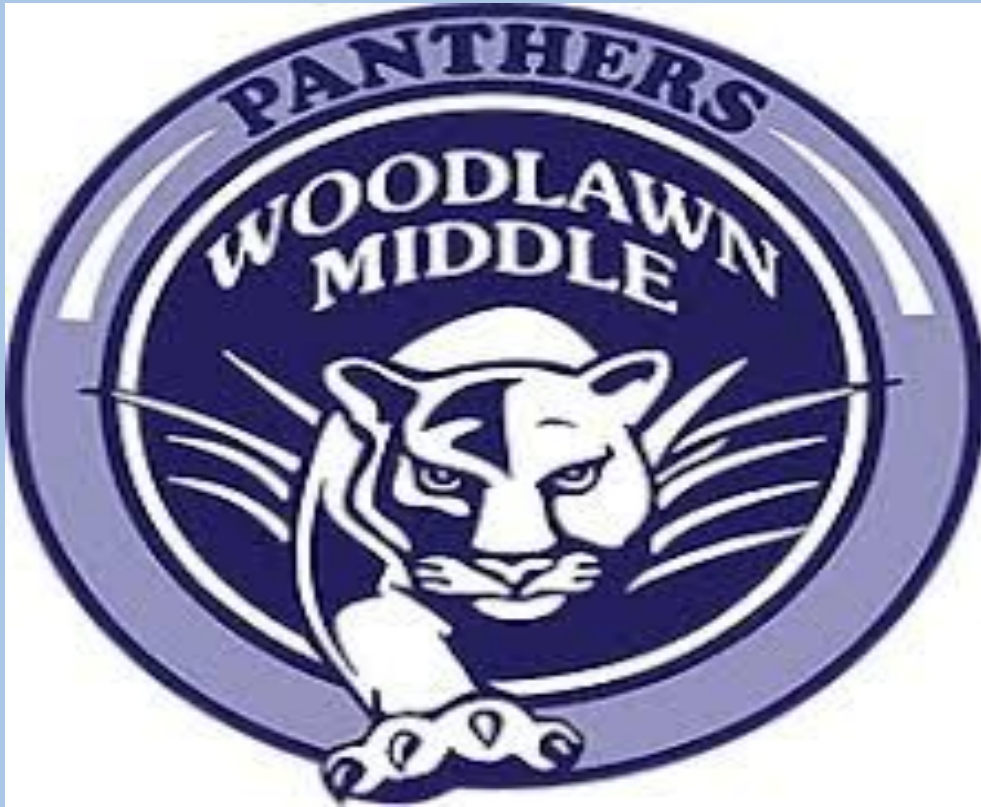


Welcome



Presenter: Veronica Pryor-Faciane & Amie Jackson MTSS/SEL Department





**SOCIAL
EMOTIONAL
LEARNING**

How to support Your Youth with Being Mindful of Their Digital Footprint When Utilizing Social Media



Did you know?

- 90% of teens between the ages of 13-17 use social media (Source: increditoools.com)
- 87% of American teens own an iPhone and 88% expect an iPhone to be their next phone (Source: How-To Geek)
- 46% of teens report being online almost constantly (Source: Pew Research)
- 75% of teens have an active social media account (Source: increditoools.com)
- 64% of teens upload photos to social media sites (Source: Guardchild.com)
- 55% of teens have given out personal information to someone they don't know , including photos & physical descriptions (Source: Guardchild.com)

Food for Thought....

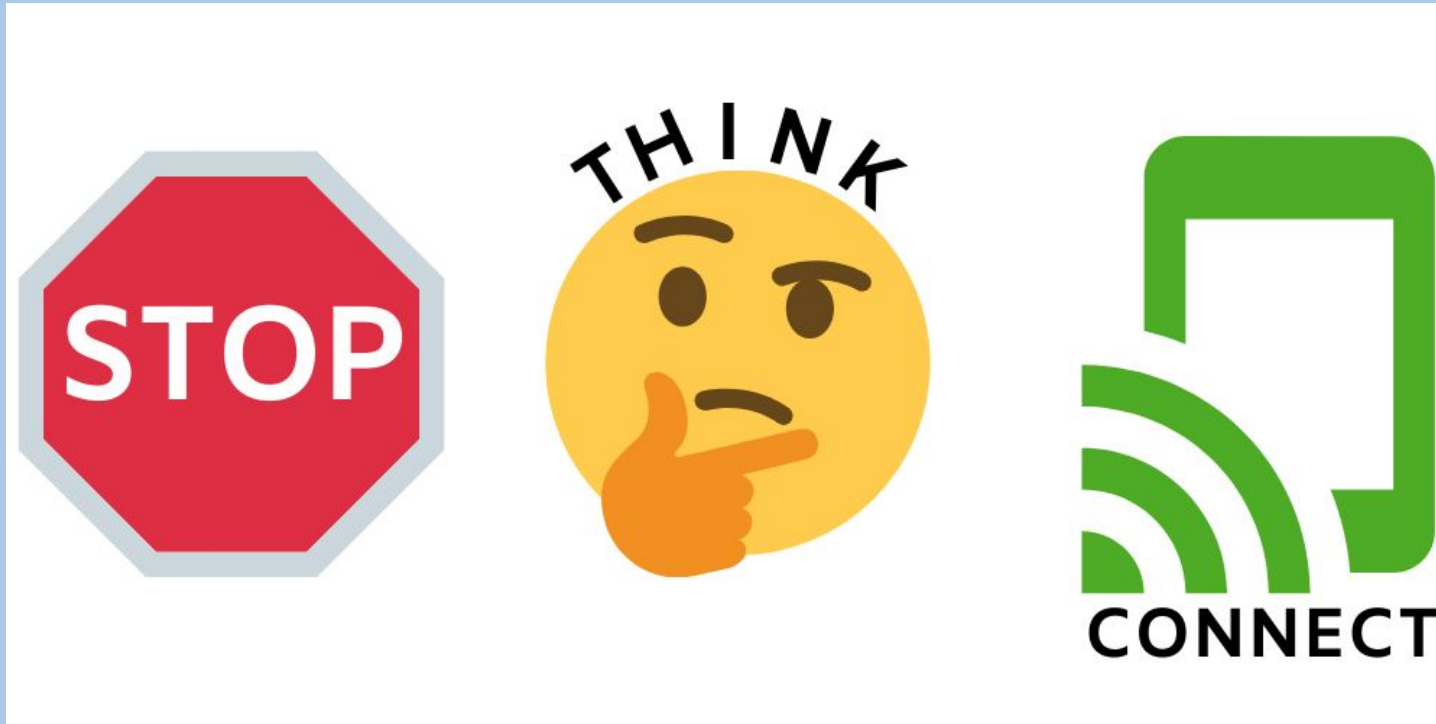
- Teenagers can set limits and learn self-control by using screen time settings. Ensure teens sleep at least eight hours nightly to support healthy brain development. As adolescence progresses, brain regions associated with peer attention become increasingly sensitive. This desire may be exploited by social media.
- Discuss social media platforms with your teen weekly to make them feel safe sharing their experiences. Inquire about what they saw on social media, how they understood what was posted, and how they would respond to hypothetical situations they might encounter online.
- Explain the benefits and drawbacks of social media to your children. Make sure you set limits for your own social media use and encourage your children to do the same. Consider social media holidays as a family and discuss the challenges and temptations you all face when away from social media.

Food for Thought Continued....

● Recognizing problematic social media usage

- ❖ It interferes with their daily routines and commitments, such as school, work, friendships, and extracurricular activities.
- ❖ They often choose social media over in-person social interactions.
- ❖ It prevents them from getting at least 8 hours of quality sleep each night.
- ❖ It prevents them from engaging in regular physical activity.
- ❖ They keep using social media even when they express a desire to stop.
- ❖ They experience strong cravings to check social media.
- ❖ They lie or use deceptive behavior to spend time online.

Do you stop and think before you post?



Golden Rule - *“Treat Others Like you want to be treated.”*

Time is TikTok-ing while you are snap-chatting away:

*So, who are YOU?
Who does your BRAND/NAME suggest you are as
an individual?*



REMEMBER:

Once it's sent, you lose control over who sees it—and anyone can share it.



Mindful of your Digital Steps



by @Beyondthegame



BE MINDFUL of where you digitally walk...



1. Consider your future - Cyber-vetting
2. Use privacy settings
3. Don't overshare
4. Use a password keeper
5. Understand your searches are social
6. Consider skimming the terms and conditions of social media platforms
7. When you send or post you are publishing forever
8. Google yourself
9. Keep a list of your accounts
10. Skim the terms and conditions of the platforms you choose to utilize
11. Understand that searches are social
12. Use digital tools to manage your digital footprint (ie There are also a number of browser extensions and app add-ons available that can help prevent the unintentional collection of personal information online. A few examples are VPNs, VPN protocols, and browser tools and website opt-outs.)

Video:

<https://drive.google.com/file/d/1bFzOuuzhZGs77r6X1vPbMm0dCpM6nkbW/view?usp=sharing>



Instagram

FINSTAGRAM

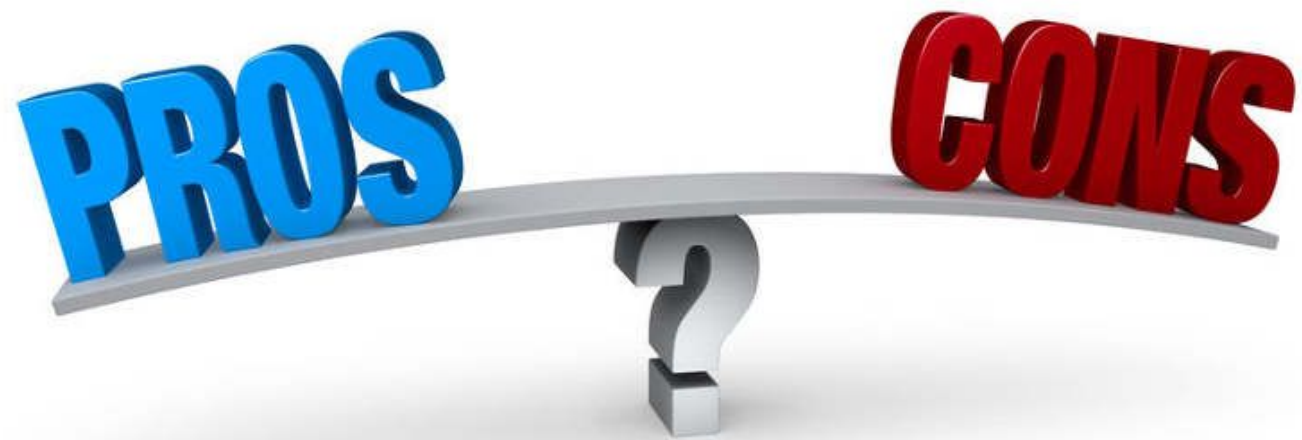
Social Media Etiquette

- ❖ Exercise the Golden Rule and Speak Kindly.
- ❖ Remember everything you post is public.
- ❖ Don't post things when you're angry
- ❖ Don't post things when you're emotional
- ❖ Don't journal your thoughts and feelings in a public forum
- ❖ Don't utilize all caps. That is a form of shouting.
- ❖ Use different usernames and passwords for your sites
- ❖ Don't post a picture or video of someone else without his or her permission
- ❖ Be very selective of what you post or share online.
- ❖ Don't talk to strangers
- ❖ Don't give out personal and confidential information online
- ❖ Don't make up silly email addresses. ("Does this email address set a good impression?")

Social Media and Your Mental Health



In using social media mindfully, you can avoid feeling lonely and depressed due to comparing yourself to friends and others on social media.



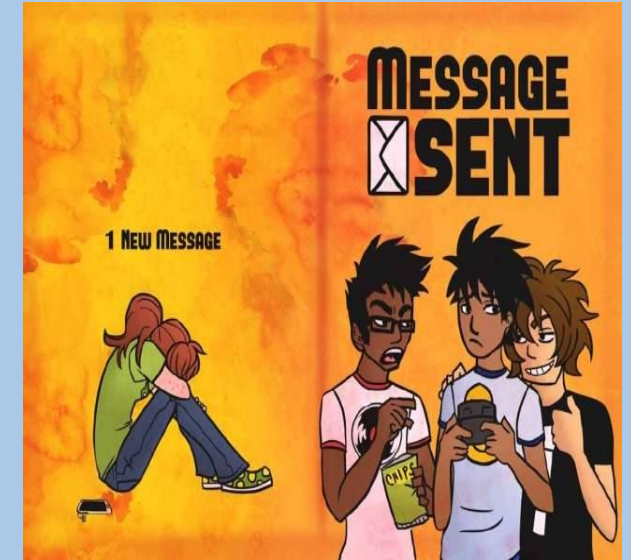
**of
Social Media**

Benefits of Social Media

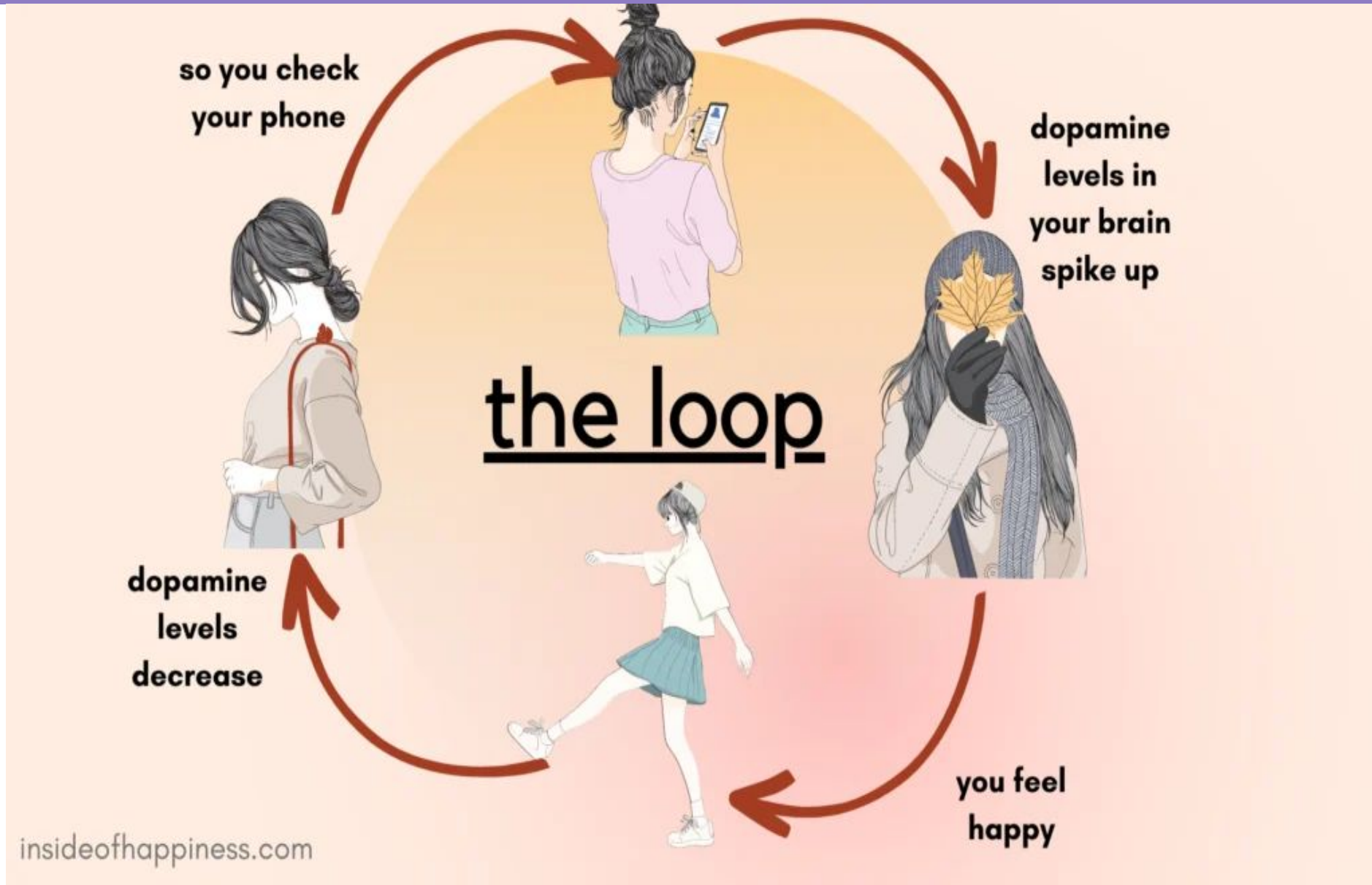
- Communication/bond with friends and family members; can comment on life events
- Ways to update on one's life without a phone call or a letter (Be mindful of how much is shared)
- Can contact people they haven't talked to or heard from in awhile. Learn about current events.
- Interact with a more diverse group of kids and feel less isolated
- Enhance their creativity by sharing ideas, music, and art
- Volunteer or get involved with a campaign, nonprofit, or charity
- Personal Branding
- Building a platform
- Accessing resources
- Encouraging personal expression
- Develop better social skills.
- Learn about new cultural and societal ideas and issues.
- Be creative and share their own ideas with friends.

Pitfalls of Social Media

- Cyberbullying
- Privacy & Safety Concerns
- Risks to Their Reputation
- Self-esteem issues
- Inappropriate or Harmful Content
- Time Drain
- Social Networking can cause anxiety & depression (Mental Health Challenges)
- Exposure to excessive advertising (can lead to identity theft etc.)
- Social isolation
- Social media addiction (the desire of receiving likes and views)
- Suicidal Ideations/thoughts
- Sleep anxiety
- Lead to body image issues
- Geolocation



Did you know about the dopamine loop?



Social Media Safety

- ❖ Protect usernames and passwords of the sites you use
- ❖ Proper use of social media and what not to post and/or respond to from someone else (think about the consequences)
- ❖ Things can't be permanently deleted
- ❖ Locate and know privacy settings
- ❖ Only communicate with people you know and trust

FYI For The Athletes

Student Athlete Branding Best Practices

How do you create a personal brand

- ★ Clear idea of what you want out of your brand
- ★ Build a framework for your personal story
- ★ Post frequently and make it easy for people to see your story
- ★ You don't just have to showcase yourself only playing your sport
- ★ Another important step is to make a plan
- ★ Reflection is important too

***NIL deals in college (name, image, & likeness)

“Jada Williams is the First Female High School Basketball Player with National NIL Deals.”



“Bronny James Signs NIL Deal With Beats By Dre”



Athletes who have “Fumbled the Bag”



- Being a successful Australian swimmer, Stephanie Rice probably swam in her fair share of heated pools. But when she found herself in hot water for an offensive tweet in 2010, it was something new to her.
- Rice sent the tweet right after Australia's rugby team the Wallabies beat South Africa's Springboks squad 30-13.
- Rice said sorry at a press conference, but still, the then 22-year-old lost her endorsement deal with the luxury car brand Jaguar.



- Caitlin Davis was a New England Patriots cheerleader but during a party in a dorm room, she took pictures with an intoxicated boy who had swastikas drawn all over him as well as the words "penis" and "I'm a Jew."
- The photos show Davis with a Sharpie pen in her hand over what appears to be a passed-out college student.
- Davis was booted by the Patriots after photos of her appeared on the social networking Web site Facebook.



 **Brandon Chambers**
@bradchambers14 Follow

Never let a 140 character tweet cost you a \$140,000 scholarship.

Retweets: 282 Favorites: 185

6:21 PM - 25 Aug 2014

Thank you....

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