

Social Media - Parenting in the Digital Age

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Photo by Lisa Fotios from Pexels





Photo by [souveniersofcanada on flickr](#)

What is it?

“Social media refers to any digital platform, system, website or app that enables people to create and share content, and connect with each other.”

Quoted from: <https://parents.au.reachout.com/skills-to-build/wellbeing/social-media-and-teenagers>



Benefits of Social Media

- Connection to peers
- Fun and entertainment
- Opportunities to share interests
- Sense of belonging within an online community
- Creativity
- Improved media literacy skills

Risks of Social Media for Children

- Sharing personal information with strangers
- Cyberbullying
- Being exposed to inappropriate or upsetting content
- Uploading inappropriate or embarrassing content of themselves or others
- Exposure to too much targeted advertising and marketing
- Data breaches



95%

of teens
have a
smartphone
or access to
one



Photo by Pixabay from Pexels

45%

of teens say
they are online
on a near-
constant basis



Photo by Steinar Engeland on Unsplash

Where Do Teens Go for Social Media?

Texting Apps



Kik Messenger 



Photo/Video Sharing (Micro Blogging)



Tik Tok 



Twitter 



Secret Apps



Whisper App 

Live Streaming Video

 YouTube

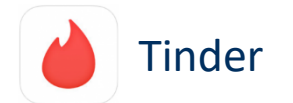
Houseparty 



Meeting/Dating Apps



Yubo 

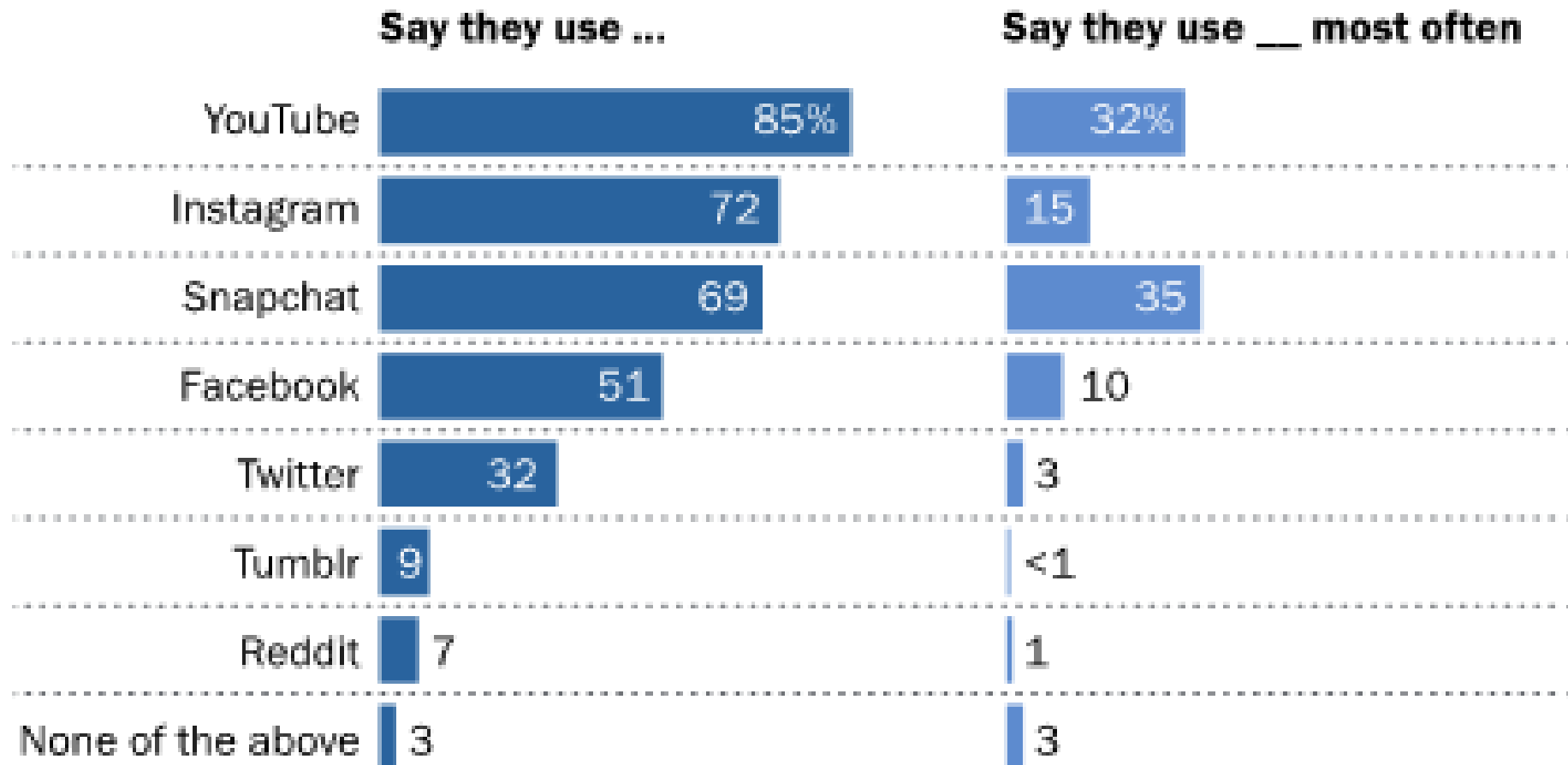


Amino 



YouTube, Instagram and Snapchat are the most popular online platforms among teens

% of U.S. teens who ...





common
sense
media

What is cyber bullying?

- Sending mean messages to someone
- Sharing embarrassing pictures
- Spreading untrue stories
- Telling others to ignore someone or leave them out of activities





Cyberbullying Behaviors

If a youth is being cyberbullied, they may:

- Unexpectedly stop using their device(s)
- Appear nervous or jumpy when using device(s)
- Appear uneasy about being at school or outside
- Appear to be angry, depressed or frustrated after texting, chatting, using social media or gaming
- Become abnormally withdrawn
- Avoid discussions about their activities online

What should I do if my child is bullied online?

- Don't take away
- Document
- Support
- Report
- Find your support, too
- Find resources



Cyberbullying Behaviors

Signs that a youth *may* be cyberbullying others include if they:

- Quickly switch screens or hides their device
- Uses their device(s) at all hours of the night
- Get unusually upset if they can't use the device(s)
- Avoids discussions about what they are doing online
- Seems to be using multiple online accounts, or an account that is not their own

How can I prevent my child from engaging in cyberbullying?

- Discuss digital citizenship
- Check in early & often
- Make a plan





What can you, as a parent or guardian, do?

Media Use Plan

en
ESPAÑOL

LOG IN | REGISTER

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™

Create Your Family Media Plan

Create a Media Plan that is specific to your family. Name your plan & enter the names & ages of your children to get started.

To find this information

Enter Your Family Name

My Children

Child's Name Age [Remove](#)

[Add Another Child](#)

Next 

For your tweens...



- Tedx Talk by Poppy Jamie "[Addicted to Likes](#)"
- [Social Media Guide](#) for Teens
- [15 Tips for Teens on Using Social Media](#)
- Videos of [real life stories](#) by NetSmartz
- Applying to college? [Read this article](#) before it's too late...

Parent/Guardian Resources

A Few Hints on Setting Electronic Restrictions

- Apple [Screen Time](#)
- Android [Family Link](#)
- [Windows 10 and Xbox Family](#)

Other Resources

- [Media Plan](#) from AAP
- [Media Time Calculator](#)
- Verizon's [Family Tech](#)
- [Family Media Tool Kit](#)
- [Article](#) about social media and college admissions



Thank
you

