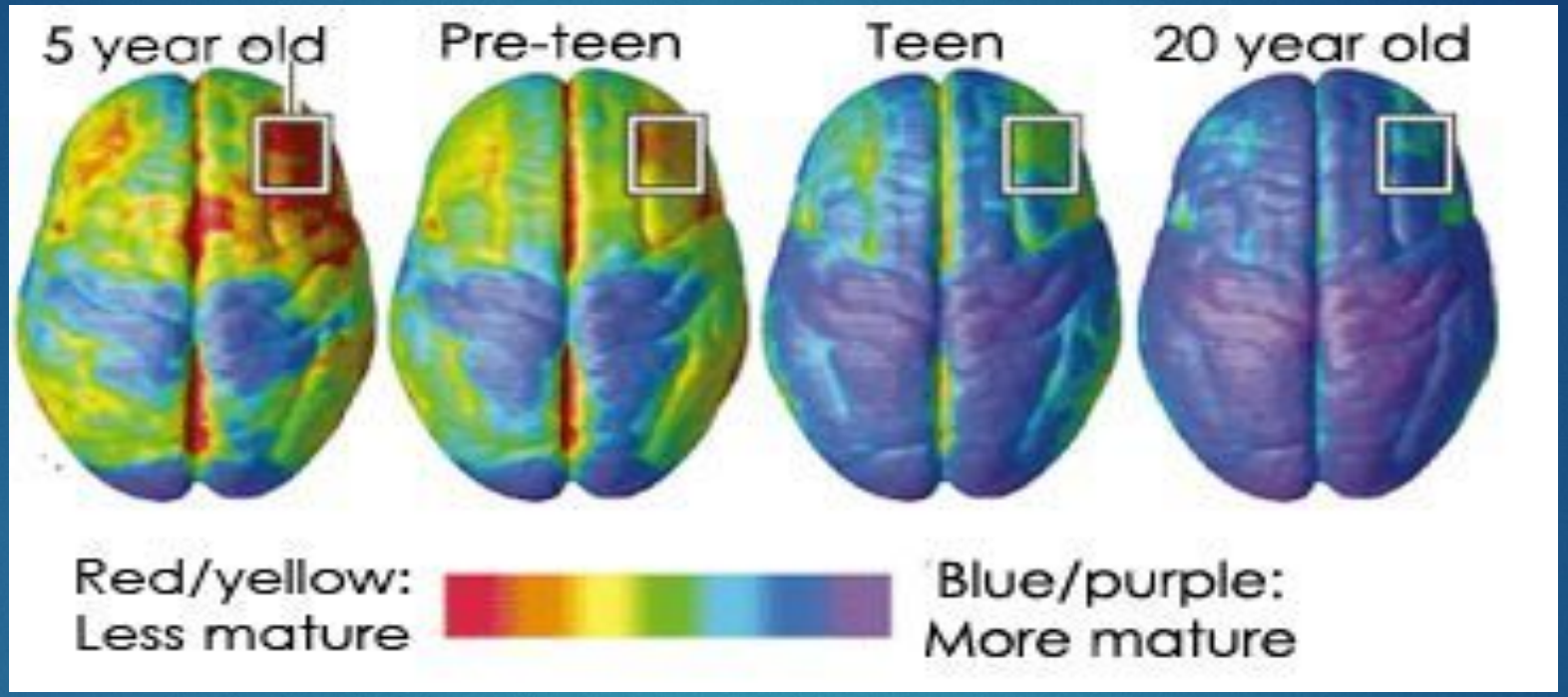
My Child, Your Child & Social Media

20th Century Social Media

21st Century Social Media

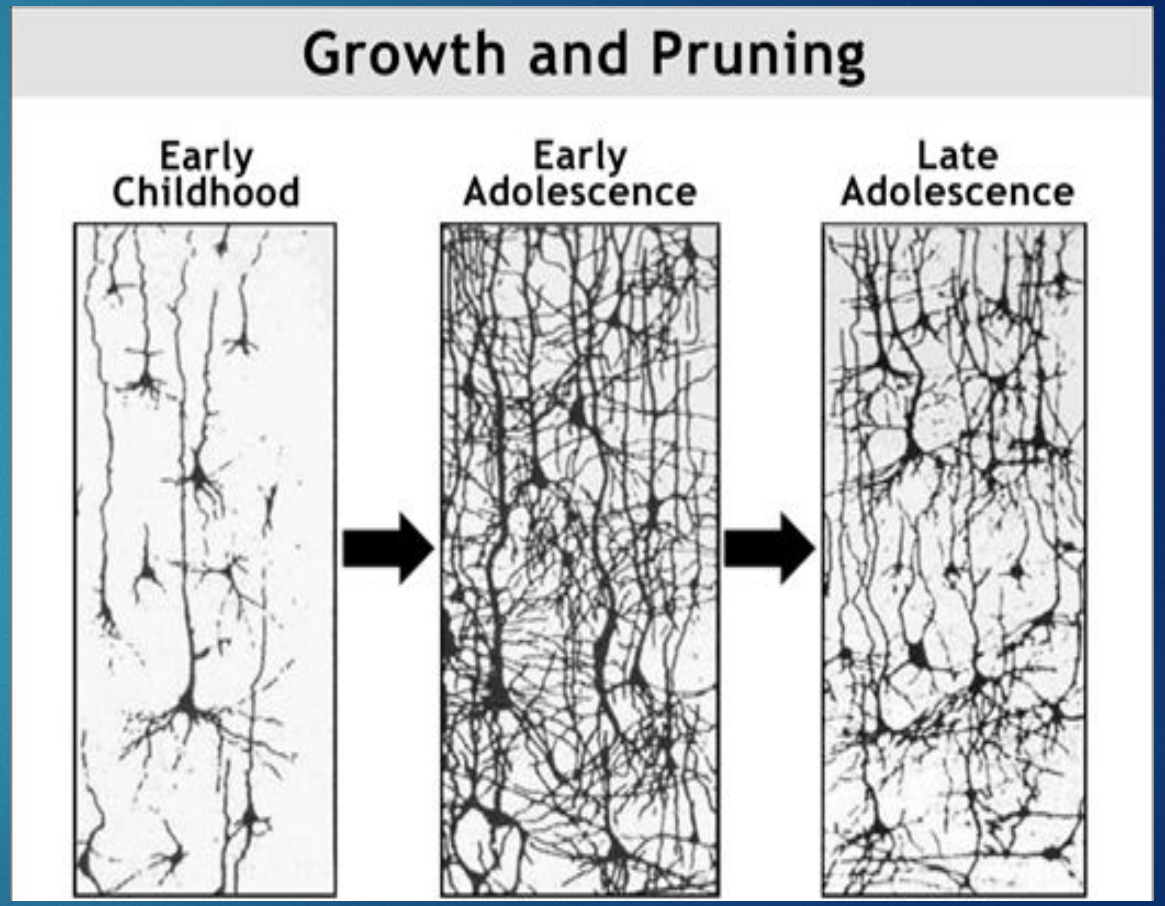
Brain Development



- Big difference in **Limbic System:** problem solving, critical thinking, planning, and controlling impulses are just beginning to develop.
- Brain Development at this stage leads to kids engaging in strong, intense interests (often short-lived) and engaging in impulsive activities.
- Emotions: Adolescents misinterpret emotions & instructions up to 40% of the time.

...More about the brain.

- The brain growth between the ages of 10-15 years of age is the second fastest in one's lifetime.
  - Neuropathways
  - Plasticity (learning!)
  - Need stimulation and exploration to grow
- Middle Schoolers need 9+ hours of sleep per night to function best.



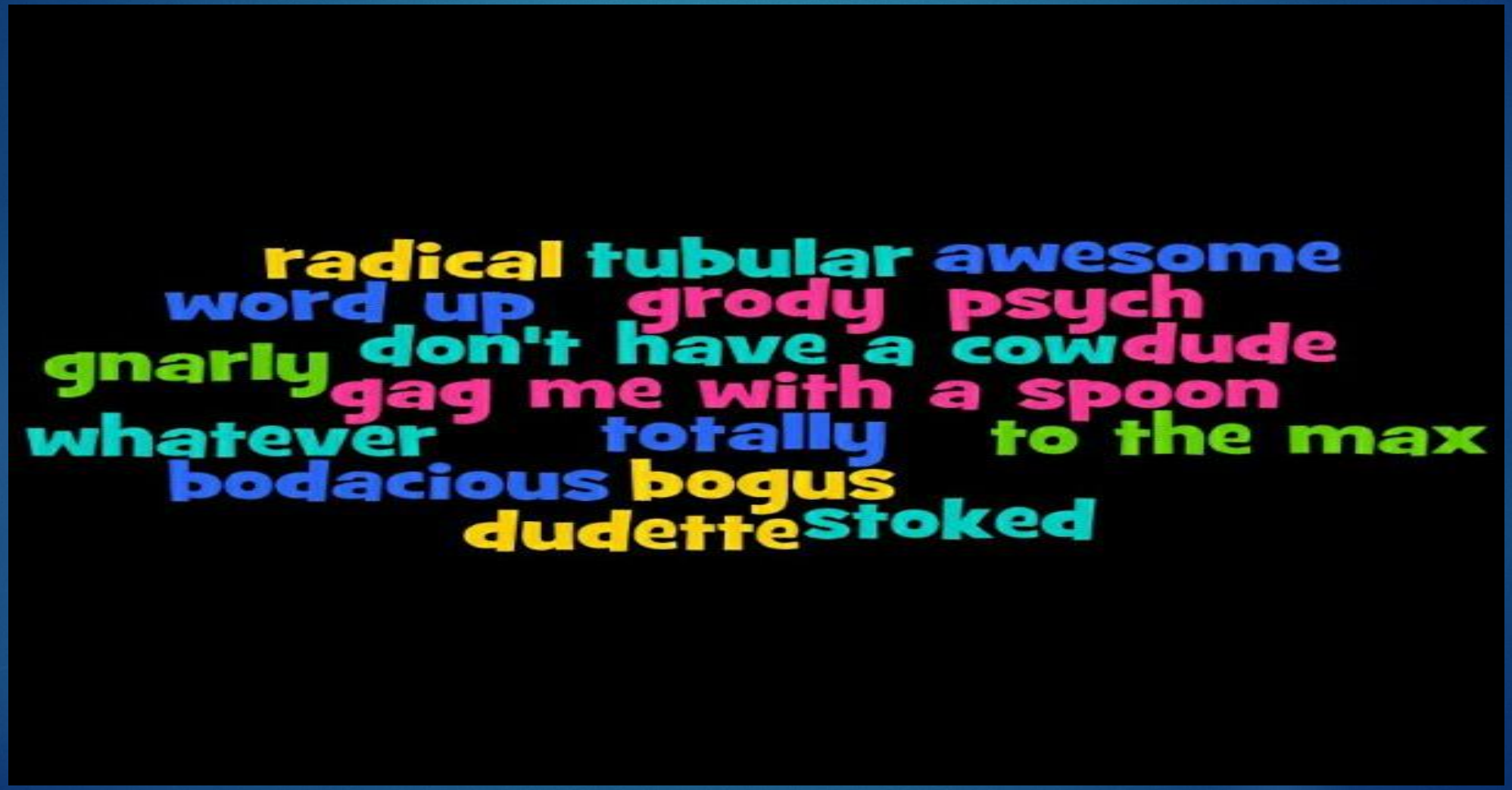
Social Media's Impact on Social/Emotional Development

Now that we understand the adolescent brain (hint of sarcasm)

What has the PHMS Student Services team experienced working with this age group & their social media use/abuse?

- Group chats (who is in them?)
- Suicidal ideations (the freedom of social media to explore emotions that one may not explore face to face)
- Cyber-bullying, intimidation, exploitation
- Sexual exploration (Snapchat)
- Hidden Apps
- All age levels exposed (social media access doesn't know age)
- Access to friend's passwords and phones

Popular “current” apps & social media lingo
(refer to handout)



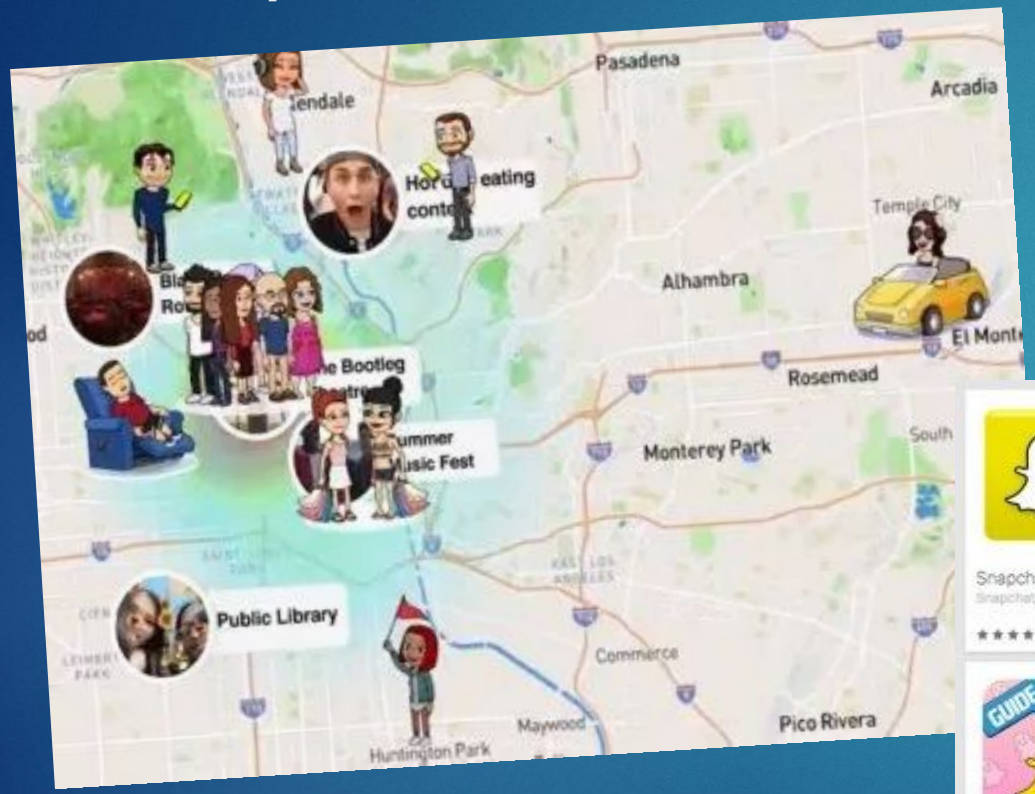
Most Popular Apps

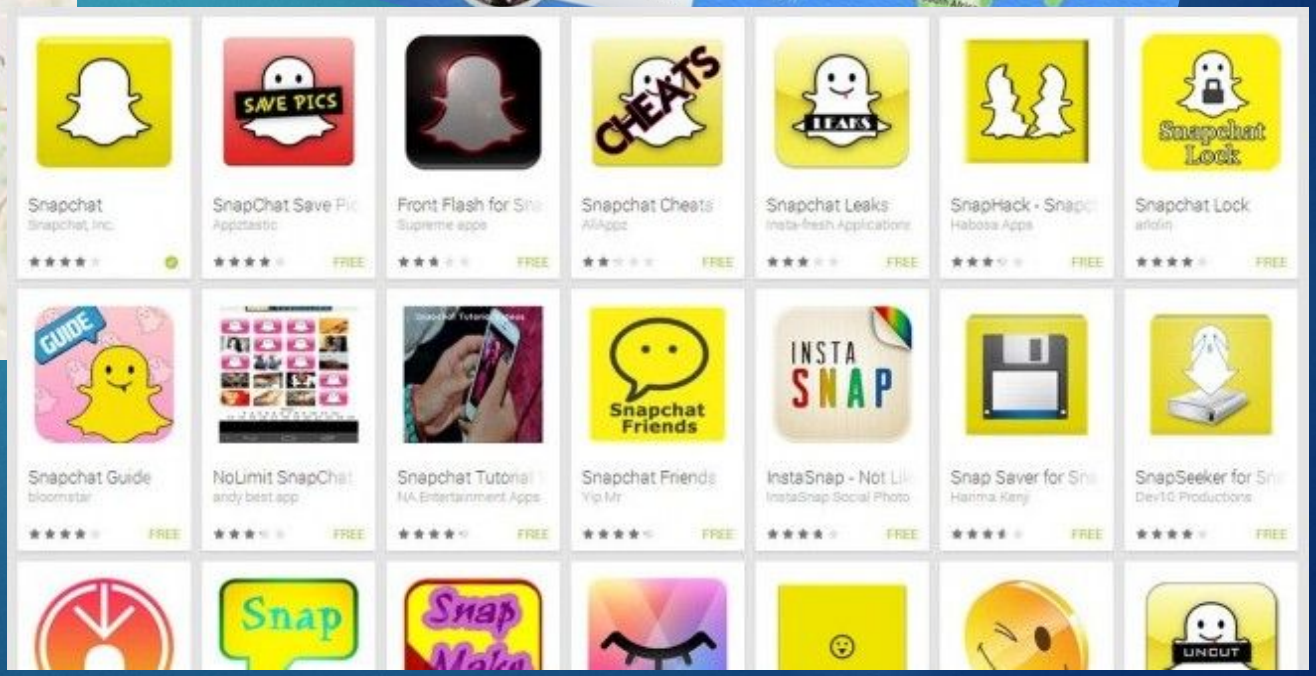
Musical.ly

#proana, #cutting, #selfhate, #suicide, #depression, #cutting, #mutilation

Instagram or "Finsta"/"Rinsta"

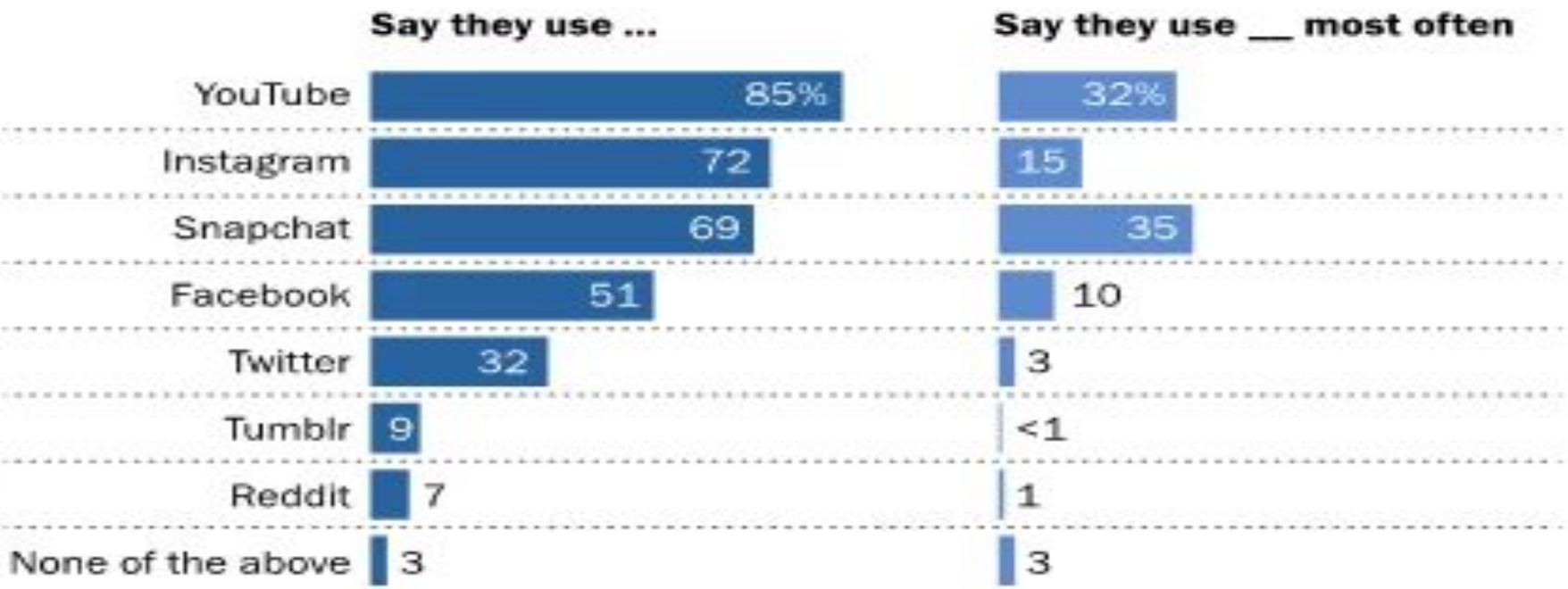
Most Popular Apps: Snapchat





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

% of U.S. teens who ...



Note: Figures in first column add to more than 100% because multiple responses were allowed. Question about most-used site was asked only of respondents who use multiple sites; results have been recalculated to include those who use only one site. Respondents who did not give an answer are not shown.
Source: Survey conducted March 7-April 10, 2018.
"Teens, Social Media & Technology 2018"

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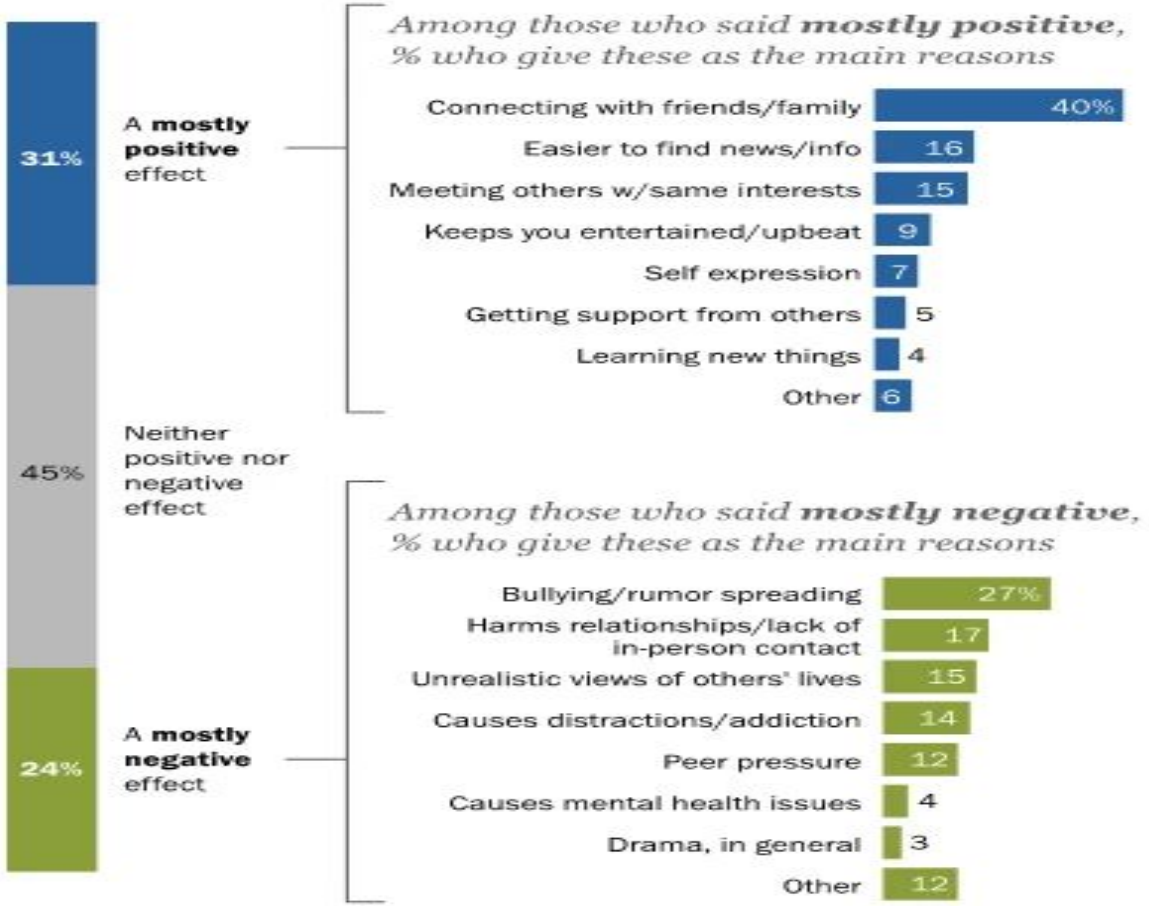
Teens have mixed views on social media's effect on people their age; many say it helps them connect with others, some express concerns about bullying

% of U.S. teens who say social media has had ___ on people their own age



Note: Respondents who did not give an answer are not shown. Verbatim responses have been coded into categories, and figures may add up to more than 100% because multiple responses were allowed.
Source: Survey conducted March 7-April 10, 2018.
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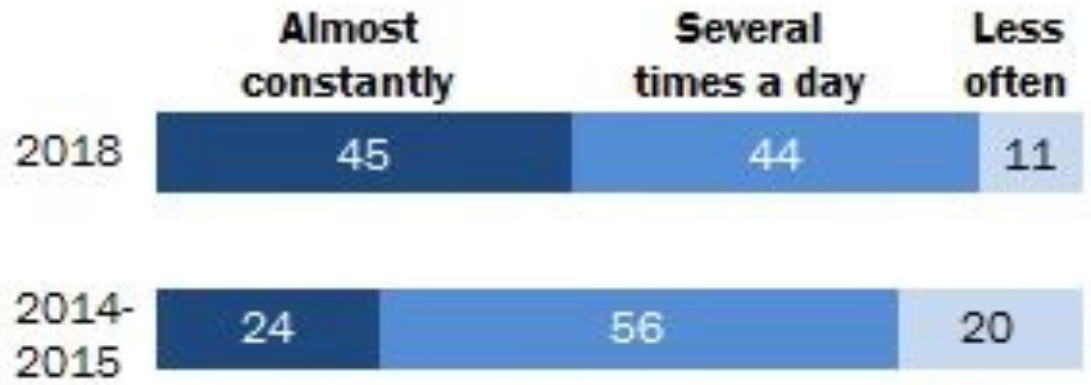
45% of teens say they're online almost constantly

% of U.S. teens who say they use the internet, either on a computer or a cellphone ...



Note: "Less often" category includes teens who say they use the internet "about once a day," "several times a week" and "less often."
Source: Survey conducted March 7-April 10, 2018. Trend data from previous Pew Research Center survey conducted 2014-2015.
"Teens, Social Media & Technology 2018"

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Hiding Apps

Hidden Apps:

- **Calculator%**, **Calculator+**—App that unlocks hidden pictures (Calculator%) or pictures, videos, and albums (Calculator+).
- **CoverMe** also hides contacts, messages, notes, photos and videos, and allows users to access accounts from other devices.

Hidden folders:

- Both iOs and Android devices have ways that users can hide apps easily by simply putting them in folders with harmless sounding names.
- **Best Secret Folder** has a simple icon that is disguised as "My Utilities" and will activate an alarm if someone tries to gain access.

Vault Apps:

- **AudioManager** (Android) & **Hide-it-Pro** (iTunes) look like audio manager apps, but when users press and hold the app, a lock screen is revealed.
- **Vaulty** allows users to back up pictures and videos online, and take screenshots of whoever tries to enter an incorrect password.

How can parents support and monitor? And how do you balance trust, privacy and safety?

#1: Electronic Device Contract (Set of Household Rules)

- Electronic Device use "When"?: Install device curfew & charge at the centrally-located family dock
- Electronic Device use "Where"? Use in open house areas and not in closed door bedrooms
- Electronic Device use "How"? Electronic Device Agreement (see handout)

#2: Passwords

- Control your child's password to download apps.

Work with the phone, not against it.

#3: Monitor phone through apps and programs (see handout)

- Apps to help monitor "slightly"
- Apps to help monitor "everything" (even GPS trackers!)

- Apps/resources to help teens (and families) develop awareness

- Phone Settings
- Wireless Router Settings

Find a balance that works for you, your child, and your family.

Remember that teens need boundaries!

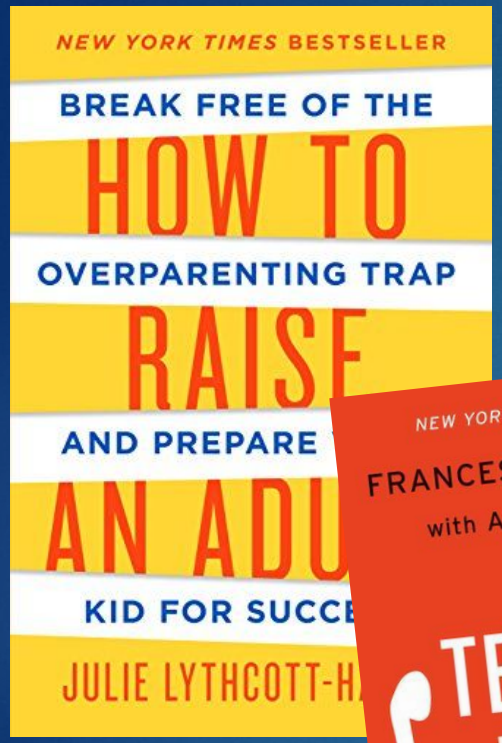
Dos and Don'ts For Discussing Social Media Safety

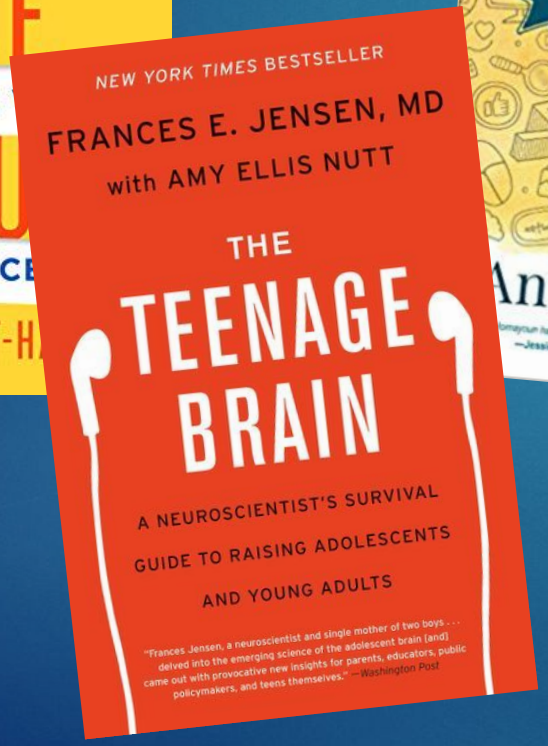
- DO foster a culture of conversation in your family from the beginning.
- DON'T make social media a forbidden fruit.
- DO keep the conversation age-appropriate.
- DO make your teen the expert.
- DON'T belittle your teen's interest in social media.
- DO talk about your own social media use, if applicable.
- DO be transparent about monitoring.
- DO remind your kids that the Internet is not private.

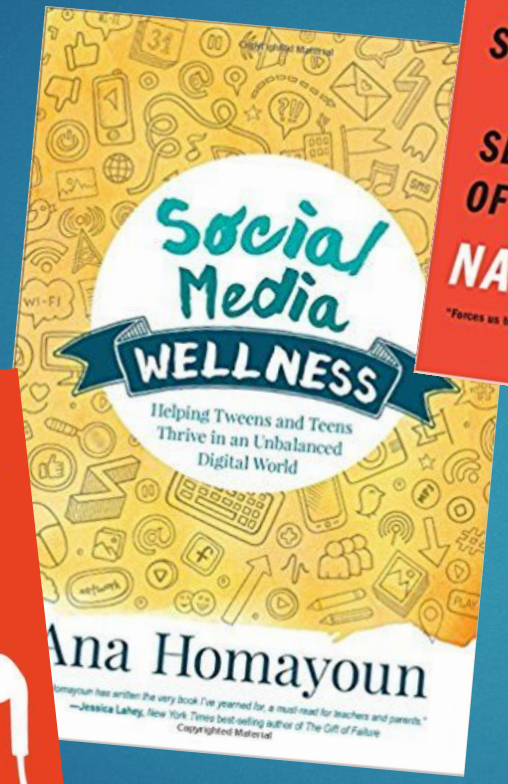
Resources: Websites

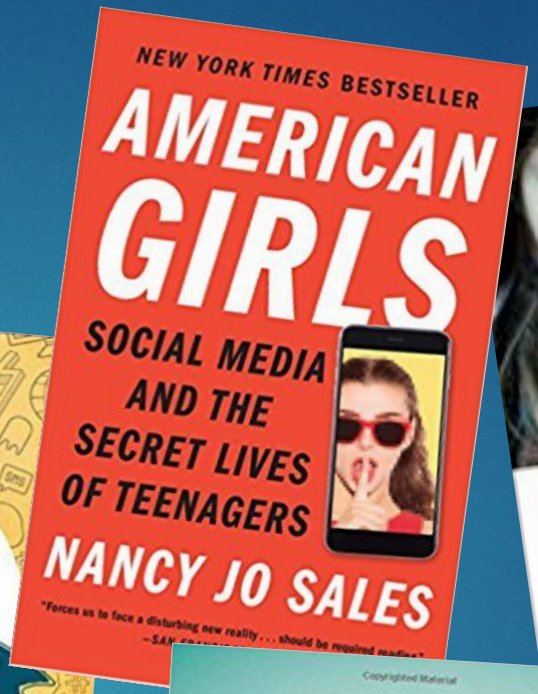
- **Common Sense Media:** Non-profit organization providing unbiased information to parents, educators, and children. Watch information videos, play interactive educational games, and keep up to date the latest trends.
  - https://www.commonsensemedia.org/social-media
- **GCF Global:** Internet Safety for kids against predators, cyberbullies, and hackers
  - https://www.gcflearnfree.org/internetsafetyforkids/
- **The Social Institute:** Created by a Duke athlete to help students win at the social media game. Teaming up with athletes and programs around the world, TSI provides workshops, curriculum and an educational platform for parents ($).
  - https://thesocialinstitute.com/

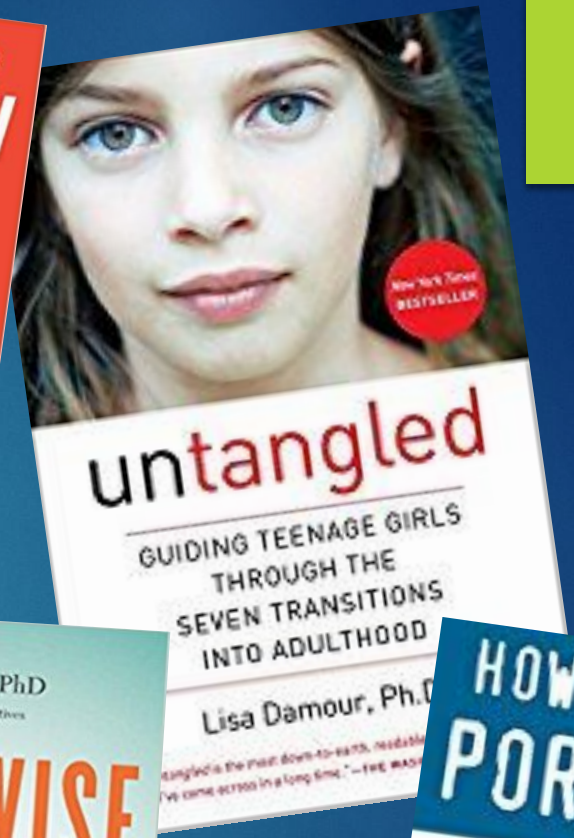
Resources: Books

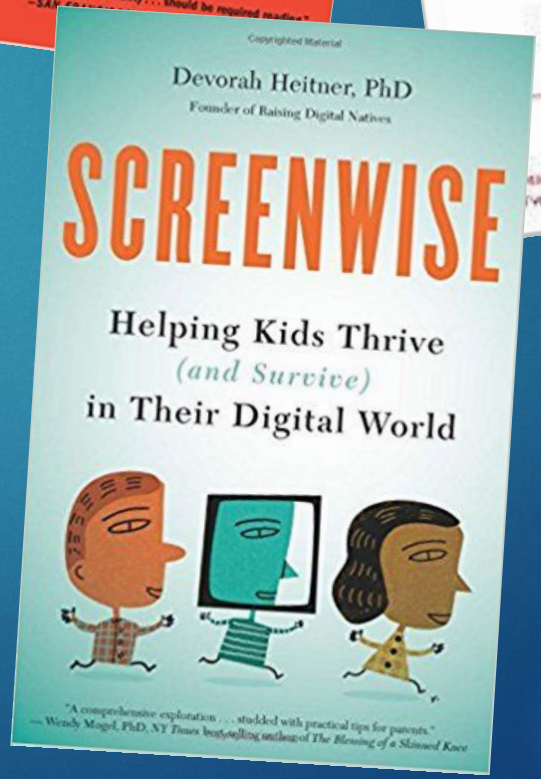


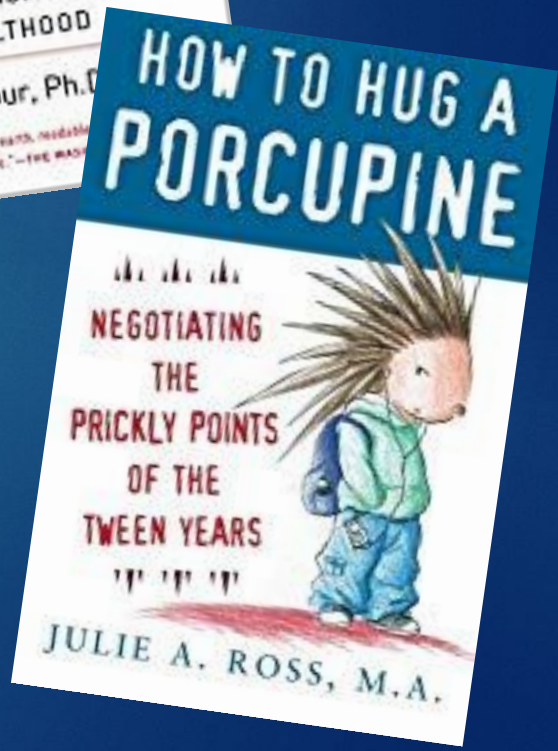












Resources: Articles

This article discusses a popular app, "Musical.ly": https://medium.com/s/parenting-stories/porn-is-not-the-worst-thing-on-musical-ly-5df07ab842af (I just checked a few days ago and you can no longer search for hashtags, but kids are still using them and seeing them.)

This article is from Time and discusses rising mental health issues with teens and social media usee: http://time.com/4974863/kids-smartphones-depression/

This article gives parents some insight into social media and the loopholes teenagers use: https://www.nytimes.com/2017/06/07/well/family/the-secret-social-media-lives-of-teenagers.html

This article explore the teenage brain activity while using social media: https://www.cnn.com/2016/07/12/health/social-media-brain/index.html

Suggestions from the PHMS community

- Have **family meetings** to periodically discuss issues like electronic device use expectations and how they match with family values.
- Replace smartphone with flip phone (for the electronic device abuser).

- Engage in social media activities "with" your child, i.e. family twitter account.
- Engage in text & face to face interactions with your child.
- Periodically go through your child's phone (without warning)
- Use "Find My Phone" App to track your child
- **Be educated and aware. Remember no-one is perfect (child or parent)!**

Thank You for Joining Us!

We will continue working together to keep ourselves educated and our children safe and supported.

Please reach out with articles, information, questions, etc:

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