## Social Media Safety How to Keep Your Kids Safe Online TCN Behavioral Health

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- I. What is Social Media?
  - a. Social Media Use among Teens
  - b. Benefits of Using Social Media
  - c. Risks of Using Social Media
- II. Related Risks
  - a. Mental health risks related to social media use
  - b. Risk-Related Stats
- III. Parent Guide to Understanding Apps
  - a. Helpful website: www.commonsensemedia.org Contains ARTICLES & VIDEOS to help you understand today's most popular apps!
  - b. Default Settings
- IV. Most Popular Social Media Apps
  - a. Facebook
  - b. Instagram
  - c. Twitter
  - d. Pinterest
  - e. Snapchat
  - f. TikTok
  - g. Pokémon Go
  - h. KiK Messenger
  - i. Vine

V. How to Keep Kids Safe

- a. Openly Discuss Online Safety
- b. Google—Your Partner in Investigation
- c. Monitoring Your Child's Social Media– Join Their Network

## VI. Cyberbullying- The 24/7 Playground

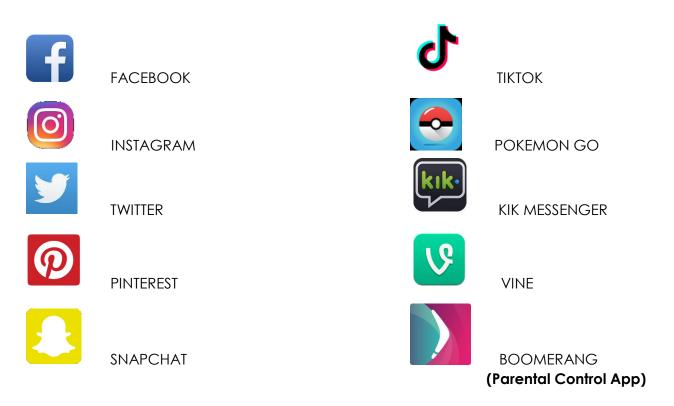
- a. Signs of Cyberbullying
- b. How to Deal with Cyberbullying
- VII. Sexting- A Growing Problem
  - a. Legal Consequences of Sexting
  - b. Sexting- Why Do It?
  - c. How to Talk about Sexting

d. Think Before You Send!

VIII. Helpful Strategies and Apps

- a. Create a Smartphone Agreement Having a phone is a privilege, NOT a right!
- b. Boomerang-Parental Control App
- c. Lead by Example
- d. Stay Up-to-Date http://iwise.solutions/about

## **ICONS for Most Popular Apps**



## REFERENCES

- https://www.lifewire.com/advantages-and-disadvantages-of-social-networking-3486020
- <u>https://cyberbullying.org/new-teen-sexting-data</u>
- <u>https://www.teensafe.com/blog/creating-an-acceptable-smartphone-contract/</u>
- <u>https://www.commonsensemedia.org/</u>
- <u>https://useboomerang.com/boomerang-android-vs-ios-2/</u>
- Kettering Police Department "Social Media Safety" Handbook
- Association for Psychological Science article- "Increases in depressive symptoms, suicide-related outcomes, and suicide rates among US adolescents after 2010 and links to increased new media screen time"