

Social Media



Social Media

Social media is a big part of many teens' lives. A 2018 Pew Research Center survey of nearly 750 13- to 17-year-olds found that 45% are online almost constantly and 97% use a social media platform, such as YouTube, Facebook, Instagram or Snapchat.

<https://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/teens-and-social-media-use/art-20474437>

Social Media Benefits

Social media allows teens to create online identities, communicate with others and build social networks. These networks can provide teens with valuable support, especially helping those who experience exclusion or have disabilities or chronic illnesses.

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Social Media Benefits

Teens also use social media for entertainment and self-expression. And the platforms can expose teens to current events, allow them to interact across geographic barriers and teach them about a variety of subjects, including healthy behaviors. Social media that's humorous or distracting or provides a meaningful connection to peers and a wide social network might even help teens avoid depression.

Potential benefits of social media include:

- Staying connected to friends
- Meeting new friends with shared interests
- Finding community and support for specific activities
- Sharing artwork or music
- Exploring and expressing themselves

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Social-Media-and-Teens-100.aspx

Social Media Harms

However, social media use can also negatively affect teens, distracting them, disrupting their sleep, and exposing them to bullying, rumor spreading, unrealistic views of other people's lives and peer pressure.

The risks might be related to how much social media teens use. A 2019 study of more than 6,500 12- to 15-year-olds in the U.S. found that those who spent more than three hours a day using social media might be at heightened risk for mental health problems. Another 2019 study of more than 12,000 13- to 16-year-olds in England found that using social media more than three times a day predicted poor mental health and well-being in teens.

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Social Media Harms

Other studies also have observed links between high levels of social media use and depression or anxiety symptoms. A 2016 study of more than 450 teens found that greater social media use, nighttime social media use and emotional investment in social media — such as feeling upset when prevented from logging on — were each linked with worse sleep quality and higher levels of anxiety and depression.

How teens use social media also might determine its impact. A 2015 study found that social comparison and feedback seeking by teens using social media and cell phones was linked with depressive symptoms. In addition, a small 2013 study found that older adolescents who used social media passively, such as by just viewing others' photos, reported declines in life satisfaction. Those who used social media to interact with others or post their own content didn't experience these declines.

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Social Media Harms

And an older study on the impact of social media on undergraduate college students showed that the longer they used Facebook, the stronger was their belief that others were happier than they were. But the more time the students spent going out with their friends, the less they felt this way.

Because of teens' impulsive natures, experts suggest that teens who post content on social media are at risk of sharing intimate photos or highly personal stories. This can result in teens being bullied, harassed or even blackmailed. Teens often create posts without considering these consequences or privacy concerns.

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Potential risks of social media include?

- Exposure to harmful or inappropriate content (drugs, violence etc.)
- Exposure to dangerous people
- Cyber bullying, a risk factor for depression and suicide
- Oversharing personal information
- Exposure to excessive advertisements
- Privacy concerns including the collection of data about teen users.
- Identity theft or being hacked
- Interference with sleep, exercise, homework, or family activities

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Social Media and Teens

Teenagers need support and education to develop the skills to manage their social media use. There are many ways to help your child learn to use social media sites responsibly. It's important to talk with your child about their social media use and your family rules, including consequences for too much use or inappropriate use and whether you will be monitoring their online activities.

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Protecting Your Teen

There are steps you can take to encourage responsible use of social media and limit some of its negative effects. Consider these tips:

- **Set reasonable limits.** Talk to your teen about how to avoid letting social media interfere with his or her activities, sleep, meals or homework. Encourage a bedtime routine that avoids electronic media use, and keep cell phones and tablets out of teens' bedrooms. Set an example by following these rules yourself.

<https://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/teens-and-social-media-use/art-20474437>

Protecting Your Teen

- **Monitor your teen's accounts.** Let your teen know that you'll be regularly checking his or her social media accounts. You might aim to do so once a week or more. Make sure you follow through.
- **Explain what's not OK.** Discourage your teen from gossiping, spreading rumors, bullying or damaging someone's reputation — online or otherwise. Talk to your teen about what is appropriate and safe to share on social media.
- **Encourage face-to-face contact with friends.** This is particularly important for teens vulnerable to social anxiety disorder.

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Protecting Your Teen

- **Talk about social media.** Talk about your own social media habits. Ask your teen how he or she is using social media and how it makes him or her feel. Remind your teen that social media is full of unrealistic images.

If you think your teen is experiencing signs or symptoms of anxiety or depression related to social media use, talk to your child's doctor.

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Social Media and Teens

Consider the following suggestions depending on your child's age and maturity:

- Friending or following your child's social media accounts with an agreement about whether you will or won't post or respond to their posts
- "No screen" times such as "no screens at the dinner table," "no screens in bedrooms" after a certain time of day, or "no social media until homework is done"
- Ensuring that privacy settings are turned on to limit access to personal information

Social Media and Teens

- Instructing teens not to share full names, addresses, telephone numbers, social security numbers, passwords, and bank or credit card numbers
- Exploring apps which limit internet access to age appropriate sites.

How is your child being influenced by Social Media?

Technology and social media are a part of life and they influence people, whether they are aware of it or not.

Do you know who your child's friends are on social media?

Be smart and be safe online.

It is very important for everyone to be smart and safe online.

- ★ Have hard to guess passwords, and don't share them with anyone other than your parents.
- ★ Don't put personal information (address, school etc.) online.
- ★ Do not send or share inappropriate photos or messages. If you receive an inappropriate photo or message, delete it immediately.
- ★ Don't download copyrighted music or videos. It's illegal - just as it's illegal to make threats online.

Be smart and be safe online

- ★ Do not meet face to face with someone you've met online.
- ★ Not all communities and forums on the internet are positive. Choose the discussions and communities you participate in wisely.
- ★ Double check the facts and information you read online- especially information found on social media sites.

Social Media Safety for Students

Rule 1: Verify your connections

Rule 2: Privatize your social life

Rule 3: Be judicious about what you share and consider any posting permanent

Rule 4: Be especially careful with posts and pictures

Rule 5: Avoid over-friending on social networks

Social Media Safety for Students

Rule 6: Avoid posting your location

Rule 7: Keep an eye on your own account

Rule 8: Block unfriendly connections

Rule 9: Protect your accounts with a strong password

Free Apps for Parents to Monitor Social Media

<https://bigfamilyorganisedchaos.com/free-apps-for-parents-to-monitor-social-media/>

Social Media

It is our hope that this presentation was useful to you. If you have any concerns or questions regarding social media, please come to the school and speak with an administrator or email us.

Raquel Brown rbrown@ebrschools.org

Darryl Davis ddavis3@ebrschools.org

Leslie Tate ltate1@ebrschools.org

Dallas Rogers drovers@ebrschools.org