

# Social Media Safety

**Social Media is where teens have some of their closest friendships. How do we keep that in mind, while also considering the dangers?**

- Educate your children on healthy social media use.
- Set up boundaries.
- Be approachable, so that when something happens that makes them uncomfortable or unsafe, they will tell you.

**Create a “Media Plan” for the family.**

- Visit [www.healthychildren.org/MediaUsePlan](http://www.healthychildren.org/MediaUsePlan) as a helpful starting point for your family's Media Plan. Create a plan that the adults can also follow, so that you can lead by example.

\*\* It is a completely valid to decide that you would rather your child not have a phone or access to social media right now, but be aware that social media will still impact their lives. They will hear about what's going on from friends, they may feel left out of relationships, and just because they don't have social media, doesn't mean they can avoid things like cyber bullying. \*\*

## How to keep up with apps and technology

**How to find out what apps are popular**

- Have a conversation with your kids and listen when they share. You are going to learn the most about what's happening with social media, and in their lives, when they open up.
- Set up a boundary where you can review what apps are on your child's phone, and then do research based on what they like to use.
- Set up a boundary where you hold the password. If they want to download a new app, they will need to come to you first.
- Use resources like Common Sense Media. The comments can be very enlightening.
- Talk to other parents.

**Why it's important to monitor your child's cell phone use.**

**Dangers**

- Anonymous apps
- Public accounts are the default for many apps- be aware of the privacy settings.
- Sharing their login information with others.
- Sharing your location.
- Their digital footprint.
- Cyberbullying
  - 53% of kids admit having said something mean or hurtful to another person online.
- Depression and Addiction
- Sexting
  - 1 in 5 teen sends nude or semi-nude photos.
  - 1 in 6 teens who receive these photos, send them on to someone else.

**There are several ways for kids to hide content on their phones.**

- Multiple accounts on a social media platform
- Using apps that parents have never heard of.
- You can hide apps from showing up entirely with the iPhone IOS 7.1 update. There are a couple of ways to hide apps entirely with Android.
- Use misleading folder names.
- There are multiple apps that hide apps, text messages, and photos.

**\*\* Each phone and app has unique settings. It's important to do your own research so that you are aware of the possibilities on your child's device. \*\***

**Apps**

- |   |   |
|---|---|
| - Whisper - Anonymous and self-destructs. | - LiveMe - live video chat  |
| - Snapchat - Self-destructs               | - YouNow - live video chat  |
| - Instagram                               | - Monkey - Meetup app   |
| - Youtube                                 | - MeetMe - Meetup app   |
| - Musical.ly                              | - tbh - (new) anonymous   |
| - Facebook                                | - Pinterest   |
| - WhatsApp or GroupMe - Messaging Apps    | - Endless games   |
| - Twitter                                 | - Sarahah - anonymously leave comments                                    |
| - Tumblr - blogs                          | - Curious Cat, Formspring, Yik Yak, Ask.fm - Asking Questions anonymously |
| - Houseparty - group video chat           |   |
| - Live-ly - live video streaming          |   |

**Be approachable and listen when they share. They will likely experience things on social media that they are unsure of, or that make them uncomfortable. They need to go to adults they trust to work through these things, and to get the support they need.**

**Please feel free to contact me at Wild Iris**

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