

As you come in and get seated....

Please ANONYMOUSLY answer the following prompts.

When you're done, stick the post-it on the whiteboard under the question.

- 1) When it comes to my child's social media/technology use, I worry....
 - 2) If I could change one thing about my child's social media/technology use, it would be...
 - 3) One thing I have to work harder to understand or accept about social media/technology is...
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Social Media 101

Bayside Academy -
Parent Workshop

September 6, 2017

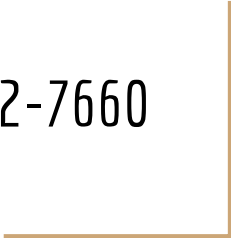




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Gallery Walk

(First)

Please stand up and pick a question on the wall to start with.

Read the prompt and the answers you and your fellow families provided.

Once you're done reading those answers, rotate to the next question.

(Next)

With a partner sitting next to you or your tablemates, please discuss:

- Trends or themes you noted in the responses
- Answers that stuck with you or made you think
- Other thoughts you're having

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?

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**.*

Facts On Smartphones and Social Media

66% of middle school students use a smartphone regularly

The average child gets a phone at age 12

21% of kids aged 8 and younger use a smartphone

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

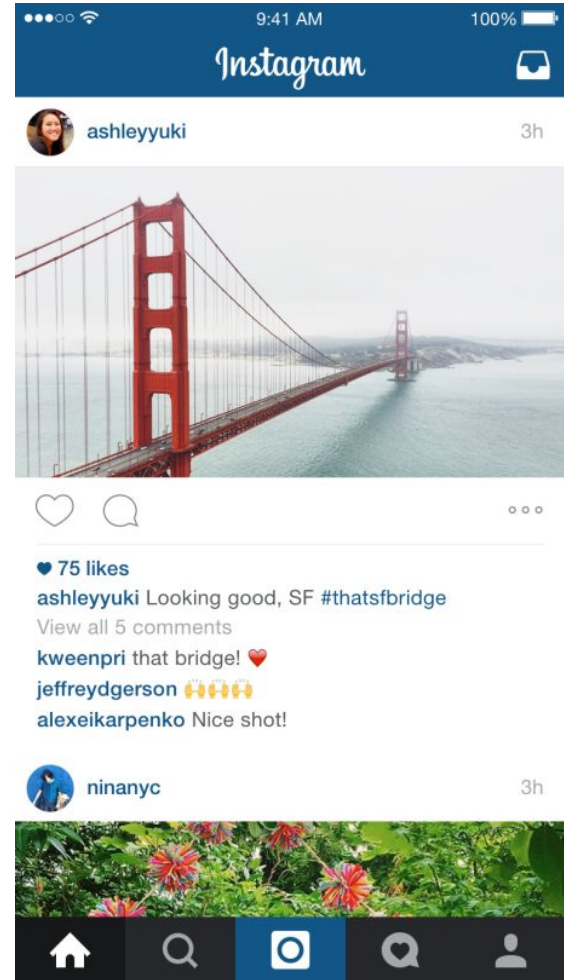
YouTube

Others??

Instagram



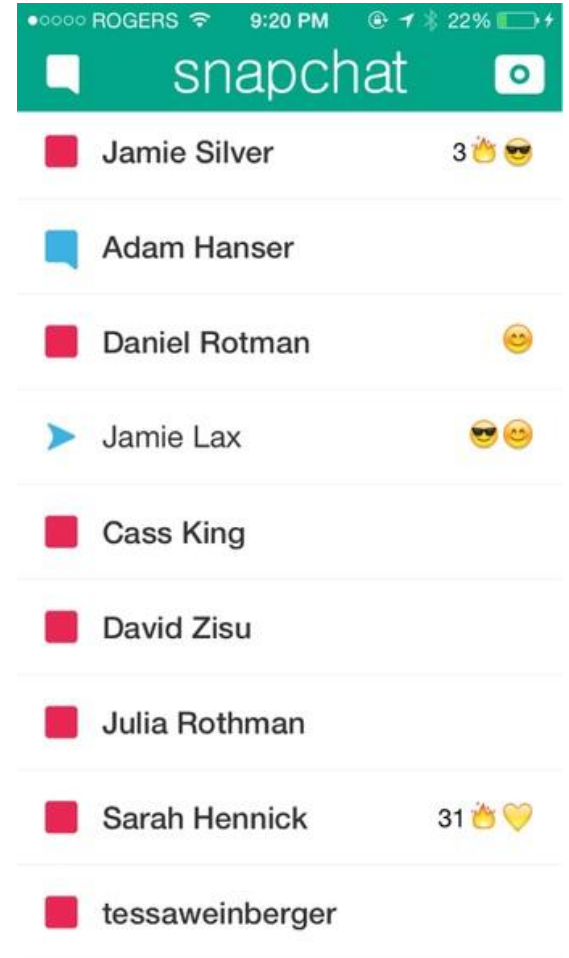
- Photo posting, live streaming, commenting, direct messaging, likes, views
- Can be private: invitation only
- What is a hashtag?
- What is a geotag?



Snapchat



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



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?

Slang You Should Know...

HMU - Hit me up

AF - _____ as fuck

Savage - Doing something brutally honest

Extra - Someone who is over the top or trying too hard

Low Key - When you're secretly enjoying something

Dying/Dead - When something/someone has put you over the edge

Put On Blast - To call out

KYS, KMS - Kill yourself, kill myself

A Question...

What was one thing you had as a young person 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.

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

For younger kids, cell phones and smartwatches and tablets are just like other accessories or necessities (belts, wallets, keys) and they've never known a world without them.

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

Turn and Talk

Turn to a person sitting next to you, introduce yourself, and discuss:

Why do YOU think technology and social media are so important to your child?

What do they like so much about these tools?

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

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)

How can we train our children to spot red flags?

Highlighting and talking about times to hear of young people speaking up when they see something wrong OR moments when someone should have said something

Spotting them ourselves! Then talking about it with our children

Checking in with your child about what they're seeing online

Exploring what would "count" as something concerning online

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? Have they shared them with their friends? 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.

There will be NO texting or apps used in the car - instead, we will listen to the radio and talk to each other. Same thing at family dinners!

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?
- 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 child - 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?

A Note of Importance

How can I pay attention to the person my child is representing themselves as online?

What Questions Do We Have?

What has worked well in your family?
Advice you want to share with others?

THANK YOU!

Get in touch, stay in touch

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Schoolloop

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