

Social Media in Middle School

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Screens and Teens

Potential Pros

- Access to Information
- Relationship Building
- Fitting In
- Emotional Support
- Self-expression

Potential Cons

- Addiction
- Poor Coping Skills
- FOMO & Comparison Culture
- Loss of Innocence & Childhood
- Safety
- Sleep Deprivation
- Inappropriate Content
- Poor Role Modeling
- Pressure of Performing
- Misinformation & Disinformation
- Academic Dishonesty
- Unrealistic Expectations

The Good, the Bad, and the Inevitable

Our kids are digital natives. Technology is no longer novel; it is an intricate part of their lives. As digital immigrants, we must help them learn to regulate to avoid negative consequences of an overly connected world.

A study of phone usage found that people switched screen activities every 20 seconds on average, and rarely spent more than 20 minutes uninterrupted doing any one thing.

In the past 10 to 12 years, the number of people reporting symptoms indicative of major depression increased 52 percent among 12- to 17-year-olds and 63 percent among 18- to 25-year-olds

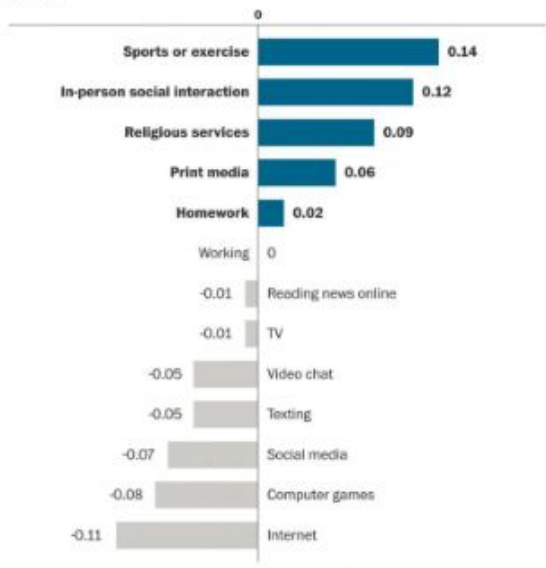
Over 50% of children surveyed are online after 10pm on a school night, not doing homework.

The increase in adolescent depression was higher among wealthier people, rising 79 percent between 2010 and 2017 in the highest income bracket

- ❖ 51% of 12 year-olds have a social media profile
- ❖ 91% of 16-24 year olds are on social media

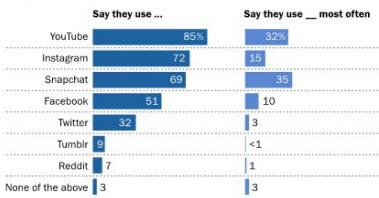
What makes teens happy?

For U.S. teenagers, the degree of correlation between happiness and time spent on an activity was positive for off-screen pursuits and negative for activities involving screens.



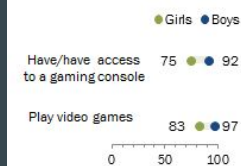
YouTube, Instagram and Snapchat are the most popular online platforms among teens

% of U.S. teens who ...



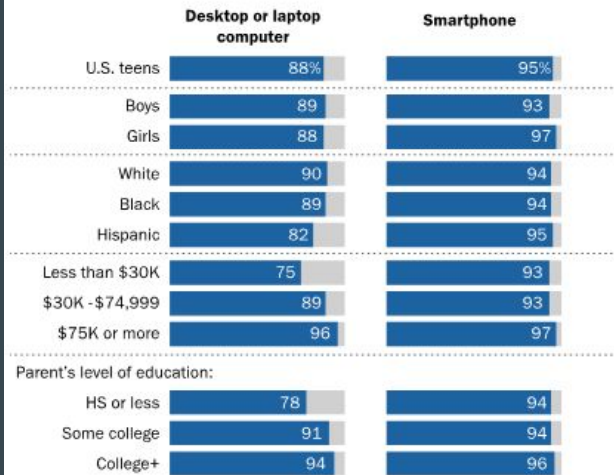
Most teen boys and girls play video games

% of U.S. teens who say they ...



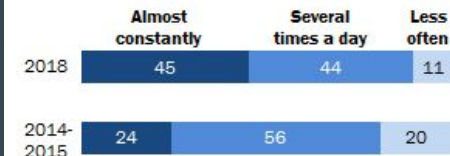
Smartphone access nearly ubiquitous among teens, while having a home computer varies by income

% of U.S. teens who say they have or have access to a ___ at home



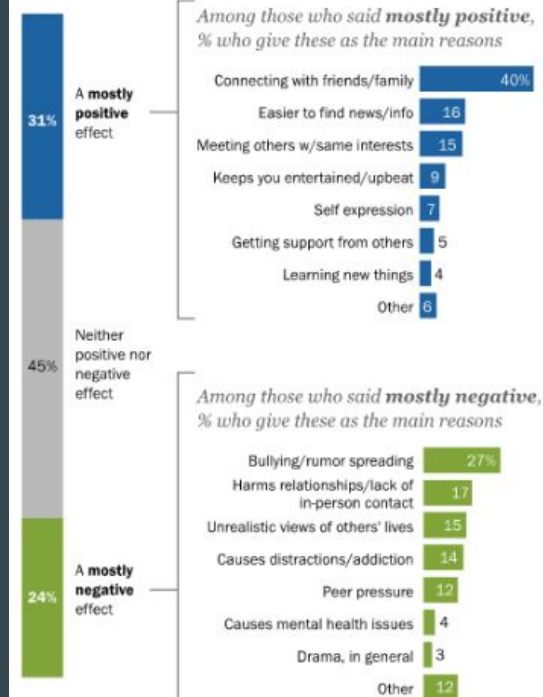
45% of teens say they're online almost constantly

% of U.S. teens who say they use the internet, either on a computer or a cellphone ...



Teens have mixed views on social media's effect on people their age; many say it helps them connect with others, some express concerns about bullying

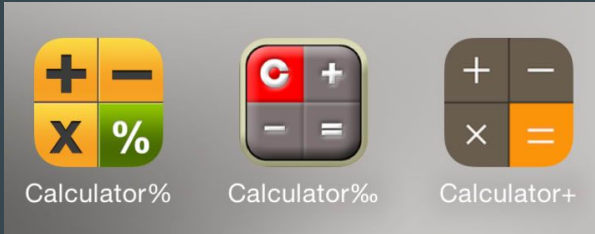
% of U.S. teens who say social media has had ___ on people their own age



Do We Really Know What's Going On?

Over 70% of teens say they have hid some of their online behavior from their parents

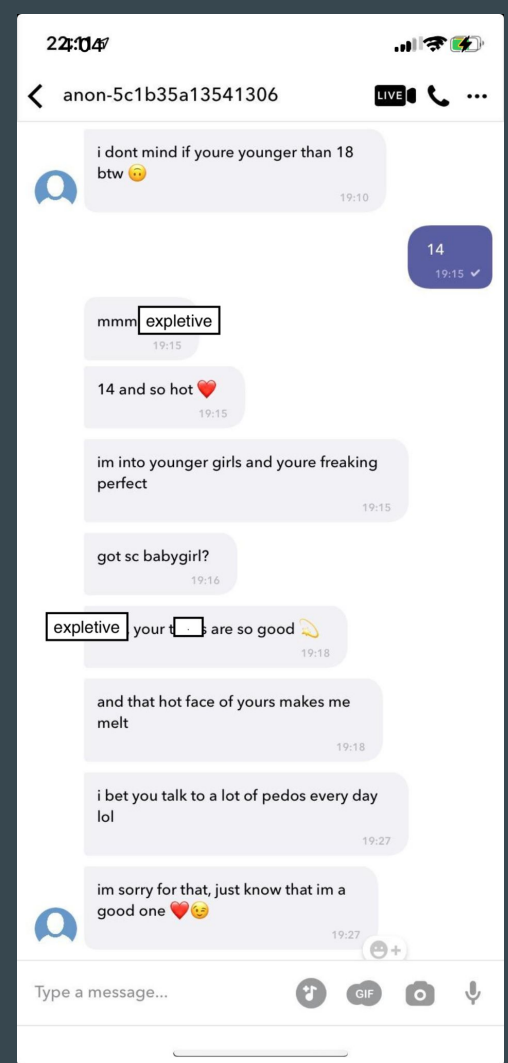
1. Clearing the browser history (53%)
2. Close/minimize browser when parent walked in (46%)
3. Hide or delete instant messages or videos (34%)
4. Lie or omit details about online activities (23%)
5. Use a computer your parents don't check (23%)
6. Use an internet-enabled mobile device (21%)
7. Use privacy settings to make certain content viewable only by friends, not parents (20%)
8. Use private browsing modes (20%)
9. Create private email address unknown to parents (15%)
10. Create duplicate/fake social network profiles (9%)



← Hidden Photo Vaults

Security Issues in the Online World

- Human Trafficking
 - Social media and the internet is a major source of predators
 - Predators come in all ages and genders
- Exposure to inappropriate content
 - 37% of kids have accidentally stumbled upon a site meant for adults
 - 20% of kids are intentionally accessing adult sites
- Personal information and reputation
 - Nothing online ever really disappears
- Cyberbullying
 - The anonymity makes people bolder



Instagram

The Gist

- Users post photos to their account and they can post to their stories (stories disappear after 24 hours)
- Instagram auto-defaults settings to allow for all content to be visible to anyone
- Setting must be changed within the app to only allow "friends" to access your photos



Watch Out:

- Direct messages
- Privacy settings
- Access to inappropriate content
- Cyberbullying
- Comparison Culture

YouTube



The Gist

- Video platform where users upload and view videos
- Users can comment on videos
- Content not very restricted
- The algorithm notices what sort of content you like and continues to feed you videos of the same type

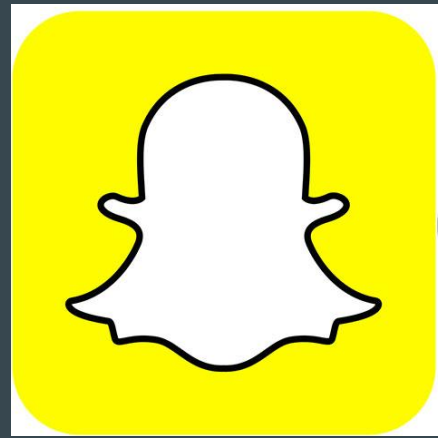
Watch Out:

- Comments & Cyberbullying
- Privacy settings
- Access to inappropriate content
- Rabbit holes

Snapchat

The Gist

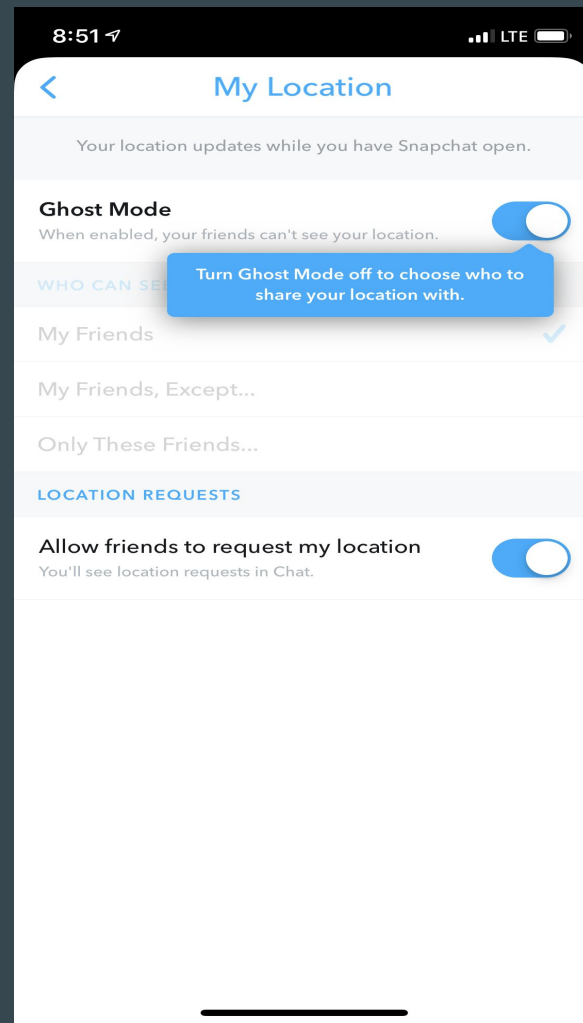
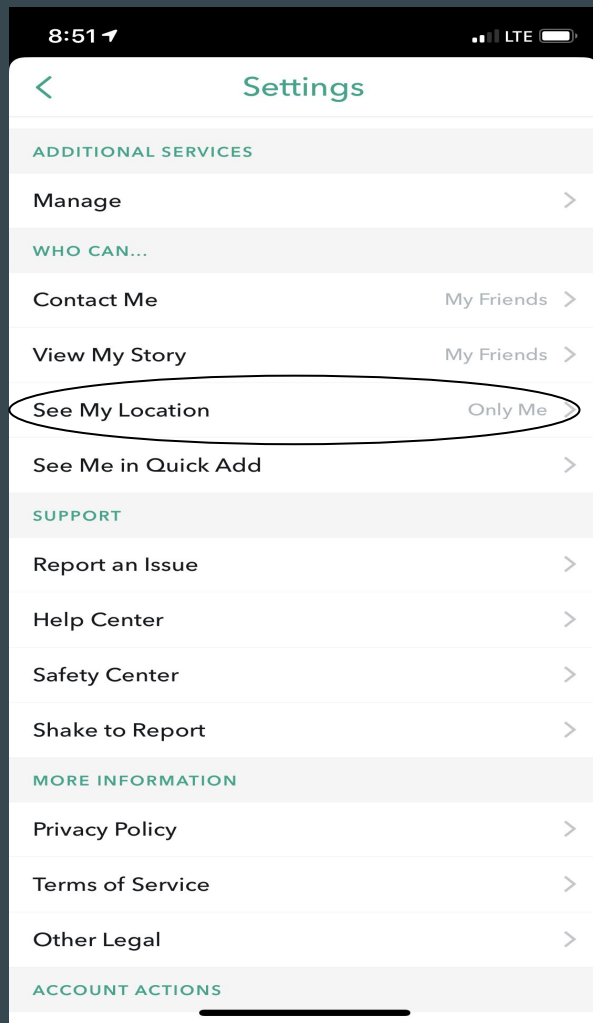
- Users chat with others one-on-one or in groups
- Messages and pictures disappear when the app is closed out
- Screenshots possible, but user is notified
- Friends of friends of friends are added to a "You Might Know" List which adds a single click to access user's "friend list"



Watch Out:

- App relies on gamification to maintain users
- Access to inappropriate content
- Privacy settings
- Location tracker
- False sense of security since texts and pictures disappear

Ghost Mode



Tik Tok

The Gist

- Users record 15-60 second videos and share them
- Add effects and sound to the videos
- Users can watch video after video
- FYP- The algorithm notices what sort of content you like and continues to feed you videos of the same type



Watch Out:

- Addicting
- Access to adult content
- Rabbit holes
- Privacy settings & Direct messaging
- Cyberbullying
- Comparison Culture

Reddit

The Gist

- Image boards & messaging for EVERYTHING
- Anonymous ways to interact with users from around the globe



Watch Out:

- Addicting
- Access to inappropriate content
- Direct messaging

Twitch

The Gist

- Most popular live streaming site
- Primarily services gaming community
- Users can view livestreams or subscribe to channels
- Viewers can engage in a live chat with each other and the streamer



Watch Out:

- Gaming culture CAN be toxic
- Access to adult content
- Cyberbullying
- Addicting

House Party

The Gist

- Live video chat with friends
- Users can wave at you to send a notification encouraging you to join their party
- Multiple users can join the chat



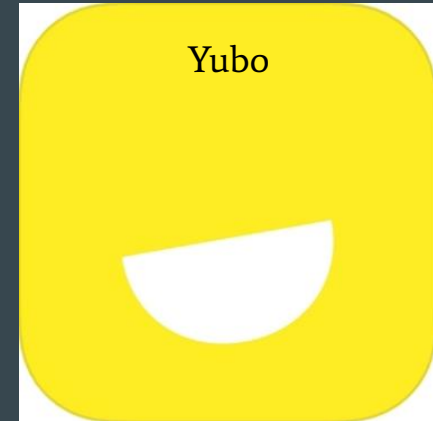
Watch Out:

- Access to inappropriate content
- False sense of security
- Constant demand for attention

Talk to Stranger Apps



Open your app search
or PlayStore and look
for “talk to strangers”
There are SO MANY



Rules for Social Media & Screen Time

- Limit screen time and hours of access
 - State Farm study shows 4+ hours of screen time daily linked to lower GPA
- Check your child's phone randomly or use a monitoring app
 - Make sure you know passwords and can unlock the phone
 - Know what apps they have and what they do
 - This is NOT an invasion of privacy
- Talk about feelings and FOMO
 - Be open and understanding
- Discuss your family values often
 - Let them know what content and behavior you find unacceptable
- Model good social media behavior
 - Avoid gossip, complaining, or criticizing
 - Try to keep posts positive
 - Watch the amount of time you spend online



The Take-aways

Social Media *can* be a positive thing **IF**:

1. It is monitored
2. It is used appropriately
3. An open line of communication between you and your child has been established for rules and dangers

It is our responsibility to protect our kids who don't have the capacity to reason through content, decisions, and consequences.

For more current stats on social media visit: <https://smartsocial.com/post/social-media-statistics>