

# Fostering a Healthy Relationship with Social Media

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# Objectives

- Trends for teens and social media
- The pros and cons of social media on students
  - Impact on self-esteem
  - Impacts on social interactions
- Tips for parents to foster a healthy relationship with social media



**SOCIAL  
MEDIA SOCIAL  
MEDIA LIFE**

**TEENS REVEAL THEIR EXPERIENCES**

“The combined weight of **vulnerability**, the need for **validation**, and a desire to **compare themselves with peers** forms what she describes as a “**perfect storm of self-doubt**”

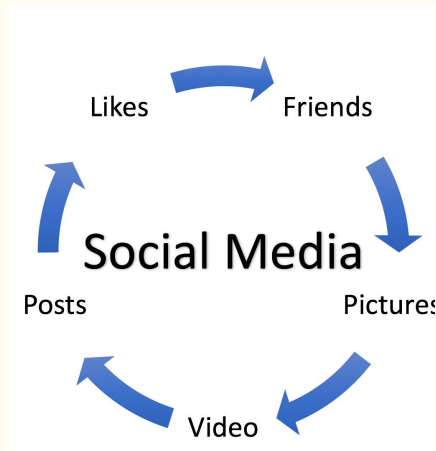
Donna Wick, EdD, founder of Mind-to-Mind Parenting



# Common Sense Media 2019 Findings

- ★ Tweens and teens (still) use a lot of screen media.
- ★ There's this thing called YouTube ...
- ★ But everyone else has a phone!
- ★ Consumption crushes creation.
- ★ A "homework gap" persists.

# 12 Hours



# Pro

Provides social connection

Can expand students' interests

Platform to share talents/ideas

Inclusion

Can disarm social stigmas

Expands educational resources

# Con

Addicting/Lose track of time

Cyber Bullying/Hate speech

Lower Self-Esteem/Sadness/Anxiety

Exclusion/Isolation

Impact on executive functioning skills

Lower grades test scores grades

## Addicting

- Limit the time usage
- Go to grayscale, the gray coloring is less appealing to our senses
- Turn off notifications except from *people*
- Turn on setting that notifies you about usage time (Instagram)
- Have a plan for cell phones before and during bedtime

## Losing Track of Time

- Active participation is more effective in stimulating brain activity
- Designate 1 hour a day as a Social Media Free Time, so you can continue to build quality relationships with friends and family.



## **Cyberbullying/Hate Speech**

- Ensure that social media profiles are set to private
- Block individuals who mistreat you or send hateful messages
- Report to a trusted adult

## **Lower Self-Esteem/Sadness/Anxiety**

- Remove people who you are not close friends with
- Plan intentional activities with friends
- Connect with positive social media accounts

**Executive functioning can be impacted (emotions, impulse control, organization and decision making).**

- Face to face interaction is essential
- Wait before you post something
- Parents can limit opportunity for risky behavior by monitoring social media sites.
- Losing track of time

### **Academic Impact**

- No phones during homework
- Set restrictions on websites/apps
- Set expectations with teen on use and academics



# FCPS Parent Resource Center



Register Here  
for our Free  
Workshops

Attend our free parent and educator workshops to learn the latest information to help your child succeed.

# FCPS Digital Citizenship resources



## Digital Citizenship: Shared Responsibility

Ensuring that students learn to use technology safely, responsibly and ethically is a shared responsibility.



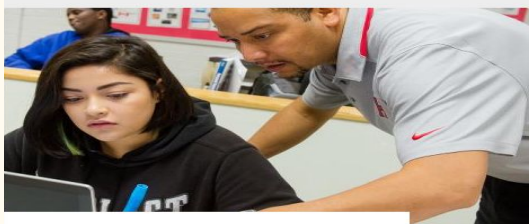
## Digital Citizenship: Families

Digital citizenship resources for families



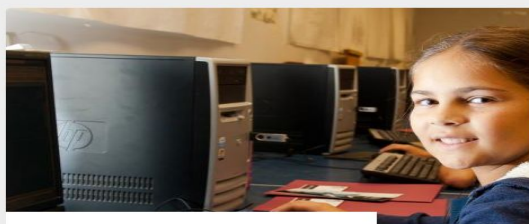
## Digital Citizenship: Students

Digital citizenship resources for students



## Preparing FCPS Teachers

Fairfax County Public Schools is committed to preparing teachers to promote digital citizenship in all classrooms.



## Digital Privacy in FCPS

Fairfax County Public Schools is committed to providing access to digital resources in a manner that respects and protects student privacy while maximizing learning opportunities for our students.



## Internet Content Filtering

Highlighting the steps FCPS takes to satisfy the requirements of the Children's Internet Protection Act

