

Social Media: The Good, The Bad, and The Ugly

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Purpose

This interactive presentation will explore social media and its effects on adolescent development. Specific topics will include the social and psychological effects of social media, social media literacy for caregivers, and the how adults can promote healthy social media use.

Intent of Social Media

“Forms of electronic communication (such as websites for social networking and microblogging) through which users create online communities to share information, ideas, personal messages, and other content (such as videos)” - Merriam-Webster

Why do your adolescents use social media?

Adolescent Use of Social Media

95% of teens now report they have a smartphone or access to one

Top Social Media:

85% use YouTube

69% use Snapchat

32% use Twitter

7% use Reddit

72% use Instagram

51% use Facebook

9% use Tumblr



Adolescent Use of Social Media

45% of teens say they use the internet “almost constantly”

50% of teengirls are near-constant online users, compared with 39% of teen boys

92% of teen boys have or have access to a game console at home

97% say they play video games in some form or fashion.

Adolescent Use of Social Media

31% of teens believe that social media has a “mostly positive” effect on people their age

40% say this is because it helps them connect w/ friends and family

24% of teens believe that social media has a “mostly negative effect on people their age

27% say this is because of bullying and rumor spreading

17% say this is because it harms relationships/lack of in-person contact

15% say this is because there are unrealistic views of others' lives

45% say that it's neither negative nor positive

Social and Psychological Effects

Cyberbullying is deliberately using digital media to communicate false, embarrassing, or hostile information about another person

- Most common risk of social media

- Can cause: depression, anxiety, social isolation, and suicide (Hinduja & Patchin, 2010)

- Low self-esteem

Sexting: 20% of students have sent or posted a nude or seminude photo of themselves (National Campaign to Prevent Teen and Unplanned Pregnancy, 2010)

Social and Psychological Effects

General privacy concerns: The digital footprint

Demographic advertising and behavior advertising
Influences behaviors and views

Sleep disturbances - particularly when phones or computers are in their bedroom and with increased use

Peer pressure to engage in risky behavior: Substance use, sexual behavior, self-injury, etc.



Benefits of Social Media

Immersive learning experiences

Increased communication

Raise awareness of current events and issues

Finding a welcoming community: LGBTQIA, disabilities, illness

Promoting positive health and wellness behaviors



Experiential Activities

Know your social media

Social Media Trivia

<https://play.kahoot.it/#/?quizId=b3cbcd09-4d1f-4cce-819f-1402d361156d>

Healthy Parenting

What teens want their parents to do:

“Talk with us about the apps we like to use and why. Most of you have no idea about our world.”

“Help us keep an eye on who is following us.”

“Accept that there are lots of good things on social media — it is not all bad stuff.”

“Talk with us about sexting and healthy relationships in a way that isn’t awkward.”

Healthy Parenting

American Academy of Pediatrics & Parenting Magazine 13 Tips for Monitoring Kids on Social Media

1. Keep Facebook age to a minimum of 13 years old (and when you are comfortable with it)
2. Check privacy settings and ensure they are set to the strictest guidelines (and what you are comfortable with)
3. Consider a filtering software (netnanny, puresight pc, my mobile watchdog)

Healthy Parenting

4. Create Ground Rules

5. Know your child's habits (it's ok to ask for access to accounts)

6. Keep the computer in a central place

7. Tell your kids to steer clear of surveys, quizzes, and free giveaways

Healthy Parenting

8. Monitor pictures your child posts online

9. Show your children how to engage in social media by being a good example and demonstrating proper social media etiquette

10. Limit cell phone use

- After homework? No cell phone use while driving? Cell phones turned off after a certain time?

Healthy Parenting

11. Teach your child about their “online reputation” (what goes online stays online)
12. Stranger Danger (everyone online is a stranger)
13. Get to know the technology!
 - Even apps for young children have online social components

More Parenting Tips For Social Media

- Teach your children that kindness matters, especially online
- Use privacy settings
- Don't "friend" strangers
- Pause before hitting enter
- **WWGS?**

<https://kidshealth.org/en/parents/social-media-smarts.html>

Parent Child Partnership in Social Media

Family Media Plan: Academy of Pediatrics:

<https://www.healthychildren.org/English/media/Pages/default.aspx>

Developing a social media contract

<https://kidshealth.org/en/parents/social-media-smarts.html>

Family Online Safety Institute

<https://www.fosi.org/>

Question and Answer