THE SCREEN CHALLENGE

Youth, Social Media & Safety

Parent Presentation Information Resource

"THE AMOUNT OF TIME YOUNG PEOPLE SPEND WITH MEDIA HAS GROWN TO WHERE IT'S EVEN MORE THAN A FULL-TIME WORK WEEK. WHEN CHILDREN ARE SPENDING THIS MUCH TIME DOING ANYTHING, WE NEED TO UNDERSTAND HOW IT'S AFFECTING THEM – FOR GOOD AND BAD."

DREW ALTMAN, PH.D., PRESIDENT AND CEO OF KAISER FAMILY FOUNDATION

What Teens Wish Their Parents Knew...

Listen to Us
Teach Us
Help Us
Show Us
Protect Us

Think before you post...

- **T** – is it TRUE?
- **H** – is it HURTFUL?
- **I** – is it ILLEGAL?
- **N** – is it NECESSARY?
- **K** – is it KIND?

Conversation Starters
Social Media

- How did you/your friends use Snapchat (or other social media) today?

- What is the popular app amongst your classmates these days?

- What did you/your friends post on Instagram (or other social media) this week?

- Can you explain to me how Snapchat (or other social media) works?

- I would love to see your Facebook (or other social media) profile?

- How does feedback on social media make you feel?

Conversation Starters
Technology Use Issues

- I noticed you are sleeping with your phone beside your bed every night. Is there something we should talk about?

- You haven't been eating lunch. I'm worried about you.

- Your mark on your midterms wasn't what I expected. Are you finding enough time to study?

- You don't seem to be hanging out with your friends as much. Is everything ok?

- Is there pressure to be someone you're not when you are on social media?

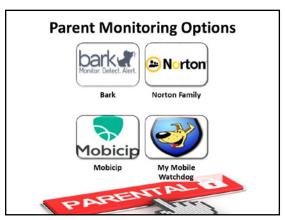## Conversation Starters
Cyberbullying

- Have you noticed any mean posts towards your friends?

- Why is it so much easier to say and do things online than off?

- Was there ever a time that a rumour has hurt you?

- What can people do to help you with cyberbullying and digital drama?

- Has anyone you know intentionally been left out of a group chat/activity?

- Have you/a friend ever pretended to be someone else/each other online?

- What is one thing you could do right now to help delete digital drama?

Safely Navigating Online
- Set rules for internet use.
- Block inappropriate content.
- Keep technology use in common areas.
- Monitor their devices and online behaviour.
- Use privacy/security settings.
- Talk about privacy.
- Supervise webcam use.
- Keep track of technology use.

Conversation Starters
Staying Safe Online

- What rules should our family have to keep us safe online?

- Why do you think people share private details about their lives online?

- Who do you become "friends" with online?

- Do you know there are privacy settings that prevent people you don't know from seeing your information?

- Have you ever shared your password with a friend?

- How do you decide who to share your cell number with?

- What information should stay private online?

Parent Web Resources
common sense media
PROTECT YOUNG EYES defending kids from online danger
PROTECTKIDS ONLINE.CA

Parent Monitoring Options
bark Monitor. Detect. Alert. — Bark
Norton — Norton Family
Mobicip — Mobicip
My Mobile Watchdog
PARENTAL

The Centre for School Mental Health at Western University addresses the need for improved school-based promotion, prevention and intervention services for children who may be at risk for, or who present with, mental health challenges. Our team of researchers, educators, students and administrators is focused on the mental health, well-being and relationship development of children from Kindergarten to grade 12. We use outcomes and lessons from nationally funded research projects to deliver evidence-based programs and training for educators in schools and communities.

Why do we exist? Because when children learn how to develop healthy relationships it benefits their mental well-being and builds long term skills that help them avoid violence and substance abuse.

Western
Centre for School
Mental Health