even remember what he had done. He hurried so that he could play more computer games. At first, I warned him and asked him to concentrate on his homework. But he had already fallen for computer games. He could not resist the temptation. He tried to do his homework once or twice, but mostly, he kept doing it half-heartedly. We had many conflicts over this issue.

Playing Together

While I was thinking about how to solve this problem, I thought it would be better if we played video games together. Of course, I used to love playing games when I was young, but now I'm not really interested in them. But I decided to try playing it again for my son.



First of all, I prepared a TV, a game console, and a game CD so that we could enjoy games together. While preparing for this, I had a lot of fun because it seemed like I was going back to my childhood. My son was also excited to be enjoying games with his father, and he talked a lot. We had fun, like friends! We played fighting games and car racing games together.

Second, we decided when and how to enjoy the game in advance. We agreed to play for about an hour or two on weekdays and three or four hours on weekends – after he finished his homework. This compromise helped my son

be more serious about his homework. Since we reached our agreement together after careful consideration, my son is trying to keep it. And I am also trying to enjoy the game and control the time as much as possible.

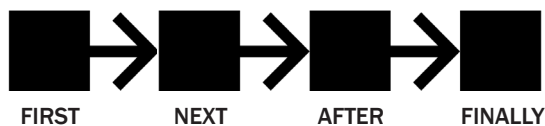
Now, We Are Closer

As a result, my son and I are closer. He asks me a lot of questions not only about games but also about school or homework. And that's not all! He asks me questions about life – like a friend.

Yes, my family's solution was to build intimacy while enjoying games together. This was a natural way to teach my son how to control himself. It is dangerous to let children use the internet or computer games without their parents' control. However, if parents and children can enjoy them together, like friends, then children get a lot of benefits. They learn not only about computer games but also about themselves.

AFTER YOU READ:

1. Tell the story in your own words. Describe the sequence of events. Use words like these:



2. Work with a partner and tell your own story of how a relationship changed over time. It could be with your child or someone else. Use the same or similar sequence words from question 1.

3. After telling your story out loud, write it down. Ask your partner to read it and ask questions if anything is not clear or needs more detail. Write a second draft to include their feedback.

3. Work with your classmates to create a shared Google doc that lists some of the computer games or apps that have been good for your children. Say what is good about the computer game. Why do you recommend it?

4. Visit <https://www.common sense media.org/> for more ideas.



Kwanghee Lee is a student at Chemeketa Community College in Salem, Oregon. He came to the USA in 2022 with his family. He has been studying English since middle school in South Korea. Now he plans to study Cybersecurity.

Conversation Is Still the Only Way to Understand Each Other

Chihiro Maeba

BEFORE YOU READ:

1. How do you talk to your children about how they use their phones?
2. What is *fake news*? Share an example of fake news. How did you know it was fake?
3. Look at the photos of the author with her three children. What do you notice?

Phones Can Be Helpful

My daughters are 12 years old and 9 years old. They both have old smart phones. They only work if they have Wi-Fi. Therefore, they use their phones only at home. I installed an app called Line on both phones. With this app, they contact certain people. We are happy that they can easily communicate with my parents living in my home country, Japan.

They also use the phones to study English. I installed an educational app called Duolingo that helps them learn English grammar without teachers. My second daughter's English skills have improved after using this app.

Children Need to Learn How to Use Them

Smart phones can also be a problem. Children are interested in watching videos on YouTube. Sometimes, videos give good information and ideas. However, sometimes these videos give bad ideas and *fake news*. I suppose parents can no longer stop children from watching harmful videos. Therefore, we have to teach children how to handle the information they get.

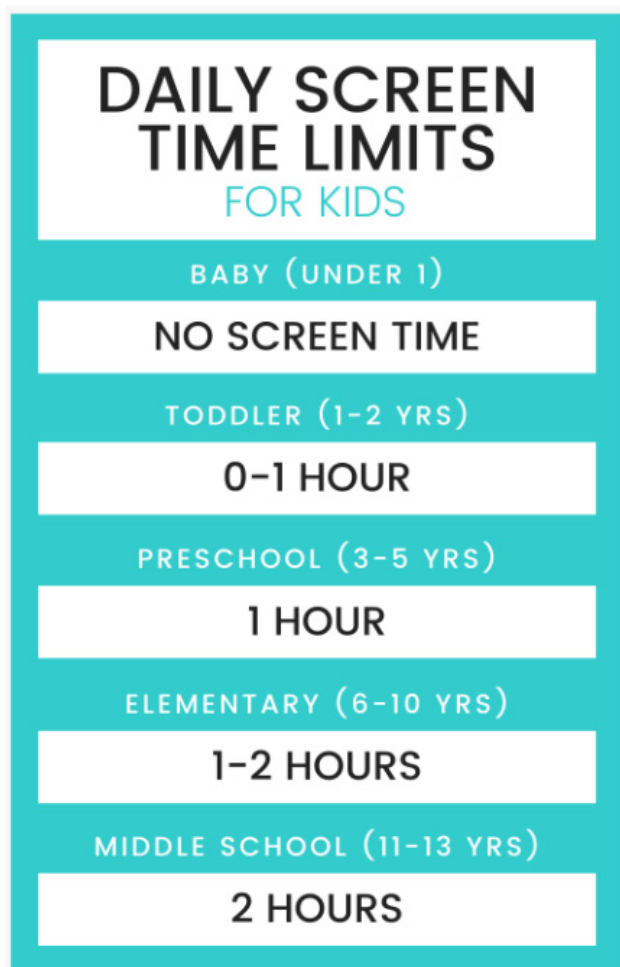
It is the same for adults. We get a lot of information from our digital tools, and we have to



decide what is worth reading. Children also need to learn how to choose the information they read and the videos they watch.

Keep Talking to Your Children

How do we choose? How do we help our children choose? We need to have more opportunities to discuss these questions with our children. There is so much news and information on the internet. Adults need to take an interest in world happenings, so we can be a better judge of whether the news is true or fake. And we should keep talking to our children about how to use their digital tools. Conversation is still the only way we can understand each other.



Source: <https://bringwiton.com/how-to-limit-screen-time/>

AFTER YOU READ:

1. What is the author’s main point? How do you know? Point to evidence in the text that backs up your opinion about what the main point is.
2. When you try to have a hard conversation with your kids or with anyone, what makes it go well? What makes it go badly?
3. Study the chart on the left. What do you think of the recommendations for screen time for children? What limits do you use for your children?
4. See Issue 62 for more articles by adult learners about how they identify and deal with fake news.

Chihiro Maeba is a student at the Education Exchange in Peace Dale, Rhode Island. She came to the U.S. in 2022 for her husband’s job. She enjoys learning (with her three children) not only English but also about U.S. culture.

Technology and Our Children's Health

Sandra Mendoza

BEFORE YOU READ:

1. Read about dopamine in the boxes below and on the next page. What do you do in your life that releases dopamine?
2. What is the difference between "cheap" dopamine and "real" dopamine? Why does it matter?

Parenting is Harder Today

My son is two years old, and he loves to borrow my phone. He looks for videos on YouTube. Sometimes when I let him borrow my phone, he does not want to give it back. When this happens, he cries and insists the phone is his. This makes me feel angry and frustrated. When he cries, I try to distract him with other activities, but it is not always easy.

I know I am not alone; a lot of parents feel the same way. According to the Pew Research Center, "A majority of parents in the United States (66%) [...] say that parenting is harder today than

What Is Dopamine?

Dopamine is a hormone and a type of neurotransmitter, or chemical messenger, made in your brain. ... [It] plays a big role in your reward system. When you do something that feels good, your brain releases a rush of dopamine. You naturally seek more of that good feeling by repeating the behavior that made you feel good.

From: <https://www.webmd.com/mental-health/what-is-dopamine>

it was 20 years ago, with many in this group citing technology as a reason why" (Auxier et al., 2020). Parents have many concerns about how technology affects their children, especially how it affects their health.

Children Can't Focus

According to the National Alliance on Mental Illness, "Children who simply spend large amounts of time with their electronics have trained their brain to receive heightened stimulation and the accompanying dopamine boosts. They are therefore susceptible to similar symptoms as a child with ADHD" (Bhat, 2024).

Dopamine is known as the "feel-good" hormone. It makes you feel a sense of pleasure and motivation to do something. However, when you have too much you can have trouble sleeping, have poor impulse control, and become more aggressive. When children don't get dopamine from technology, they can feel tired, unmotivated, and can have issues with concentration and sleep (Dopamine: What it is, Function & Symptoms 2022). When they have a lot of technology, they will want to use the technology all the time, and they will lose interest in playing outside or with other toys.

Screens Hurt Their Eyes

My child's pediatrician says that exposing kids to screens causes eye damage. According to the Children's Hospital of Philadelphia, too much screen time can cause eye fatigue, irritated eyes, loss of focus, and even nearsightedness. Children who use technology too much usually stay inside. The doctors say that going outside is important for eye development, and their health. "The rate of nearsightedness in children has increased dramatically in the past 30 years" (How too much screen time affects kids' eyes: Tips to prevent

eye strain 2021). Knowing this information, I am nervous to use technology too often with my young child.

Internet Safety

If you don't pay attention to what your children are watching online, they can see videos that aren't appropriate for them. If they see these videos, they can imitate what they see. This could mean they learn bad words or aggressive behavior. As parents, we need to be aware of what they see. Make sure to be near your child when they are using technology so you can listen to what they watch. You also need to check the internet history to see what they are looking for.

As parents we need to know at least some computer skills so we can monitor our children. We also need to know how to teach them to use technology correctly. They will need to know how to stay safe online.

Go Outside!

To conclude, I think technology is good in moderation. Technology is not the answer to everything, but it's necessary. You need to make your own choices about how you want to parent

with technology. Personally, I try to take my child to the park, the zoo or just be outside at least once a week. We go out to the yard to play with his toys. He feels happy when we go outside to play, and I also feel happy to be spending time with him making memories. Even if it is boring as a parent, it is your job to entertain your children without technology sometimes.




AFTER YOU READ:


1. According to the author, how does technology affect children's health?
2. For more on technology and children's health, see the articles on pp. 12-13 and p. 15.

Sandra Mendoza is from Puebla, Mexico. She has been at Guadalupe School for three years. She wants to learn English so when her baby grows older, she can help with his homework.


CHEAP DOPAMINE




SERIES / TV




ALCOHOL




JUNK FOOD



DRUGS




SOCIAL MEDIA




CASINO


REAL DOPAMINE




NEW EXPERIENCES




SUN & OUTDOORS




WORK ON YOUR GOALS



REST



GOOD SLEEP



EXERCISE

Source: <https://www.linkedin.com/pulse/mastering-dopamine-game-turn-your-brains-chemistry-plesnik-schicker/>

Making Sense of the Math I Read: Teens and Social Media

Sarah Lonberg-Lew

BEFORE YOU READ:

1. See the article by Maximina Pérez on pp. 12-13. Note the statements she makes about statistics.
2. Study the chart on p. 11. What surprises you about it? Make several true statements about the data you see in the chart.

Social Media Is Causing a Mental Health Crisis?

I recently read an opinion piece in the *New York Times* that was written by Dr. Vivek H. Murthy, the surgeon general of the United States.¹ In it, Dr. Murthy argues that there should be a warning label on social media to alert parents and young people that social media can be dangerous for the mental health of teens and children. Here's a paragraph from the article:

"The mental health crisis among young people is an emergency – and social media has emerged as an important contributor. Adolescents who spend more than three hours a day on social media face double the risk of anxiety and depression symptoms, and the average daily use in this age group, as of the summer of 2023, was 4.8 hours. Additionally, nearly half of adolescents say social media makes them feel worse about their bodies."

Wow... there's a lot of math in this paragraph. What happens in your brain when you read this? For a lot of people, we just let our eyes slide over numbers and mathematical ideas and we don't really think about them. But it looks like the point of this paragraph is to convince me that there is an emergency. To decide whether I am convinced, I'll have to make sense of the math.



Ask Questions to Get Perspective

Here's one mathematical statement I see in the first part of the second sentence: "Adolescents who spend more than three hours a day on social media face double the risk of anxiety and depression symptoms..." I have questions:

1. Why does it say "more than" three hours a day? Does that mean four hours? Or even more? Or does it mean just a little more than three hours?
2. How much is three hours a day? What do I spend three hours a day on? Does that seem to me like a lot of time to be spending on social media? Some ideas I have about how much three hours a day is:
 - That's almost half of an eight-hour work day.
 - That's quite a bit longer than most movies.
 - That's 21 hours each week.
3. Are a lot of adolescents spending more than three hours a day on social media? How many? Are the teenagers in my life spending more than three hours a day on social media? Am I?

4. What does “double the risk” mean? Does that mean teens who spend more than three hours a day on social media are very likely to have anxiety and depression symptoms? Does it mean they definitely will? What is the risk to teenagers who spend less than three hours a day on social media?

Here is the rest of the second sentence: “... and the average daily use in this age group, as of the summer of 2023, was 4.8 hours.” I have more thoughts and questions:

5. What does average daily use mean? Does that mean every teenager in the country is spending 4.8 hours each day on social media?

6. Who is included in “this age group”?

7. It is now the winter of 2024, so this information is more than a year old. Are teens now spending more or less time on social media? Or is it about the same?

8. 4.8 hours is more than 3 hours. Does that mean most teenagers are at double the risk of anxiety and depression symptoms? 4.8 hours is most of a school day, or more than a fourth of the time I spend awake each day.

There’s even more math in the last sentence: “Additionally, nearly half of adolescents say social media makes them feel worse about their bodies.”

9. What does nearly half mean? Does that mean 40%? 45%? What kind of number would I describe as “nearly half”?

10. Do I think that is a lot? How does that make me feel about teens using social media?

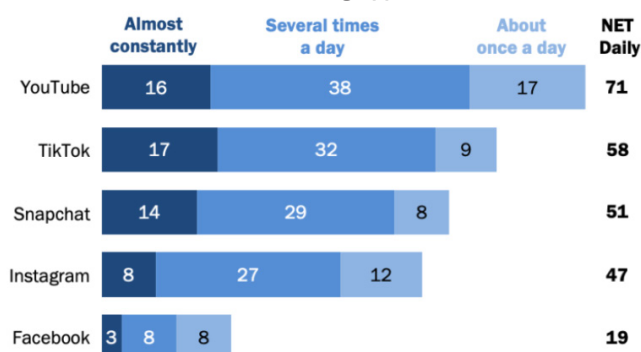
Another big question I have whenever I read statistics in the news is, *where did those numbers come from?* In this article, there are some links in the paragraph and I may find answers to that question and some of my others by clicking on those links.

What Do You Think?

After thinking deeply about the math in this paragraph, do you agree with Dr. Murthy that

A majority of teens visit YouTube, TikTok daily

% of U.S. teens ages 13 to 17 who say they visit or use the following apps or sites



Note: Those who did not give an answer or gave other responses are not shown.
Source: Survey conducted Sept. 26-Oct. 23, 2023.
“Teens, Social Media and Technology 2023”

PEW RESEARCH CENTER

there is an emergency? Why or why not?

When we read mathematical information in news stories, it’s often there to convince us of something or to support a point the author is trying to make. It’s important that we think deeply about the mathematical information and ask questions so we can decide whether we are convinced.

Do you have more questions about teens and social media? You might be interested in making sense of the math in this story from the [Pew Research Center](https://www.pewresearch.org/internet/2023/12/11/teens-social-media-and-technology-2023/) that was published in December of 2023.²

Sources: 1. <https://www.nytimes.com/2024/06/17/health/surgeon-general-social-media-warning-label.html>; 2. <https://www.pewresearch.org/internet/2023/12/11/teens-social-media-and-technology-2023/>

AFTER YOU READ:

1. What do you think of the author’s strategy of posing questions to herself to get more perspective on what the numbers mean? Do you find the strategy helpful?
2. Look back at the nine questions she poses and discuss them.

Sarah Longberg-Lew has been teaching and tutoring math for over 20 years. She currently teaches in an adult education program in Gloucester, Massachusetts, and she works with the SABES numeracy team and the Adult Numeracy Network.

Teens Should Be Careful with Social Media

Maximina Pérez

BEFORE YOU READ:

1. Scan the article's title, headings, and images. What do you think this article will be about?
2. What does it mean to "be an example" to your children? Share some ways you are an example to your children or to others in your life.



Using Social Media Almost Constantly

It's hard to avoid social media. We use it to live, work, and study. But why do we use it so much? According to the U.S. Surgeon General, 95% of youth ages 13-17 report using social media. More than a third say they use it "almost constantly."¹ This is a problem because there are some dangers connected to being on social media a lot.

Harassment

Who is the most affected? Several studies show that there are some big problems with social media, especially for teens. The most *vulnerable* social media users are children ages 13-17. On social media, they are exposed to *harassment*, *bullying*, sexual content, and other *harms*. All these negative things can cause depression and anxiety.



Low Self-Esteem

Even if they are not exposed to harmful content, they still might compare themselves to others. Then they feel bad about themselves. They don't sleep well, and they can develop eating disorders. People who spend more than three hours a day on social media tend to feel *low self-esteem*, and it is more prominent in girls.²

Poor Mental Health

All these *harms* can cause poor mental health. According to the U.S. Department of Health and Human Services, 46% of people admit that they feel worse using social media.³

Be An Example!

If you are a parent, be an example for your children. Stay off your phones. Take your children outside to play. They will be happier and healthier if they have activities outside of social media.

The internet has a lot of educational sites. Let your children use those wisely. But limit the amount of time they spend on social media. People can thrive using the web if they use it with intelligence.

Notes: 1. <https://www.hhs.gov/sites/default/files/sg-youth-mental-health-social-media-advisory.pdf>; 2. Chen, Y., Wei, M., & Ortiz, J. (2022). How do digital lives affect resident mental health in the digital era? empirical evidence based on the Chinese General Social Survey. *Frontiers in Public Health*, 10. <https://doi.org/10.3389/fpubh.2022.1085256>; 3. Office of the Assistant Secretary for Health (OASH). (2023, May 23). *Surgeon general issues new advisory about effects social media use has on Youth Mental Health*. HHS.gov. <https://www.hhs.gov/about/news/2023/05/23/surgeon-general-issues-new-advisory-about-effects-social-media-use-has-youth-mental-health.html>

AFTER YOU READ:

1. Note the words in *bold italics*. Use context clues to write definitions. Try using the words in several sentences.
2. To think further about the math, read the article on pp. 10-11.
3. Visit <https://www.mydigitalat2.org/>, an excellent source of materials by and for young people about navigating digital and media literacy.



Maximina Pérez is a student at the Salinas Adult School in California. She has been learning English for a few years and has made good progress. She likes to read and garden in her free time.

Balance and Boundaries

Weijuan Huang

A Typical Conversation

“Mom, you can play on your phone. Why can’t we play with our cell phones?”

Mom answers, “I use the phone for business.”

The kid responds, “I need the phone to help me do homework.”

Every parent has had this type of conversation with their child. Children always want to use their phones. And parents are constantly setting boundaries. And we have to keep those boundaries because, while technology can be helpful, it also has bad *effects* on children.

How is Technology Helpful?

When I do not understand my kids’ homework, I use technology to help me find the answer and explain it to my kids. Also, some technology games can help kids learn vocabulary. My son improves his math skills by playing on a math website. Moreover, when my kids are stressed, they can use technology to connect with their friends and reduce the stress.

What Are the Bad Effects of Technology?

One of the biggest problems is that children lose their independence. For example, when my kids play with phone games for a long time, they struggle to do anything without phones. They lose their ability to concentrate on other things.

Likewise, some kids don’t do homework because they spend so much time online. Technology makes the children less familiar with social contact. They get social anxiety. They don’t feel comfortable talking to friends and parents. They play for a long time on technology, and they don’t get enough sleep. Then they get even more anxious. Technology *affects* kids’ ability to interact with people. When they have less time with friends, they have an unhealthy life.



Find Balance and Set Boundaries

In conclusion, technology can have positive and negative *effects* on children. It is parents’ responsibility to help children find the right balance in how they use technology. Parents need to set clear boundaries for using technology. I usually set my children’s social media time to one hour or thirty minutes per day and build a good example for them by scheduling screen breaks because it helps avoid eye strain and encourages physical activity. I like to invite my children to play board games, cook together, or work out.

AFTER YOU READ:

1. What does the author mean by “balance” and “boundaries”?
2. *Effect* is usually a noun. *Affect* is usually a verb. Notice how the author uses them in her article, and try using them yourself in various sentences.

Weijuan Huang is a mother of three young children. She appreciates the Alameda Reads Adult Literacy Program at the Alameda Free Library in Alameda, California, and the ESOL classes at Laney College in Oakland, California. Even though learning English is hard, she always tells herself to keep going, no matter what.

Making Your Kids Cross-Eyed?

Yui Nagata

BEFORE YOU READ:

1. What does “cross-eyed” mean?
2. Look at the headings. What do you think this article will be about?

Using an iPad

When my daughter had to learn English, Santa Claus gave her a new iPad. She started an online English lesson. It was so helpful for her. She enjoyed the lessons, and she also enjoyed using her iPad. But there is a problem with young children using these devices too much. It can make their eyes cross.

Too Close to Our Eyes

I’m an *ophthalmologist* in Japan, and I can tell you this is a serious problem. We always use tablets or smartphones too close to our eyes. During childhood, eyesight is growing and developing. If children spend a long time looking too closely at a screen, it is bad for their eyes. It can cause esotropia. *Esotropia* is when the eyes cross or the eyes look towards the nose.

Once children have *esotropia*, objects appear double. They might feel very dizzy. What is the treatment of this disease? Some children can be cured by reducing the time of looking at screens. Other children have to get surgery or wear special glasses. In the last 10 years, this condition has increased. Doctors do not understand it completely. They need to study it more.

Focus on Other Things

The important thing is when children use digital tools, they should give their eyes a break every 30 minutes. They should allow their eyes to focus on other things at other distances. When they use their screen, they should not have it too close to



A child with esotropia. Photo by Sfgin from wikimedia.org CC 4.0

their eyes. Keep them at least 12 inches away. Parents, please make sure your children use their devices correctly. Protect your children’s eyes.

AFTER YOU READ:

1. According to the author, how can we protect our children’s eyes? Be specific.
2. What is the author’s profession in Japan? How is that relevant to the main idea in this article? Practice pronouncing *ophthamologist* and try using it in several sentences.

Yui Nagata is a student at Shoreline Adult Education in Branford, Connecticut. She is from Japan, and she accompanied her husband, who is researcher, to the U.S. She is an ophthalmologist in Japan, but now she is a full-time mother of three children.



Sharing Experiences vs. Isolation

Yanely Lovera



BEFORE YOU READ:

1. Look at the title. What does it mean to “share experiences”? What does “isolation” mean?
2. What are your early memories of playing? Did you play with others or alone? Did you have access to technology? If so, how did that affect your feeling of being connected or being isolated?
3. When you read, look for the words *antenna* and *battery* in **bold italics**. What do they mean?

My First Technology: A TV!

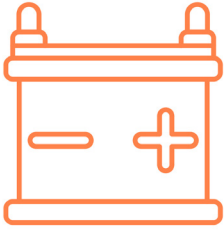
As a mother, I have to fight with technology every day. I know it helps in our lives but I really believe that we are better without it.

I grew up in a rural area. We did not have much access to technology. I remember when

I was a kid the only technology that we used was a small TV. My parents bought it in 1986. It was a black and white TV that worked with an outdoor *antenna*. Sometimes, we had to go out in the middle of the program to fix it because the signal would get lost. It also needed to be connected to a big *battery* because we did not have electricity yet. This battery only worked for a short time. After the *battery* died, we had to go to the nearest town to recharge it.

I was incredibly happy when I finished all my chores, and I could watch it. Sometimes I watched the same program many times because it was the only thing that was on. But it did not matter. The





important thing was that I shared this experience with my family and neighbors. Not all of my neighbors had a TV, so they came to our house to watch.



Everyone Came Over to Our House

It was fun to watch TV with my family and neighbors. Everybody worked a lot, so we did not get to see each other that often. Watching the TV together was one way we could spend time together. When the TV ran out of *battery*, we still played with our neighbors and parents. This is something that I do not see anymore. Now, each person has their own device. Each person watches their own show individually.

I Don't Know How to Save My Daughters

When I think about that time and I compare it with now, I can see how much technology has taken over. This makes me feel sad and scared. The happy world that I experienced as a child has disappeared. My daughters did not get to experience it, and I don't know how to save them from their world full of technology.

Technology indeed helps us at our jobs and school. With better jobs and more education, we can earn more money. We can get more material things. But what about the non-material things that make us happy? They are disappearing. For example, we don't spend time with our family and friends in the *neighborhood*. We do not know how to enjoy a party because everyone is on their phones. No one writes letters to each other anymore. Now, we only get a short text. People spend more time thinking of what to buy on the internet instead of sharing life with the people around us. Technology may be important but a childhood with love and connection to people is more important.

I am trying to teach my daughters about the most important values: love, family, respect, self-love, and integrity. I want them to make good decisions and find the best way to live their lives.

I have tried to make them strong and wise, so they can see the difference between important and valuable things versus wrong and easy things that can destroy their lives.

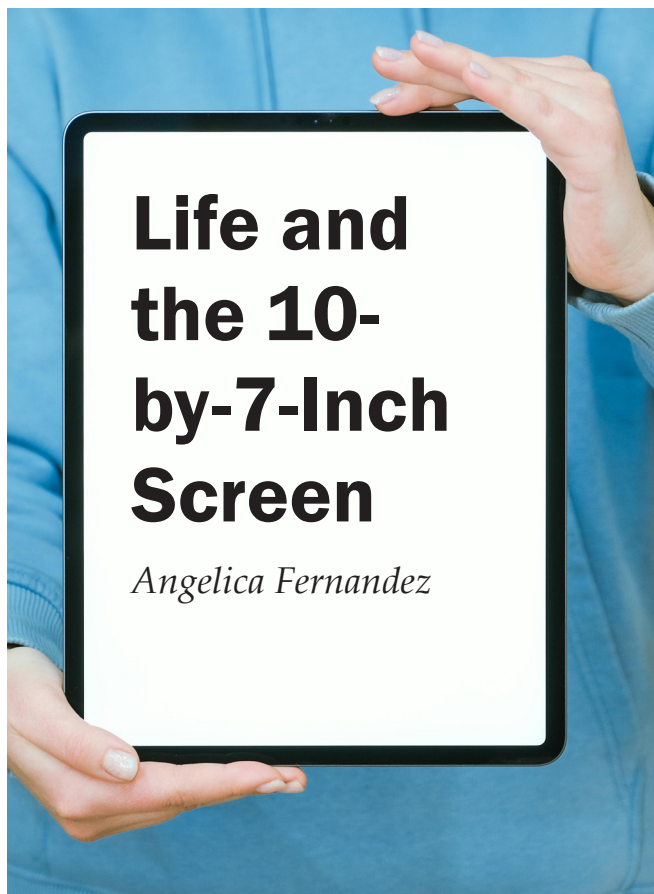
Every day, I pray for my daughters. I trust that I have done a good job of educating them. I pray that God will be with them all the way in their lives. I use technology only to send them texts, to give them advice, and tell them how much I love them.

AFTER YOU READ:

1. According to the author, what is the main difference between her childhood and her children's childhood?
2. Think further about language: The suffix "hood" means "condition" or "state of being." *Childhood* is the time when you were a child. *Neighborhood* is the place where people are neighbors together. Other words that use the "hood" suffix include: motherhood, sisterhood, and likelihood. Think about what these words mean. Can you think of others that use "hood"?

Yanely Lovera is in ESL class at Olive Harvey College in Chicago, IL. She is from México. She had to make the difficult decision to leave her country and the life she loved to provide for her parents. She is now the proud mother of two girls. She tries to teach them the old things that made her happy so that they can have a happy childhood like she did.





Sidetracked by Screens

My kids use digital tools at school every day to learn math, reading, and social studies, and to take tests, and more. My husband and I worry that so much time on their screens leads to distraction. For example, they may be looking up information for homework and, while skimming through the pages and links, their eyes are drawn to other things. They can get completely sidetracked.

The internet gives them access to an almost infinite amount of information. But, as my husband says, "The information on the web is like the water on the planet, not all of it can be drunk." Therefore, our role as parents is to check the sip of water they are about to drink from the internet and make sure it is appropriate for them at their young age.

Strict Schedule

This is why when our children use devices and are online, we are always checking on them. We never leave them alone in their room. We set a time limit. When the time ends, we just pick up the tablet or phone, even if they get upset. We have a very strict schedule for when they can use technology.

Many Pros and Cons

Digital tools have pros and cons. On the one hand, digital tools can be excellent for learning and exploring. They can make learning more interactive, engaging, and fun for young children.

On the other hand, excessive screen time can negatively affect children's attention, language development, and social skills. Screens can disrupt sleep, which is bad for children's physical and mental health. Spending time online can mean children are exposed to bullying, stalkers, and kidnappers. There are many dangers!

Life Is More than a Screen

Since digital tools are a part of everyday life, we need to teach our children how to use digital tools in a safe and responsible way. Like any tool, they can be used for good or bad. We encourage our daughters to play more with their toys, dolls, or with whatever they want in the backyard, using their imagination. However, we also promote the safe use of screens. We understand that they're useful and necessary, but maybe life can be more than 10 by 7 inches!

AFTER YOU READ: Look at the sample schedule on the next page and do the activity.

Angelica Fernandez is a student in the English for Internationally Trained Professionals class at the Ysleta Community Learning Center in El Paso, Texas.



Kids Weekly Calendar							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-8:00	Breakfast/ get ready for the day	Breakfast/ get ready for the day	Breakfast/ get ready for the day	Breakfast/ get ready for the day	Breakfast/ get ready for the day		
8:00-9:00	Walk/ride to school	Walk/ride to school	Walk/ride to school	Walk/ride to school	Walk/ride to school	Breakfast/ get ready for the day	Breakfast/ get ready for the day
9:00-10:00	School/ day care	School/ day care	School/ day care	School/ day care	School/ day care	Play/ Screen time	Church
10:00-11:00						Free time/ sports/ visit family and friends	
11:00-12:00							
12:00-1:00							
1:00-2:00							
2:00-3:00						Chores/ homework	
3:00-4:00							
4:00-5:00	Free time/ Sports/ Play	Free time/ Sports/ Play	Free time/ Sports/ Play	Free time/ Sports/ Play	Free time/ Sports/ Play		
5:00-6:00	Chores/ homework	Chores/ homework	Chores/ homework	Chores/ homework	Chores/ homework	Screen time	Screen time
6:00-6:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:30-7:30	Screen time	Screen time	Screen time	Screen time	Screen time	Screen time	Screen time
7:30-8:30	Quiet time/ music/ reading	Quiet time/ music/ reading	Quiet time/ music/ reading	Quiet time/ music/ reading	Quiet time/ music/ reading	Quiet time/ music/ reading	Quiet time/ music/ reading
8:30	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime

Here is a sample schedule made in Google docs: <https://tinyurl.com/calendar4kids>. Make a copy of it and then adapt it for your own families. Or use paper or another digital tool. Refer to the chart on p. 7 for information about how much screen time your children should get each day.

Teaching My Children to Walk in Beauty

A Navajo Parent Helps Her Children Navigate Technology

Kara Pino

BEFORE YOU READ: What do you think it means to “walk in beauty”?

Introduction

Being a Diné (Navajo) mother living on the reservation, I have seen firsthand how technology has impacted young children’s daily lives. I have two kids, my son in third grade and my daughter in kindergarten at To’Hajiilee Community School. I am struggling to guide them in how they use technology and to keep them connected to our traditions.

Violence in Games

My son owns a tablet, X-Box game console, and a Nintendo Switch. While setting up his game console, I spoke to him about what games I find acceptable and what games I do not find acceptable. Unfortunately, all the games that are not proper for his age are all the games he is interested in!

Games with violence are a bad influence. I try to teach him that the content in the video games only applies to video games. If he ever took those behaviors into real life, he could get into trouble with the law. Getting into trouble with the law can be serious. There will be restrictions on his freedom, or he could serve time in juvenile detention.

Another challenge I face is my son sometimes laughs at the violence he sees in these games. I don’t want him to grow up thinking this type of violence is normal. I speak to him daily about how violence can change another person’s life and how badly a person can be hurt by being violent.



Parental Controls

When you set up devices for your children, you have the option to use parental control. This tool is helpful for parents who want to limit screen time for their children and block any inappropriate content from YouTube or internet searching. I use this tool for my children. I restrict live streams of gamers because I have noticed that other gamers use foul language. I don’t want my son to think it is okay to use foul language against another peer. It is a form of bullying. There is so much you can do to prevent your child from streaming unsuitable videos.

My daughter, even at the young age of five, is also very in tune with technology. She can navigate a tablet by using the Google assistant tool. She uses her voice to find what she is searching for. She likes to watch the “A for Adely” channel. It is educational, adventurous, and imaginative. I have fewer challenges with her because her device is in kid’s mode and set for children her age.

Setting Limits for My Children

There are times when conflicts arise between me and my kids. I must be firm about my rules. My kids get mad and start throwing tantrums. I remind them that being on their devices is a privilege. If you are on your device for a long time, it is unhealthy. It interferes with brain development.

I remind them that they have chores and obligations around the house, like taking the trash out, keeping their room clean, and doing homework. When we have livestock, they must feed and attend to them every day.

It is hard responding to my children’s negative behavior. I do not acknowledge the crying, pouting, and yelling. I wait for the moment they show good behavior, so I can praise them. This motivates them to make good choices. When their chores are done, they can have a little more time on their devices.

Help Children Stay Close to Elders

Another reason technology is challenging is that it disconnects young people from their elders. I look around and I see less teaching by grandparents and less communication to preserve our Navajo language. Grandparents and elders keep our culture and traditions alive.

With all of this technology, young people have lost a lot. For example, in my community the youth do not speak, write, or understand our Navajo language because our elders have been forgotten. They are the ones that hold all the knowledge and values to preserve our language and culture.



Kara Pino’s two children with their great grandmother (above) and with their mother on the previous page.

There are Navajo teachings and cultural demonstrations on YouTube that have become a helpful tool for families wanting to know about their culture. There are lessons on language, prayers, songs, and traditional medicine. The videos share the teachings of our elders with the younger generations.

I look for stories and ceremonies to share with my children. I want them to hold the Diné culture sacred. I want them to walk in beauty (Hózhó).

AFTER YOU READ:

1. What are this author’s main concerns about video games? How does she act on her concerns?
2. What traditions from your culture do you value? Describe lessons you learned from elders when you were growing up.

Kara Pino is a student at the To’Hajiilee Community School, part of the Family and Child Education (FACE) program. She lives in To’Hajiilee, New Mexico. The FACE program supports her educational goal, which is to complete her degrees in Business Administration and Early Childhood Education.

Technology Helps My Son with Autism

Isela Ortega



My Journey Started

As a parent of a special kid, technology has been helpful for me. At first, when they said my child had autism, everything was new for me and my family. I didn't even know what autism was. So, that's how my journey started.

I used the internet to learn more about autism. I wanted to find out how I could help my child. I looked for what insurance my son should have. I looked for what school he should attend. I keep using technology to learn what is best for my son. These questions never end. Every day, there is something new to learn.

My Son Is Nonverbal

Now I know that autism is a *disability*. It affects my son's brain. In my son's case, he cannot talk. Thanks to technology, there are apps that help him. Now he can identify numbers, shapes, and places. He can "talk" by using a tablet and touching a picture on the screen. With these pictures, he can build a sentence to say what he needs.

An App Gives My Son a Voice

We use an app called Proloquo2go. He started learning how to use it in speech therapy. This app gives my son a voice. He can be more *independent*. For example, I show him a *schedule* on his tablet. There is a list of what he needs to do that day. He needs to brush his teeth, take a shower, get dressed, and take out the trash. This

schedule has a picture of each step that he needs to follow.

It is hard to use words to tell my son what to do. It is easier for him to follow the picture steps on the tablet. They tell him what he should be doing now and what is coming next. This helps him have better focus. He has more success! Then he can point to a picture of a candy for a *reward*. I tell him, "If you want this candy, go and put on your shoes. Then you can have the candy."

Other Technology Keeps My Son Safe

Technology has also helped with my son's safety. I have cameras that "ping" my phone if someone enters or leaves my house. I also get *notified* if he opens the door of his room. He is very fast, and I have to make sure he does not go outside by himself. That is dangerous for him. The cameras help me keep him safe.

Having a special son has been a blessing in my family. Technology helps us grow as a family and helps my son live a full life.

AFTER YOU READ:

1. Read the article on the next page. What do these parents have in common? What is different? Be specific.
2. Look up the words in *bold italics* or try to figure out their meaning from the context.

Isela Ortega is a student at the Ysleta Community Learning Center in El Paso, TX.

Using the iPad as a Reward for My Neurodivergent Son

Sarita Eastman

BEFORE YOU READ:

1. What does neurodivergent mean? Share what you know.
2. Do you use rewards with your children? If so, describe.

Battles with My Son

“It’s time to go!” I yelled. My son wouldn’t budge.
“We are going!” I yelled again.

All my parenting skills went out the window. My son was refusing to do what I asked, and we were running late for an appointment in town. He wanted to stay home in his comfort zone. I wanted him to get in the car. It was a battle.

My son’s brain works differently from other children’s. Leaving the house feels like too much for him.

Trying a New Strategy

I thought back to a parenting session with the behavioral specialist Jason Dybsetter. He shared a strategy for how to get *neurodivergent* students to do what you need them to do. Basically, you offer them a reward. Jason was talking about bribery. Some children need an extrinsic motivator to help them along. It was an “Aha!” moment for me.

I grabbed my son’s iPad and I said to him, “Do you want your iPad?” He responded with, “Yes!” I said, “Okay, Let’s get in the car and go to town.” You know what my son did? He got into the car and we went to his appointment.

The iPad is a strong *extrinsic motivator* for my son. It helps him at school because without technology he wouldn’t be motivated to do his school work.



AFTER YOU READ: Use context clues to figure out what *extrinsic motivator* means. What do you think an *intrinsic motivator* is? Discuss the difference.

Sarita Eastman is a student at Enemy Swim Day School at the Lake Traverse Reservation.

Missing Six Fingers

Jose Castillo

BEFORE YOU READ:

1. Look at the title, the headings, and the pictures. What do you think this article will be about?
2. Think about the word “missing.” To miss something means to feel the loss of something. For example, “I miss my friend who I have not seen for two years.” To be missing also means to be absent or lost. For example, the author has lost or is missing six fingers. Try using the verb “to miss” and “to be missing” in various sentences.
3. A *prosthesis* (noun) is an artificial body part. It is not part of the body you were born with. *Prosthetic* (adjective) describes a *device* that you use as a body part. A *device* (noun) is a thing that is made for a purpose. What *prosthetic devices* do you use or have you seen or heard of?
4. Describe any *device* you use in your life to make an activity easier.

An Accident at Work

Access to technology for me is very important because I lost six fingers. The big change in my life happened on September 22, 2020. I was working for a roofing company when my accident happened. I was cutting metal in a machine, and my fingers slipped in the machine. I didn't know my fingers were there and I pushed the button. The machine cut the metal and my fingers too.

My Smartphone Helps

I use my smartphone to do my homework and many other things. For me, it is more convenient to use my phone than a computer because I can use my thumbs to type which is faster than trying to type with partial fingers on a keyboard.



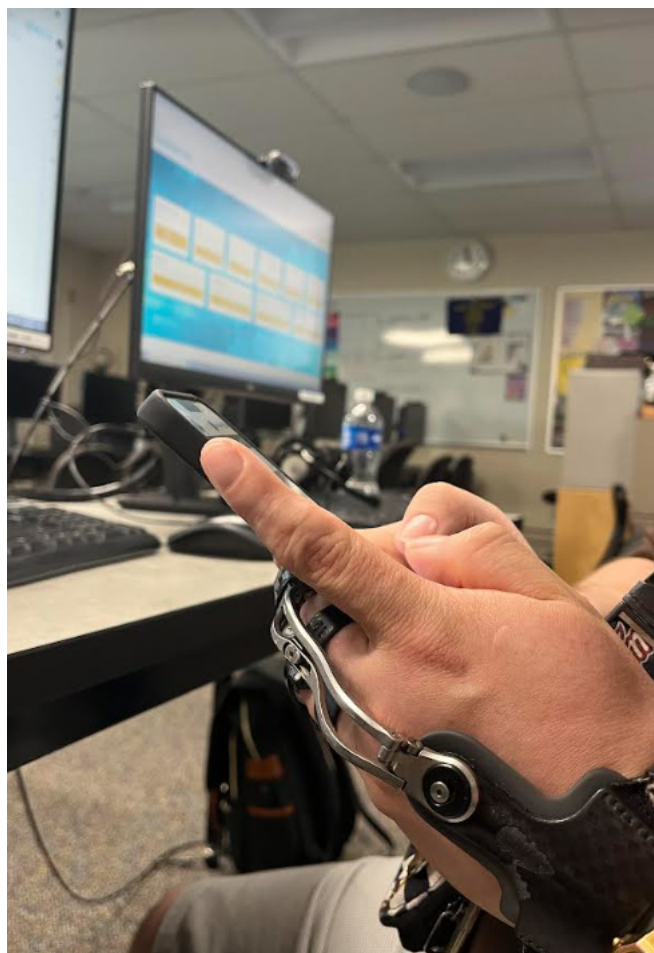
My Prosthetic Fingers Are a Part of Me

Technology can help us with our health. For example, doctors are using robots to help with surgeries. We use monitors to check our bodies for any problems. In my situation, I have a *prosthesis*. On my left hand, I have two prosthetic fingers. My *prosthetic* fingers help me hold my phone and many other things too.

My *prosthetic* fingers have become a part of me. If I don't wear them, I don't feel comfortable. They are part of my body.

Technology Helps

Technology can make a big difference, especially for people like me. Technology is not difficult if you take the time to learn how to use it. I took the time to learn how to use my prosthetic fingers, and I have benefited from it so much.



AFTER YOU READ:

1. What technology does Jose use to manage his disability?
2. Practice pronouncing *prosthetic* and *prosthesis*.

Jose Castillo is an ESOL student at Chemeketa Community College in Salem, Oregon. He is from Sinaloa Mexico. He came to the U.S. when he was 13 years old. He graduated in 2011 from Centennial High School. He didn't go to college immediately after high school, but now he has the opportunity to go, and he wants to take advantage of it.

Assistive Technologies: Good for Everyone!

Vialeta Panamarenka

BEFORE YOU READ:

1. What do you think *assistive technology* is? (Think about the verb *to assist* and the nouns, *assistance* and *assistant*. Try using them in sentences.)
2. Can you give an example of *assistive technology* in your life?

They Make Everyone’s Life Easier

Assistive technology is any tool that supports people with disabilities. It could be anything from a wheelchair to a piece of software or an app that takes verbal commands. *Assistive technologies* not only help people with disabilities. They make everyone’s life easier.

Smart Homes

For example, there are “smart home” applications that allow us to control lighting and other electrical appliances in our homes. This could help someone with a disability who could not reach

light switches. And it could be helpful for anyone.

We can also regulate our home security systems. My apartment building has a system for

unlocking doors from the phone, so I don’t need to carry my keys with me. This helps a lot when you run out to walk the dog and forget your keys. And this would be helpful to someone with a disability who could not use keys.

There is a saying that we are all just temporarily able-bodied.



Digital Wallets

Our phones can also be “digital wallets.” If you have a disability, and it is hard for you to pull a credit card out of your wallet, you can just use your phone instead. You can control your finances and pay for everything with the touch of a finger. I don’t have a disability, but I use this *assistive technology*. I don’t need to carry a wallet with cash and cards. I always pay for everything with my digital card from my digital wallet.

Translators

Another app that can help you in life is a translator. Not being able to speak a language is not a disability, but it is a disadvantage! And this technology can help you. Modern translators can translate text and speech. If you are visiting another country, and you do not know the language, then translators are a huge help. You

carry the device with you, and it will translate for you in any situation. (However, if you are going to live in a country where they speak a different language, I encourage you not to use this technology. Instead, you should try to learn the language.)

Be Technologically Literate – It Can Help You!

Some people may be afraid to use modern *assistive technology* because they think that their personal information can be stolen. They worry that if they lose their device all their information will be lost. However, I trust reputable companies such as Google or Apple. If someone steals my phone, they just steal the device. They can't get access to my information because the phones have good security systems, such as Face ID or two factor authentication. You can always restore your information on a new device using your ID.

Not everyone wants to learn how to use *assistive technologies*. But there is a saying that we are all just temporarily able-bodied. All of us will probably have some disability at some point. *Assistive technologies* will be helpful to us then. And they are helpful to us now, too. Being technologically literate can help us be safe and active in the world. Technology can assist us! It can improve our quality of life.

AFTER YOU READ:

1. What is the author's main point? Point to evidence from the text to back up your claim.
2. How well does she make her argument? Are you convinced? If there are ways she could make her argument stronger, say what they are.
3. Think about the terms *disabled* and *able-bodied*. What does the author mean when she says, "We are all temporarily able-bodied"?



Vialeta Panamarenka is a student at the Guadalupe School in Salt Lake City, Utah. She is from Dzerzhinsk, Belarus. She is 27 and moved to America two years ago with her husband. She likes to spend her leisure time walking with her dog, reading, and traveling.

Apps for Health – My Secret Weapons

Honada Almualem

BEFORE YOU READ: What apps do you use for your health? Describe them.

Keeping Me on Track

Using exercise and walking apps every day has helped me get healthier. These apps are like friends that fit perfectly into my day. They give me workouts to match what I need and count my steps, which keeps me on track and feeling responsible. Whether I'm doing a quick workout or trying to reach my step goal, these apps push me towards a healthier me.

Helping Me Think More about My Choices

They're not just about getting in shape; they also help me understand my body better. By showing me my progress and activity levels, they make me more aware of what I need to do to stay healthy. This makes me think more about my choices throughout the day, so I end up making better ones. Overall, I feel stronger and more energetic. I feel like I understand my body better.

My Own Personal Trainer

Basically, exercise and walking apps are like secret weapons on my journey to getting healthier. They help me take charge of my fitness and live a more balanced life.

Before I started using exercise and walking apps, my fitness routine was all over the place. I didn't have a plan or anyone to help me stay on track. Some days I'd exercise; some days I wouldn't. I didn't really understand how my choices affected my health, so I wasn't making the best decisions. It felt like something important was missing.

But now, with these apps, things are different. They help me stay motivated. They're like my own personal trainer, making it easier for me to get fit and feel good at home.



AFTER YOU READ:

1. According to the author, how have the apps affected her health? Be specific.
2. Work together with your classmates to make a slideshow describing different health apps that people use.
3. Support your classmates to download an app and try it out. Report back on how it goes.

Honada Almualem is a student in Piedmont Virginia Community College's adult education program in Charlottesville, Virginia. She is from Syria, and she is 20 years old. She studied clinical nutrition for a year in Jordan. She is eager to make a positive impact in this society and continue studying nutrition. To help her on her journey, she uses an app called "Workout for Women: Fit at Home" and the Pedometer-Step Counter for tracking her steps.

Critically Ill and Alone

We Took Care of My Mother with Delivery Apps

Angela Vallejo Nogales

BEFORE YOU READ:

1. What is an *app*? Have you used a *delivery app*? What was it like?
2. What does it mean to do something *remotely* vs. in person? Since the pandemic, are there activities that you do remotely?

I was in a different city, a long way away from my mother when she got very sick. The pandemic had just started. We were in quarantine. I could not get a flight to see my mother. The roads were closed. We felt so much fear.

My mother had a bad case of Covid. She got the worst symptoms: fever, cough, bone pain, fatigue, and difficulty breathing. She spent days very sick and alone. No one could take care of her.

I thought about what I could do to take care of her *remotely*. I decided to use my cellphone to download a number of *apps* that I could use to send her food and medicine. I used Uber Eats to send her soups and warm food. Healthy food is important for physical and mental health. Receiving food at home helped her recover.

I also used a popular *delivery app* to send her electrolyte drinks and vitamin C gummies. Later, with the help of my husband, we found an *app* specifically for delivering medicines. With this *app* I could send her cough syrup, Tylenol, and other medicines for the cold and flu. The delivery person left the products at my mother's front door. All she needed to do was pick them up and take them inside. This helped my mom. It allowed her to focus on getting better without having to figure out how to get to the pharmacy.

My mother needed almost four weeks to fully recover. The situation was very stressful for our family. Thankfully, once the medicine started working, she was able to take care of herself.



We did not use *delivery apps* too much before the pandemic. We are grateful to the pharmacies and convenience stores that adopted this technology. Now my mother uses these *apps* on her cell phone without problem. I can envision a future where technology allows us to send help to everyone who needs it.

AFTER YOU READ: Turn to a partner and tell a story of when you helped take care of someone. Share whether you used any digital tools in the process. Your partner should take notes on what you say. Then switch roles.

Angela Vallejo Nogales is a student in the English for Internationally Trained Professionals class at the Ysleta Community Learning Center in El Paso, TX. Angela was born in Sonora, Mexico, and she is the daughter of Mony Nogales. Angela lives with her husband Ernesto Miro and their two dogs. She is a chemist and recently graduated as a phlebotomist at YCLC, and continuously reads during her free time since she is a book lover.

Google Maps

It Works More than It Doesn't

Mathieu Beaugelus

BEFORE YOU READ:

1. Do you *know your way around* your city? How did you learn? Do you *know your way around* other places, like your local grocery store, your child's school, or a nearby park? Say and write some sentences that start with *I know my way around...* Or *I don't know my way around...*
2. What is your experience using Google Maps or other apps for public transportation?

Apps Help Me Find My Way

When I first came to Chicago, I did not *know my way around*. It was very difficult for me. But it could have been worse for me if I did not know how to use Google maps on my phone.

With Google maps, I could find my primary care provider. It was easy. Her office was not far away from my house. The challenges started when my doctor gave me a referral to another hospital. Then, I had to take a different train and bus. Fortunately, I could use two apps—Google maps and Transit—to find my way on public transportation.

But They Are Not Perfect

Digital tools are not perfect. They come with challenges. For example, sometimes Google maps cannot find the building I am looking for. One time, I was looking for a hospital near where I go to school. Google could not find it. Google maps was not up to date.

I found the hospital by asking someone. I used a non-digital solution! Six months later, the hospital was finally on the map.

However, Google Maps works more than it does not work. These digital tools are game changers.



AFTER YOU READ:

1. Open Google maps and map a route from your home to your doctor's office or clinic or the nearest hospital. Try toggling between driving, walking, biking, or taking public transportation. What can you learn about the route by looking at it on Google maps?
2. What other map apps are available? Discuss which maps you use and what features they have.
3. Has a map app ever sent you in the wrong direction or on a weird route? Tell the story.

Mathieu Beaugelus is an ESL and GED student at Olive Harvey College in Chicago, Illinois. He is 30 years old. He is from Haiti, and he has been living in the U.S for one year.

No Need to Go Out You Can Do It from Home

Nathan Candy

BEFORE YOU READ: Has technology changed how much you leave the house? Explain.

Shop, Get Healthcare, Study, Work

One of the main advantages of technology is that we can do many things without leaving our home. If we need to buy something, we don't need to go to the store. With our computer or phone and the internet, we can buy sneakers, clothes, and anything we need. It's faster to shop this way, so we can save time.

In addition, if we don't have time to go to the doctor's office, we don't have to go. We can use technology to ask for our medication to be delivered. We can even meet with the doctor online in the privacy of our own home. Telehealth appointments are convenient for non-urgent matters, and they save time and money in terms of gas, public transportation, and ride shares.

Also, with technology we can study and even do our jobs online. During the pandemic, many of us used technology to stay connected with our education and our jobs.

Some Disadvantages

In general, technology makes life easier. But of course there are some disadvantages to technology. After all, nothing is truly perfect. One disadvantage is that your device could break. We are so dependent on our devices, we would be lost if they broke.

Also, the internet could crash. At that point, the world becomes chaotic. A lot of businesses are run by technology, and if anything goes wrong then the economy will suffer.

If people decided to never go out and just work from home, that would affect the economy and the community as well. People would be



more distant towards each other; there would be no connection between humans. In-person businesses, such as public transportation, ride shares, etc., would fail. Although technology keeps the world running more smoothly, it is still important to be present in person. We should not allow technology to take over our lives.

AFTER YOU READ:

1. According to the author, what are the advantages and disadvantages of using technology to do things?
2. Have you ever had a "telehealth" appointment? What do you think about it?

Nathan Candy is a student at the Community Learning Center in Cambridge, MA. He is from Haiti where he studied law. Nathan is learning English as a fourth language. He is married, has a seven-year-old son, and plans to continue going to school for business.

Write for The Change Agent CALL FOR ARTICLES

THE CALL FOR ARTICLES is published on our website on February 15 of every year. The deadline for that “Call” is in early May. The articles we select from that set of submissions will be published during the following school year – in August, November, and February. Learn more at: <https://changeagent.nelrc.org/write-for-us/>.

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A small selection of the themes we have covered:

