



Social Media 101

Bayside STEMAcademy-
Parent Workshop

February 24, 2017



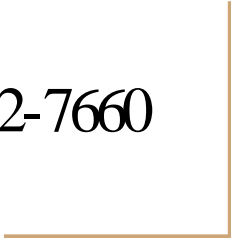


Lauren Alexander

7th and 8th Grade Counselor

LAlexander@smfcsd.net

650-312-7660



Goals For Today

- What are our kids using?
- Why do they like it?
- How do we address safety?
- How do we address privacy?
- How can we create expectations around social media and technology use?
- What questions do we have?

Facts On Smartphones and Social Media

66% of middle school students use a smartphone regularly

The average child gets a phone at age 12

8 to 12 year olds spend 6 hours per day using technology

13 to 18 year olds spend 9 hours per day using technology

Let's Map That Out

7am - Time to Wake Up!

1 HOUR

8am - School Starts

2:30pm - School Ends

8 HOURS

10:30pm - Bedtime

8 to 12 year olds spend 6 hours per day
using technology

13 to 18 year olds spend 9 hours per day
using technology

**WHERE IS THERE TIME TO DO
ANYTHING ELSE?!**

What Are Our Kids Using?

Instagram

Snapchat

Vine (previously)

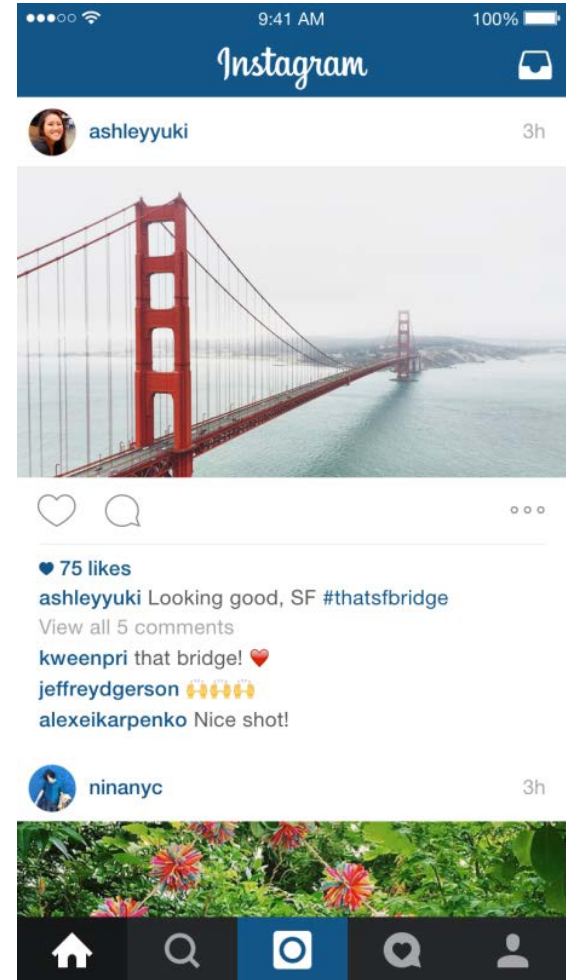
YouTube

Others??

Instagram



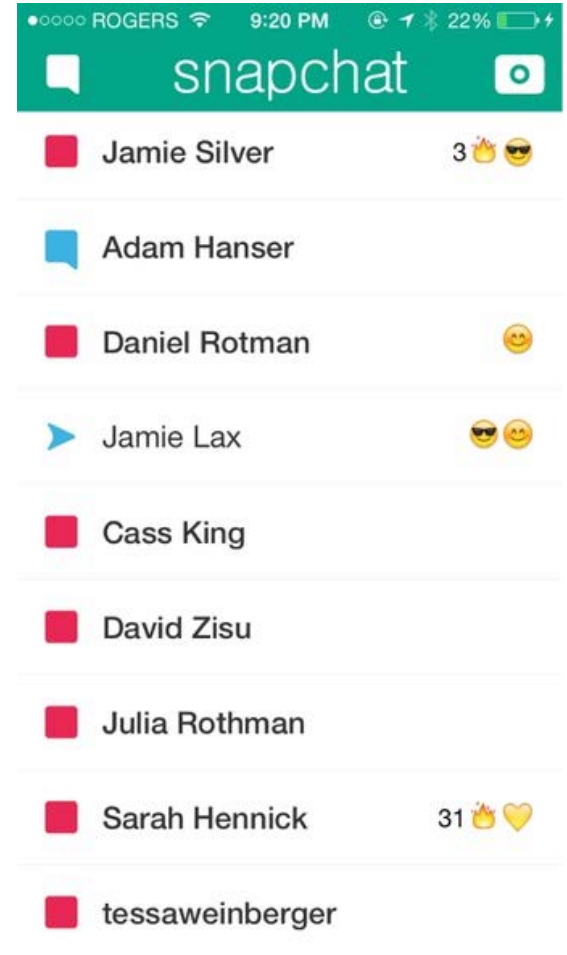
- Photo posting, live streaming, commenting, direct messaging, likes, views
- Can be private: invitation only
- What is a hashtag?
- What is a geotag?



Snapchat



- Photo sending, video sending, chat abilities
- “Self-destructing” BUT..
- What is a filter?
- What is a story?
- Streaks



Vine (no longer exists)



- Video posting, commenting, likes
- Vners



YouTube

- Music videos, new home for Vines, YouTubers
- Commenting, views, likes



Others??

These are by FAR the most popular apps and tools your kids talk about using

Any others you know of? Have questions about?

Swag You Should Know...

HMU - Hit me up

IMO - In my opinion

On Fleek - Perfect, awesome

Slay - Achieving something amazing, "killin' it"

Put On Blast - To call out

Swag - Skills or style

KYS, KMS - Kill yourself, kill myself

MORE Slang You Should Know...

Bae - Babe, crush, sweetie, before anyone else

DM - Direct message

Thirsty - desperate, needy, usually in a lusty way

IRL - In real life

YOLO - You only live once

PAW - Parents are watching

MCM, TOT, WCM, TBT, FBF - Man crush Monday, tongue out Tuesday, woman crush Wednesday, throwback Thursday, flashback Friday

A Question..

What was one thing you had as a teen that allowed you to see your friends, go places without your parents knowing, interact with someone you had a crush on, or obtain substances your parents didn't know about?

Smartphones and the Internet are the cars of this generation of teenagers.

They allow teens to connect with friends, create identities outside of their family,
and gain independence.

However, today's teens can do all of these things while sitting at the dinner table,
doing homework on their computer, or sitting in your car.

Let's seek to understand what the phone means to your child!

Our Lens On This...

Your role as a parent is not to keep them entirely from this online, connected world but rather:

*to help them to **interact** and **adapt** to it in a way that promotes strong **boundaries**, **healthy communication**, **age appropriate relationships**, and **independent thinking skills**.*

Why Do Our Kids Like It?

Connecting frequently with peers

Developmentally appropriate to seek privacy from parents

The “Modern Diary”

Finding communities one may not have in real life

Developing one’s own look, trying on different personalities, CURATION

And...

They like it for the SAME REASONS we like it!

ego boost

staying in touch

distraction

curiosity

entertainment

What do you wish your parents knew about social media?

That it's not always bad

Thinking Safety...

17% of online teens report some kind of contact that made them feel scared or uncomfortable.

Girls are more than twice as likely as boys to report contact from someone they did not know that made them feel scared or uncomfortable.

16% of teen social media users have set up their profile to automatically include their location in posts.

Thinking Safety...

Of kids ages 12-13 who use the internet and social media:

- 82% have photos of themselves on their profiles
- 56% have shared the name of their school
- 50% have shared their relationship status
- 11% have shared their phone number (boys are more likely than girls to share this)

Thinking Privacy...

Girls are more likely than boys to delete friends from their network and block people.

Unfriending and blocking are equally common among teens of all ages and across all socioeconomic groups.

74% of teen social media users have deleted people from their network or friends list.

Reputation

More than half of online teens (57%) have decided NOT to post something online because they were concerned it would reflect badly on them in the future.

19% have posted updates, comments, photos, or videos that they later regretted sharing.

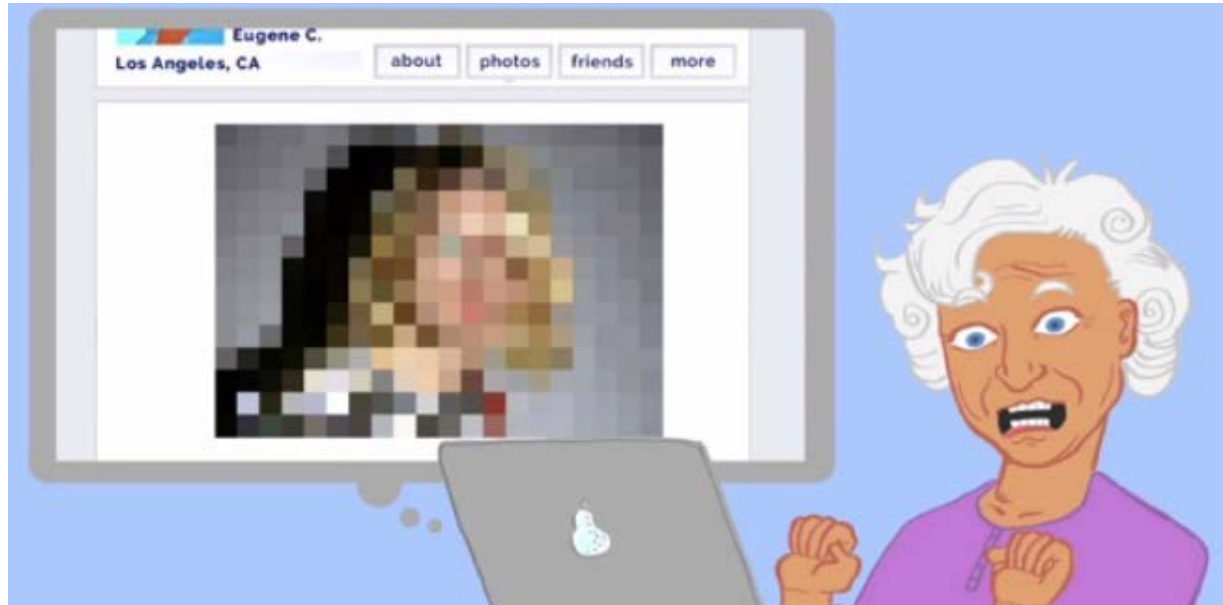
1) Would you say it in real life? (IRL, you might say..)



2) Is it too much information? (TMI)



3) Would you want your grandma to see it?



4) A moment is still a moment even if you don't post it



Misty Savoir @miss-tee88

woke up #bagel #shower



Misty Savoir @miss-tee88

tied my shoes #love #life



Misty Savoir @miss-tee88

How Can We Create Expectations Around Social Media Use?

SAFETY and PRIVACY

Passwords: Who has access to them? Do they share them with you?

Tagging: Will you have rules and expectations about geotagging?

Posting: Will there be guidelines about posting personal information?

How Can We Create Expectations Around Social Media Use?

COMMUNICATION and PARTNERSHIP

Parent Access: Do you follow them on Instagram? Should you?

Working Together: Will you set aside time to have your child walk you through the apps and sites that they use? What questions will you ask?

Open Communication: If something feels yucky, scary, or wrong, can they talk to you about it? How can you be non-judgmental about their experiences with and questions about technology?

Creating and Enforcing Boundaries

What rules will we have as a family about technology, TIME, HOMEWORK, and social media use?

Create a TECH FREE ZONE or a PHONE HOTEL

Limit the hours of use or make an expectation

“Once you complete _____, you can use your phone for ____ hour(s).”

Creating and Enforcing Boundaries

Talk about and design a set of family values about technology

We deeply value our family bonds and the quality time we spend together. We work to the best of our ability not to let our smartphones get in the way of our conversations, fights, hugs, laughs, or special family memories.

We turn our phones off at _____ to help us get a good night's sleep so we are relaxed and refreshed for the next day.

On Saturdays, we all turn off our phones for 3 hours to do something together as a family.

If we feel like one of our family members is ignoring us during a conversation we use the code word "lily pad," which translates to, "Hey, get off your phone. It hurts my feelings that you aren't listening to me."

Reflecting On Our Own Use...

How many times per hour do I check my phone?

Does my phone ever prevent me from connecting with my own friends?

Have I ever checked my phone in the middle of a conversation with my child?

How late at night do I stay on my phone?

Do I ever text or respond to emails at times when I could be connecting with my teen - watching their soccer game, having a conversation on the couch, or just spending time with my child?

Do I text/talk and drive around my kids?

What Questions Do We Have?

THANKYOU

Get in touch, stay in touch

Lauren Alexander

laalexander@smfcsd.net

Schoolloop

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