Social Media @ South Park

How to keep my child safe on...
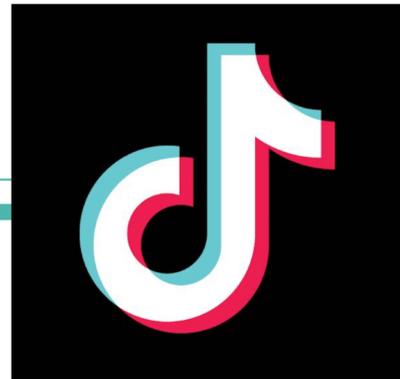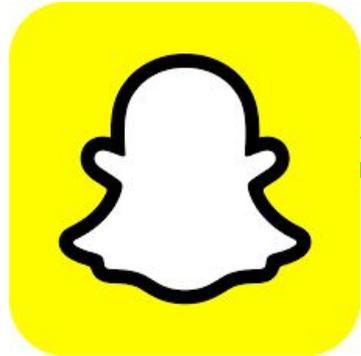
Who...

★ Mr Proctor & Mrs Donaldson - SLC ICT Co-ordinator

★ Mrs Gillespie - SLC ICT Co-ordinator (before maternity leave)

★ Responsibility of all school staff

Cyber resilience and internet safety	I can explore, play and communicate using digital technologies safely and securely. **TCH 0-03a**	I can extend my knowledge of how to use digital technology to communicate with others and I am aware of ways to keep safe and secure. **TCH 1-03a**	I can explore online communities demonstrating an understanding of responsible digital behaviour and I'm aware of how to keep myself safe and secure. **TCH 2-03a**	I can keep myself safe and secure in online environments and I am aware of the importance and consequences of doing this for myself and others. **TCH 3-03a**	I can explore the impact of cyber-crime for business and industry and the consequences this can have on me. **TCH 4-03a**

★ Responsibility of whole school community

Why…

★ Technology and social media play an increasingly important role in young people's lives. It is interesting to understand how young people use technology and how it may impact on their health and wellbeing

★ Increase in social media related complaints from children

★ We have a duty of care for all our children

HBSC Survey findings...is this the full picture?

Problematic social media use

9% of adolescents report **problematic social media use**

@≠*‡¿!

Problematic use is when social media use interferes with everyday activities and relationships. Girls and boys do not tend to differ, except at age 13, **girls are more likely** to report this than boys **(11% versus 7%)**.

In what ways do you think social media use might cause a problem for someone?

How does social media use impact low mood?

While regular online contact with friends can be positive, problematic social media use is linked to poorer mental wellbeing.

The Dopamine Effect

People talk about themselves around 30-40% of the time in person. On social media, people talk about themselves 80% of the time. So when they receive a notification of positive feedback, they feel a positive sensation from dopamine.

What are the reverse effects of this?

The Dopamine Reward Loop

Pick Up Your Phone

Dopamine Decreases

Dopamine Increases

You Feel Happy
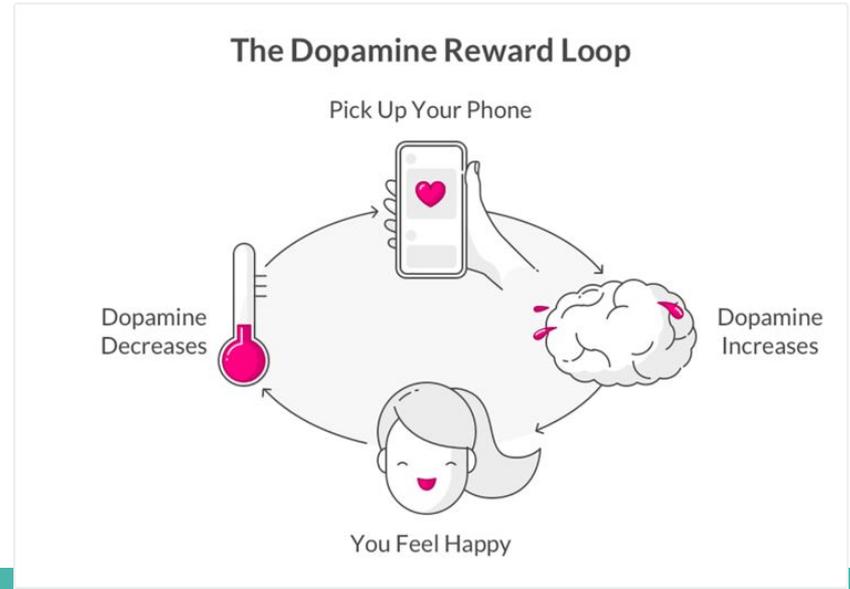
Pew Research - Daily Misuse of Social Media

% of U.S. teens who say they have experienced ___ online or on their cellphone

Any type of cyber-bullying listed below — 59

Offensive name-calling — 42

Spreading of false rumors — 32

Receiving explicit images they didn't ask for — 25

Constant asking of where they are, what they're doing, who they're with, by someone other than a parent — 21

Physical threats — 16

Having explicit images of them shared without their consent — 7

Practical Advice

Have your devices/note pads ready!

Apple - Family Sharing

Family sharing – Apple Screen Time

Instagram

Parental Supervision – who are they following/who is sending them messages

Features to Keep Your Child Safe on Instagram

❖ Private Profile

❖ Mute

❖ Sensitive Content Control

❖ Hide Comments

❖ Custom Words Lists

❖ Comment Controls

Snapchat
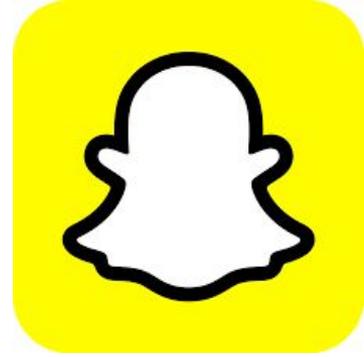
Parental Supervision - who are they following/who is sending them messages

★ Family Centre

★ Ghost Mode

★ Privacy Settings

TikTok
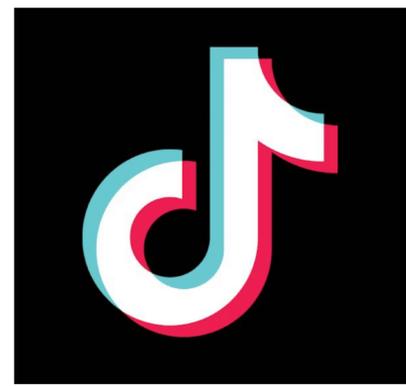
***Algorithm - how it all works

Parental Supervision - who are they following/is their algorithm producing appropriate content?

❖ Family Pairing
❖ Private Account
❖ Restricted Mode
❖ Comment Filters
❖ Direct Messages
❖ Daily Screen Time

Whatsapp

- ❖ Parental Supervision – monitor what they are discussing on this app.
- ❖ What group chats are your kids in?
- ❖ Are the group chats appropriate?

The Solution

Limiting social media use is the best way to improve mental health. Using Facebook, Instagram, and Snapchat for only 10 minutes per day for three weeks led to lower loneliness and depression.

But reducing social media use to even 30 minutes per day results in significantly lower levels of:

Anxiety
Depression
Loneliness
Sleep problems
Fear of missing out (FOMO)

Be interested in what your child is using their phone for and monitor their social media usage