



# THE SOCIAL DILEMMA

How to best manage social media  
at school and beyond





# SOCIAL MEDIA CAN BE A POSITIVE EXPERIENCE

- It's about communicating with your friends & family
- It's fun & entertaining
- It's about sharing memories and moments
- It helps us staying close together, even if far away
- It should be about being yourself
- It helps us learn about the world
- It gives us a connection to what is happening in a timely-manner



# THE LIMITS

- It can feel overwhelming and harming to their self-esteem (likes, comments...)
- They can identify to other people's 'perfect life' and and feel bad
- They feel like you have to belong via Social Media
- Can often increase anxiety an mental health issues
- Reminder: what is online will follow you... forever.
- Anybody can follow you and find out information
- Anybody can be a victim of social media bullying
- Fake news are more common than you think: double check info





# OUR RECOMMENDATIONS



**1. TALK ABOUT IT: be part of the conversation: ask your kids a set of questions:**

- what do you talk about with your friends?
- what pics do you post? what would grandma think?
- how often do you check your apps?

**2. CHECK their phone & screen-time**, but in a non-intrusive way (and be honest about it): don't forget this is a highly addictive habit, so 'trusting them' isn't enough

**3. SET UP YOUR OWN LIMITS/RULES at home:**

- 30-40mn max after school
- no phones at the table or after dinner
- screentime set for each application
- no phones in the bedroom (charge outside) & when doing homework
- turn off ALL notifications

# OUR RECOMMENDATIONS



4. **LEAD BY EXAMPLE:** if you want to sound credible, show them what to do
5. **ELEVATE THE DEBATE:** share your views, discuss as a family
6. **STAY INFORMED** - watch docus, understand the why's and how's of these companies, read the news.
7. **LEARN to read the signs** - is my child a victim of bullying / screenaging?
8. **OFFER THEM advice** and opportunities to talk to other adults - school council or that great aunt of theirs
9. **CHECK** what their friends are doing - what is trending for their age group
10. **REMIND them that a lot of fake news** are running on these platforms
11. **ACCEPT this is part of our world now** - up to you to manage it as you wish