

MANAGING & PARENTING SOCIAL MEDIA IN YOUR HOME





“About 90% of teens have used some form of social media and 75% have a profile on a social networking site, experts say. More than half of all American teens visit social networking sites every day.”

Kidshealth.org

AGENDA:

- + What is your parenting style?
- + Regulating use
- + Monitoring use
- + Resources

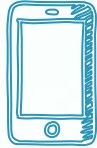
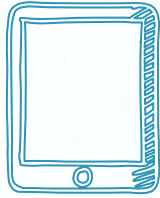




A Pew Research Center survey of parents of 13- to 17-year-olds finds that...

“Today’s parents take a wide range of actions to monitor their teen’s online lives and to encourage their child to use technology in an appropriate and responsible manner.”



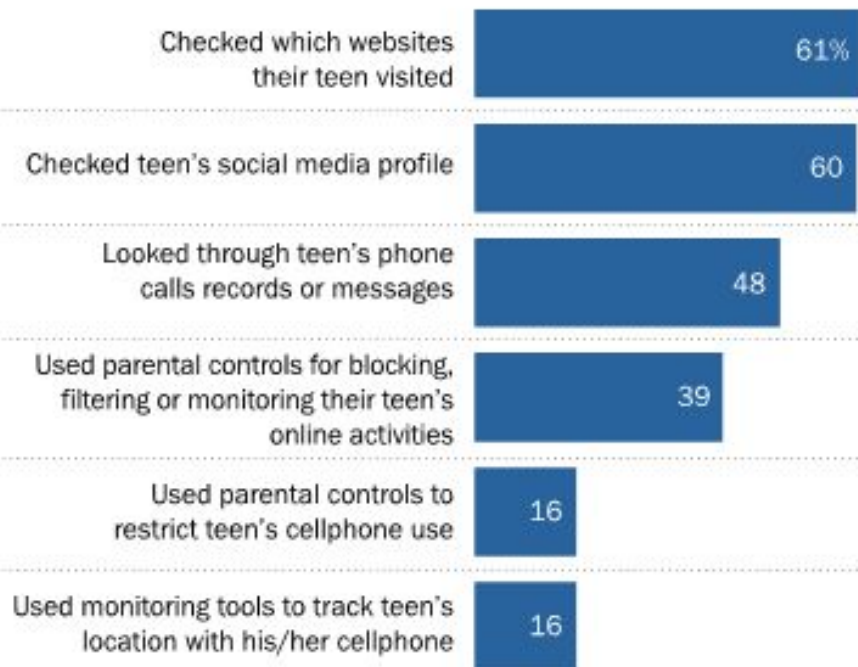


QUESTION?

How do you parent in the following situations?
Raise your hand if?



Among parents of teens ages 13 to 17, the % who have ever ...



Source: Surveys conducted Sept. 25-Oct. 9, 2014, and Feb. 10-March 16, 2015.

PEW RESEARCH CENTER

Among parents of teens ages 13 to 17, the % who know the password to their teen's ...



Email account

48%



Cellphone

43



Social media accounts
(at least one)

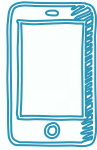
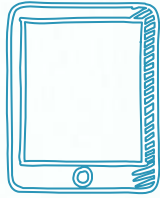
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Source: Surveys conducted Sept. 25-Oct. 9, 2014 and Feb. 10-March 16, 2015.

PEW RESEARCH CENTER

Among parents of teens ages 13 to 17, the % who have ever taken away their teen's cellphone or internet access as punishment





REGULATING USE



SIMPLE TIPS FOR REGULATING SCREEN TIME

- + Consider your child's age
- + Talk to your kids
- + Designate set “unplugged” family time.
- + With your child, build a list of must do's before they can use their technology.

BEFORE YOU TURN ON THAT SCREEN...

- ① IS YOUR HOMEWORK DONE?
- ② DID YOU PRACTICE YOUR PIANO LESSON?
- ③ DID YOU FINISH YOUR DAILY JOB?
- ④ DID YOU STRAIGHTEN YOUR BEDROOM?
- ⑤ DID YOU DO YOUR KITCHEN JOB?
- ⑥ HAVE YOU READ 20 MINUTES?
- ⑦ DID YOU ASK MOM?

SIMPLE TIPS FOR REGULATING SCREEN TIME

Other Possible rules:

- + No electronic devices to be used in any way during meals.
- + Screens off at the same time every night.
- + Homework first.



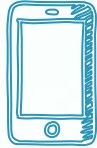
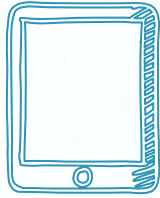
SIMPLE TIPS FOR REGULATING SCREEN TIME

If you take away one thing...

Bedrooms should be tech-free zones!!

- + Teens need their sleep
- + Avoid media use in the hour leading up to bedtime
- + Hard to monitor use





MONITORING USE



Social Media Contract for Kids

Setting Up

- I will ask my parents' permission before joining any social media site.
- I will allow my parents to set my privacy settings and parental control settings on all of my accounts.
- I will give my parents my passwords for all of my social media accounts.
- I will NOT give my passwords to anyone other than my parents.
- I will NOT change any of my passwords without my parents' permission.
- I will NOT set up any private or secret social media accounts.

Sharing

- I will NOT post or share: my name, age, address, school, interests, or other personal information, without my parents' permission.
- I will NOT post or share photos of myself without my parents' permission.
- I will NOT post or share photos of my family or my friends without their permission.
- I will NOT post or share offensive or inappropriate images, language, video, or other content.

Conduct

- I will NOT meet anyone in person who I have met through social media.
- I will NOT engage in online bullying including leaving unkind comments on others' posts or photos.
- I will let my parents know if I am the victim of online bullying.
- I will meet academic standards set by my parents.
- I will follow my parents' rules regarding time limits for online use.
- I understand that the posting of certain types of photos and information on social media sites is punishable by law.

Consequences

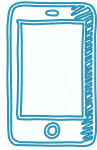
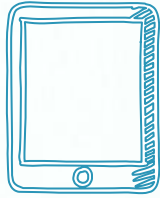
I understand that I risk the following consequences for violating any of the above:

- _____
- _____
- _____

SIMPLE TIPS FOR MONITORING TECHNOLOGY USE

- + Talk to your kids
- + “Friend” your child on Social Media
- + Know your child’s passwords
- + Cell Phone/devices are parents property- Look through them
- + Sign a Social Media Contract



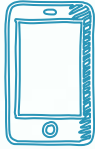
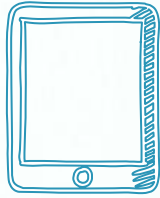


IN SUMMARY...



- + Be consistent in following family guidelines for tech use
- + Try to not let children sleep with tech in their bedrooms
- + Have family media-free times
- + Have ongoing conversations with your child about online safety and new social media apps
- + Have a network of trusted adults who will engage with the child through social media





RESOURCES...



SITES To CHECK OUT!

[Family Media Plan](#) - helps establish media use for kids

[Social Media Contract](#) - Printable for home use

[How to Manage Media in Families](#) - NY Times article

[Teaching Kids to Be Smart About Social Media](#) -
Kidshealth article

