The Pros & Cons of SOCIAL MEDIA

(Yes there are some pros!)
Family Philosophy

- What are some of the current beliefs, rules, boundaries, expectations, etc. around social media in your home?

- What works for your family may not work for others.

- Creating a philosophy around social media, and practicing it yourself, will help instill values in your children you wish for them to have.
There used to be diaries,
now it’s called Facebook...
BOUNDARIES

WHAT IS CONSIDERED PRIVATE?

- Parents posting pictures of children on their own social media?
- What kind of access do parents have to child’s social media accounts?
- Time restrictions

How can you implement boundaries while at the same time allowing your child to have privacy and establish autonomy?
Pros
Cons
BENEFITS OF SOCIAL MEDIA

FOR YOU & YOUR FAMILY:

• Know what’s going on in your child’s life which can lead to positive relationship building. (A window to child’s life)

• A way to be encouraging, supportive & validating for child.

• Know who your child’s peers are

• Learn what your child’s likes & interests are

• Conversation starters

• School & community connections
FOR YOUR CHILD:

- Stay connected with peers in and outside of area
- Develop social skills, creative & strategic thinking skills
- Sense of freedom & safety with identity development (learn which friends are positive/negative influences)
- Join groups & meet others who share similar interests or face the same struggles.
- Educational benefits (group projects/homework help) without having to meet in person
- Can strengthen friendships (SOMETIMES)
- Increased exposure to politics, different cultures, world news
- Additional source of support

BENEFITS OF SOCIAL MEDIA
THE CONS.
DEVELOPMENTAL DANGERS

• Lacking social skills:
  • May cause inability to develop healthy and functional relationships.
  • Easily “delete” friends
  • Inability to identify real emotions

• Low self-esteem:
  • Unable to find personal value within themselves.
  • “Likes & comments”= Self-worth
  • Unhealthy & unrealistic body image issues/eating disorders

• ADHD:
  • Impulsive tendencies and need for instant gratification

• Addictive tendencies:
  • Less sleep=negative impact on grades

• Inhibits creativity:
  • Less time spent playing & using imagination
DANGERS & SAFETY

- Online predators
  - 25% of online profiles are fake
- Groomers/Grooming
  - The act of seducing and/or encouraging minors to engage in inappropriate online behavior.
- Cyber criminals
  - Sexually, financially (stealing identity), finding out information about where they live and learning schedules of when no one is home.
- Misinformation (The clowns)
- Dangerous trends (e.g. Kylie Jenner’s lip challenge)
  - Kids try to be cool & “fit in”
  - End up getting hurt or in trouble
WHAT DOES SOCIAL MEDIA SAY ABOUT YOUR CHILD?

How is your child being portrayed by others, themselves & even you online?
CHARACTER & REPUTATION

“If the internet is anarchy, then social media is its megaphone…

• Online reputations can be constructed by just ONE comment, post or picture
• “Sharing” & screenshots strip of context and history--contort into something completely different than intended purpose-- THEN amplified to millions of people.
• All information becomes public once online
• Negative data can haunt for long time affecting offline reputation, higher education & employment opportunities.

…it can open doors for people, ideas, and products, but it can just as well shut them down in a big, bad way.”
CONSEQUENCES

• Good vs. Bad judgment
• Consequences of bad judgment:
  • Legal action for sexting/bullying
  • Ruined reputations (theirs and others)
• Encourage child to “THINK” before posting negative things about themselves or others. Is content:
  • Helpful or hurtful?
  • Uplifting or offensive?
  • Supportive or damaging?
## SOCIAL MEDIA 101

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<thead>
<tr>
<th>WHAT IT IS</th>
<th>NEGATIVES/DANGERS</th>
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<tbody>
<tr>
<td><strong>Facebook</strong> - Share thoughts, ideas, pictures.</td>
<td>Sketchy privacy settings, fake users. Likes &amp; comments=self-esteem</td>
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<tr>
<td><strong>Twitter</strong> - Microblogging tool, 140 character tweets, share thoughts, follow celebs &amp; brands.</td>
<td>Public vs private posts, even if tweets are deleted they can spread fast.</td>
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<td><strong>Kik</strong> - Free texting app with no limits &amp; doesn’t show up on kid’s messaging service.</td>
<td>Allows for communication with strangers, in app purchases, more difficult to monitor</td>
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<td><strong>Instagram</strong> - Users share &amp; comment on pictures or 15second videos from a private or public account. Fun filters that allow creativity.</td>
<td>Profiles are public unless changed, use of hashtags make searchable, fake profiles (kids &amp; strangers), likes=self-esteem</td>
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<td><strong>Snapchat</strong> - A messaging app that lets users put time limit on the pictures and videos they send before they disappear.</td>
<td>Screenshots, inappropriate messages &amp; pictures, false sense of safety, encourages “sexting”</td>
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## SOCIAL MEDIA 101 CONTINUED

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<th>WHAT IT IS</th>
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<tr>
<td><strong>Musical.ly</strong> - Performance and video sharing featuring lip syncing to famous songs</td>
<td>Public, younger kids may innocently post videos with dangerous content, explicit language &amp; sexual lyrics, likes=Self-esteem</td>
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<td><strong>YouTube</strong> sharing &amp; uploading</td>
<td>Inappropriate content, dangerous trends</td>
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<tr>
<td><strong>Text &amp; video chat/messaging</strong></td>
<td>Video chat with strangers, inappropriate on video chats, international chatting available</td>
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<td><strong>Create “boards” of likes, interests &amp; hobbies—“Virtual scrapbook of eye-candy”</strong></td>
<td>Unrealistic expectations, damaging to self-image &amp; self-worth, mirrors systemic gender roles, inhibits creativity</td>
</tr>
<tr>
<td><strong>A streaming scrapbook of photos, and/or videos.</strong></td>
<td>Access to age-inappropriate info (porn, self-harm, graphic content, negative influences, public info &amp; access if not made private</td>
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POSITIVE SOCIAL MEDIA AVENUES

- **Zoey's Room** - (Girls 10-14) Explore math, science & technology in a safe & fun way while interacting with positive role models in chats, showcase creative work, and compete in hands-on challenges.

- **Club Penguin & Kuboo** - (7+) ad-free, fun & safe virtual worlds where children can play games, have fun, interact & learn.

- **Marimba Chat** - (8+) Safe place for kids to chat, parental limits & settings, full access to account & info.

- **PlayKids Talk** - (6-12) Kids-Safe Messenger, parents have complete control & access to contacts & content shared

- **Disney Mix** - (8+) Safe intro to texting with filters, fun, games; parental limits & no access to strangers.

- **KidMix** - (8+) Social Network & Playdate Planner for Kids, parental monitoring & controls, provides kids opportunities for social skills.

- **SnapKidz** - a kid-friendly version of Snapchat, which only allows users to create and save snaps without creating an account.
TIPS FOR PARENTS

• Increase online intelligence (yourself & family)
• Create an “online family policy”. Get child’s input & have regular “check-ins”.
• “Friend” your child on social media
• Computers in common area--Time restrictions on smartphones
• Alter default settings on phones/computers
• Set an example on your own social media of appropriate online behavior
• Allow open communication if/when your child has questions or concerns
• Educate yourself on what apps your child is using…DO RESEARCH!
• Learn about close friends’ online family policies
• Trend Micro Software
EDUCATE YOUR CHILD

• Talk to your child about online dangers and risks, and their experiences, in noninvasive ways.
• Words posted online cannot be taken back, even if they’re “deleted”.
• Not everything on the internet is true— aids dealing with peer pressure & rumors.
• Do not post personal information (school, phone number, address, etc.)
• Multiple people, or avatars, in profile pictures
• Encourage them to only accept requests or “friend” people they know.
• Teach child to THINK before posting. Could this post be offensive, hurt someone, hurt themselves?
• Encourage to ALWAYS report abuse to an adult.
• Explain how social media isn’t an accurate representation of someone’s life—”highlight reels”.
Educate
Communicate
Help
Observe
"We don't keep an eye on our children all the time in real life. At some point, we have to take a certain comfort in the way that we've raised them, and have that confidence that they'll make appropriate choices," she said.

It’s not all about knowing what the latest apps kids are using are, we could never keep up, it’s about educating kids on safe & appropriate behaviors.

“With appropriate attention to facilitating learning and development, appreciating children’s rights and promoting their sense of responsibility, social network sites can be used as a powerful tool for enhancing youth expression and their participation at school and in society.”
RESOURCES

- American Academy of Pediatrics on teen use of social media and texting
- Cyberbully… Netflix film
- Kuboo’s Facebook page
- Commonsensemedia.org
- Learnthenet.com
- Internetsafety.com
- Trend Micro Software