

# Social Media Safety

In today's' climate, social media is a gift and a challenge. Learn ways to minimize any negative effects of social media. Below are some tips on keeping your children safe online.

## Good Apps (with parent approval)

- LinkedIn
- Instagram
- Snapchat
- Twitter
- Pinterest
- Google+
- YouTube
- Meditation apps like Calm, Headspace
- Wellness apps like Clue, Daylio, Anxiety Reliever, Moods
- Physical activity apps like MyFitnessPal, Nike Run Club, Yoga for Beginners

## Benefits of Technology

- Helps teens stay connected
- Can promote health and wellness
- Teens have ability to research and learn new things
- Access to supportive and therapeutic communities
- Sense of belonging & expression

## Apps to Avoid/ Research More

- GroupMe
- Kik Messenger
- Facebook
- Discord
- WhatsApp
- Live.me
- Whisper
- ask.fm
- Monkey
- Omegle
- Yubo
- Tumblr
- Periscope

## Problems with too much Social Media

- Trouble concentrating on priority tasks likes homework or studying
- Addictive
- Can include surface level communication and inauthentic feelings
- Dangerous if teens use questionable apps or talk to strangers

# Tips for Safety

## 1. **Agree on an allotted amount of time your child can be on their device**

- Setting boundaries from the start can help offset the chance of too much social media use
- This can also help balance social media use, family time, school, and other activities your child is a part of

## 2. **Screen Free Zones**

- Maybe you choose the kitchen table or the family room as a screen free zone. This boundary will help your child know when/where they aren't allowed to have their device out.
- All members of the family should take part in the screen free zones so that children can see their parents/guardians setting this example. This way, they know they are not being punished, it's just a rule

## 3. **Manage screen time**

- If you choose to monitor your child's phone/computer activity, there are apps you can use to monitor the length of time they are on app or screen
- Research options like Guided Access by Apple or Screen Time; see <https://www.parents.com/kids/safety/internet/best-apps-for-parents-to-monitor-and-limit-screen-time/> for more options

## 4. **Balance screen time and physical activity**

- Make sure your child's screen time isn't interfering with an adequate amount of physical activity or normal daily activities, like chores or homework
- Also, encourage other activities, like reading a new book, going on a walk, coloring, playing an instrument, etc.

## 5. **Talk to your child about what they're doing on the phone**

- Your child could be researching something they're interested, or venting to their friend about something. This could be an opportunity for better communication between you and your child discovering more about what they are spending their time on and what they're interested in

## 6. **Respect your teen's privacy (to a degree)**

- Teens want to feel like adults. Try having more conversations with your child about what they're doing, as opposed to interrogating them. The harder we are on them and assume they are doing something wrong, the more likely they are going to hide from us what they really are doing on their social media apps.

## Online Resources

Below are some links to access more information about tips for technology safety.

- <https://www.internetmatters.org/resources/5-top-tips-to-manage-children-screen-time/>
- <https://us.norton.com/internetsecurity-kids-safety-screen-time-for-kids-guide-to-monitoring-childs-screen-time.html>
- <https://www.nytimes.com/guides/smarterliving/family-technology>
- <http://archive.ncpc.org/topics/internet-safety/social-networking-safety.html>
- <https://www.safesearchkids.com/parents-guide-to-protecting-teens-on-social-media/#.XqIRHGhKitk>