



KIDS AND SOCIAL MEDIA

WHAT PARENTS CAN DO

NORTHSHORE
INSTRUCTIONAL
TECHNOLOGY






TOPICS




Introduction



Social Media
and Kids: Benefits



Social Media
and Kids: Risks



Parenting
Supports



Resources

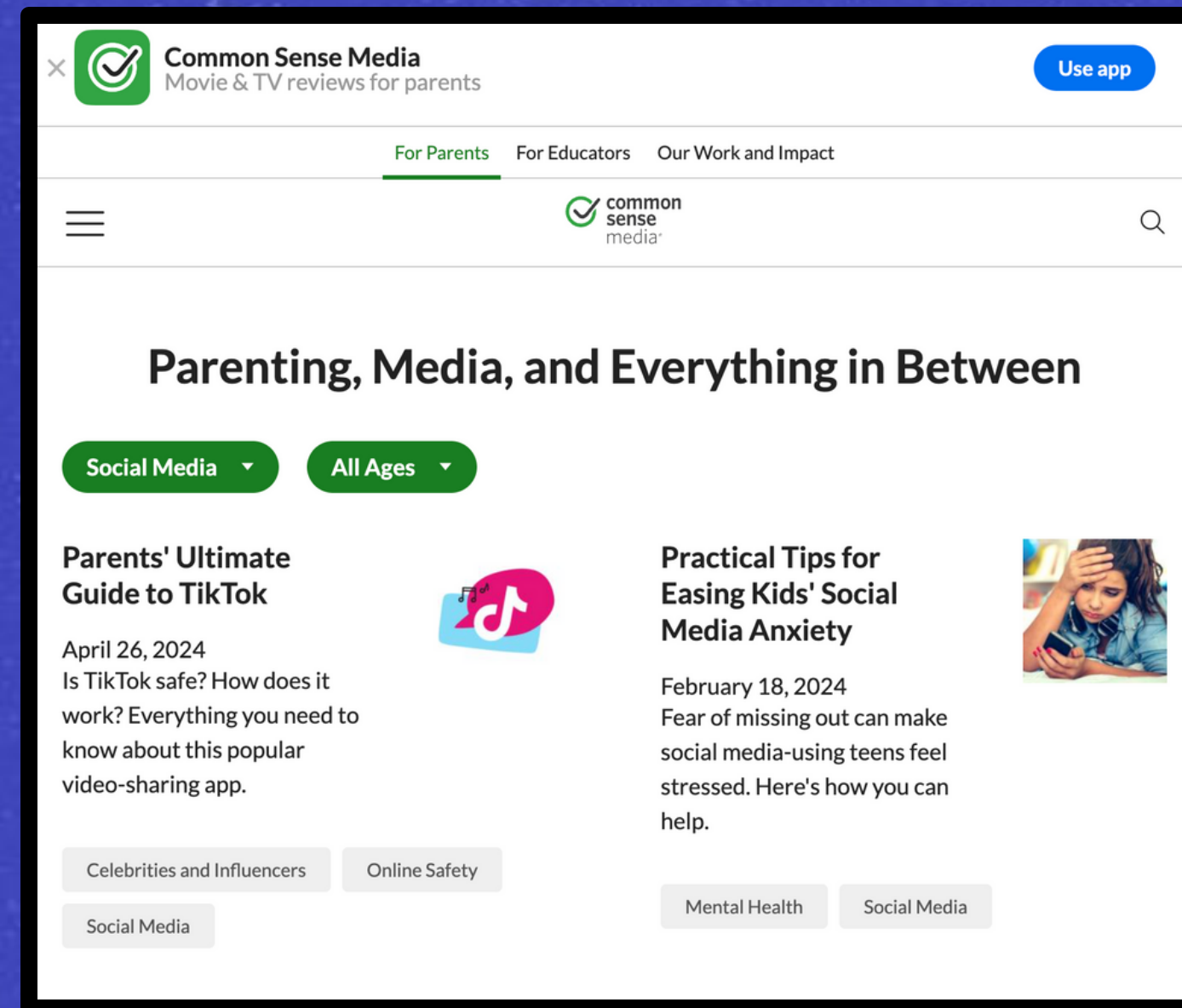
PARENTING IS HARD

As if parenting weren't already rife with challenges, social media and digital technologies add a layer of complexity. Technology doesn't come "safety tested" like toys do, so it can be really hard to manage use of these tools and minimize risks. But it is possible!



PARENTING, MEDIA, AND EVERYTHING IN BETWEEN

COMMON SENSE MEDIA



www.commonsensemedia.org





WHAT THE EXPERTS TELL US



“Up to 95% of young people aged 13-17 report using a social media platform. Nearly two thirds of teenagers report using social media every day and one third report using social media almost constantly.”

~ Office of the Surgeon General





WHAT THE EXPERTS TELL US



“The effects of social media likely depend on what teens can do and see online, teens’ pre-existing strengths or vulnerabilities, and the contexts in which they grow up.”

~ American Psychological Association





WHAT THE EXPERTS TELL US



“Social media can provide benefits for some children, including by serving as a source of connection for youth who are often marginalized, such as the LGBTQ+ community and people with disabilities, providing positive or identity-affirming content, creating a space for self-expression, and helping youth feel accepted.”

~ Office of the Surgeon General





WHAT THE EXPERTS TELL US



“Not all findings apply equally to all youth. Scientific findings offer one piece of information that can be used along with knowledge of specific youths’ strengths, weaknesses, and context to make decisions that are tailored for each teen, family, and community.”

~ American Psychological Association





WHAT THE EXPERTS TELL US



The American Academy of Pediatrics no longer has a recommendation for a set amount of screen time. Instead, they ask us to consider:

- The quality of the content.
- Balance between screens and opportunities to laugh, play, read, and move.
- Support from caregivers to help them understand themselves and how to manage their emotions.



THE 5 C'S OF MEDIA GUIDANCE

AMERICAN ACADEMY OF PEDIATRICS



CHILD

CONTENT



CALM

CROWDING OUT

COMMUNICATION



THE 5 C'S OF MEDIA GUIDANCE

AMERICAN ACADEMY OF PEDIATRICS



www.healthychildren.org

BENEFITS OF SOCIAL MEDIA



RISKS OF SOCIAL MEDIA



A MESSAGE FOR KIDS



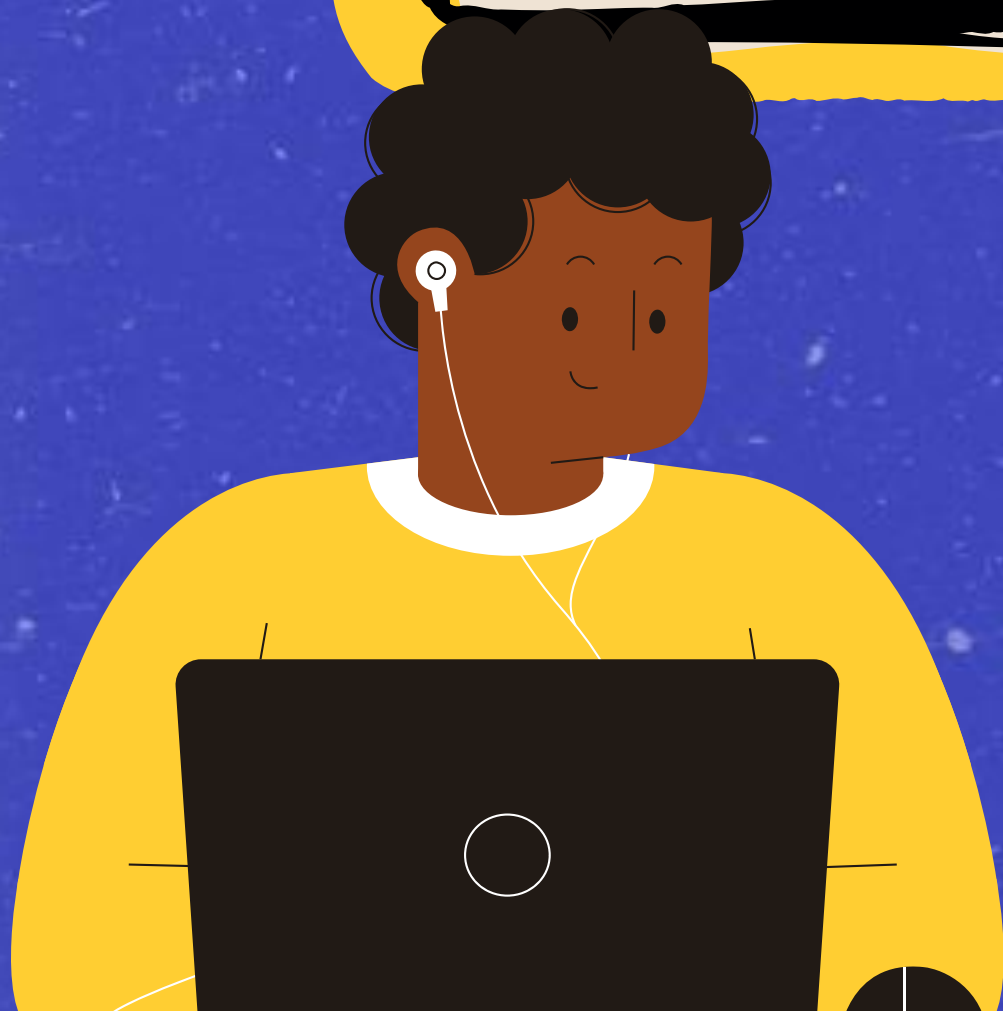
BENEFITS



**SUPPORT
NETWORK**

**IDENTITY
FORMATION**

**DEVELOPING
INTERESTS**



TIP SHEET ON SOCIAL MEDIA USE AND MENTAL HEALTH

YOUTH ENGAGED 4 CHANGE

Tip Sheet on Social Media Use and Mental Health

Share:



This resource discusses the benefits of social media and provides tips on how to use social media in to support your mental health. Advice in this tip sheet was gathered from a diverse group of youth¹ who use social media, are advocates for promoting positive youth mental health, and who participated in the Social Media and Youth Mental Health meeting at the

www.engage.youth.gov



RISKS



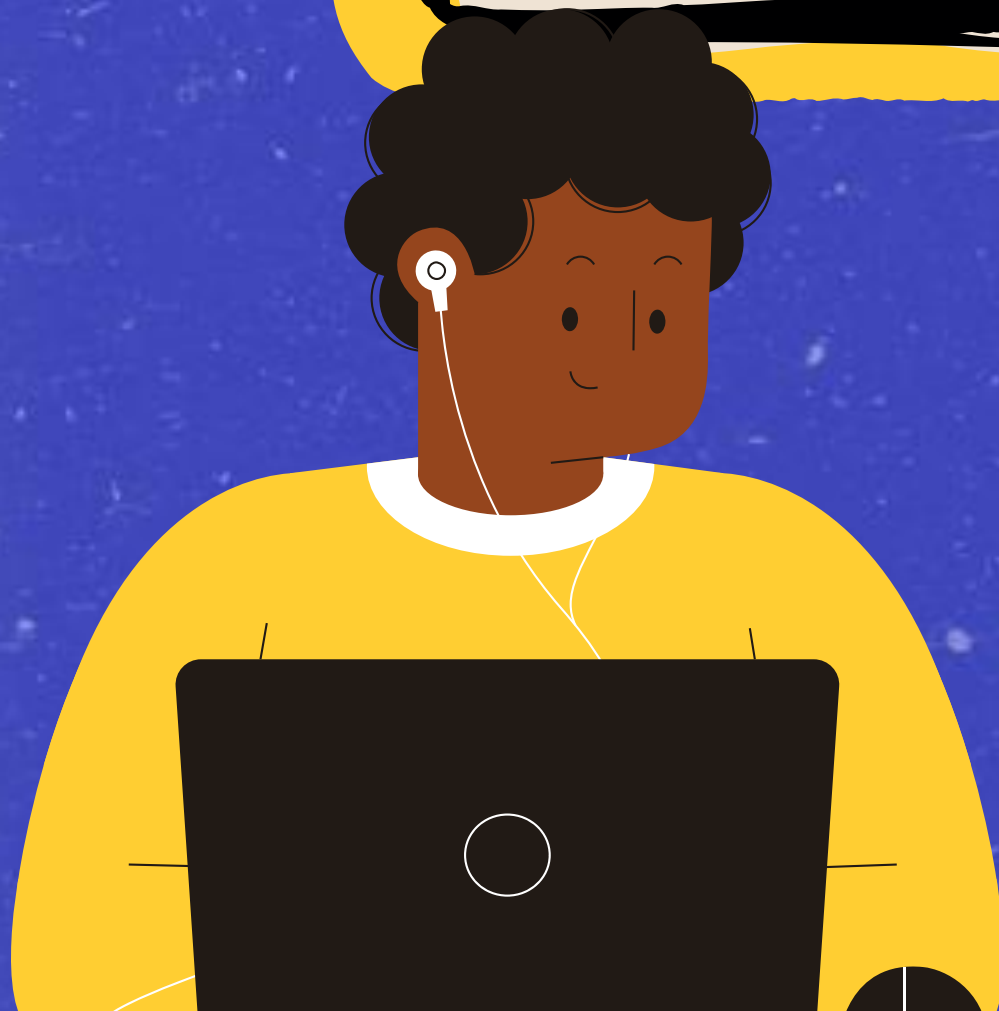
**PYSCHOLOGICAL
HARM**



**SELF ESTEEM &
BODY IMAGE**



**ADDICTION &
DEPRESSION**

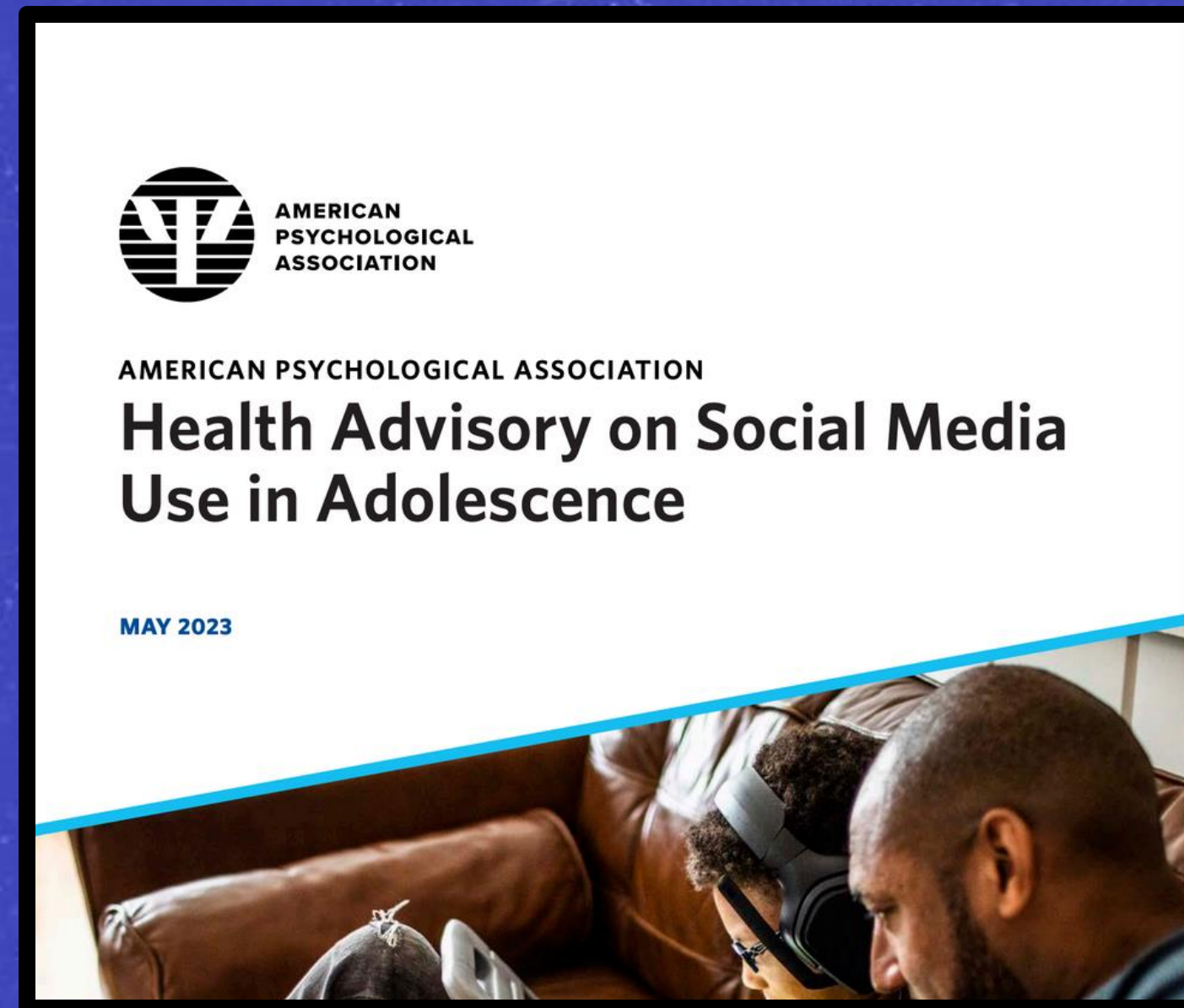


A MESSAGE FROM KIDS



HEALTH ADVISORY ON SOCIAL MEDIA USE IN ADOLESCENCE

AMERICAN PSYCHOLOGICAL ASSOCIATION



[APA - Health Advisory PDF](#)



RECOMMENDATIONS



**OBSERVATIONS &
CONVERSATIONS**

**GUIDANCE &
TRAINING**

**GUARDRAILS &
LIMITATIONS**



RESEARCH-BASED TIPS FROM PEDIATRICIANS FOR FAMILIES

CENTER OF EXCELLENCE



When it comes to helping your children build healthy digital habits, you may not know where to start. Here are some small steps that can make a big difference for your family:

1. Build a **family media plan**.

- Work together to set rules about social media use so you and your children agree on how devices fit into your lives.

2. Balance time with and without devices.

- Create screen-free times and places in your home (e.g., meals, bedtime).
- Set do-not-disturb times and media time limits.
- Track online activities and talk about which ones may be problematic.
- Plan regular screen-free activities your family enjoys.
- Make a habit of turning off media that isn't in use. Try music if you need ambient noise.

3. Talk about social media.

- Start regular, open-minded conversations with your children (even the youngest ones!) about their media use, and yours.
- Ask questions like:

4. Set a good example.

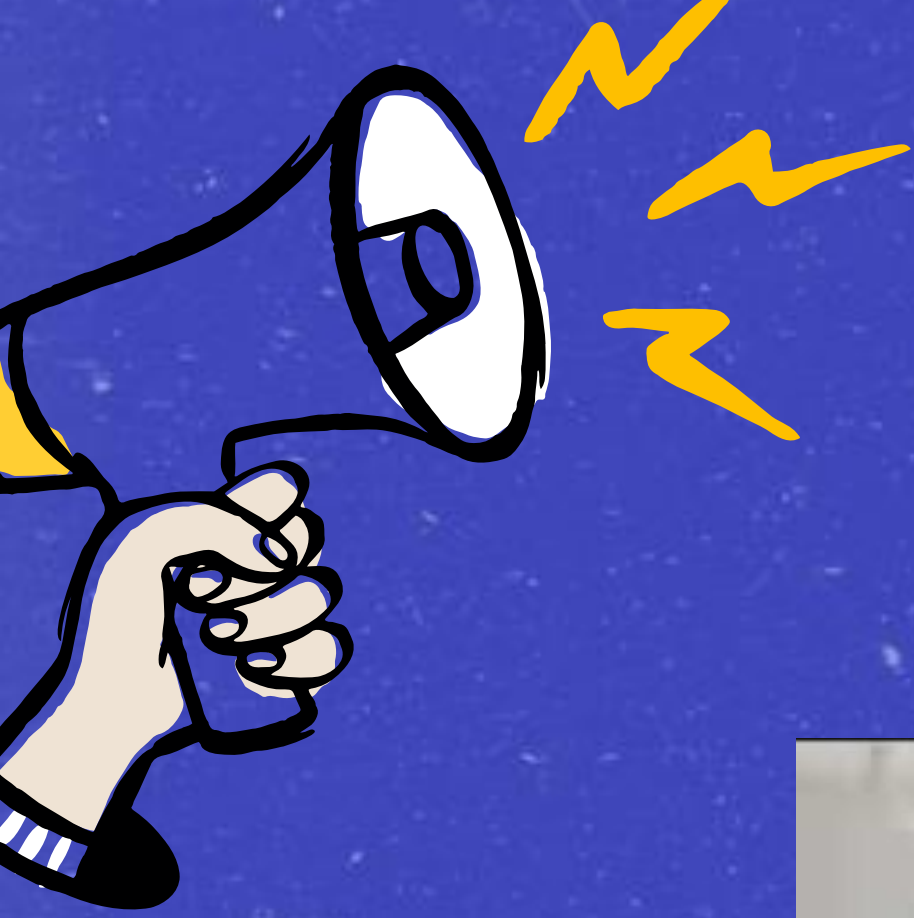
- Include your own habits in discussions about social media usage.
- When your attention is on your device, tell your kids what you're doing.
- Be kind to others online and talk to your kids about how you are using media for good.

5. Optimize your family's online experience.

- Choose quality content to use together as a family.
- Know which platforms are age- and content-appropriate for your children.
- Set and follow safety rules for who we can chat with online.
- Set privacy settings at the most secure level.
- Watch for warning signs, like if your child is:
 - Withdrawing from social interaction and hobbies.
 - Letting screen time interfere with physical activity, healthy eating or bedtime.

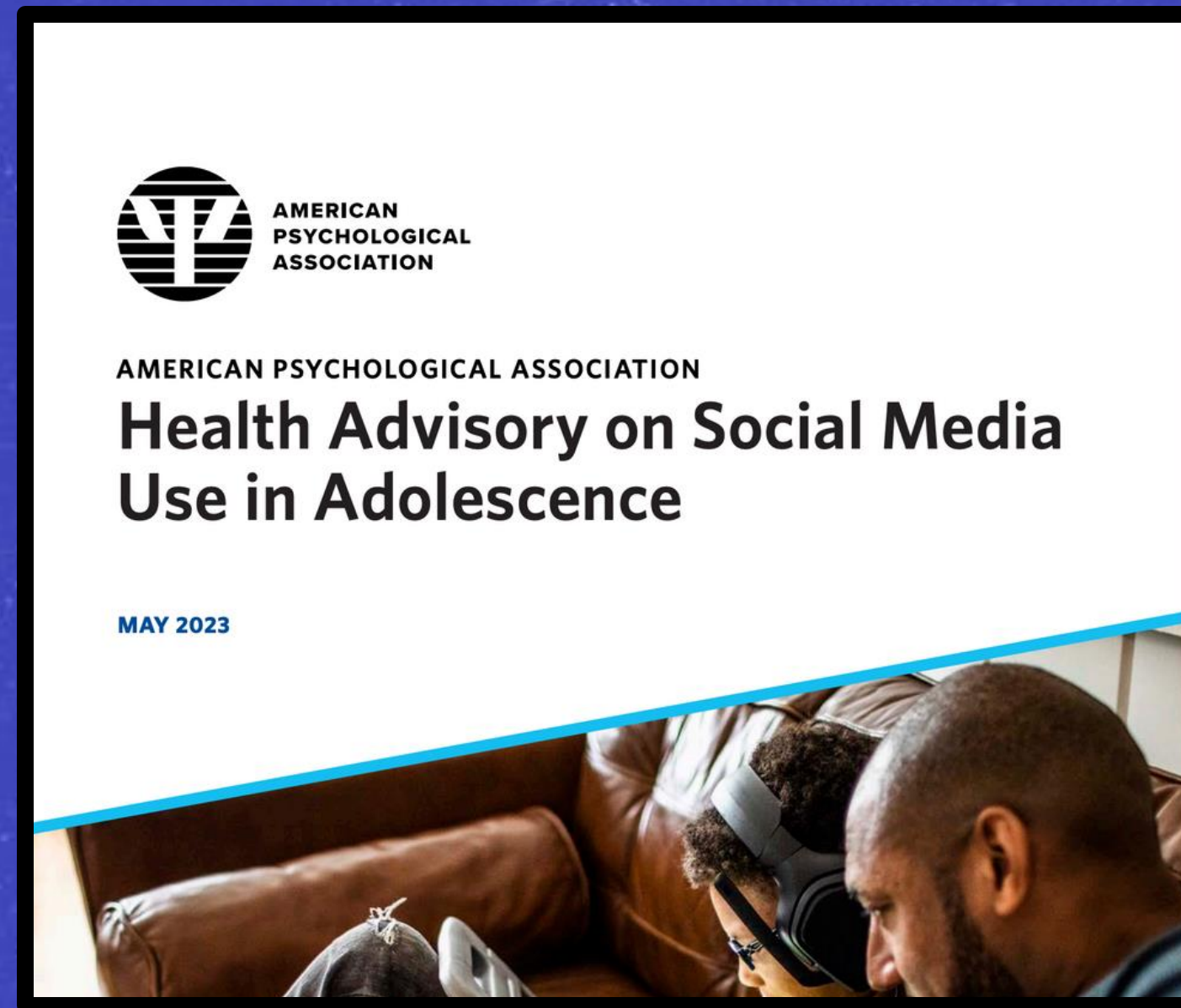
[COE - Social Media PDF](#)

A MESSAGE FOR FAMILIES



HEALTH ADVISORY ON SOCIAL MEDIA USE IN ADOLESCENCE

AMERICAN PSYCHOLOGICAL ASSOCIATION



[APA - Health Advisory PDF](#)





RESOURCES

[Family Resources for Social Media and Parenting](#)

THANK YOU

