Social Media - Parenting in the Digital Age

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Photo by Lisa Fotios from Pexels
What is it?

“Social media refers to any digital platform, system, website or app that enables people to create and share content, and connect with each other.”

Why Use Social Media?

• Talking to friends
• Joining in on group conversations
• Learning about current events and staying up to date with online content
• Meeting new people
• Nothing to do, feeling bored
• Feeling like they might miss out if they are not always up to date with social media

Information from: https://parents.au.reachout.com/skills-to-build/wellbeing/social-media-and-teenagers

Photo by rawpixel.com from Pexels
Social Media: Pros and Cons

Pros

• Connecting with friends/family
• Easier to find news/info
• Meeting others with same interests
• Keeps you entertained/upbeat
• Self-expression
• Getting support from others
• Learning new things

Cons

• Bullying/rumor spreading
• Harms relationships/lack of in-person contact
• Unrealistic views of others’ lives
• Causes distractions/addiction
• Peer pressure
• Causes mental health issues
• Drama, in general

95% of teens have a smartphone or access to one


Photo by Pixabay from Pexels
45% of teens say they are online on a near-constant basis


Photo by Steinar Engeland on Unsplash
COPPA = 13
Popular Social Media Sites

Photo from Pixabay
https://answergarden.ch/941361
## Where Do Teens Go for Social Media?

<table>
<thead>
<tr>
<th>Texting Apps</th>
<th>Photo/Video Sharing (Micro Blogging)</th>
<th>Secret Apps</th>
<th>Live Streaming Video</th>
<th>Meeting/Dating Apps</th>
</tr>
</thead>
<tbody>
<tr>
<td>WhatsApp</td>
<td>Instagram</td>
<td>Snapchat</td>
<td>YouTube</td>
<td>MeetMe</td>
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<tr>
<td>Kik Messenger</td>
<td>TikTok</td>
<td>Whisper App</td>
<td>Houseparty</td>
<td>Yubo</td>
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<tr>
<td>GroupMe</td>
<td>Tumblr</td>
<td>LiveMe</td>
<td></td>
<td>Tinder</td>
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<tr>
<td>Twitter</td>
<td>Reddit</td>
<td></td>
<td></td>
<td>Amino</td>
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<tr>
<td>Reddit</td>
<td></td>
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<td>Spotafriend</td>
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</tbody>
</table>

**YouTube, Instagram and Snapchat are the most popular online platforms among teens**

<table>
<thead>
<tr>
<th>Platform</th>
<th>% of U.S. teens who use...</th>
<th>Say they use __ most often</th>
</tr>
</thead>
<tbody>
<tr>
<td>YouTube</td>
<td>85%</td>
<td>32%</td>
</tr>
<tr>
<td>Instagram</td>
<td>72%</td>
<td>15</td>
</tr>
<tr>
<td>Snapchat</td>
<td>69%</td>
<td>35</td>
</tr>
<tr>
<td>Facebook</td>
<td>51%</td>
<td>10</td>
</tr>
<tr>
<td>Twitter</td>
<td>32%</td>
<td>3</td>
</tr>
<tr>
<td>Tumblr</td>
<td>9%</td>
<td>&lt;1</td>
</tr>
<tr>
<td>Reddit</td>
<td>7%</td>
<td>1</td>
</tr>
<tr>
<td>None of the above</td>
<td>3%</td>
<td>3</td>
</tr>
</tbody>
</table>

Source: Pew Research Center Survey conducted March 7 – April 10, 2018
Video from Time, *Is social media making you miserable?*
Many Teens Rely on Social Media as a Popularity Barometer
59% of U.S. teens have been bullied or harassed online.

Source: Pew Research Center Survey conducted March 7 – April 10, 2018
Cyberbullying Behaviors

A youth *may* be being cyberbullied if he or she:

- Unexpectedly stops using their device(s)
- Appears nervous or jumpy when using device(s)
- Appears uneasy about being at school or outside
- Appears to be angry, depressed or frustrated after texting, chatting, using social media or gaming
- Becomes abnormally withdrawn
- Avoids discussions about their activities online

A youth *may* be cyberbullying others if her or she:

- Quickly switches screens or hides their device
- Uses their device(s) at all hours of the night
- Gets unusually upset if they can't use the device(s)
- Avoids discussions about what they are doing online
- Seems to be using multiple online accounts, or an account that is not their own

Taken from Cyberbullying: Identification, Prevention, & Response 2019 Edition published by the Cyberbullying Research Center and written by Sameer Hinduja, Ph.D. and Justin W. Patchin, Ph. D.
Covert Aggression

A behavior that seeks to harm a person by damaging their reputation or manipulating their relationships.

Covert Aggressions on Social Media:

• Subtweeting
• Sins of Omission
• Fake Accounts
• Exposing


Image by John Hain from Pixabay
Covert Aggression

Subtweeting
Covert Aggression

Sins of Omission
Covert Aggression

Fake Accounts

Can’t wait to go to the dance tonight.

Don’t bother going. No one likes you!

No one wants you there.
Covert Aggression

Exposing
Acronyms – What do they mean?

- **HAK**: Hugs and kisses
- **LMK**: Let me know
- **GLHF**: Good luck, have fun
- **IKR**: I know, right?
- **TTYL**: Talk to you later
- **P911**: Parent alert

**Website Link**: Click on the above bubble to see a list of 100 acronyms teens are currently using!
What defines ethical use?
See pages 3 & 4...
Student Conduct

**Off-Campus**

- Actions off-campus can be disciplined
- Look for foreseeable risk of substantial disruption
- Need a nexus of off-campus action and school
- Context must be considered
- Punishment should be considered

**Disruption?**

- Is it a true threat?
- More than mere mention
- Creates a buzz or discussion
- Teachers halt classroom discussion;
- Teachers discuss what has been posted and explain it;
- Computer use in the district is halted;
- Materials were readily viewable at school
What can you, as a parent or guardian, do?
For your teens...

• Tedx Talk by Poppy Jamie "Addicted to Likes"

• Social Media Guide for Teens

• 15 Tips for Teens on Using Social Media

• Videos of real life stories by NetSmartz

• Applying to college? Read this article before it's too late...

Photo by rawpixel.com from Pexels
Parent/Guardian Resources

A Few Hints on Setting Electronic Restrictions
- Apple Screen Time
- Android Family Link
- Windows 10 and Xbox Family

Other Resources
- Media Plan from AAP
- Media Time Calculator
- Verizon’s Family Tech
- Family Media Tool Kit
- Article about social media and college admissions
thank you