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

*FOMO → *JOMO

SECRET SHOW TONIGHT DOWNTOWN
34 LIKES

THE SUNSET IN THE BAHAMAS IS BEAUTIFUL

BEST CAMPING TRIP EVER

I'M MOVING TO NYC WITH MY BOYFRIEND, I LOVE MY LIFE
• 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?
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
All of these impulses to be a part of things can lead to some poor choices.

Self-reflect Before You Self-reveal!

• Kids and their friends often share and post before thinking of their future selves.

• Think of what people post as a digital tattoo: It's persistent and searchable.

• 40 percent of college admissions officers check applicants' social media profiles
If you see something inappropriate, harmful, scary, uncomfortable, worrisome...... say something
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)
Questions?