

WEST WINDSOR-PLAINSBORO
REGIONAL SCHOOL DISTRICT

Parenting in the Age of Social Media

November 21, 2019

Agenda

- Realities/Concerns
- Student Perspective
- What can Parents do?
- Questions For You
- Questions for Us



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Parenting in the Age of Social Media

Realities/Concerns

Conversation

What is it about social media that concerns you the most?



Realities/Concerns

- **Privacy / Digital Footprint**
- **Cyberbullying / Trolling / Sexting**
- **Up-Down Comparisons**
- **Social Media Depression / Addiction**
- **Disconnect from Reality**
- **Anxiety, Self-Esteem, Self-Efficacy**
- **Body Image / Eating Disorders**
- **Sleep Patterns**
- **Social Skills**

What The Research Says...

2019 Children's Mental Health Report | Social Media, Gaming and Mental Health

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by Child's Mind Institute

- Social media, depression, and connectedness

- There is a correlation between the use of social media and depression

- Smartphones were introduced in 2007 and by 2015 about 92% of teens and young adults owned a smartphone

- Increase of reported depressive symptoms correlates with smartphone adoption during that time period

- Between the years of 2010 and 2015, reports of depressive symptoms by 8th-12th graders increased by 33%

- Research indicates that more than **3 hours of social media use a day** is linked to depression in adolescents aged 12 to 15

What The Research Says...

2019 Children's Mental Health Report | Social Media, Gaming and Mental Health

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by Child's Mind Institute

- Social media, connectedness, and sleep

-81% of teens say social media makes them feel more connected to their friends

at the same time

-heavy use of social media such as Facebook, Snapchat and Instagram is associated with feelings of social isolation

- In 2012, 49% of teens rated their favorite way to communicate was “in person”, compared with only 32% in 2018

- In real life vs online communication

What The Research Says...

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by Child's Mind Institute

- **More Social = Less Sleep**

-Teens who spend three hours a day on devices are more likely to get less than seven hours of sleep -» difficulty paying attention, lower grades, increased stress, interpersonal tension

-60% of adolescents are looking at their phones in the last hour before sleep


-36% of teens wake up and check mobile devices at least once at night -» excessive text messaging interrupts sleep

What The Research Says...

Social Media and Body Image/Eating disorders behaviors

- Social media promotes the idea of having an ideal body
- Increased time on social media is associated with increased risk of reporting eating and body image concerns
- Online communities that promote disordered eating - The “Thin Ideal” - Ana and Mia
- Recent research indicates that there is a correlation between time spent scrolling through social media apps and negative body image feedback

Social Media and Anxiety

- Increased use of social media platforms is associated with anxiety triggering symptoms
- Compare-and-despair factor 
Fear of personal failure
- Low number of “likes” is associated and leads to development of negative thoughts
- Fear of missing out (FOMO)

The Takeaway

- Too much of anything can come with adverse consequences
- Social media helps students feel more connected, however, in excess students can feel more isolated
- Problematic Internet Use- unhealthy internet use that puts youth at risk for impairment in their everyday lives
- Online habits are problematic when they become compulsive or habitual, motivated by desire for mood alteration, related to offline interpersonal problems

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Student Perspective

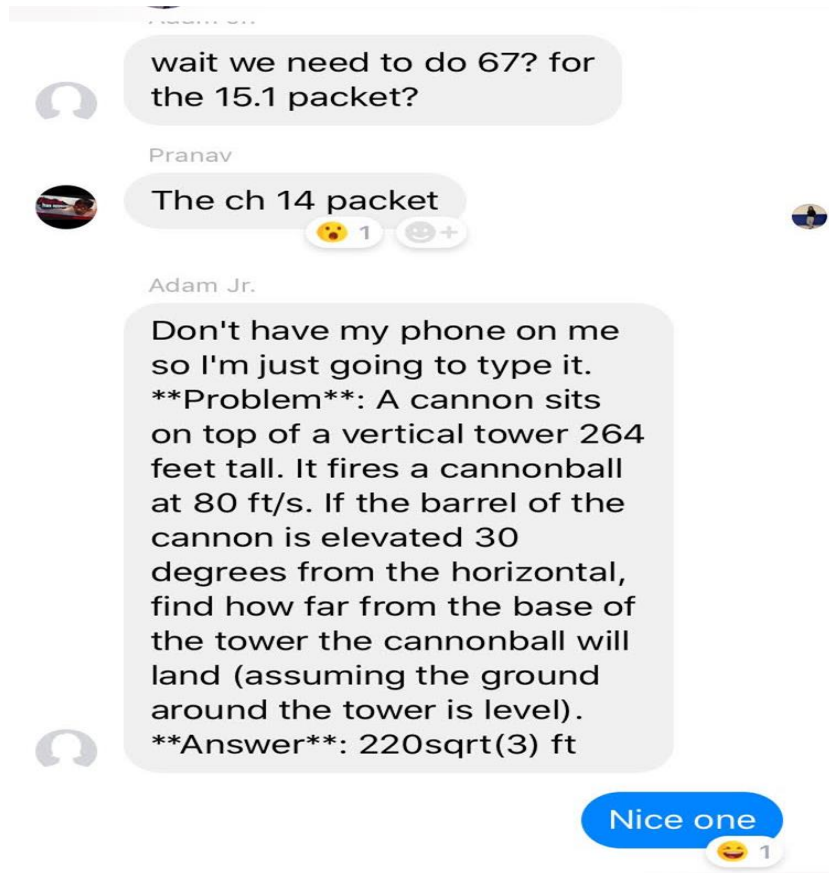
Student Perspective

Self-Expression vs Self-Destruction

- Discovering one's self is crucial, it's a large part of adolescent life
- Proper instruction and guidance can help identify the positive aspects of social media
- Increased communication *can* be useful; helps foster relationships, convey information faster, etc
- Solving issues requires work from both parties (students *and* parents/teachers)

Student Perspective

Proper and Improper Usages of Social Media



A screenshot of a social media chat conversation. The chat is on a white background with a dark purple header. The messages are in grey speech bubbles. The first message is from a user with a grey profile picture: "wait we need to do 67? for the 15.1 packet?". The second message is from Pranav, with a profile picture of a car: "The ch 14 packet". Below this message are two reaction icons: a yellow sad face with the number 1, and a grey smiley face with a plus sign. The third message is from Adam Jr.: "Don't have my phone on me so I'm just going to type it. ****Problem****: A cannon sits on top of a vertical tower 264 feet tall. It fires a cannonball at 80 ft/s. If the barrel of the cannon is elevated 30 degrees from the horizontal, find how far from the base of the tower the cannonball will land (assuming the ground around the tower is level). ****Answer****: $220\sqrt{3}$ ft". Below this message is a blue reaction bubble that says "Nice one" with a yellow smiley face and the number 1.

wait we need to do 67? for the 15.1 packet?

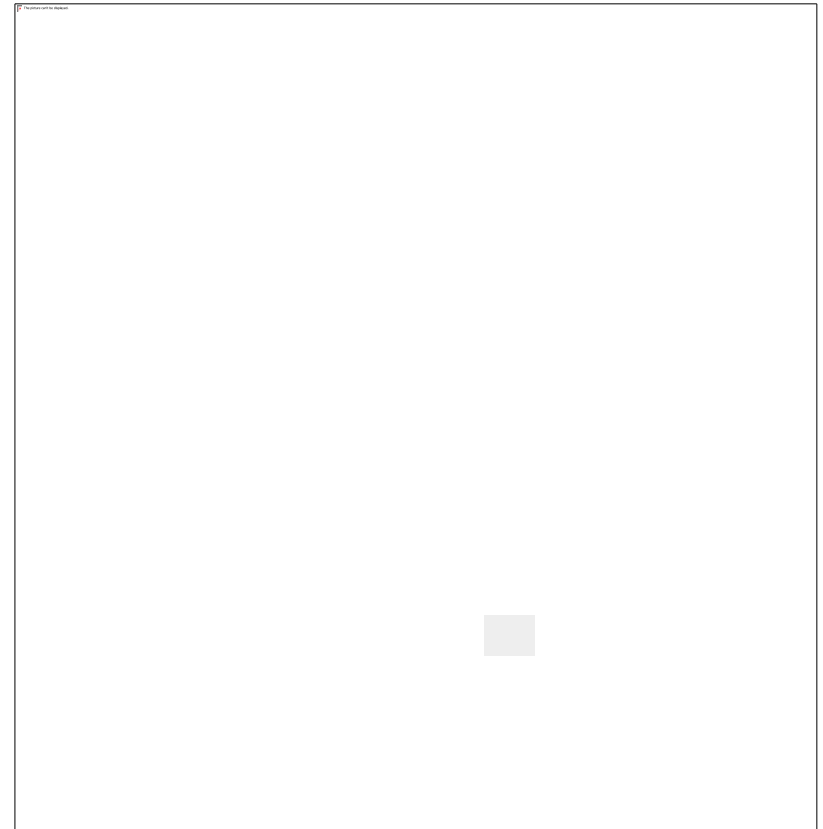
Pranav

The ch 14 packet

Adam Jr.

Don't have my phone on me so I'm just going to type it.
****Problem****: A cannon sits on top of a vertical tower 264 feet tall. It fires a cannonball at 80 ft/s. If the barrel of the cannon is elevated 30 degrees from the horizontal, find how far from the base of the tower the cannonball will land (assuming the ground around the tower is level).
****Answer****: $220\sqrt{3}$ ft

Nice one



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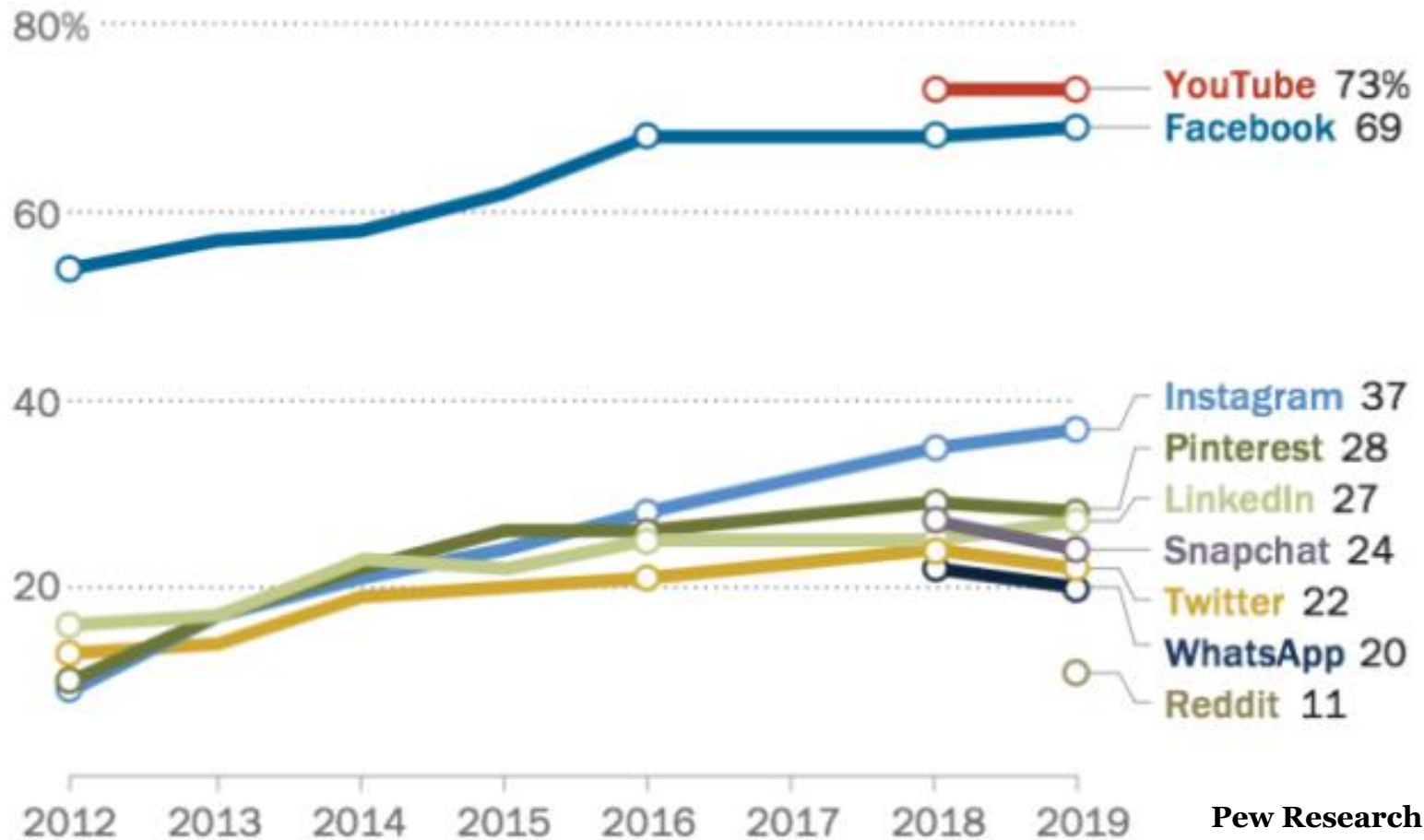
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What Can Parents Do?

Survey Says

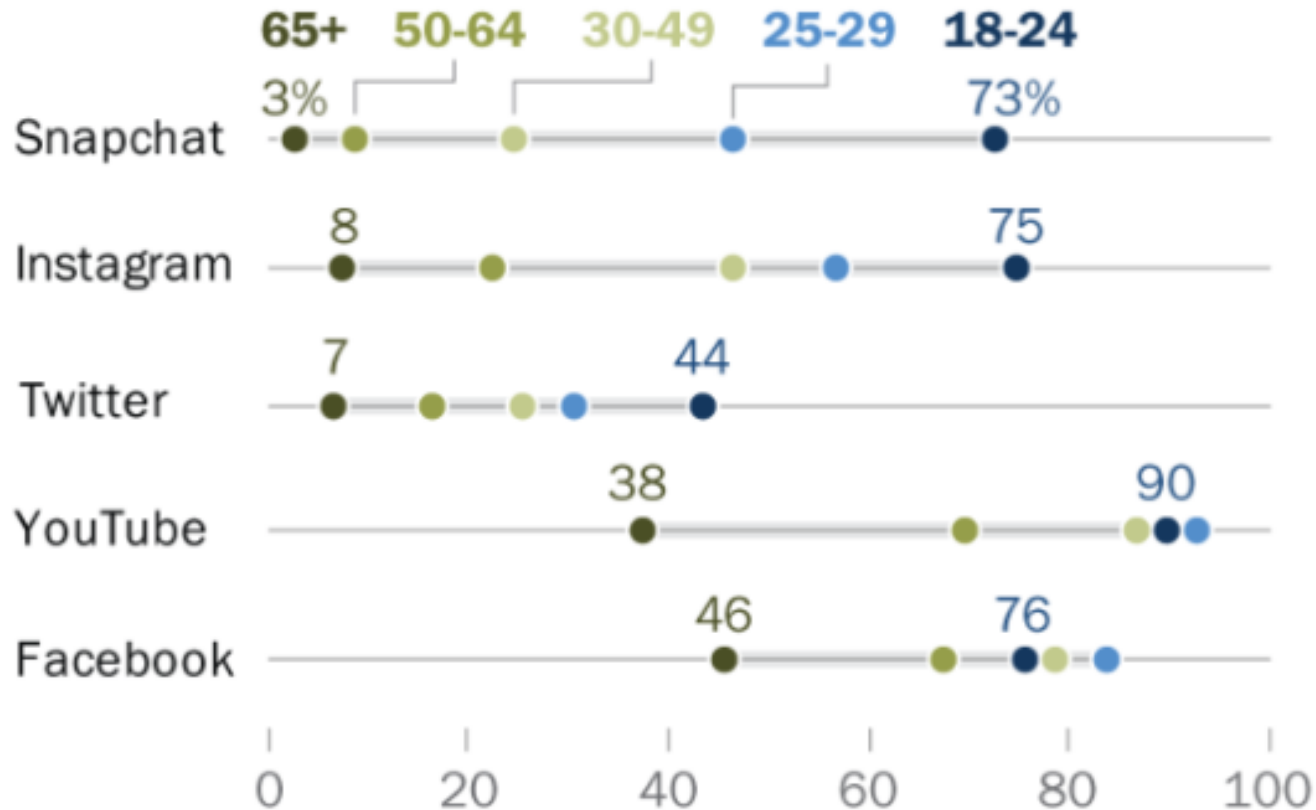
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Adult Social Media use?



Survey Says

Which forms of social media are used?



Conversation

**Has social media made
your personal life and/or
work life easier or harder?**



What Can Parents Do?

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All I Really Need to Know I Learned in Kindergarten

- **Play fair**
- **Don't hit people**
- **Put things back where you found them**
- **Clean up your own mess**
- **Don't take things that aren't yours**
- **Say you're sorry when you hurt somebody**

Robert Fulghum

What are we teaching our children?

What Can Parents Do?

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Educate Yourself

Common Sense Media

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

Google

<https://www.google.com>

YouTube

<https://www.youtube.com>

What Can Parents Do?

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Parental Controls

- **Password Protected**
- **Website Access Control**
- **Limit Access During Specific Times**
- **Monitor Chat Sessions**
- **Personal Information Monitoring**
- **Send Notifications**
- **Improve Network Performance**

What Can Parents Do?

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Parental Controls

FIOS

<https://www.verizon.com/support/residential/quick-answers/fios-parental-controls.htm>

Xfinity (Comcast)

<https://www.xfinity.com/support/internet/setup-parental-controls-with-comcast-networking/>

What Can Parents Do?

Cell Phones

- **Password Protection**
- **Establish a Charging Location**
- **Monitoring Software**
 - **Block Inappropriate Content**
 - **Location Tracking**
 - **Block APPs**
 - **Log calls and messages**

What Can Parents Do?

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Cell Phones

Cell Phone Monitoring APPS

<https://www.pcmag.com/roundup/342731/the-best-parental-control-apps-for-your-phone>

Computer Monitoring Software

<http://www.pcmag.com/article2/0,2817,2346997,00.asp>

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Parenting in the Age of Social Media

Questions For You

Questions For You

What is an appropriate age for your child to have a cell phone and how have you prepared them for the responsibility of use?

What is an appropriate age for your child to have a social media presence and how have you prepared them for the responsible use?

How is teaching these items of responsibility similar to all other lessons you teach your child?

Questions For You

What do you think should be included in guidelines for cell phone use?

What do you think should be included in guidelines for social media use?

How can you develop guidelines with your child?

Questions

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