



# Internet & Social Media

## For Children & Adolescents

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# Welcome to the Workshop!

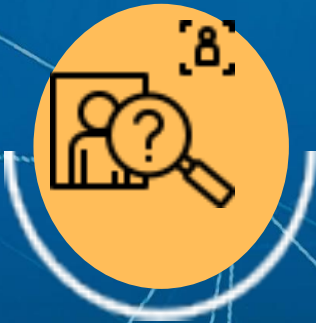


# TODAY'S TOPICS

## Overview Internet & Social Media Use



Image



Identity



Digital Drama



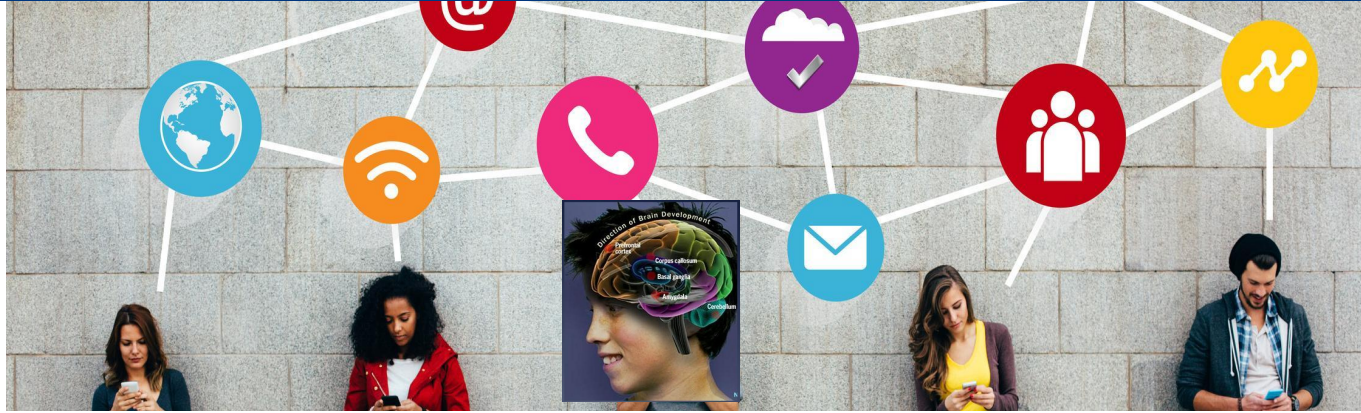
Resources

# Internet, Social Media Use & Parenting



**Screenagers/Igen**

# Children, Adolescents Social media, Internet use



- Although social media can allow people to reach out and connect with others, it can also make some people feel worse.
- Almost 25% of adolescents believe that social media has a mostly negative effect.
- Majority of teens use:
  - YouTube
  - TikTok
  - Instagram
  - Snapchat



# Children, Adolescents Social media, Internet use



- Increase of smartphone adoption and time online MH symptoms have both unfortunately risen at the same time.
- Also an increase in isolation, depression, anxiety, SI, decrease in sleep

## Pressure:

- Constant communication
- FOMO
- Sneaky tech tricks
- Information overload



• Anderson M, Jiang J. Teens, social media & technology 2018. Pew Research Center. 2018; 31:2018.

• Keles B, McCrae N, Grealish A. A systematic review: the influence of social media on depression, anxiety and psychological distress in adolescents. International Journal of Adolescence and Youth. 2020; 25(1):79-93.

# Children, Adolescents Social media, Internet use

Disinformation Stops With You.



Recognize  
the Risk.



Question  
the Source.



Investigate  
the Issue.



Think  
Before You Link.



Talk  
to Your Circle.



# ACKNOWLEDGE RISK

- **Content**

- What
- Screentime
- Oversharing
- Reputation
- Identity Theft

- **Contact**

- Who

- **Conduct**

- Behavior





# KEEPING KIDS SAFE

- 20–54% of teens have sent or posted sexy pictures of themselves, mostly to significant other.
- 51% of girls say they felt pressure to send sexy pictures.
- 30–40% of teens say nude photos are shared beyond intended receiver.
- 9% of kids receive unwanted online sexual solicitations
- 4% of kids have online interactions where a predator attempts to make contact offline
- 23.2% of teens have been bullied in the last month, while 4.9% had cyberbullied others in the last month

# Parent tips

- Talk
- Educate yourself
- Use parental controls & Privacy settings
- Set rules & consequences
- Friend & follow (but don't stalk)
- Explore, share, celebrate
- Be a good role model



# Children, Adolescents Social media, Internet use

## A journey towards trust.

Parents guide children through their digital lives, following a relatively well-defined path. Parental controls are key tools in that journey.



# Family Inventory #1

- Do you allow your kids to use social media?  
Which platforms? Do you use any?
- What rules do you have around social media?
- What challenges have you faced when it comes to social media?



# Who are you on Social Media?



# What did you hear?

What are some of the key topics in the video, and what can you relate to?

Social media can be complicated for all of us!

Let's talk about some big-picture best practices recommended by Common Sense Media that we can use when we talk to our kids about social media.



# Practical Tips #1- Image

- **Lead with empathy:** Show you understand, validate, don't diminish.
- **Combat comparison:** Remind your kid that social media feeds are full of illusion and don't reflect a person's real life or inner experience.
- **Break it down:** Get specific about how people curate and choose what to post. Use specific posts from you, your kid, or a celebrity as examples.
- **Encourage connection over curation:** Remind teens to focus on fun and friendship—on- and off-screen—instead of image and validation.



# Family Inventory 2

- Do you allow your kids to use chat features or social media to make friends? Do you have online-only friends?
- What rules do you have around online-only friendships?
- What challenges have you faced when it comes to your kid's online-only relationships?





# Who are you talking to online?



# What did you hear?

What are some of the key topics in the video, and what can you relate to?

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# Practical Tips #2 Identity

- **Lead with an open mind:**
  - Acknowledge reality of kid's online social life to be a better ally when they need guidance.
- **Discuss degrees of trust:**
  - Talk about who deserves access to your personal information—and who doesn't.
- **Encourage caution:**
  - Help kids understand what "being careful" looks like online, how to recognize when things feel uncomfortable, and that nice doesn't mean safe.
- **Help them know how to navigate:**
  - Talk about what to do if something iffy happens in an online interaction.



# Family Inventory 3

- Does your kid sometimes seem upset after reading texts or social media messages? What causes the drama? Do you experience drama online?
- What do you do if they come to you for support?
- What's the biggest challenge when it comes to digital drama?



# Dealing with Digital Drama



# What did you hear?

What are some of the key topics in the video, and what can you relate to?

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# Practical Tips #3 Digital Drama

- **Defuse and de-escalate:**

- Tell kids to take a break—and a breath—before responding to drama.

- **Try the "to-their-face" test:**

- Have kids imagine they're talking to someone in person, not just from behind a screen.

- **Encourage in-person conversation:**

- Even though it's hard, it will resolve drama more effectively than online messages.

- **Help them take control:**

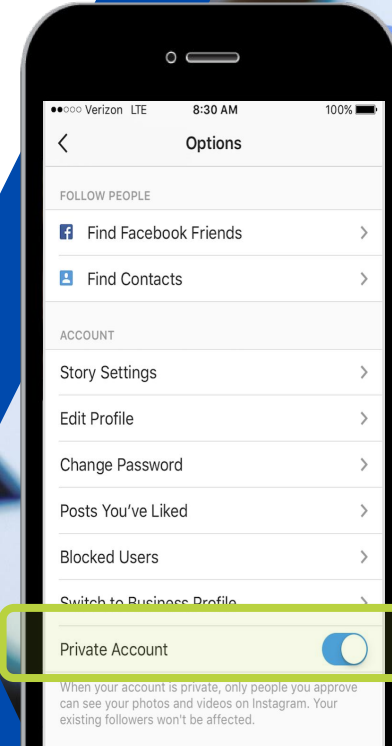
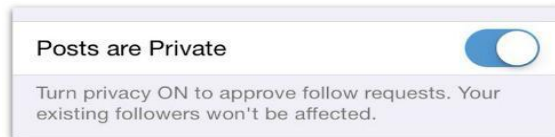
- Use settings and in-app tools to lessen drama with strangers.



# Practical Tips #3 Digital Drama

When things go too far (bullying, harassment, etc.)

- Block & report
- Take screenshots
- Save threads
- Contact appropriate parties to find resolution





# Let's talk it through



Find a partner and share your experiences

What strategy(ies) are you going to take home and try?

# Resources

- [Commonsensemedia.org](https://commonsensemedia.org)
- [Create an Online Family Media Plan](#) - American Academy of Pediatrics
- [Child Mind Institute](#)
- [Virtual Hope Box](#)
- [Calm](#)
- [HappiMe for Young People](#)



use Media: Don't let it use  
you.-Balance is key

# Thank You

FOR YOUR ATTENTION

