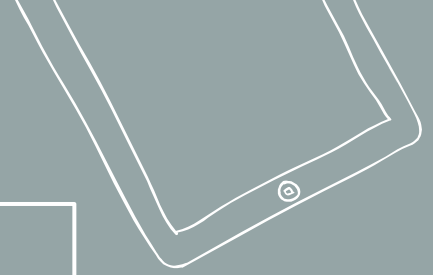
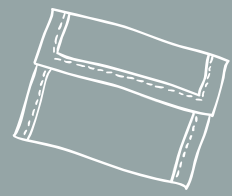
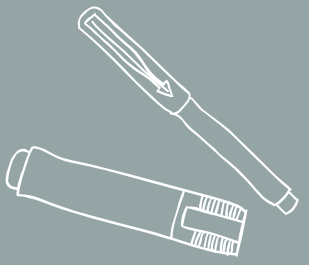


WHAT PARENTS NEED TO KNOW ABOUT SOCIAL MEDIA

Ginger Guidone, LMSW & Tiffany Liebling, LMSW
Social Workers at JFK Middle School





Topics to Be Covered

01

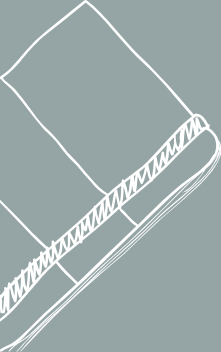
Social Media Overview

02

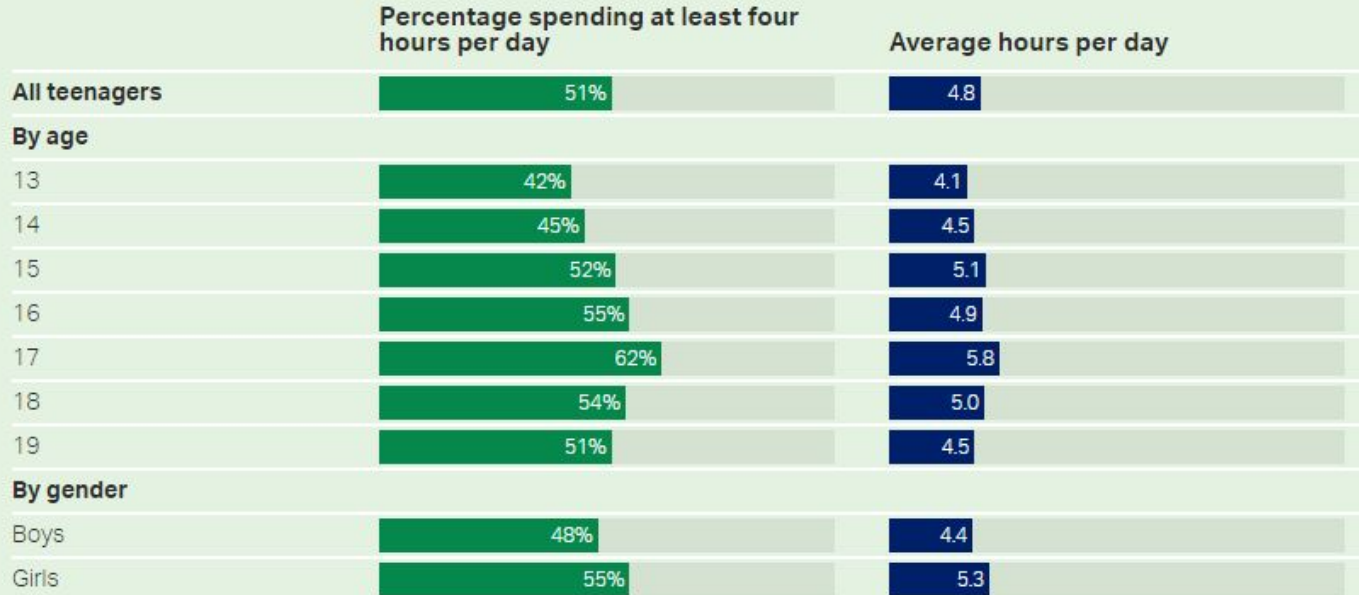
Benefits, Risks, and Usage

03

Monitoring Social Media



U.S. Average Adolescent Screen Time, by Subgroup



June 26-July 17, 2023

Based on responses from 1,567 U.S. adolescents

GALLUP FAMILIAL AND ADOLESCENT HEALTH SURVEY • [Get the data](#) • [Download image](#)

GALLUP

1

SOCIAL MEDIA OVERVIEW

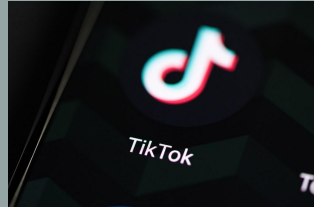


SOCIAL MEDIA APPS AND SITES KIDS ARE USING RIGHT NOW

Snapchat



Tik Tok



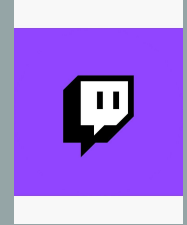
Instagram



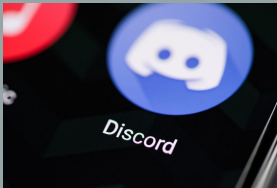
Youtube



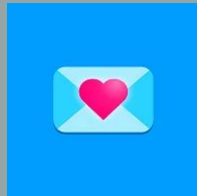
Twitch



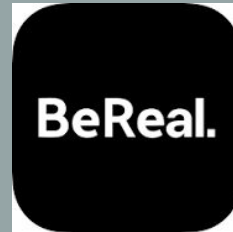
Discord



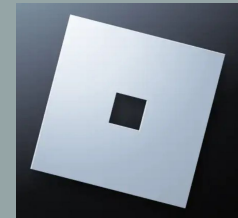
Sendit



BeReal



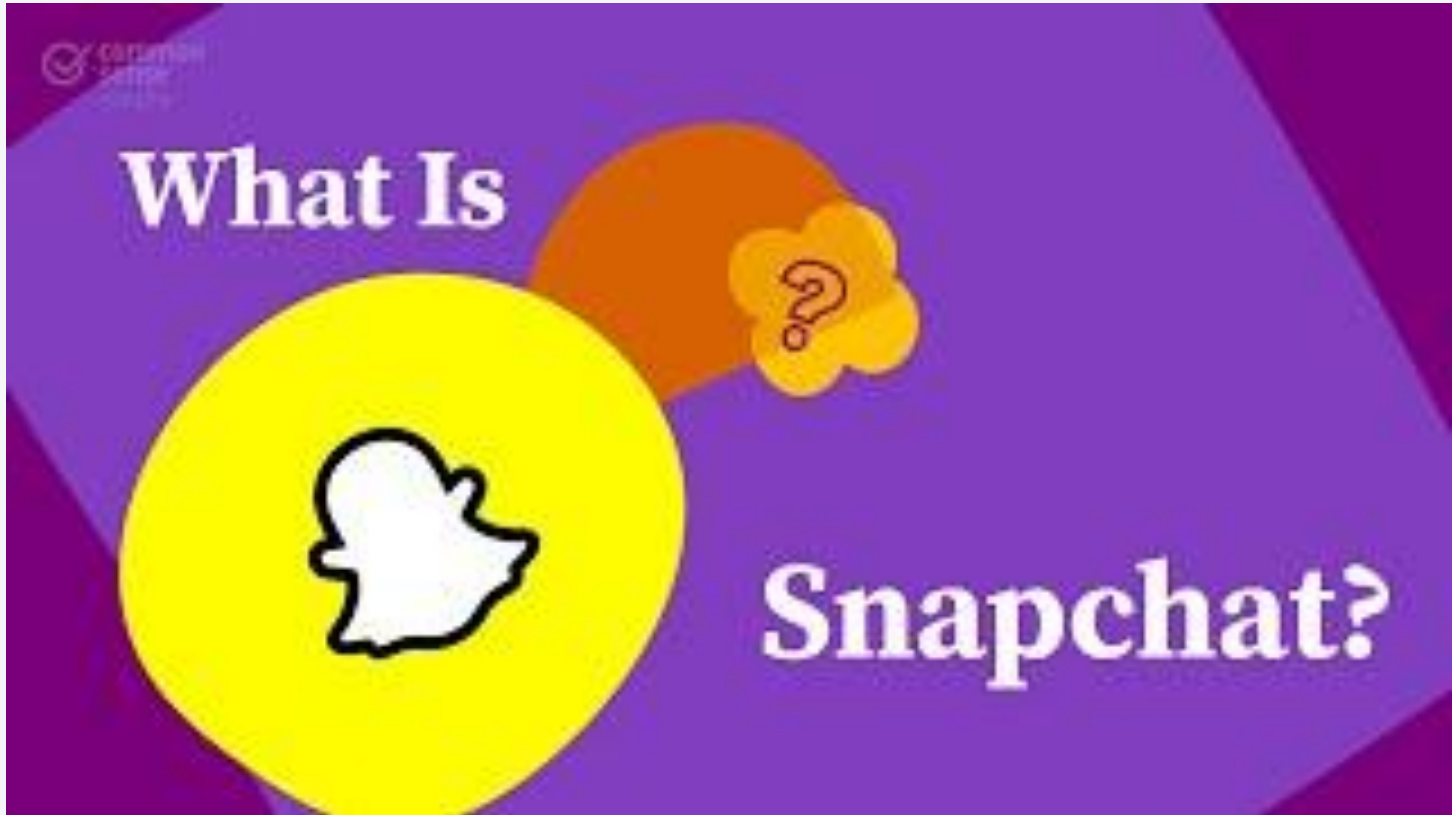
Roblox



WHAT IS TIKTOK



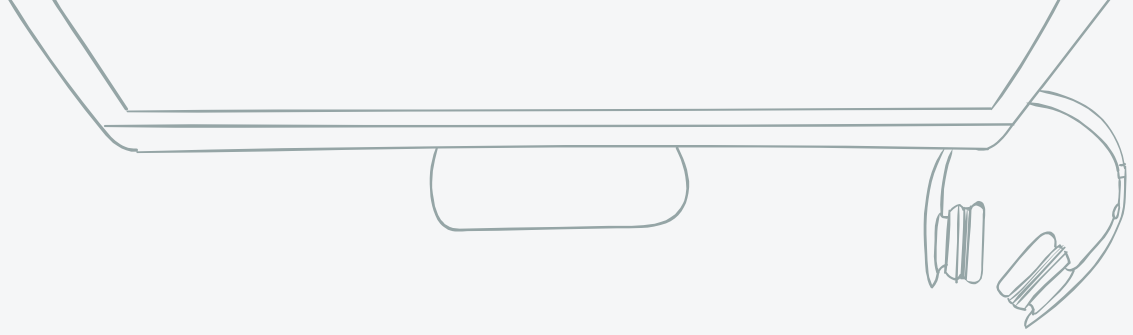
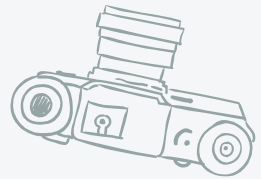
WHAT IS SNAPCHAT



2

BENEFITS & RISKS





What's Good About Social Media?

Social media can help our students by...



WHAT ARE SOME RISKS OF SOCIAL MEDIA?



1

MONITORING SOCIAL MEDIA





MONITORING SOCIAL MEDIA



Open
Communication

Setting Limits
and Boundaries



Apps to Explore



MONITORING SOCIAL MEDIA

Open Communication

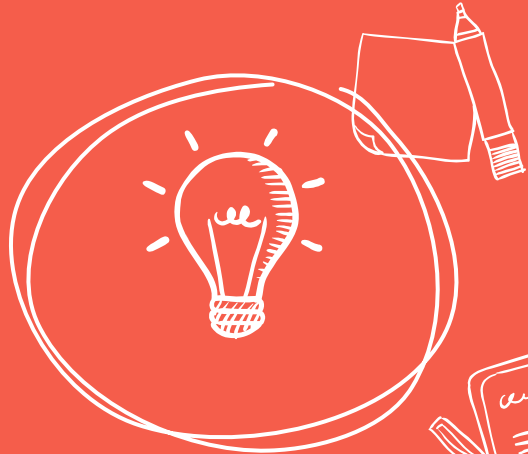


MONITORING SOCIAL MEDIA

Setting Boundaries and Limits



HOW TO LIMIT YOUR CHILD'S SCREEN TIME



SET UP SCREEN TIME FOR A CHILD

When you set up Screen Time for a child, you can manage settings for downtime, allowances for app use, the contacts your child communicates with, content ratings, and more. To use Screen Time, your child must be using an eligible device. See the Screen Time section in the Apple Support article [System Requirements for iCloud](#).

Go to Settings > [your name] > Family Sharing > Screen Time.

Tap the name of a child in your family group, tap Turn On Screen Time, then follow the onscreen instructions.

For information about Screen Time settings, see [Set up Screen Time for a family member on iPhone](#).



FAMILY MEDIA PLAN

Create a family media plan with consistent rules and enforce them with your children

FAMILY MEDIA PLAN

LINKS

[Family Media Agreement](#)

[Screen Time and Children - AACAP](#)

COMMON SENSE MEDIA

Family Media Agreement

I, _____, will:

... take care.

- I will take care of the device I'm using and tell my family if it's broken, stolen, or lost. As a result, I will understand the consequences if I lose or break a device, and I understand those consequences.
- Unless I have paid for a device with my own money or it was a gift, I understand that the device was bought by a family member(s) who bought it.
- _____

... stay safe.

- I will not create accounts or give out any private information — such as my full name, date of birth, address, or photos of myself — without my family's permission.
- I will not share my passwords with anyone other than my family. I will ask my family to help me set up settings if I want to set up devices, accounts, or profiles.
- If anyone makes me feel pressured or uncomfortable or acts inappropriately toward me or my family, I will tell a family member or other trusted adult about it.
- _____

... think first.

- I will not bully, humiliate, or upset anyone online — whether through sharing photos, videos, spreading rumors or gossip, or setting up fake profiles — and I will stand up to those who do.
- I know that whatever I share online can spread fast and far. I will not post anything online that could harm my reputation.
- Whenever I use, reference, or share someone else's creative work online, I will give proper credit to the artist.
- I know that not everything I read, hear, or see online is true. I will consider whether a source is reliable.
- _____

COMMON SENSE MEDIA

Family Media Agreement

... stay balanced.

- I will help my family set media time limits that make sense, and then I will follow them.
- I will be mindful of how much time I spend in front of screens, and I will continue to enjoy and use technology in my life.
- If using media or being online is making me unhappy or it's hard to stop, I will take a break from using technology.
- _____

... communicate openly.

- I will talk to my family about what media I use and what I do online and answer any questions they have about my online life honestly.
- I will tell my family if I'm struggling with media use, have made a mistake online, or need help.
- _____

In exchange, my family agrees to:

- recognize that media is a big part of my life, even if they don't always understand why.
- talk with me about what worries them and why before saying "no."
- talk to me about my interests and embrace my world, including helping me find media that is helpful.
- _____

X _____
SIGNED BY ME

X _____
SIGNED BY MY PARENT(S)



Apps to Consider

Eyezy

Net Nanny

Bark

Famisafe



PARENTAL CONTROLS

What are parental controls and what do they do?

There are a variety of control tools and monitoring tools available to parents. Some are software products or mobile apps that you buy or subscribe to. Others are free and some are already present on your phone, tablet or computer operating systems or available from your internet service provider.

FAMILY SHARING

Set up parental controls with Family Sharing on iPhone
With Family Sharing, the organizer can set up parental controls for children in the Family Sharing group. You can use Screen Time to manage how your children use their Apple devices. You can also turn on Ask to Buy, so children must receive approval for purchases or free downloads.

TIKTOK FAMILY PAIRING

To stay safe TikTok introduced private account settings and Family Pairing to help parents and guardians keep their teens safe on TikTok. Family Pairing links a parent's TikTok account to their teen's and once enabled, they will be able to control Digital Wellbeing features, including:



Screen Time Management: Control how long their teen can spend on TikTok each day.

Direct Messages: TikTok users become eligible for Direct Messages at 16. Parents may restrict who can send messages to the connected account (Everyone, Friends), or turn off direct messaging completely. Please note: direct messaging is automatically disabled for registered accounts between the ages of 13 and 15.

Restricted Mode: Restrict the appearance of content that may not be appropriate for all audiences.

Discoverability: decide whether your teen's account is private (your teen decides who can see their content) or public (anyone can search and view content)

Liked Videos: decide who can view the videos your teen liked.

Comments: Control who can comment on your teen's videos (Everyone, Friends, no one)

Suggest account to others: Control whether your teen's account can be recommended to others.

[Family Pairing Instructions](#)

PARENTAL CONTROLS LINKS

[Parent's Guide to Parental Controls](#)

[Amazon Kids+ Parental Controls](#) (Fire tablets and other Amazon devices)

[Apple: Parental controls for iOS](#) (iPhone, iPad and iPod Touch)

[Apple: Screen Time on Mac](#)

[Google Family Link](#) (Free for Android devices as a download)

[Microsoft: Controls for Windows 10 & Xbox](#)

[Messenger Kids](#)



What questions do you have?



Email:
gguidone@comsewogue.k12.ny.us
tliebling@comsewogue.k12.ny.us

Call:
631 642-4404
631 642- 4403

