



SOCIAL MEDIA + ONLINE RELATIONSHIPS

TOP TIPS FOR DIGITAL SAFETY:

MAXIMIZE THE BENEFITS of SOCIAL MEDIA and MINIMIZE POTENTIAL HARMS

- 1. Maintain a consistent curiosity and open conversation about children's activities on social media**
 - Take a power with approach
 - Engage in non-judgmental, open conversations
 - Empower yourself with information about social media, online gaming, etc so you can help your children use it safely
- 2. Watch for signs of deteriorating and/or poor mental health**
 - Examples: anxiety, excessive fear-of-missing-out, withdrawal from family and friends, lack of interest in real life
- 3. Consider age-appropriate software filtering programs**
 - For children 7-11 years old: software filtering programs may be necessary because young children don't have the skills to safely navigate the internet independently
 - For teenagers: software filtering programs MAY INCREASE the chances of exposure to adult content and harassment
 - Many teens have the skills to subvert filtering software and eventually (with experience) may no longer need them
- 4. Monitor behavior**
 - Co-viewing and co-playing builds connection and allows you to create true understanding through natural, contextualized conversations
 - Express interest in children's social media activities and the activities of their peers by asking open questions
- 5. Set and review healthy restrictions**
 - Screen-time management: consider quality-based limits instead of quantity-based limits
 - Ask your children what restrictions they think are fair
- 6. Collaborate with your children on crafting a digital contract**
 - Review and edit this contract over time

TALK TO YOUR TEENS ABOUT SEXTING

Get your teen talking about the long term impacts of sending nude, sexual, & sensual images:

- What are the pros and cons?
- What's safe? What isn't safe?
- What's legal? What's illegal?
- What's the motivation?
- What wouldn't they mind seeing posted publicly (tomorrow & years from now)?

The images may not stay private and they could last forever - even as relationships end. At the same time, your child may be expressing their sensuality and experimenting with romance for the first time. It's complicated; it needs discussing.



SOCIAL MEDIA, SCHOOL, & INTERPERSONAL VIOLENCE

Things that happen on social media overnight or on the weekend can lead to verbal and/or physical altercations at school. As gossip and rumors spread on social media, images and screenshots of text message conversations are often shared at school.

- Ask your children if they've witnessed a conflict on social media turn into a verbal or physical altercation at school. Listen well. Weave in bystander intervention skills when appropriate (see separate video & handout on this topic).



RESOURCES

BOUNDARIES & CONSENT

That's Not Cool (age-appropriate what-if scenarios great conversation starters for consent and boundaries)

ThatsNotCool.com

Consent Tea Analogy Video:

<https://vimeo.com/128105683> (2:57)

Consent Bicycle Analogy Video:

<https://youtu.be/-JwKjRaUaw> (3:50)

Planned Parenthood Consent Video:

<https://youtu.be/qNN3nAevQKY?list=PL3xP1jlf1jgJkChwVOlwQcV0-UqcWiFV> (3:50)

DIGITAL SAFETY

TikTok Safety Tips:

www.tiktok.com/safety/en/well-being

CommonSense Media: articles, research, and a Family Toolkit to help design a digital contract
www.commonsensemedia.org

Digital Wellbeing & Screen Time Resources:

there are a variety of apps (for Apple & Android) designed to achieve digital balance with teens

BYSTANDER INTERVENTION

No More

nomore.org/learn

National Sexual Violence Resource Center

Search "Bystander Intervention Resources" for a variety of resources including a comprehensive information packet

Sounds Good Podcast

Search for the interview with Right To Be (formerly Hollaback) Founder Emily May on the importance of bystander intervention and having hope for a violence-free future

Don't Stand By spoken word poetry video about stepping in and interrupting violence
https://youtu.be/_sDF-mPHfLs (3:38)

HEALTHY MASCULINITY

The Man Box: featuring Tony Porter
https://youtu.be/I-IB_xjpQho (2:20)

Charlie Coleman Talks About Rape Culture with Teen Vogue:

https://youtu.be/VzC_Ss5oO4Q (2:42)

Sexual Assault Response Network of Central Ohio (SARNCO):

- 24/7 SARNCO Helpline: (614) 267.7020
- SARNCO Business Phone Line: (614) 566.4414

The Center for Family Safety and Healing: www.familysafetyandhealing.org

The Ohio Domestic Violence Network: www.odvn.org

OHMAN: www.ohman-ohio.org

Special thanks
to the Central
Ohio Well
Being Network