Social Media & Cyber Safety

January 19, 2023
6th Grade Counselor - Mollie Curran
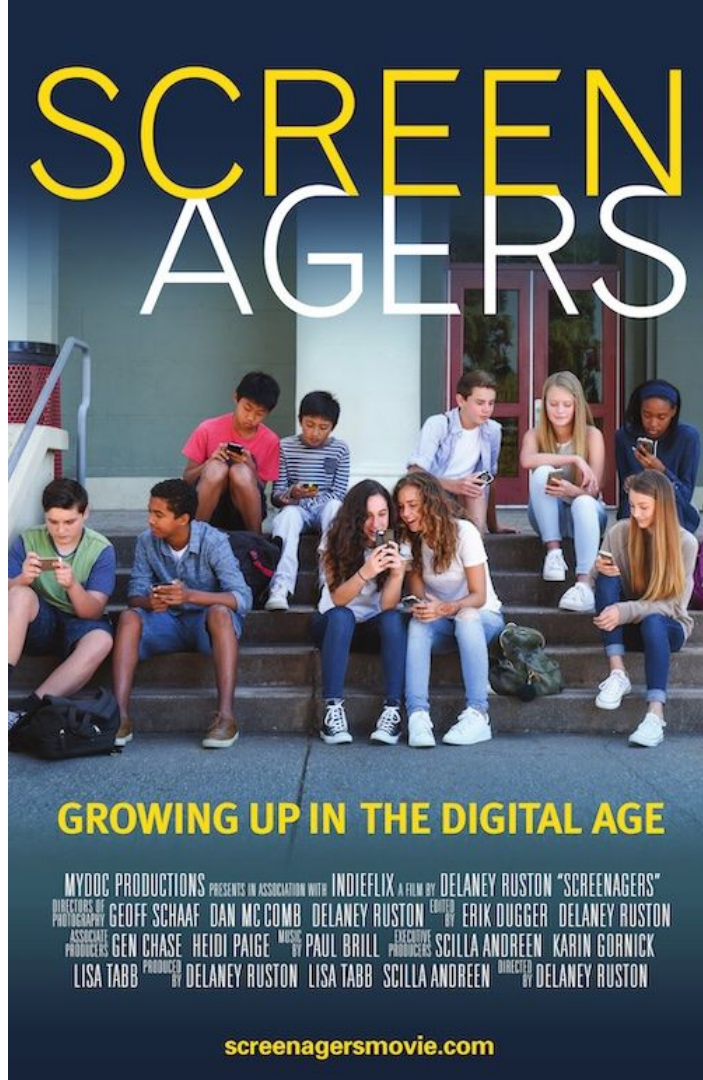7th Grade Counselor - Eliza Willms
8th Grade Counselor - Kirstin Procter
School/Family Liaison Counselor - Kelly Eastmond

[Screenagers Trailer](#)

Social Media Privacy

60%
have social media
profiles set to private †

13%
stream video live to the
Internet for others to watch ^

What Are They Posting? †

91%
Photos
of themselves

71%
Their school name

53%
Their email addresses

City/town where they live
**71%**

20% Their cell
phone
number

Effects of Recent Increased Screen Time

More screen time can allow for more online bullying.

- Increased screen time by 20% since COVID pandemic

- 71% of U.S. parents with a child age 11 or younger are concerned that their child might spend too much time in front of screens, according to the Pew Research Center

- 70% of parents estimated that their kids spend at least four hours a day with screens
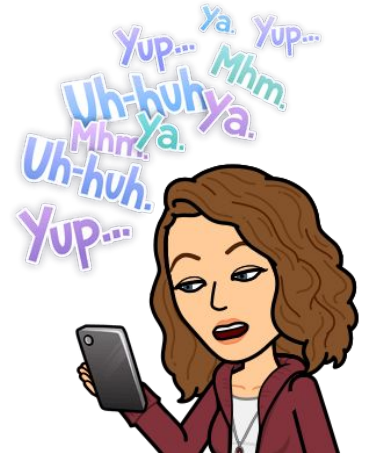
The Negative Effects of Social Media on Youth Mental Health

- Increased anxiety/social anxiety
- Loss of sleep
- Lower self-esteem
- Lack of in-person connection
- Increased interactions with strangers
- Unrealistic views of self and others
- Decreased empathy for others

- Feeling inadequate about your life/experiences
- Feeling isolated/excluded
- Heavy social media use could be masking underlying feelings or issues which provides an unhealthy way to manage emotions
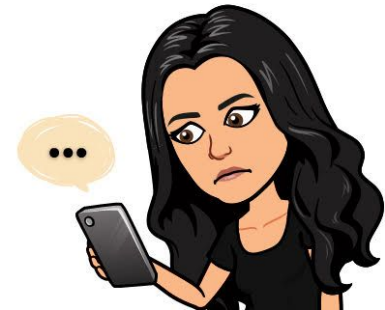
Prevalence of Cyberbullying

- The likelihood of experiencing cyberbullying on social media ...
  - YouTube - 79%
  - Snapchat - 69%,
  - TikTok - 64%
  - Facebook - 49%

- Over *half* of teens felt **angry** after being cyberbullied, about *a third* felt **hurt**, and nearly *15%* felt **scared**.

- Two-thirds of tween victims of cyberbullying said that it had a negative impact on how they felt about themselves.

- Nearly a third of tween cyberbullying victims said the incidents affected their friendships, while 13 percent said it affected their physical health.

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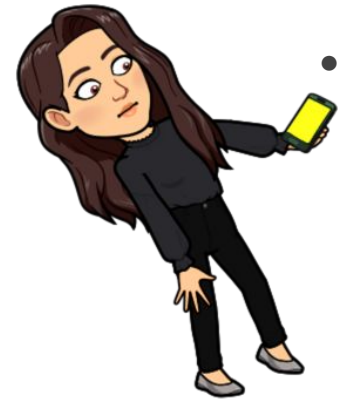
SnapChat Quick Facts

- What is Snapchat?
  - Snapchat is a free messaging app that enables users to swap videos and puncture that disappear after viewing.
- Is it safe?
  - Snapchat can be a lot of fun when use appropriately.
- What does streak mean on Snapchat?
  - A Snapchat streak refers to how many consecutive days you have exchanged snaps with another user on the app. You will see a number next to their name indicating how long your streak is.
- Should my kids share their location on Snapchat?
  - Snapchat uses location for features like Filters, Search, Snap map and ads. Ghost Mode means you're not sharing your location with anyone on the app. Teach your kids to be thoughtful about sharing their location. We recommend teens stay in Ghost Mode with everyone but close family members and a few trusted friends.
- What are other ways to help my kids stay safe on Snapchat?
  - A positive experience on Snapchat ultimately depends on how it is used. It is important to talk to kids about being thoughtful while using social media. Remind your kids that they should speak to a trusted adult when they see something that concerns them. Parents should also make sure their kids' privacy settings are set to My friends only.

[Snapchat Privacy Settings](#)

TikTok Quick Facts

- "TikTok has "**Digital Wellbeing**" tools for all accounts that set daily screen time and limit certain videos with Restricted Mode, which TikTok says "limits content that may not be appropriate for some viewers." **Go to Settings and Privacy > Digital Wellbeing** to access the tools." (connectsafely.org)

- Family Pairing "how to" - parents can control their child's settings remotely such as setting screen time and disabling direct messaging

- Parents' Unlimited Guide to TikTok - Common Sense Media

Youtube Quick Facts
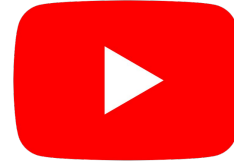
- **Youtube and Influencer Content**
  - With the abundance of a variety of content available on Youtube, it is easy for your kids to stumble upon inappropriate content that could affect their mental health. Alternatively, it could also be influencers that they follow on the platform who talk about body images, makeup and fashion.
  - Other ways that Youtube could affect your child's mental health is through comparison of other people's lives. Many YouTube content creators post daily vlogs which are videos about a day in their lives. Because of the type of work they do in the creative field, their lives may seems more glamorous which could lead to your teen questioning things about their lives.
  - It is important to have discussions with your children about the superficial life that is often posted on social media and how it is more important to live in the moment.
- **How can I monitor my kids' activity on Youtube?**
  - You cannot directly monitor your kids' activity on YouTube. There is an option on YouTube Kids where you can choose what kind of content they can watch and how long they can use the platform for. For YouTube, there is no direct option. However, you can add a restricted mode to YouTube that restricts mature content in your browser. Here is how you can do this:
    - Go to the YouTube website and sign into your YouTube/Google account or your child's account
    - Click on "Settings"
    - In the drop-down menu, scroll to the bottom where you will see "Restricted Model
    - Turn on "Restricted Mode"
  - The other way to do this is to click on your profile picture icon on the top right corner. Right at the end of the menu, you will see "Restricted Mode" and it allows you to turn it on or off. Make sure that the Restricted Mode is on on all devices.
- [YouTube Parent Resources](#)

Discord Quick Facts

- Typically used for gaming, but also used to text and voice message and connect regarding non-gaming activities
- Messaging feature provides opportunity for negativity online
- Users have the ability to block other users and report screenshots to **abuse@discordapp.com**
- Educational benefits - learning something new, opportunity to connect with others who have similar interests
- [Parental Guide - Step by Step Instructions (from Discord)](#)

To Use Parental Supervision Tools … Or Not?

- There is no "one size fits all" answer to using parental controls
- Largely dependant on the child's age and maturity
    - Does your child generally follow family rules?
    - How likely is your child to take risks?
    - How is your child's impulse control skills?
    - Is your child careful with their device, devices they borrow, and sensitive information such as passwords?
- Long term goal should be to wean the child off of monitoring tools in order for them to make appropriate decisions on their own regardless of who is watching
- Know your child's passwords and have the ability to access apps
- https://www.iphonelife.com/content/how-to-hide-apps-iphone-how-to-find-them-later

Promoting Safe Online Practices

- **Expectations for in person interactions also apply to online interactions**
- Modeling appropriate technology use (amount of time, time of day)
- Look for warning signs of social media overuse - obsessive with technology, withdrawing from typical social interactions, being upset/uneasy about using social media, becoming upset or angry after using their phone.
- Maintain open and candid communication regarding social media use
- When posting, assume that everything shared can be made **public** and **permanent**
- Role play - ask "what would you do if…?" or "how would you react if…?"
- Trust, but verify!

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12 ONLINE SAFETY TIPS
EVERY CHILD NEEDS TO LEARN

A stranger online is still a stranger

Too much of anything can be bad, use the internet wisely.

Do not lie on social media

Don't believe everything you see online

Do not share personal information

Use the internet and social media for good and to learn.

When in doubt do not share. Remember anything you share stays online forever.

Likes and followers aren't really that important

Do not click on suspicious links.

Do not keep secrets from your parents. If anyone asks to meet you, speak up.

Do not be rude online

Cyberbullying is wrong.

Teens Taking Action

- The most effective way to prevent cyberbullying, teens say, is to block the bully, according to the National Crime Prevention Council.
- Almost two-thirds of teens said that they tried to help someone who was being bullied online, and 30 percent had tried to help multiple times, according to the Cyberbullying Research Center.

- Out of teenage cyberbullying victims:
  - 36 percent asked the bully to stop cyberbullying them.
  - 34 percent blocked all communication with the bully.
  - 29 percent did nothing.
  - 11 percent talked to their parents about the incidents.

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Helpful Resources for Parents

- [Common Sense Media](#) - App Reviews, Recommendations for Parents/Families
- [Cyberbullying Research Center](#) - Resources for Parents
- [Family Online Safety Institute](#) - Digital Parenting Resources
- [Raising Digital Citizens](#)
- [Stopbullying.gov](#) - Cyberbullying Resources