A Parent's Guide to Social Media

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St. Joseph's Marello

- Social media is social interaction in which people create, or share information in virtual communities. (Wikipedia)

Social Media Advantages

- Community Involvement

- Finding and expressing their opinions in a public forum

- Demonstrates Creativity and ability to create and maintain web content

- Supports social interaction with others of similar interests

- Building of networks
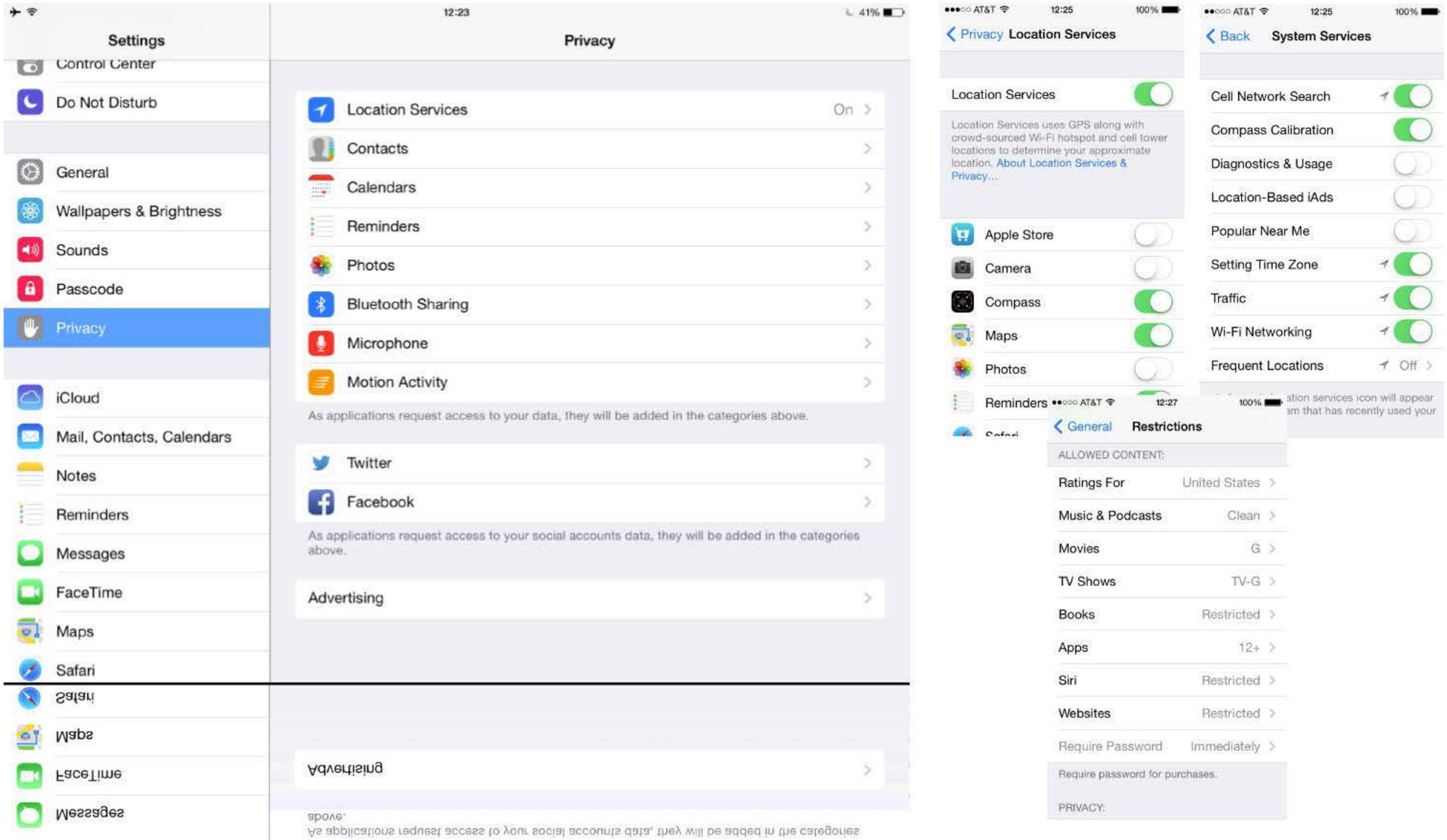
- Practicing of net etiquette and ethics

Social Media Dangers

- Digital Permanence

- Distractions due to immaturity of impulse control

- Cyber-bullying/trolling/anonymity

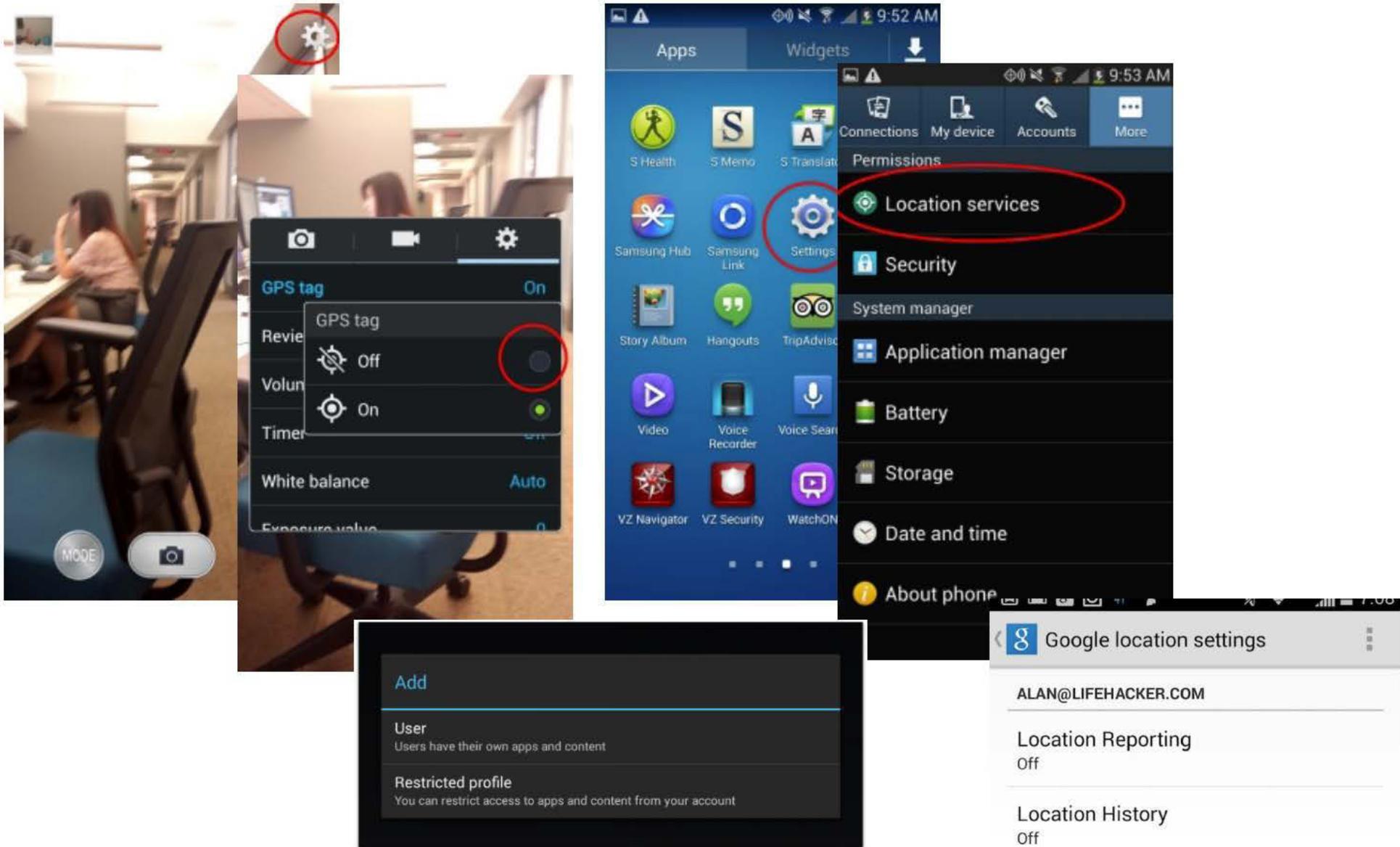- Catfishing

- Vulnerability to Predators

Other Social Media Vocab

- Eraser Bill: CA Legislation effective 01/2015. Gives minors the right to delete content from the web that they have posted.

- Internet Meme: an activity, concept, catchphrase or piece of media which spreads, often as mimicry, from person to person via the Internet (Wikipedia)

- Hashtag: is a type of marker that groups like posts together by keyword beginning with # (Wikipedia)

- GPS or Location Tag: apps can request your exact location and that can be attached to images or posts.

- Privacy Controls: These should be checked periodically on apps and devices.

- Selfie: a photo you take of yourself. Make sure to hold the camera up, angle your face down and tilt your head! ;)

Apple Privacy/GPS

Android Privacy/GPS

Communicate with your children…just not on "Insert Social media app here"

- An acronym for Parents: C U ACT

  - Communicate: Create an environment of open, respectful and loving communication so kids feel comfortable coming to you with any issues and let you know what is going on with them.

  - Understand: Age appropriate measures (cyber rights of passage mentioned by Joanna). If your child has any device that can access the internet, you are trusting them to make smart decisions. Make sure you understand the challenges they might face so you can help to guide them through.

  - Ask: Your child what they know and how they use devices and the Internet. Talk to them and have them tutor you on what apps kids are using and how they work. Ask yourself if your child is old enough to have a smartphone or other unsupervised Internet or device access.

  - Change: How devices and Internet are accessed and used in and out of your home through communication and education. You can consider house rules such as checking in devices before bed and only using computers and devices after homework is done. Or even making the common areas of the house conducive to study so that computers can remain in common areas instead of behind closed doors.

  - Teach: Your children about the advantages and dangers of using social media and the Internet. Keep the discussion open and ongoing so you can keep a pulse on what might be going on. Remind them of social media ethics which can be summed with the following question: Would you be ok with whatever you are sharing being broadcast on the news? If not, then don't post it.

Apps your kids use

- There are so many apps out there available as device apps or websites, it makes it difficult to keep up with what they are used for and what controls are available.

- Try to understand and learn what your kids and using and how by communicating with them face to face.

- Foster trust and encourage communication instead of seeking to control and restrict.