



Social Media and Our Children

October 2024 Parent Training
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What are the number of hours your children are spending on screens?

With children getting smartphones at younger and younger ages while also having access to TVs, tablets, video games and other technology in the home, they're getting a lot more daily screen time than previous generations.

Just how much time?

The numbers might shock you. The Centers for Disease Control and Prevention (CDC) reports the average daily hours by age group:

- **8-10 years old:** Six hours
- **11-14 years old:** Nine hours
- **15-18 years old:** Seven and 1/2 hours

And these figures don't even include the time kids spend on screens for their school work.

× Overview

- Your current plan
- Types of Screen Time, Social Media, and Quick Facts
- The good & the not so good!
- Recommendations
- Identify different types of social networks
- Learn red-flag behaviors of screentime
- Identify strategies to limit the risk factors of screen time
- Develop a personal family media plan



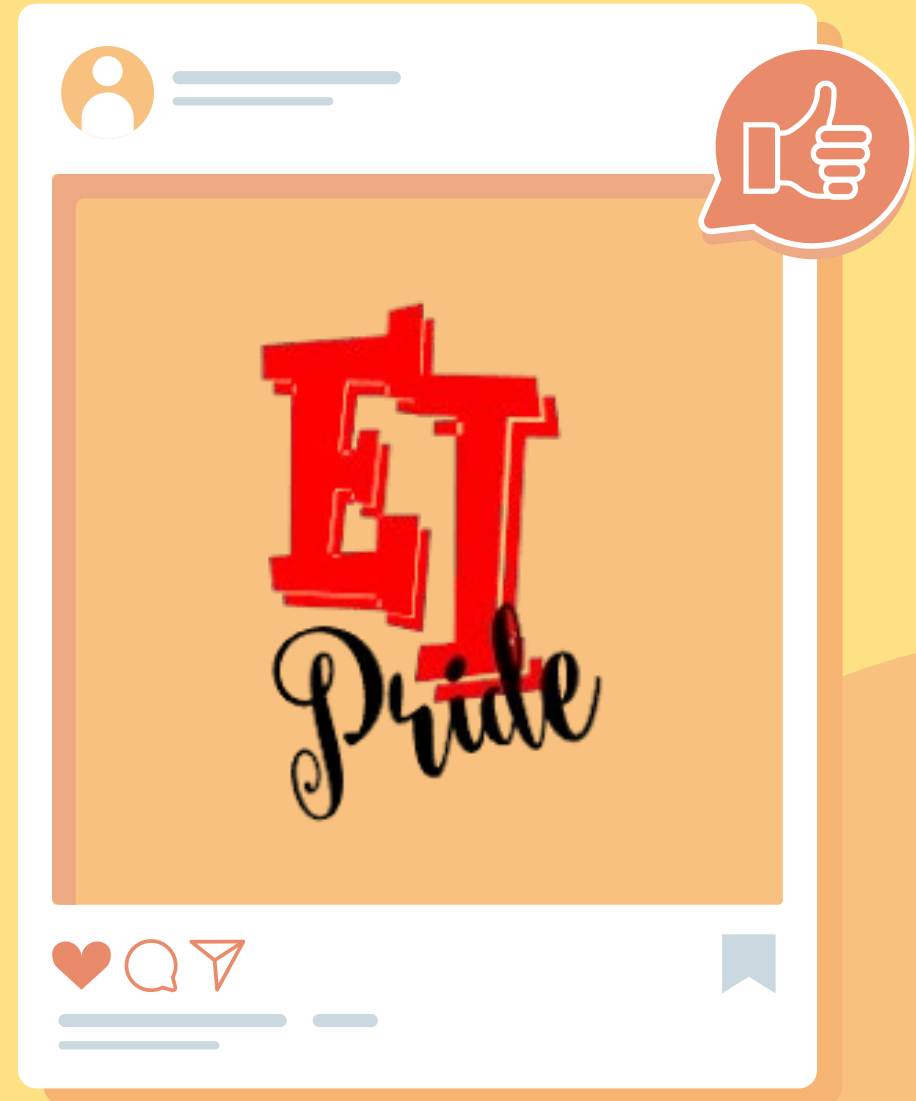
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Consider...

01

What devices does your child use for screen time? What social media platforms do they use?

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02

Are there any screen time/social media rules in your home? If so, what are they?

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03

Are there any negative outcomes of your child's screen usage? If so, what are they?

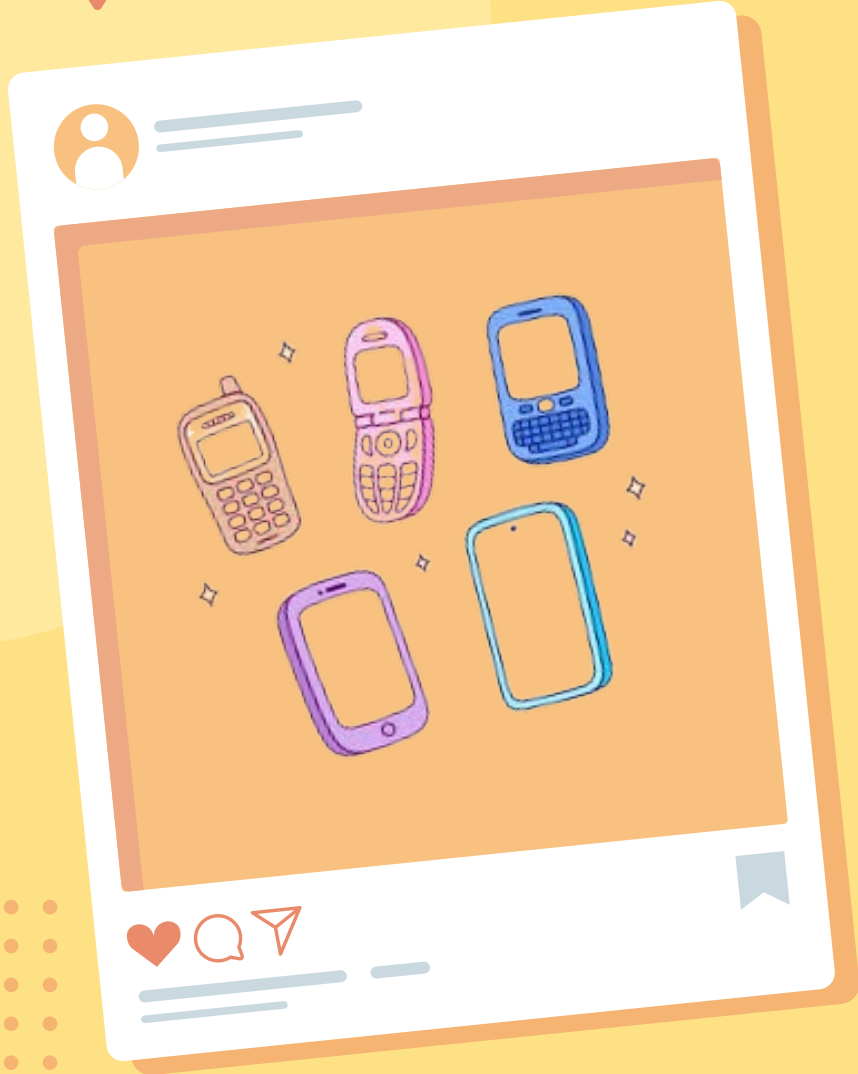
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04

Is there anything you would like to change about their screen usage?

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What are a few of the common screens?

- Phone
- Watches
- Video Games
- Chromebook
- Computer/iPad
- TV
- Communication Devices
- Smart Boards



Types of Social Media

- Social Networks (Facebook, Instagram, Snapchat)
- Social News (Reddit)
- Media Sharing (YouTube, TikTok)
- Microblogging (Twitter/X)
- Social Review Sites (Yelp)
- Gaming



Social media platforms are designed to maximize user engagement. To do so they use:

- Push notifications
- Autoplay
- Infinite Scroll
- Displaying popularity (i.e. likes)
- Algorithms



Quick Facts



- 95% of youth ages 13-17 use social media
 - 33% say they use social media almost constantly
 - Average is 3.5 hours per day
 - Social media/screen time becomes a habit, about 33% say they feel addicted
- 70% of parents say that parenting is harder today because of technology and social media
- Research is still developing we don't know all the stats yet as this technology is new and ever evolving
 - American Psychological Association (2023) Health Advisory on Social Media Use in Adolescence



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The Good



Can connect with others in a charitable way (GoFundMe, etc.)

Strengthens friendships: can help teens make and keep friends

Offers a sense of belonging: kids feel less lonely, especially for youth who experience adversity or isolation in offline environments

Provides genuine support: can validate someone who is marginalized, immediate access to support (i.e. online chats)

Helps with selfexpression



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The Not So Good...



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Social Media use is predictive of decrease in life satisfaction for girls ages 11-13 and boys ages 14-15.

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3+ hours a day on social media doubles the risk of depression/anxiety

- Reduction to <30 minutes a day saw 240% improvement in wellbeing

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Girls (age 13-17) surveyed on the effect of social media:

- 14% say it makes them feel better, 40% say no change on wellbeing, 46% say it makes them feel worse

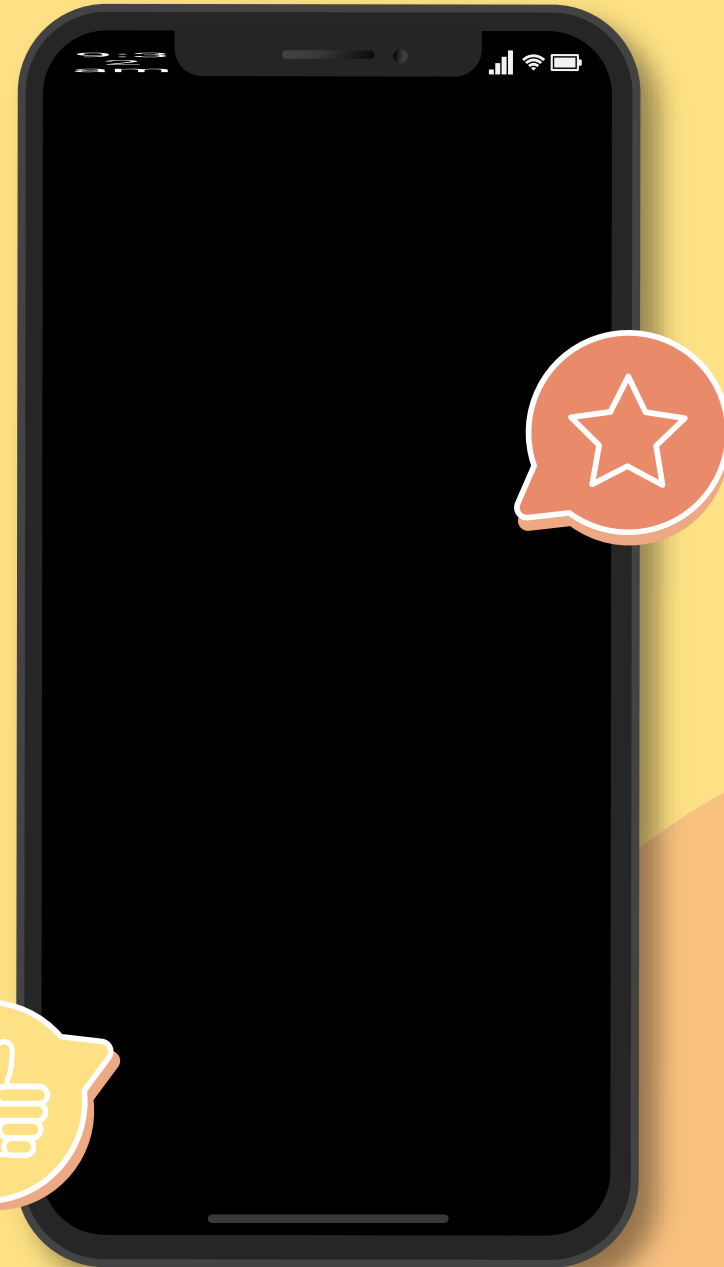
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Red Flags of Online Behavior



- Ads and inapp purchases
- Age-inappropriate content
- Anonymity
- Location tracking and sharing
- Public Default Settings
- Random video chat
- Realtime video sharing
- Secret chat rooms
- Temporary pictures and video
- Toxic Culture
- Fake accounts (Finsta, etc)



Recommendations & Limits

Ages 2-5

Non-educational usage to 1 hour on weekdays.

Sleep:

Children need about 10 hours of sleep, adolescents about 8.

Screen time within 1 hour of bedtime disrupts sleep.

Ages 6+

No specific set time: dependent on balance of sleep, exercise, socialization, mood, etc.

Insufficient sleep is associated with disruptions to neurological development in emotional functioning.

Screen time should not interfere with sleep, physical activity, or daily living skills! Physical activity is essential for both physical & psychological health.

Exercise:

More than 1.5 hours of a day of screen increases the risk of obesity (think about excessive screen use & TV in the bedroom).

Recommendations:

What is Developmentally Appropriate? ✕

Children should have adult supervision while using social media and screen time.

Early adolescence (i.e. typically 10-14 years) need adult monitoring: ongoing review, discussion, and coaching around social media use/content.

- Brain regions associated with desire for attention, feedback, and social reinforcement becomes extra sensitive during this time! Can result in some mental health challenges.
- Risktaking behaviors increase; selfcontrol does not fully develop until adulthood
- Need to be explicitly and repeatedly told about how their online behavior data is used, stored, and shared with others.





Recommendations for Supervising Online Beh



What children see increases the likelihood of what they do. To reduce the risk of harm:

- Prohibit access to illegal/maladaptive behaviors (i.e. self harm, harm to others, other harmful behaviors, such as eating disordered behavior)
- Teach adolescents to recognize cyberhate: online discrimination, prejudice, hate, or bullying
 - Monitoring your child's content and discussing it with them can reduce the effects of exposure to cyberhate
- Teach adolescents to have social media literacy
 - Being able to question the accuracy of content, tactics used to spread misinformation, limiting overgeneralizations, signs of problematic social media use, how to solve conflicts on social media platforms.

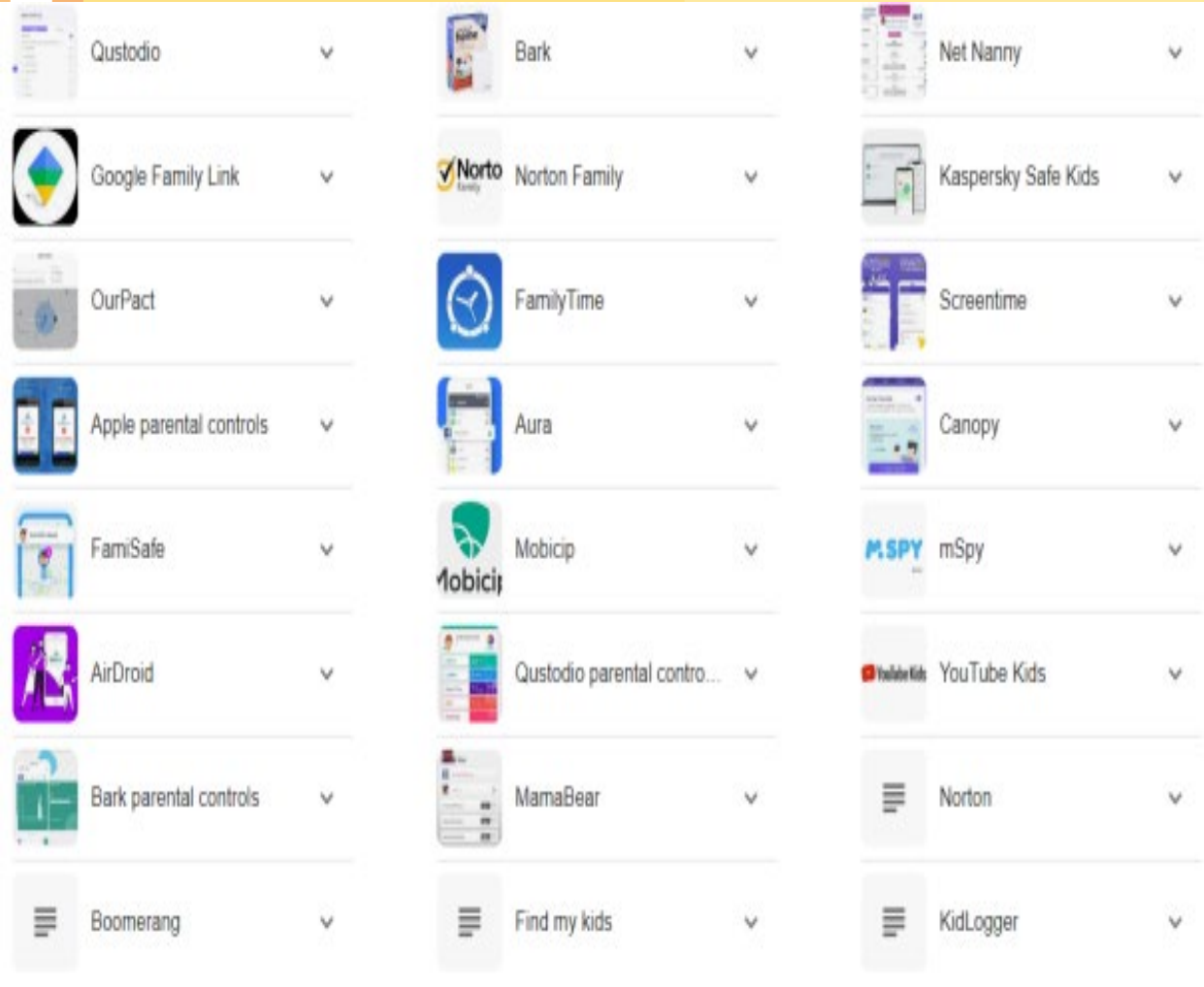




There are many apps which allow you to set limits and review your child's phone usage.

iPhone's screen time app allows for parental controls.

[Learn how here](#)



Recommendations for Children and




Adolescents



- Reach out for help
- Create boundaries to help balance online and offline activities
- Develop protective strategies and healthy practices
 - Tracking time spent online, blocking unwanted contacts and content, using privacy and safety settings
- Be cautious about what you share
- Protect yourself and others
 - Don't keep online harassment or abuse a secret
 - Don't take part in online harassment or abuse, don't forward or share message. Report offensive content





Recommendations: Modeling Behaviors




Model screen time/social media attitude and behavior you want for your child

For example: no screen time 1 hour before bed, mealtimes are device free, etc.



Create tech-free zones in your house



Work with other parents to establish shared norms and practices to support policies around healthy media use



Family Media Plan

Setting expectation for healthy technology boundaries at home, including social media use.

Promotes discussion around:

- Balancing screen/online time.
- Content boundaries
- Not disclosing personal information

Create one here:

[Family Media Plan](#)

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Additional Resources



Family Tech Planner

This is for ages 13+. They also have ages-2 8 and 9-12. There are resources available in Spanish as well.



Family Tech Planner

For families with teens

You can use the questions below to spark conversations with teens about their digital lives. Take it a step further by writing your thoughts and goals in the blanks provided.

Family Expectations

We Are Safe

Staying safe with tech means not sharing private or financial information, being careful about who we trust online, and paying attention to feelings that signal something's not okay.

What are some examples of being unsafe with tech? (Texting while driving, sending nudes, etc.)

What's a change or commitment to safety we can make? To stay safe, we will ...

Adult:

Teen:

We Are Kind

Being kind with tech means communicating with kindness, empathy, and respect. It means standing up and supporting a person if they're treated unkindly or bullied.

What are some examples of being unkind with tech? (Sharing photos of others without asking, spreading rumors, etc.)

What's a change or commitment to kindness we can make? To be kind, we will ...

Adult:

Teen:



Get more tips at commonsense.org/families.
Family Tech Planner: Age 13+ • ENGLISH



We Think Critically

Thinking critically with tech means understanding that not everything we read, hear, or see online is true. It means asking questions and considering whether a source is legit.

What are some examples of not thinking critically with tech? (Posting false info, believing clickbait, etc.)

What's a change or commitment to critical thinking we can make? To think critically, we will ...

Adult:

Teen:

We Are Healthy

Having a healthy relationship with tech means paying attention to how using technology makes us feel, physically and mentally. It means making time to enjoy other activities—and people—in our lives.

What are some examples of not having a healthy relationship with tech? (Feeling like you always have to be available online, missing out on family time because of tech use, etc.)

What's a change or commitment to our physical and mental health we can make? To be healthy, we will ...

Adult:

Teen:



Get more tips at commonsense.org/families.
Family Tech Planner: Age 13+ • ENGLISH



Additional Resources



Young Kids & Screens

- Has workshops available for parents and caregivers to help them facilitate meaningful conversations about screentime, including helping young children develop essential life skills, both with and without the use of screens.
- Workshops include: raising healthy kids in a digital world, finding balance with media use and technology at home, choosing high quality media with your kids, how to make meaningful connections using media and technology, and introducing online safety to young kids.

Family Engagement Resources (Tweens and Teens)

- Workshops designed for middle and high school students gives families tips and tools for guiding children through the complexities of social media, including encountering mean behavior online.
- Workshops include: Dealing with digital drama, friendships and boundaries, “who are you on social media?”, and who you’re talking to online.

Other Helpful Resources

- Take it Down: website designed to get photos removed from the internet.
- CyberTipLine used for reporting child sexual exploitation
- 988: Suicide & Crisis Lifeline
- Common Sense Education: website which includes many family resources and workshops designed to provide families information regarding social media usage.
- **The Center for Parent and Teen Communication**: run by the Children's Hospital of Philadelphia it's a resource for thinking about how to talk with teens about a variety of topics, including social media and mental health.

Thank you!

