

Your Child and Social Media

Information for Parents



Objectives

- To update parents on social networking sites and their purpose
- To discuss guidelines for monitoring children's safety and use of social networking
- To provide time for parents to exchange ideas about dealing with the benefits and risks of social networking sites



WHAT IS SOCIAL MEDIA?

And Why Does My Child Use It?



Social Media - Definition

- **Social Media** - includes websites or other online means of communication that are used by large groups of people to share information and to develop social and professional contacts.
- **Social Networking** - the use of dedicated websites or applications to interact with other users or to find others with similar interests to oneself





Popular Social Networking Sites Used By Young People

- Facebook – a social network, similar to a yearbook, that allows users to share personal information, photos, videos, and other content with users within their network.
- Twitter – a social communication tool that allows users to share short messages, pictures, or videos with anyone who follows them.
- Instagram – mobile photo and video sharing and social networking service that allows users to take and share pictures and videos; more popular among teens than Facebook and Twitter.



Popular Social Networking Sites Used By Young People

- Snapchat – photo messaging application allowing users to take pictures, record videos, then add texts and drawings and send to a controlled list of users. After viewing for 1-10 seconds, the “snaps” disappear. It is quickly becoming the most used social media application for teens.
- Yik Yak – anonymous social media app that allows users to create and view “yaks” (short messages) within a ten mile radius



Popular Social Networking Sites

- Pinterest – web and mobile application site that allows users to share and discover ideas about topics of interest collected by other users
- Google Plus – social networking service that allows users to connect with other users and share ideas
- Tumblr – allows users to post multimedia and other content to short-form blog
- Flickr – online photo sharing and viewing service



Popular Social Networking Sites

- KIK – smartphone messenger system that allows user to quickly connect with friends locally, on social apps and online games
- Cyberdust – texting app that allows users to send and immediately delete messages
- WhatsApp– mobile messaging app that allows users from different platforms to connect and share videos, images, and videos
- Glide – video texting app which allows users to live-stream broadcast brief video clips in a similar way as sending text messages.



Popular Social Networking Sites

- ooVoo – Free video chat and instant messaging app. Allows up to 6 people to chat face-to-face
- Lines – online game
- Twitch – video platform for gamers; allows users to play, watch, and chat live with others about online games
- Vine – a short-form video sharing platform that allows users to create and share short videos



Popular Social Networking Sites

- Shelfari –virtual bookshelf; book sharing site
- Moshi Monsters – website aimed for children ages 6-14; users adopt a monster and “raise” it and connect with others online doing the same thing.
- Club Penguin – multiplayer online game with over 200 million registered users.
- *The actual sites and their content are ever-changing and growing. However, the general principles and goals of online media remain the same.

Parents can learn more about and/or access the sites listed on the previous slides through Google.com.



Parents can learn more about and/or access the sites listed on the previous slides through Google.com.





**WHICH SOCIAL MEDIA
SITES DOES YOUR
CHILD USE? ARE
THERE OTHERS YOU
KNOW ABOUT
BESIDES THOSE
ALREADY
MENTIONED?**

PARENT TO PARENT DISCUSSION

REMEMBER ... WHEN YOU WERE AN ADOLESCENT?



WHEN YOU WERE AN ADOLESCENT...

- You wanted to try new things.
- You wanted to be independent.
- You took risks that your parents may or may not have approved of.
- You wanted to “act like” a grown up.
- You wanted to interact socially with your friends and peers.
- You were trying to find your identity.



SOCIAL MEDIA IS A PART OF THE NEW FACE OF ADOLESCENCE



- Teens and Social Media
- **95%** of teens (12-17) use the internet
- 81% use social media
- 50% log into social media **more than once per day**
- 21% of kids under 13 use social media sites
- 26% of kids under 13 have a YouTube account



- Teens and Social Media
- 48% under 13 and 75% over 13 said that they have a cellphone
- The majority of teens are using laptops (35%) and tablets (32%) to access their favorite websites
- YouTube is the most popular site, with 45% of teens saying they access it most often



- In a survey of kids 8-12, 35% said that Facebook was a site that they didn't use but was **more for parents**, while 38% said they use and enjoy Facebook
- Only 8% of these kids reported using Twitter
- 23% of tween girls reported Instagram as their favorite app
- Snapchat prohibits users under 13, but since they don't ask for age at sign up, it is unlikely that this is actually monitored



ADOLESCENCE IN THE TECHNOLOGY ERA – THE SAME BUT DIFFERENT

- Whenever important new technology comes out, there is an initial alarmist reaction – it even happened with the TELEPHONE more than 100 years ago!
- Though there certainly are real dangers, and some adolescents appear to be particularly vulnerable, we must approach social media as an integral, if risky, part of adolescence – not that different from driving!



ADOLESCENCE – THE SAME BUT DIFFERENT

- We should not view social media as either positive or negative – but as essentially neutral.
- Adolescents' goals of socializing with peers, investigating the world, defining their identity, and establishing independence are met through the use of social media.
- Much of this generation's social and emotional development is occurring while on the Internet and on cellphones.



THERE ARE BOTH **BENEFITS** AND **RISKS** TO USERS OF SOCIAL MEDIA

- **BENEFITS INCLUDE:**
 - Staying connected to friends
 - Developing social contacts with peers who have similar interests
 - Sharing content of self-expression such as artwork, music, and political views



- BENEFITS (CONTINUED)

- Social media can enhance communication skills and opportunities for social connections.
- It aids in developing and expressing your individual identity,
- It can be a great educational tool.



- RISKS

- Cyberbullying
- Sharing too much information
- Vulnerability to predators
- Sharing thoughts, photos or videos you might later regret
- Exposure to sites or advertisements that may not be age-appropriate
- Risk of identity theft
- Reduced amount of time for other meaningful activities including physical activities



- RISKS (continued)
 - Social Media can be a distraction in the classroom or during homework time.
 - It can make introverts more introverted (avoiding contacts) and extroverts more extroverted (overusing social media).
 - Loss of privacy
 - Face-to-face communication opportunities are often avoided or missed. (These are important opportunities to learn skills for future college admissions, job interviews, co-worker collaboration or social interactions.)





GIVEN THAT INTERACTING WITH FRIENDS ON SOCIAL MEDIA IS A FACT OF LIFE FOR YOUR KIDS, WHAT THOUGHTS AND/OR QUESTIONS DO YOU HAVE ABOUT YOUR ROLE IN MONITORING YOUR CHILD'S SOCIAL MEDIA INTERACTIONS?

BE A PROACTIVE PARENT

TIPS FOR MONITORING SOCIAL MEDIA USE BY YOUR CHILD



PREPARE YOUR CHILD

- Just as we prepare our kids for life in the real world, we should prepare them for life in the online world.
- Set household rules – the same real-life rules you have about talking to strangers, engaging in risky behavior, bullying, etc. apply online.
- Set time limits to avoid interfering with family time or external social activities
- Talk to your child about potential dangers and your expectations regarding appropriate/inappropriate activities on their part.





GUIDELINES TO CONSIDER

- 1. No underage facebooking – Facebook prohibits users younger than age 13; however, it is up to parents to enforce this. Parents should not allow facebook usage until age 13 AND until you are comfortable with him or her having an account.
- 2. Set ground rules together – sit down with your child and create a contract or list of rules. Include consequences that are similar to ones you use for breaking a rule in the “real” world.



GUIDELINES TO CONSIDER

- 3. Keep the computer in a central location in your house – a high traffic area where everything is out in the open.
- 4. Instruct your children to avoid questionnaires, free giveaways and contests. These are often tricks or attempts to get personal information.
- 5. Monitor the posts and pictures your child puts online. Photos should not include personal information, cell phone numbers, inappropriate content, or identifiable locales in the background. Passwords should never be shared outside of immediate family members.



GUIDELINES TO CONSIDER

- 6. Be a good example of how to use Social Media. Don't drive and text. Limit YOUR time online.
- 7. Limit your child's cell phone use. Set rules for use only during certain hours in the evening or after homework is done. Enforce **SERIOUS** consequences if your teen is caught using the phone while driving.



GUIDELINES TO CONSIDER

- 8. Talk about the importance of an **ONLINE REPUTATION**. Many kids don't understand the permanence of the online world. Discuss the impact of inappropriate messages or images that could affect future college entrance or jobs. Remind them that what goes online **STAYS** online. Use this mantra: **SAY IT – FORGET IT; WRITE IT – REGRET IT!**
- 9. Have an open line of communication. Talk often about online safety and privacy. Ask questions (Do you have a facebook account? Do your friends?) Remind your child that **EVERYONE** is a stranger online and encourage them to tell you about anything online that makes them uncomfortable.



GUIDELINES TO CONSIDER

- 10. Have your child teach you! Ask about social networking sites and have your child show you how to log on and use the technology. Did you know that some gaming systems have web browsers included? Do you know what games your child plays online or if they belong to online clubs? It is our responsibility as parents to know exactly which key features are included in the gadgets our kids are using how they are using them.

Parents Can Also...

- Get to know what your child's habits are. Just as you want to know who your child is "hanging out" with at school, it is important that you know the kinds of sites he/she is visiting and who he/she is talking to online. One of the household rules should be that you have full access to his/her Facebook friends and can take a look whenever you wish.
- Check Privacy Settings. Make sure the Internet and Facebook are set to the strictest levels.



Parents Can Also...

- **Use Filtering Software.** Software can be purchased to monitor internet usage and how much time your child has spent online. Some even allows you to view the exact keys that were typed. You can even monitor your child's cell phone with a software program.
- **Check often** to see what your child is doing online – even on a daily basis. (Let them know you are going to do this.)
- **Be confident** about your ability to deal with your child's use of social media.





WHAT TO TELL YOUR CHILD ABOUT USING SOCIAL MEDIA SAFELY AND APPROPRIATELY

- Keep control of your information by restricting access to your page.
- Keep full name, address, telephone number, social security number and bank or credit card numbers off of social media.
- Post only information your are comfortable with everyone seeing.
- Talk to your parents before ever considering meeting anyone face to face you have met online,



WHAT TO TELL YOUR CHILD (continued)

- Be careful about what you put on the web. It's on there forever and can be used to trace back to you at any time.
- Keep track of who you interact with on the internet. Some people may not be who they seem to be.
- Know that privacy is just an illusion. Even personal information on social networks can be easily recovered by anyone.
- Don't open any links that look suspicious or unfamiliar.



WHAT TO TELL YOUR CHILD (continued)

- Always have your parents' permission to go online.
- Tell your parents if anyone ever asks you to meet them somewhere.
- If you find yourself on a website you don't think you should be on, exit the page!
- Keep pictures of yourself off the internet unless okayed by your parents.
- Be respectful of other people on the Internet. Never say anything mean.

TEACH YOUR KIDS – “WHEN YOU SHARE ONLINE - ASK YOURSELF”

- IS THIS SOMETHING I WOULD WANT ON THE COVER OF A MAGAZINE?
- DOES THIS GO AGAINST MY VALUES OR MORALS?
- IS IT SOMETHING I WOULD WANT MY MOM TO SEE?
- WILL THIS HURT ME OR ANYONE ELSE TODAY OR IN THE FUTURE?



SAFETY FIRST!

THINGS TO WATCH OUT FOR

- Your child spends large amounts of time online, especially at night.
- You find pornography on your child's computer.
- Your child receives phone calls from people you don't know.
- Your child receives mail, gifts, or packages from someone you don't know.
- Your child turns the monitor off or changes the screen quickly when you walk into the room

ALSO...

*IT IS POSSIBLE THAT YOUR CHILD KNOWS HOW TO ERASE THE HISTORY THAT SHOWS WHERE THEY HAVE BEEN ON THE COMPUTER. ASK IF THEY DO!





DISCUSS WITH OTHER PARENTS WAYS THAT YOU WILL USE THE INFORMATION FROM TONIGHT'S DISCUSSION TO MONITOR YOUR CHILD'S SAFE USE OF SOCIAL NETWORKING SITES.

PARENT TO PARENT DISCUSSION

Resources

Software to monitor sites, block sites, and filter content your child is accessing online

NetNanny

PureSight PC

Cell Phone Monitoring

My Mobile Watchdog



Resources

Online Articles and websites

The Secret Life of Kids Online: What You Need to Know

13 tips for monitoring kids' social media

www.parenting.com

Common Sense Media

Social Media: What Parents Must Know

WebMD.com

Noslang.com – interprets slang used online and in text messages



Resources

Online Articles and websites

Find other sites by accessing Google and typing one of the following:

Social Media and Teens

Monitoring Social Media Use

Social Media Pros and Cons

Internet Safety

Social Networking Advantages and Disadvantages



Resources

YOU TUBE VIDEOS:

Social Networking Pros and Cons

Dos and Don'ts when using Social Media

Disadvantages of Social Networking

Advantages and Disadvantages of Facebook

Internet Safety – Safe Web surfing: top tips for Kids and Teens Online

Advantages and Disadvantages of Social Networking Sites

