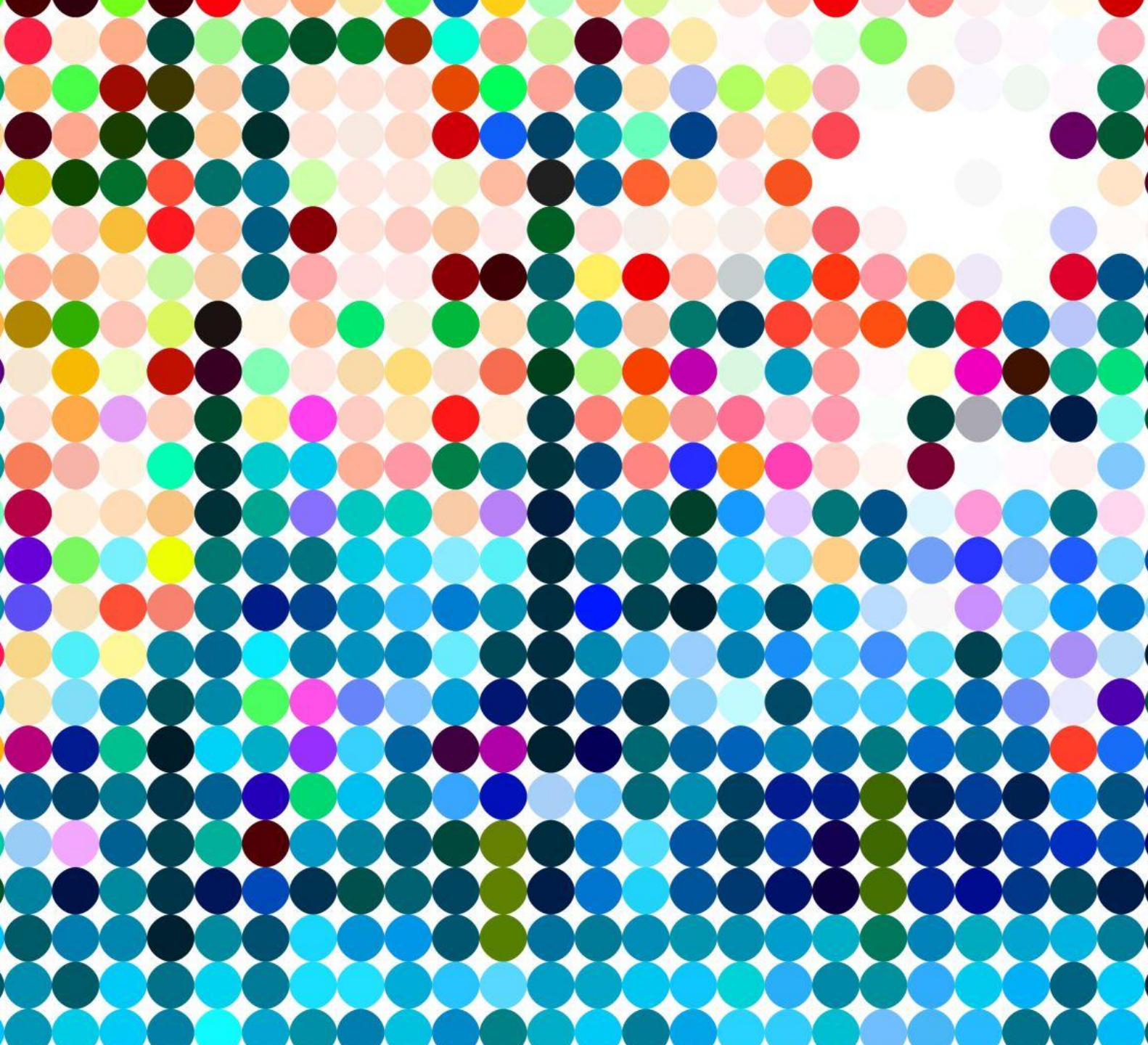




PLUGGED-IN PARENTS: Keeping students safe, happy, and healthy in the digital age

Sabrina Winstead
Deb Tuggle
Teresa Denmark
Terry Andrews



What are some
of your biggest
concerns about
digital media?

What are some
of digital
media's
strengths?

A person with long blonde hair, seen from the back, is holding a smartphone up to take a selfie. They are positioned in front of a large, bright, circular ring light. The phone's screen shows a clear image of the person's face. The background is dark, with some blurred lights visible.

GMA

A high-angle, close-up shot of a person's legs in camouflage pants and black sneakers walking on a paved sidewalk. To their right, a child is riding a green bicycle with training wheels. The child is wearing a tan jacket and a green helmet. The bicycle has a green frame, a grey seat, and a red rear light. The training wheels are small black wheels on silver metal frames. The sidewalk is made of large, light-colored concrete tiles.

Be the training wheels

Be the training wheels

We need to give kids the tools they **need to be responsible and safe**.

*When kids learn how to ride a bike, we take them somewhere safe, hold the back of the seat, and **let them find their balance**. Do the same with devices.*

- Want them to be able to find balance and safety themselves.
- Important to have conversations before a problem happens.
- Take away the temptation at night
- Turn in all devices to parents
- Devices stored in parent bedroom all night
- Turn off WiFi at a certain time each evening
- Set boundaries that all devices are used in public places in the home
- No devices in bedrooms

TEXTING **SNAPCHAT**

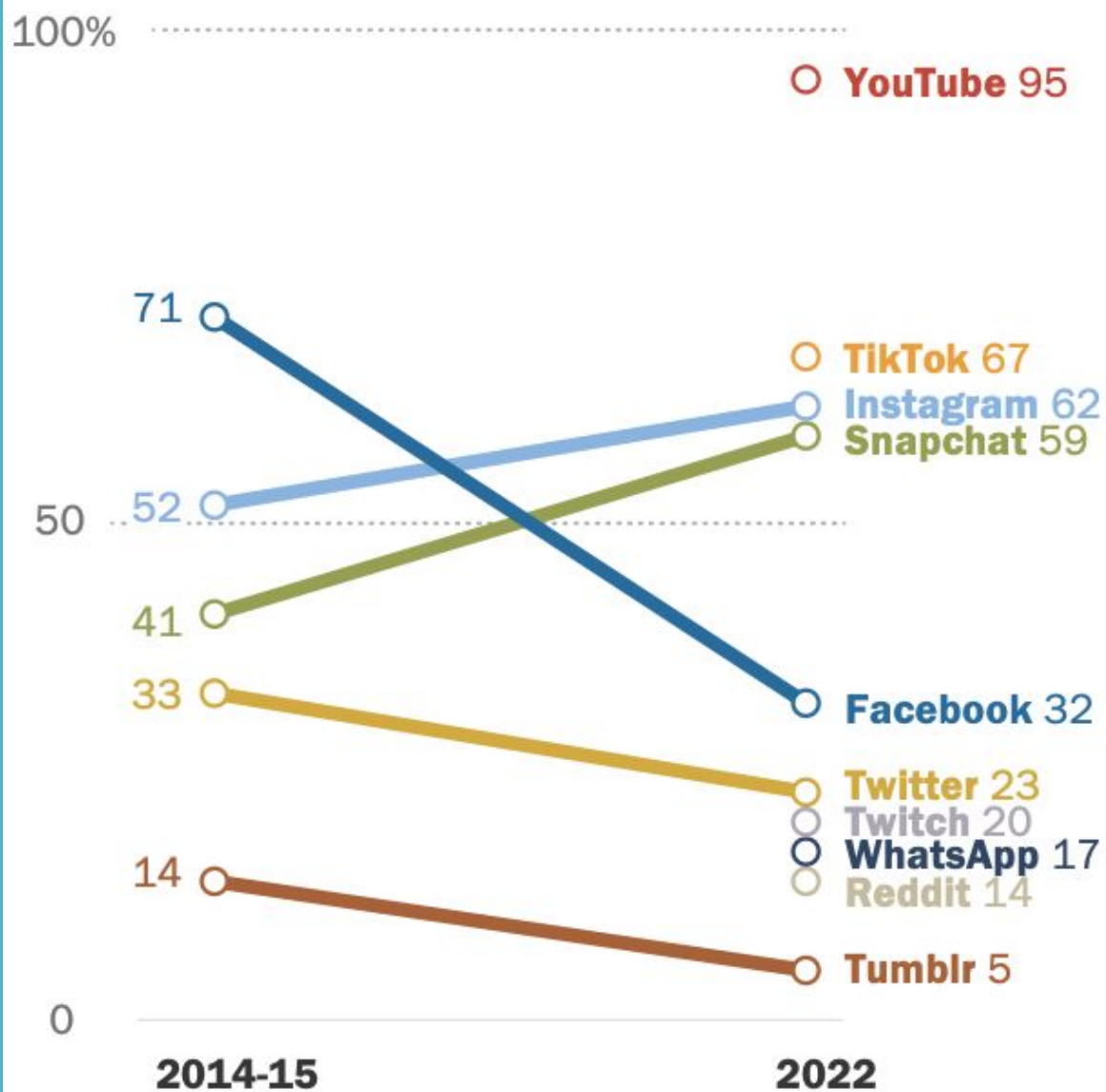
GROUP VIDEO CHAT **MUSICALLY**

LIVESTREAMING **FACEBOOK**

EMOJIS **INSTAGRAM** **GIFS**

TIKTOK **TWITTER** **LIVE.ME**





Since 2014-15, TikTok has arisen; Facebook usage has dropped; Instagram, Snapchat have grown

% of U.S. teens who say they ever use any of the following apps or sites

Note: Teens refer to those ages 13 to 17. Those who did not give an answer are not shown. The 2014-15 survey did not ask about YouTube, WhatsApp, Twitch and Reddit. TikTok debuted globally in 2018.

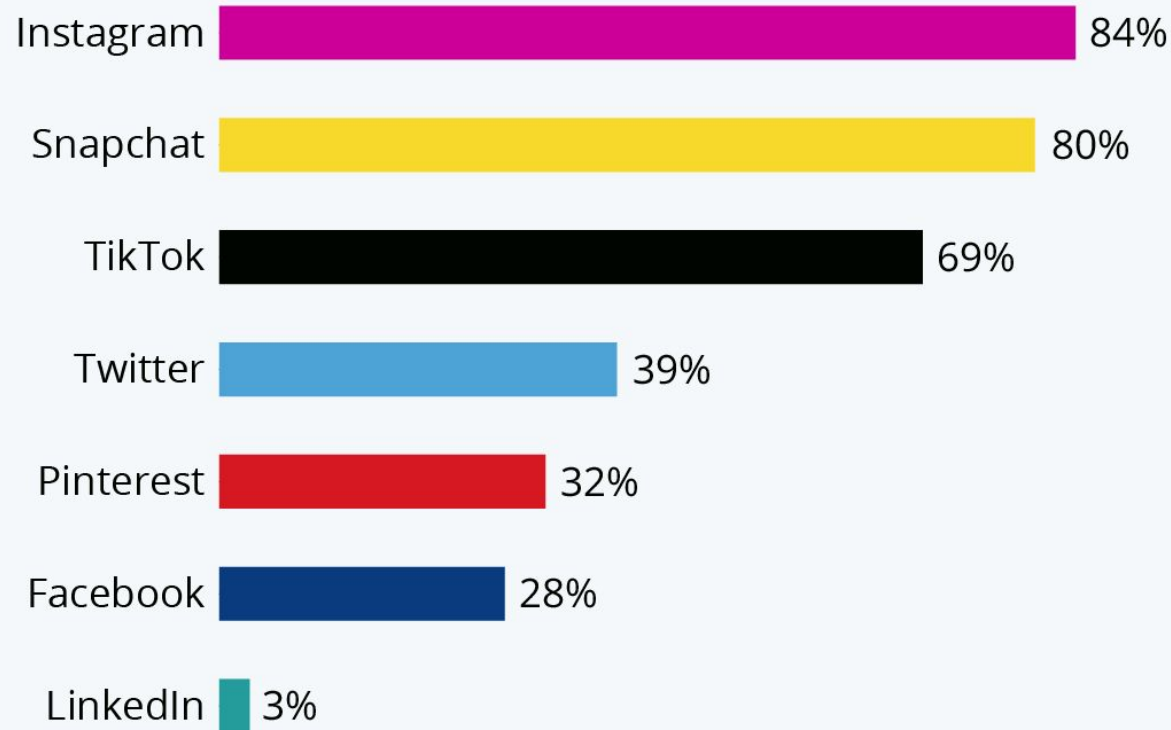
Source: Survey conducted April 14-May 4, 2022.

"Teens, Social Media and Technology 2022"

PEW RESEARCH CENTER

7 in 10 American Teens Use TikTok

% of U.S. teens who use the following social media platforms at least once a month



Based on a survey of 9,800 U.S. teens with an average age of 15.8 years conducted in Q3 2020

Source: Piper Sandler



Social Media

- 95% of teens report that they own a smartphone or have access to one
- 46% of teens report that they are online on a near-constant basis
- Time spent using digital media has now surpassed the time they spend watching television
- TikTok has become one of most popular apps used for teens and tweens. From 2020 to 2023, usage doubled in this age group.

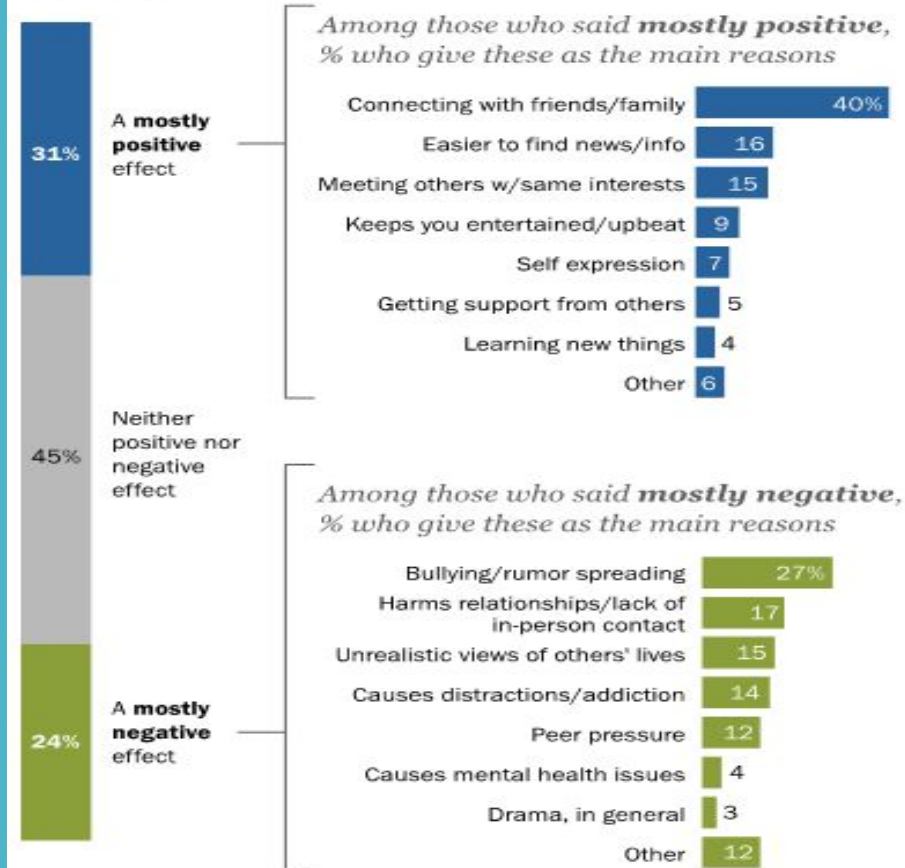
According to the Pew Research Center:

- 27% of teens use social media hourly
- The most popular social networks of U.S. teenagers is SNAPCHAT, TikTok, and Instagram
- 9 out of 10 teens age 13-17 use social media platforms , and 75% use more than one.
- YouTube is the most popular video sharing platform and 95% of teens use it.

A few more interesting facts:

Teens have mixed views on social media's effect on people their age; many say it helps them connect with others, some express concerns about bullying

% of U.S. teens who say social media has had ___ on people their own age



Note: Respondents who did not give an answer are not shown. Verbatim responses have been coded into categories, and figures may add up to more than 100% because multiple responses were allowed.

Source: Survey conducted March 7-April 10, 2018.
"Teens, Social Media & Technology 2018"

PEW RESEARCH CENTER

What effect does social media have on our children?



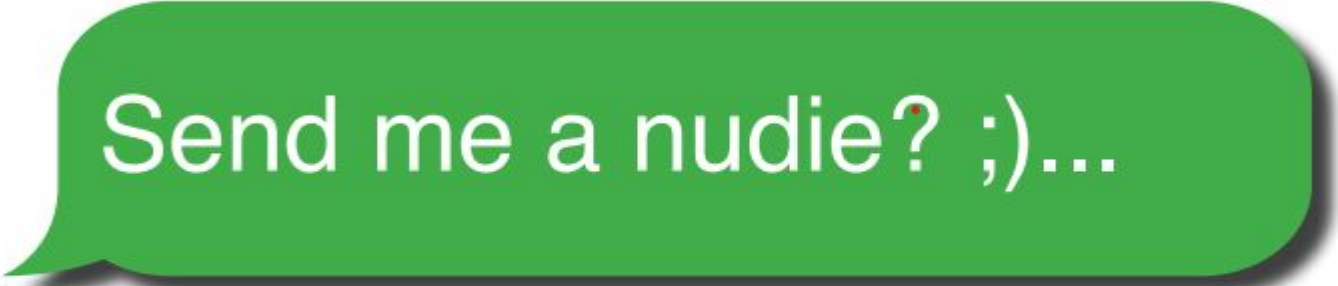
Dove | Reverse Selfie | Have #TheSelfieTalk

- ❑ Age-inappropriate content
- ❑ Public default settings
- ❑ Location tracking and sharing
- ❑ Real-time video streaming
- ❑ Ads and in-app purchases
- ❑ "Temporary" pics and videos
- ❑ Chat rooms or Group Chats
- ❑ Anonymity - Unknown numbers in their phone
- ❑ Cyberbullying/negative culture

Social media red flags



SEXTING

A green speech bubble with a white outline and a drop shadow, containing the text "Send me a nudie? ;)..."

Send me a nudie? ;)...

A dark grey speech bubble with a white outline and a drop shadow, containing the text "Promise not to share?"

Promise not to share?

20–54%

of teens have sent or posted sexy pictures of themselves. Most sexy pictures are sent to a significant other.

51%

of girls say they felt pressure from a guy to send sexy pictures.

30-40%

of teens say nude photos are shared beyond intended receiver.

9%

of kids receive unwanted online sexual solicitations (as of 2010).

4%

of kids have online interactions where a predator attempts to make contact offline

What should I be on the lookout for?

GuardChild citing Pew Internet and American Life Project, National Campaign to Prevent Teen Pregnancy, Cox Communications Teen Online and Wireless Safety Survey, YISS study

I TOOK A PHOTO OF MY FRIEND THAT I WANT TO SHARE...NOW WHAT?



SO MY FRIEND IS OKAY WITH IT, BUT HOW MIGHT IT AFFECT ME?



CONGRATULATIONS! YOU CLEARLY SELF-REFLECT
BEFORE YOU SELF-REVEAL ONLINE, SO...

GO AHEAD! SHARE & ENJOY!

For information and resources about digital citizenship,
visit www.common Sense.org/educators.

© 2014 www.common Sense.org



Should I share?

Pause & Think



APPS PARENTS SHOULD KNOW

ASK.FM



ASK.FM is known for cyber bullying. The app encourages users to allow anonymous people to ask them questions.

BADOO



BADOO is a dating and social networking app where users can chat, share photos and videos and connect based on location. While the app is intended for adults only, teens are known to create profiles.

BUMBLE



BUMBLE is similar to the popular dating app "Tinder" however, it requires women to make the first contact. Kids have been known to use BUMBLE to create fake accounts and falsify their age.

CALCULATOR%



CALCULATOR% is only one of SEVERAL secret apps used to hide photos, videos, files, and browser history.

DISCORD



DISCORD is an app that allows users to talk to friends or strangers in real-time via voice, text, or video chat while playing video games. Reviewers say they have been confronted with racial slurs, explicit content, cyberbullying, and more.

GRINDR



GRINDR is a dating app geared towards LGBTQ+ people. The app gives users options to chat, share photos and meet up based on a smart phone's GPS location.

HOLLA



HOLLA is a self-proclaimed "addicting" video chat app that allows users to meet people all over the world in just seconds. Reviewers say they have been confronted with racial slurs, explicit content, and more.

HOT OR NOT



HOT OR NOT encourages users to rate your profile, check out people in their area, and chat with strangers. The goal of this app is to hook up.

KIK



KIK allows anyone to contact and direct message your child. Kids can bypass traditional text messaging features. KIK gives users unlimited access to anyone, anywhere, anytime.

LIVE.ME



LIVE.ME is a live-streaming video app that uses geolocation to share videos so users can find out a broadcaster's exact location. Users can earn "coins" as a way to "pay" minors for photos.

MEETME



MEETME is a dating social media app that allows users to connect with people based on geographic proximity. As the app's name suggests, users are encouraged to meet each other in person.

OMEGLE



OMEGLE is a chat app that connects users with strangers. Criminals use the app to exploit children, often recording the video chat and using it to blackmail for additional content.

REDDIT



REDDIT is a chat/discussion board app. Users can post whatever they want and there is no identity verification. Reviewers say they have been confronted with racial slurs, explicit content, cyberbullying, and more.

SKOUT



SKOUT is a location-based dating app and website. While users under 17 years old are unable to share private photos, kids can easily create an account using a different age.

SNAPCHAT



SNAPCHAT is one of the most popular apps in recent years. While the app promises users can take a photo/video and it will disappear, new features including "stories" allows users to view content for up to 24 hours. Snapchat also allows users to see your location.

TIKTOK



TIKTOK is a mobile device app popular with kids used for creating and sharing short videos. With very limited privacy controls, users are very vulnerable to cyber bullying and explicit content.

WHATSAPP



WHATSAPP is a popular messaging app that allows users to send texts, photos, voicemail, make calls, and video chats worldwide. WHATSAPP uses an internet connection on smartphones and computers.

WHISPER



WHISPER is an anonymous social network that promotes sharing secrets with strangers. It also reveals a user's location so people can meet up.

APPS!!

UPDATED AUGUST 2022

Teenage Texting

Abbreviations & Acronyms

VSF ----- Very sad face
TIME ----- Tears in my eyes
GG ----- Good game
ONLY ----- Oh, really?
AFAIK ----- As far as I know
KFY ----- Kiss for you
H8 ----- Hate
RUOK ----- Are you okay?
ATM ----- At the moment
YGM ----- You get me
MIRL ----- Meet in real life
WB ----- Welcome back
L8 ----- Late
SYS ----- See you soon
ILY / ILU ----- I love you
MOS ----- Mom over shoulder
WTH ----- What the h---
ADN ----- Any day now
IM ----- Instant message
PLS or PLZ ----- Please
LSR ----- Loser
TMRW ----- Tomorrow
YOLO ----- You only live once
HW ----- Homework
RAK --- Random act of kindness

www.Engdic.org

www.Engdic.org

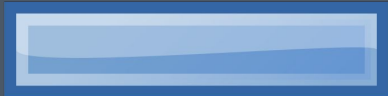
JK ----- Just kidding
IDK ----- I don't know
LMAO ----- Laughing my a-- off
WTF ----- What the f---
PAW ----- Parents are watching
POS ----- Parents over shoulder
TTYL ----- Talk to you later
DM ----- Direct message
FOMO ----- Fear of missing out
LOL ----- Laugh out loud
OIC ----- Oh I see
SSDD --Same stuff, different day
DWBH ---Don't worry, be happy
P911 ----- Parent alert
NAGI ----- Not a good idea
GAL ----- Get a life
TBC ----- To be continued
IYKWIM-If you know what I mean
THX ----- Thanks
IU2U ----- It's up to you
BRB ----- Be right back
OMFG ----- Oh my f----- god
FWIW ----- For what it's worth
J4F ----- Just for fun
GTG ----- Got to go; good to go

www.Engdic.org

Texting!!

CYBERBULLYING

Anonymity
of a
Keyboard



Careless and
Cruel
Behavior





Provides Chromebook & School Account Monitoring

- Filtering & Monitoring
- Teacher Classroom Management
- Student Safety
- Parent Mobile App

Student Report | GoGuardian | x +

admin.goguardian.com/report/user/866908

Google My Admin Tools My Teaching Tools Canvas My Personal Stuff Avigilon Alta Cont... Veracross Dashboard Messages for web VHEL Cyber Security How to Build and... Full Volume

GoGuardian Admin ▾

- Reporting ▴
 - Dashboard
 - Browsing Activity
 - All Students**
 - Flagged Activity
 - Exported Reports
 - Smart Alerts
 - Theft Recovery
 - DNS Traffic
 - Audit Log
- Filtering ▴
 - Policies
 - Advanced Config
 - Filtering Simulator
 - DNS Networks
 - Custom Groups

ONLINE NOW	In Custom Group None	Last Organizational Unit /Students/Upper School/Grade 12	Device Information 14e Chromebook Gen 3 • Serial Number: PF4F5VZ7	Last IP Address 74.124.189.131
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Detailed Browsing History

A comprehensive list of every website that this student browsed during the time range specified.

Content Type: **All** Websites Videos Docs Searches

	Title	Result	Category	Time Spent	Date Visited	
	Voces Digital Fuente 2: Gabo vive entre nosotros https://vocesdigital.com/Voces/content.php?pid=364...	Viewed	Educational	0h 2m 42s	12/04/2023 09:18 am	⋮
	spanish to english - Google Search https://www.google.com/search?q=spanish+to+english...	Viewed	Appropriate	0h 4m 33s	12/04/2023 09:17 am	⋮
	homework https://www.notion.so/d305a979de46470a98b721d67254...	Viewed	Appropriate	0h 4m 7s	12/04/2023 09:13 am	⋮
	Voces Digital Fuente 3: La importancia de la lectura en México https://vocesdigital.com/Voces/content.php?pid=365...	Viewed	Educational	0h 6m 4s	12/04/2023 09:13 am	⋮
	spanih - Google Search https://www.google.com/search?q=spanih&rlz=1CAOVJJ...	Viewed	Appropriate	0h 0m 3s	12/04/2023 09:10 am	⋮



Teacher ▾

Classrooms

Scenes

Calendar

Student Reports

Help



Terry Andrews ▾

Good morning, Terry

[How can we improve GoGuardian Teacher?](#)

Classrooms

Active | Pending | Archived

Sort By: A - Z ▾

[Check if a website is blocked](#) | [Import Google Classroom](#) | [Add Classroom](#)

Digital Photography

Settings

Start class with

Chat ☐ OFF

45 minutes ▾

▶ Start Class

Underwater Basket Weaving

Consist of practical weaving exercises.

Start class with

Chat ☐ OFF

45 minutes ▾

▶ Start Class

GoGuardian Beacon

- Monitoring web searches specifically for mental health triggers
 - Suicide watch
 - Self-harm
- Notifies school counselors by division

Available for iOS & Android

- Summary of the top 5 visited websites, docs, & apps
- Activity provides a list of sites visited
- Filters allows parents to block websites at home
- Time Limits allows setting internet access at home
- Settings gives an overview of the app & terms

For additional help on this app & others, please email: terry.andrews@westchestercds.org

- Sleep Disruption
- Cyberbullying
- Peer Pressure
- Unrealistic Views of other people's lives
- Unhealthy comparison
- Perfectionism
- Procrastination
- Lower sense of self-confidence and self-esteem
- Social anxiety and difficulty forming relationships in-person

Problems with Teen Social Media Use

- Self-Esteem**

- Teens feel pressured to look cool online.
- 41% of girls say they use social media to make them look cooler.
- Make sure you're happy in real life, not just for social media.

- FOMO**

- Teens are seeing only the highlight reels, instead of real-life feelings and emotions.
- Teens feel that everyone else is liked and included—they often feel left out.

- Body Image**

- 87% of female tv characters are underweight—this leads to our children having misconceived ideas of healthy bodies
- More than ½ of girls and 1/3 of boys feel that their ideal body size is smaller than what it currently is.

Negative Psychological Effects

Multiple studies have found a strong link between heavy social media use and an increased risk for:

- Depression
- Anxiety
- Loneliness
- Body Image disorders
- Self-harm
- Suicidal Thoughts
- Suicide

Negative Psychological Effects

Shocking Technology Addiction Statistics

- **85% of American adults** can't spend a day without going online.
- Smartphone use is involved in **26% of car accidents** in America.
- **12% of teen boys** have a video gaming addiction.
- **32% of teenagers** consider themselves addicted to their smartphones.
- The average person checks their phone **96 times a day**.
- Teens spend **over seven hours a day** in front of a screen.
- The average internet user is online for **43% of their waking life**.

Control
Social
Media
BEFORE
It Controls
You

How do we use media
in balance as
a family,
find **quality content**,
set expectations
around healthy use to
prevent conflict, and
raise media savvy
consumers and
creators?



About that Balance...

Ask yourself—Is my child:

- ✓ Physically healthy and sleeping enough?
- ✓ Connecting socially with both friends and family?
- ✓ Engaged with and achieving well in school?
- ✓ Pursuing hobbies and interests?
- ✓ Having fun and learning in their use of digital media?

7 Tips for Healthy Social Media Use

1. Set Screen Time Limits
2. Put Parental Controls On The Device
3. When Giving A Device Set Rules / TALK
4. Think Before You Post
5. Reinforce NOT Everything Online Is Real & Factual
6. Never “Friend” Strangers
7. Lead By Example



CHOOSE

Help kids make good choices.

CHECK

Check what they're doing.

CHAT

Follow up with a chat.



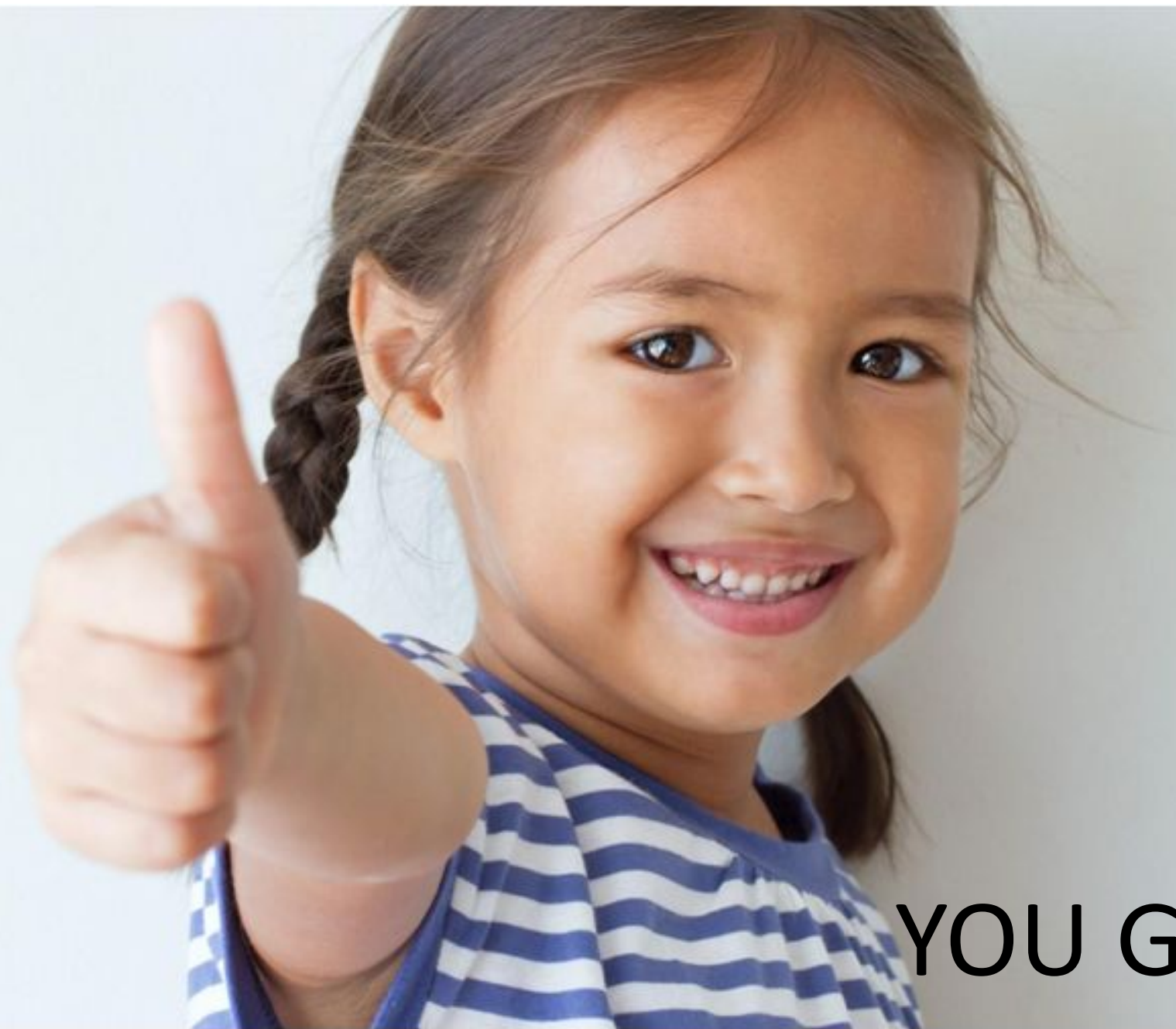
#DeviceFREEDinner (and other zones)

When all
else fails,
tracking
software
will fail you
too!



"Technology is going to help you, but it's not going to get away from the fact that you should be having more conversations about this with your kids."

-Nick Shaw of Norton Security



YOU GOT THIS!

THANK
YOU!

Questions?

Sabrina Winstead
School Counselor