

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.common sense media.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



FACEBOOK



INSTAGRAM



TWITTER



PINTEREST



SNAPCHAT



TIKTOK



POKEMON GO



KIK MESSENGER



VINE



BOOMERANG
(Parental Control App)

REFERENCES

- <https://www.lifewire.com/advantages-and-disadvantages-of-social-networking-3486020>
- <https://cyberbullying.org/new-teen-sexting-data>
- <https://www.teensafe.com/blog/creating-an-acceptable-smartphone-contract/>
- <https://www.common sense media.org/>
- <https://useboomerang.com/boomerang-android-vs-ios-2/>
- 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"