



DIGITAL FOOTPRINT & IDENTITY

We define who we are.

# Tweens, Teens, and Their Always - On Digital Lives

Who Are You on Social Media?



[commonsense.org/education](https://commonsense.org/education)

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welcome to the workshop!





The New York Times


NEWSLETTER  
**The Morning**

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*The Phone in the Room*


We examine the raging debate about smartphones and teenage mental health.

Give this article



GIRLS UNITED

SHARE 2022 BACK TO SCHOOL INVESTIGATIONS NEWSLETTER



**13-Year-Old Black Girl Becomes Youngest Person Ever To Be Accepted Into Medical School**

BY DORIS MONTAGNA POSTED ON JULY 13, 2022

Alena Anateigh Wicker will be attending the University of Alabama at Birmingham Heersink School of Medicine.

Black girls really rock! While most teenagers are indulging in makeup, shopping sprees, and TikTok, this one teen is hitting the books and making history. At the young age of 13 years old, Alena Anateigh Wicker made history by becoming the youngest Black person — and the youngest person ever — to get accepted into medical school. reports [News13](#).



# Family Inventory

- Do you allow your kids to use social media?  
Which platforms? Do you use any?

What rules do you have around social media?

What 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



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what did you hear?

# Tip No. 1



Lead with empathy:

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

## Tip No. 2



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.



# Tip No. 3



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.

# Tip No. 4



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!





# Thank you!



*Check out our FWPS Social Media  
Support Page for Resources:  
[bit.ly/FWSMsupport](https://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](http://www.commonsense.org/text).



**Text the word "kids" to 21555.  
For tips in Spanish, text "familia."  
We'll send tips directly to your phone!**



# 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](http://www.fwps.org/FamilyAcademySurvey)

# Registration Now Open!

*Attend the next session of Family Academy:*

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## **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

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Register at: [www.fwps.org/FamilyAcademy](http://www.fwps.org/FamilyAcademy)

or, scan:

