

# SOCIAL MEDIA + YOUR FAMILY

*How to manage your family expectations and build a good plan/relationship with your child in a digital world*

Your  
thoughts....

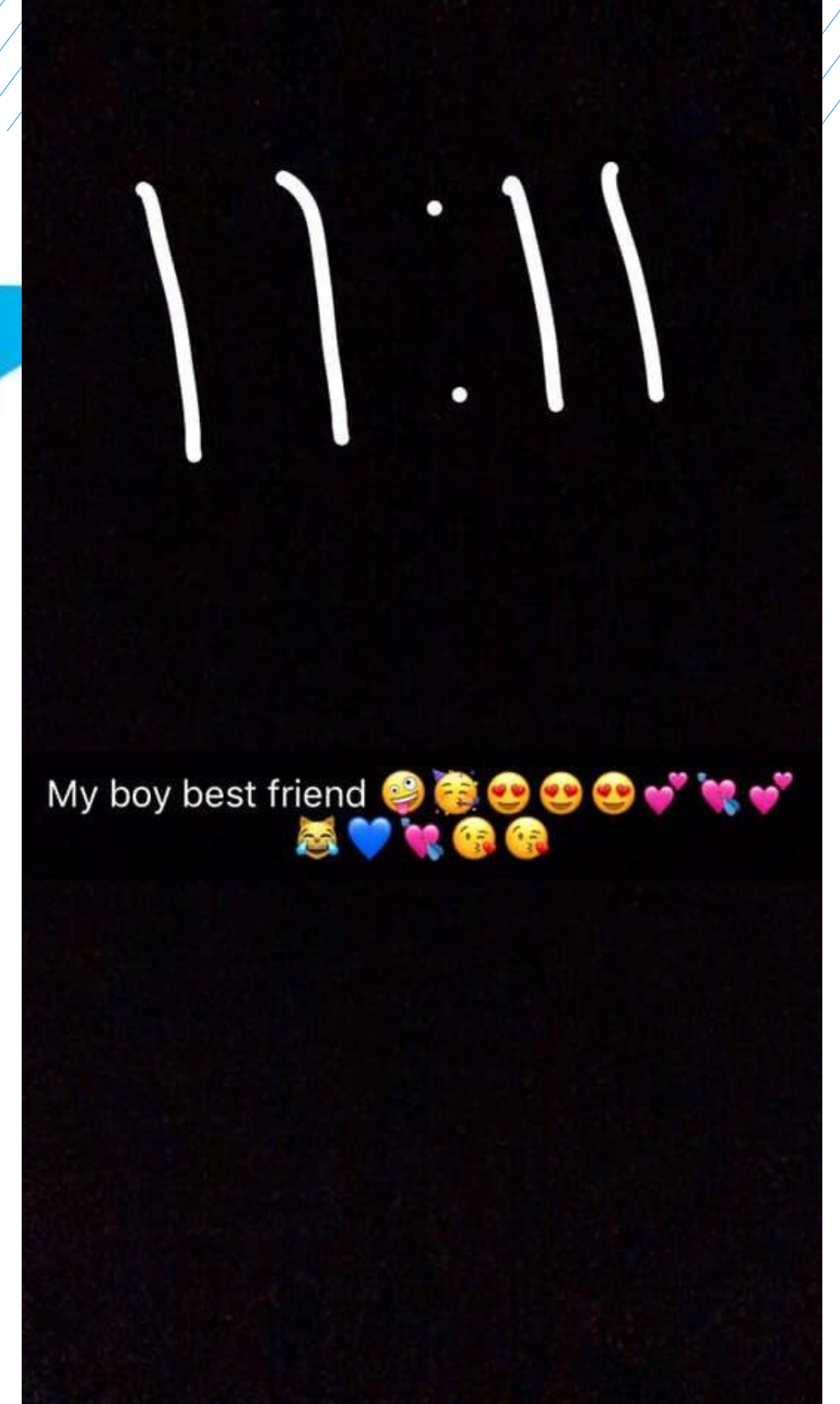
Adults –

What top 3 concerns do you have about your child and social media?

Students –

What top 3 social media/apps do you like/want and why?

# Self-Esteem Peer Pressure Social Media



- Why I wanted social media independence
- Challenges I faced (with my parents and others)
- Earning it and losing it and earning it again



# Best Practices on Social Media

# SOCIAL MEDIA VS. SOCIAL LIFE

*Ask yourself — is my child...*

## All About That Balance

- ✓ Physically healthy and sleeping enough?
- ✓ Pursuing interests and hobbies (in any form)?
- ✓ Connecting socially with family and friends (in any form)?
- ✓ Having fun and learning in their use of social media?
  - ✓ Engaged with and achieving in school?



# Front Page Test – *conversation prompts*



- How would I explain what I'm sharing or posting to my family or friends?
- What would my grandmother or coach or teacher think about the content I am sharing online?
- Would talking about my online habits at a family party or in class make me feel embarrassed or uncomfortable?
- Does it make me uncomfortable when I see my friends posting things I know they shouldn't?

# Work together



Use social media with your child

Discuss and follow through with your own rules

Set expectations and rehearse

Connect social media to real life

Talk about commercials and other advertising

Talk about their digital footprint & the future

*Model the social media behavior you want to see  
in your kids*



# Family discussion

What

reaction/impression/influence

do you want to give others that  
visit see your posts and texts --

why?

# Privacy Settings




- Control who can view your child's profile, posts, photos & activity with privacy setting options





If you see something inappropriate,  
harmful, scary, uncomfortable,  
worrisome..... say something

## Last thoughts..... What works for our family

- **Family talks, rules and boundaries (all areas – phones, social media, video games, television, etc.)**
  - **Chances to prove responsible habits**
  - **Following through on the rules**
  - **Keeping devices in plain sight/out of bedroom**
  - **Monitoring all devices regularly**
  - **Access to all devices/knowing the password**
  - **Reminder – it's a privilege, not a right to have a phone or social media**
  - **No phones out in the car, during dinner or at family events (*unless asked but not the norm*)**
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Questions?