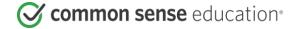
Tweens, Teens, and Their Always - On Digital Lives



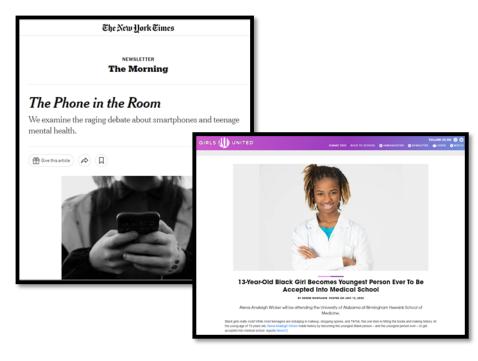






welcome to the workshop!











Family Inventory

Do you allow your kids to use social media?W hich platforms? Do you use any?

W hat rules do you have around social media?

W hat challenges have you faced when it comes to social media?







To watch this video on the Common Sense Education site, click here.



"Who Are You on Social Media?" Teen Voices video



what did you hear?



Lead with empathy:

Show you understand, validate, and don't diminish.



Combat comparison:

Remind your kid that social media feeds are full of illusion and don't reflect a person's real life or inner experience.



Break it down:

Get specific about how people curate and choose what to post.

Use specific posts from you, your kid, or a celebrity as examples.





Encourage connection over curation: Remind teens to focus on fun and friendship—on- and off-screen—instead of image and validation.





How can I apply these at home?

Take some time to think about how one or more of these strategies might work with your kid, and how—and when—you might use them. Use the space under each question on the handout provided to write down your thoughts.





Find a partner; talk it through!





Share with the group:

What strategy will you take home and try?









Thank you!



Check out our FWPS Social Media Support Page for Resources: bit.ly/ FWSMsupport







Common Sense Media Tips by Text

Get entertainment picks and tips for healthy tech use.

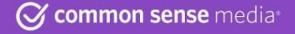
Text the word "kids" to 21555.

For families with 3- to 11-year olds

Message and data rates may apply. Send "STOP" to stop receiving messages.

For more info, visit www.commonsense.org/text.





Feedback Survey

Please help us improve by sharing your feedback about today's event through a 3-minute survey:

Scan QR Code:



Or, Visit: www.fwps.org/FamilyAcademySurvey

Registration Now Open!

Attend the next session of Family Academy:

Summer Connections

Learn about community-based and school summer resources and programming

Thursday, April 27, 2023

6-7:30 p.m.

Mirror Lake Elementary or Zoom

Register at: www.fwps.org/FamilyAcademy



