

Screen Use: Social Media and Wellbeing

<https://youtu.be/P629TojpvDU>

Thinking about development of the teenage brain, how might this influence how social media is used or how social media may influence teenagers?

Name the App...



1. Twitter



2. Whatsapp



3. YouTube



4. Instagram



5. TikTok



5. Snapchat



6. Skype



7. Monkey



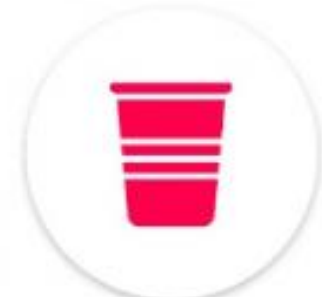
8. Discord



9. Pinterest



10. Twitch



11. Houseparty

Put yourself in their shoes...

- Why is social media important to young people?
- What might be some of the situations or difficulties a young person finds themselves dealing with as a result of their social media use?

Self-Reflection Exercise

- Ask yourself the following questions:
- How many social media apps does your child have on their phone?
- Which ones do they most actively use?
- Do you understand what these apps are or how they work?
- Are they private or public accounts?
- How many friends or followers are people they've never had a face to face chat with?
- Have you friended or followed your child on social media?
- Has your child ever received an upsetting or inappropriate message from someone?
- Has your child ever been propositioned by a stranger on social media?
- If so, what did they do? What does your child get from going on social media?
- Do they find any aspects of it difficult? Who would they talk to if they felt something was going wrong with their social media use?

Risks Associated with Social Media

Social media has the power to amplify some of the challenges faced in adolescence –links between social media use and:

- Addiction
- Increased sense of loneliness/difficulties connecting to others
- Poor sleep
- Attention Difficulties
- Anxiety
- Depression
- Increased risky behaviours within relationships or within personal care
- Poor self-esteem

Advice for Parents

- Develop an open and interested attitude towards your child's social media use.
- Get informed about the particular apps that your child is using.
- Link in with the recommended websites suggested in this session and sign up for regular newsletters from them.
- Share what you have learnt with other parents – consider setting up a group chat to support each other with the dilemmas you may face.
- Share what you learn with your children, send them online links to read articles themselves – they may find it easier to express their views via text than face to face.
- Set out clear boundaries around their screen time, privacy and online behaviour and identify with your child when they might recognise if social media is becoming a problem to them, rather than a pleasure.
- Join in with social media, follow and friend your children and put up your own posts – use it as another way to stay connected to your child.
- If you have concerns about any form of online behaviour **ask** your child what problems they think it might cause, how they might respond/do things differently, don't automatically assume they understand why something is a problem. Use any opportunity to link their online behaviour to real life and relationships.
- If your child is going through a time of mental vulnerability or has demonstrated they are using social media in a harmful way do not be afraid to intervene in order to keep them safe. They may not thank you at the time but the likelihood is they will in the future.

Advice for Young People

- Be mindful of what you are getting from social media. If it is taking more than it gives consider cutting down by limiting time, deleting apps, doing a digital detox etc.
- Be aware of how much is too much for you...if you feel it is stopping you from doing other things you enjoy, is becoming a preoccupation, your mood feels dependent on it or you are actively seeking things that are harmful you may need to share this with an adult.
- Think about what you follow – when you follow something more suggestions of the same kind will be advertised to you, think about how this might affect you at times you aren't feeling good about yourself or in your mood.
- Demonstrate to your parents how you use social media responsibly – when there are examples of difficult situations online that you feel you handled maturely, share it with them, help them to feel secure about your social media us.
- Friend and follow your parents and educate them about the positives of social media.