

SOCIAL MEDIA

January 31, 2018

Cyber-safety

The internet can be a wonderful resource, but it can also be a dangerous place.

- Limit how much time your children can access the internet (on phones or a computer)
- Internet privacy is not a right – keep technology in a family area
- Install safety filters on devices
- Call a law enforcement non-emergency line if you think a predator may be targeting your child
- Ask your child to explain what they are viewing online
- Learn about the Internet yourself

Teen social media stats

- Ninety-one percent of 11-18 year olds use the internet for social networking
- Social media use is linked with increased rates of anxiety, depression, and poor sleep habits
- Social media has been described as being more addictive than cigarettes and alcohol

Best and worst social media apps for teen mental health

Best:

- YouTube (we personally do not agree)
- Twitter
- Facebook

Worst:

- Instagram
- Snapchat

Negative effects of social media

Anxiety and Depression

- Research suggests that young people who spend more than two hours per day on social media are more likely to report poor mental health

Sleep

- Using phones, tablets, and laptops at night before bed is also linked with poor quality sleep

Body Image

When young people utilize social media body image concerns are higher than non-users.

Cyberbullying

Social media bullying during childhood is a major risk factor for issues including mental health, education, and social relationships.

FOMO (fear of missing out)

FOMO has been linked to higher levels of social media engagement. The more an individual uses social media, the more likely they are to experience FOMO.

Positive Effects

- Access to expert health info (you're not alone)
- Emotional support (when you don't have access to face to face support)
- Self expression (effective platform for kids to share their "best self")
- Building upon relationships (friendships can be enhanced by social media interaction)

“BAD” apps

Twelve bad apps your student should not be on:

1. Audio manager: used for hiding inappropriate photos, messages, or other apps.
2. Calculator%: used for hiding inappropriate photos, etc...
3. Vaulty: hides photos, etc. Plus, will snap a photo of anyone who tries to access the app without a password.

Bad apps (cont'd)

4. Snapchat: a lot of images from Snapchat are regularly posted to revenge porn sites, call “snap porn”.
5. Burn note: for messages only. These messages eventually go away, but it’s used for cyberbullying when kids feel there will be no record of it.
6. Line: hub for chatting, sharing photos and videos and free texting. Kids are charging to credit cards to for “in-app” purchases.

More bad apps...

7. Omegle: provides users with a chance to chat online with random strangers. Many users ask for personal data upfront, including location, age and gender. Some kids supply this information not realizing that don't have to do so.
8. Tinder: "hook up site". The rating system can be used for cyberbullying; a group of kids can target another child and intentionally make his/her rating go down.

Even more bad apps.....

9. Blendr: meet new people through GPS location services. Rate the “hotness” of others (encouraging kids to engage in superficial values at best). Sexual predators can contact minors and minors can hook up with adults.
10. KiK Messenger: kids are placing ads for sex by giving out their KiK usernames.

The rest....

11. Yik Yak: with the shield of anonymity, users have zero accountability for their posts and can openly spread rumors or send threats.
12. Ask.fm: one of the most popular social networking sites that is almost exclusively used by kids. It is a Q & A site. Kids sometimes target one person and the questions get nasty. Can lead to cyberbullying with no chance of ever getting caught.

What can parents do?

- Teach students that social media can and should be used as a tool for good
- Ensure your children are equipped with the relative skills they need to navigate social media
- Remind children that they should always go to a trusted adult if they are uncomfortable on social media

Caution

Last spring several students were “disinvited” to attend Harvard University based on their social media presence.

More and more universities and work places are using your social media presence to “rate” your desirability for entrance or employment.

Some cases have ended up in civil court when a victim can prove slander or malicious intent.

Ok2Say

The Ok2Say website has a plethora of information for you:
ok2say.com.