

“Education and Awareness on Social Media Awareness”

Susan Wind - presenter

Susan@parentsknowmore.com

### **Addiction**

Research is showing social media is creating addiction habits - connected with psychological issues such as ADHD, anxiety, depression, loneliness and addition. Kids have FOMO (fear of missing out) if they aren't on social media. People are habitually looking at their phones - kids don't need to be doing this for a job, they are doing it for social aspects. There's a disconnect between communicating.

Parents put the devices in kids' hands. Parents have the right to do this. Oftentimes it is said social media problems are “school problems.”

### **Risks of screen time:**

Depression

Poor eyesight

More headaches

Drama

Insomnia

Anxiety

### **Cyberbullying:**

Bullying that occurs using technology and can happen in any number of places, contexts, or locations

State Statutes - NC statutes are not as strong as they need to be

Harassment

Stalking

Distribution of child pornography

Rejection era: studies show kids who are on social media feel more depressed or suicidal (based on cyberbullying or comparing their lives to others).

### **Common Used Apps**

Fortnite: a cross between Minecraft and Hunter Games. Games are mildly violent. Kids can chat with others while playing.

Roblox: must be 13+ to play but it's potentially OK if you monitor kids - don't let them chat/restrict certain games etc. Parents can disable the chat as a protective measure.

Most popular among Tweens/Teens

Tik Tok: 12+, contains mature content and explicit lyrics in music. You must manually put in private settings or everyone can see what you post. Songs can be downloaded from Tik Tok.

90% of kids interviewed said they allow followers who are strangers.

YouTube: kids being introduced to YouTube as early as age 5. 300 billion videos are posted each day - lots of violence, nudity etc. For younger children, choose YouTube kids or software that will filter what they can view.

Snapchat: messaging app where videos or messages “disappear” but they don’t really ever go away. Kids screenshot or law enforcement (with a warrant) can release snaps. Seems “risk free” since messages go away so kids can be tempted to send things they normally wouldn’t.

Snapchat has location settings - these should not be shared with others.

Group Chats such as Meet Me or Yubo. Lots of kids prefer using these group chats than actually texting. Kik and What’s App - you can be anonymous and kids are using that to bully

Twitter: not recommended until at least high school. Loaded with pornography and inappropriate videos

### **Signs your kid is up to something:**

They are protective of their phones

They turn their backs to send or read messages

They may become angry or defensive when they are questioned about secrecy

Their grades may drop

They may seem more withdrawn from friends and family

### **Grooming:**

Predators are using social media to develop relationships with kids.

Target vulnerable or unprotected teens on “safe” social media platforms

Develop a relationship with teens so they get comfortable with their new “friend”

### **Consequences for dangerous social media activity:**

Future academics and athletics

Colleges/Universities

Criminal Record

Registered Sex Offender - label for life

Law Suits

Psychological damage

### **Solutions:**

Educate yourself about all social media

Monitor kids/teens on social media

Become a follower and/or know their passwords

Contracts in place

Accountability

Open line of communication

Schools and families work together

### **Monitoring Solutions:**

BARK  
Mamabear  
My Pocket Guardian  
Mobile Guardian  
Net Nanny  
Pumpic  
Child Watch  
My Spy App  
Social Sitter  
Family Zone  
Disney Circle

<https://families.google.com/familylink/#>

### Statistics Mentioned

1. 90% of kids surveyed feel that they know more than their parents do when it comes to social media (games/apps)
2. 80% of middle school kids admitted that they have followers on their social media apps (or play games) with people they never have met
3. 80% of elementary and middle schools kids we interviewed feel that their parents are addicted to their phones (I did not even cover that entire segment in the webinar because we didnt have time)
4. 60% of high school kids were interviewed said that sending "nudes" was not a big deal

### Video Clips and Resources Shared by presenter

<https://www.facebook.com/watch/?v=370897313646699>



### [Good Morning America on Facebook Watch](#)

Want to go on a digital detox?  
Here's how to break up with your phone - a step-by-step guide to a 7-day challenge:  
[gma.abc/20XXLdW](https://www.gma.com/20XXLdW)  
[www.facebook.com](https://www.facebook.com)

<https://www.youtube.com/watch?v=7QWoP6jJG3k>