

## **Parenting and Social Media – *Understanding the Trends, Evaluating the Connections and Communicating Expectations of Use***

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### A Test for Healthy Usage:

1. Can they leave the device/phone at home
2. Does the child demonstrate anxiety if you want to look at their phone
  - a. Ok to know passwords
  - b. Kids use phone as a “diary”
  - c. If grandma couldn’t read it.. should not be posted
3. Can your child sleep without the device beside them
4. Has the device interfered with sleep or study
  - a. can take 1 ½ times longer to do a task if also “on the phone”
5. Can child self-regulate with use of a mobile device in various environments
  - a. ie. not use while playing hockey.. why need to use in classroom, or when studying, or in company of friends and family

### Where do Social Media Concerns Originate for youth?

1. Entitlement factor
  - a. Is the phone perceived as a privilege, or a right
2. Parent Abdication
  - a. is use of technology used to “babysit, distract, or entertain” vs be responsible fulfilling parental duties/role and connecting.
  - b. what phone and social media use do you model?
    - i. Practice and preach
      1. Do you text/use your phone and drive,
      2. use in their presence, vs connecting with them?
3. Peer and multimedia Influence
  - a. Going viral makes people famous – positive and negatively
  - b. Violence, language, pornography – every day occurrences..
  - c. What do you model, what are your boundaries – your children can find your past
4. Digital citizenship
  - a. Should be proud of what they post
  - b. If grandma couldn’t read it.. should not be posted
  - c. As parents – did you ask permission to take a picture of or post your child’s photo, or that of another child? – if not... should not take or post – children need to be able to consent
  - d. Before you post it.. THINK:
    - i. T-Is it true?
    - ii. H-Is it helpful?
    - iii. I-Is it inspiring?
    - iv. N-Is it necessary?
    - v. K-Is it kind?

Some take home messages:

- Phones are becoming a 'intimate part of our being' - like clothing on our body...
- Social Media is here to stay... yet...
  - It is ok to have rules/boundaries around phone and social media use and kids should learn to respect them and the people around them – ie can't be on phone and play a hockey game at same time.. why be on phone when hanging out with people (*unless you want them to think your phone is more important than them – but then again.. if you don't want to be with them... why hang out?*),
    - people should be more important than your phone..
  - Research confirms... multitasking –texting/playing a game/social media while watching a movie negatively impacts ability to uni-task important things (ie. takes longer to do homework.. if also doing Facebooking/snapchatting, etc.. ) – child says they need a phone to listen to music? – give them yours...
  - what you post on the internet can be found – it does not disappear (even snapchat),
  - a reminder... not all you read on the internet is true...
  - what phone and social media use do you model?

*The above is a compilation of notes taken at the presentation and reflect on persons takeaways of the session... for more support on APPS and related Social Media info please see OKM PAC website for video link on topics... or research the internet... 😊*