



Parenting in the Age of Social Media

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Schools in the 21st Century

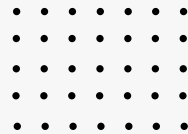
- Internet has completely changed our relationship with knowledge - how we experience events and how we learn
- Many benefits
- Some challenges for educators and parents





Disclaimer

We will be discussing some issues and topics that may not be appropriate for children, so we suggest finding a place to view and participate in this session that is away from young children.



Background Information





Youth Are Developing their World View

- Natural to test boundaries
- Central questions of young people:
 - Who am I?
 - How do fit into the world?





Brain Theory Basics - Adolescence

- Hormones!
- Changing sleep patterns and memory function
- Increased impulsivity and risk-taking
- Poorer emotional regulation
- Increased need for social acceptance with peers
- Poorer recognition of consequences; lower capacity for long-term planning

Many of these characteristics make teens prime targets for unhealthy engagement with social media

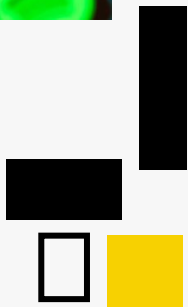
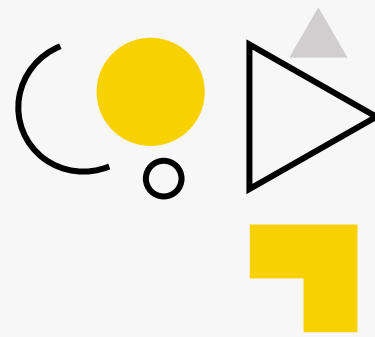


Being Aware: What's Happening Online



Potential Conversations

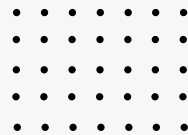
- Instagram, Snapchat, Tiktok, and Youtube
- Read receipts
- Location
- New apps
- Fake apps





Top Concerns in the Age of Social Media

- Screen time; sleep patterns
- Mental health
- Self-image
- Grooming, voyeurism
- Cyber scams
- Surveillance culture/issues with privacy





Top Concerns in the Age of Social Media

- Online harassment
- Normalization of violent imagery & violent pornography
- Sexting & cyberflashing
- Ideological: Algorithms and echo chambers

Tips for Parents

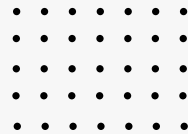
- Knowledge is power
- Parental controls & strategies
 - Keep all passwords, maintain access to devices
 - Explore parental controls
 - Teach children to select and store passwords carefully
 - Device-free spaces





Communication: Tips for Parents

- Keep line of communication open
- Need to build and maintain trust as children grow older
 - Conversations should evolve as children mature
- Teens should have extrinsic and intrinsic motivation to be safe and ethical



Talk about Sharing of Information

- Protecting yourself online:
 - Identity
 - Data
 - images
- What to do if there is a problem
- Why we must NEVER share material that is not ours to share
- Helpful questions
 - Have you ever shared your password with anyone?
 - How do you decide what to post?
 - How do you deal with conflict online?
 - Where do you operate anonymously online?



Summary: To Achieve the Goal

- Create a culture of conversation
 - Two-way, non-judgmental communication is key
- Create and monitor guidelines
 - Clear consequences
 - Change as the child demonstrates responsibility



Questions and Comments





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