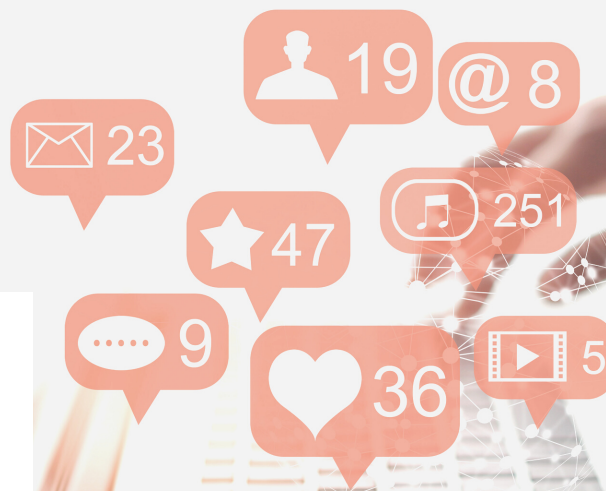


# NOVEMBER COUNSELING NEWSLETTER

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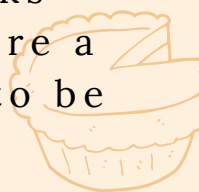
## IN THIS ISSUE

**Social Media Safety**  
**Resources**



BE INVOLVED  
WITH YOUR  
STUDENT'S  
SOCIAL  
MEDIA

Social networking sites are more popular than ever, and they've changed the way people use the internet. Some of the most popular sites are Facebook, Instagram, Snapchat, TikTok, and Twitter. For many teens and even younger kids, online social networking is an important part of their lives because it lets them talk to their friends no matter where they are. Social networks aren't a bad thing, but there are a few risks your kids will need to be aware of.





## TECHNOLOGY IS A BALANCING ACT

Social networks involve a lot of sharing, including photos, videos, links, and personal information. Many kids and teens enjoy sharing these things with their friends, but they may be sharing information with more people than they realize.

**For example, a recent study found that 68% of teens have accepted friend requests from strangers, and 8% have accepted every friend request they have received.** This means their “friends” may not be people they can trust. The Federal Trade Commission has created a video to show the importance of sharing with care. **It is known that “76.7% of tweens and 82.0% of teens experienced bullying as a victim or a witness.”** These bullying incidents can occur on various platforms, such as texting, video game chats, and any social media platforms."

Topics regarding substance abuse are frequently brought up through these platforms and have a tremendous influence on how your students perceive these topics.

**About, 78.0% of tweens and 91.1% of teens engaged in conversations surrounding drugs/alcohol. Many teens then begin to feel pressured to engage in explicit text messages, 70.9% of tweens and 87.9% of teens encountered nudity or content of a sexual nature.**

Having open conversations with your child about how to navigate social media, the internet, and personal text messages will prevent them from feeling as if they need to hide things. In addition, putting safety blocks on their devices will provide extra support.



# Screen Time

In 2019, Common Sense Media discovered that **8-12-year-olds spend about 4 hours and 44 minutes using technology. In comparison, 13-to 17-year-olds spend an increasing amount of time of 7 hours and 22 minutes.**

These times do not include the amount spent during school hours. Also, these numbers were taken before the Pandemic.

'Smartphone ownership has risen dramatically, even among the youngest tweens.' **Starting at the age of 8, an average of 19% are given a smartphone. Jumping to the age of 18, on average, 91% own a smartphone.** Children are getting online at a younger age each year. Teaching our children how to responsibly use online resources will only help them develop a healthy relationship with the digital world.

They'll be able to self-regulate the amount of time they spend on their devices, create healthy social relationships and learn to identify and avoid risky online behaviors. Social media allows for more frequent communication. Kids can learn about other cultures, develop new skills, and have an outlet for their creative expression. That doesn't mean that there isn't a downside. If you're a parent of young children or teenagers, you know how hard it can be to see what your kids are doing online. Ask yourself - do your children have Snapchat, WhatsApp, or Facebook Messenger on their phones? Do you know what those apps are? Or do your children hide their screens as soon as you walk into the room? If so, they're probably hiding something from you. One of the biggest worries you may have as a parent is the sheer amount of content your child is being exposed to and how to ensure that this content is appropriate for them. Your kids can be exposed to violence, explicit images, online bullying, and sexual predation.



The use of social media “likes” and the accumulation of followers as a barometer of popularity can lead children into contact with people they have never met--some of whom may not have the best of intentions. Whether your child’s experience online turns into a positive or a negative experience doesn’t depend on the internet, but on how he or she chooses to use it. A parental control app can help to establish boundaries and time limits, and which app you choose will depend on your parenting style, values, and assessment of your child’s needs. However, to get the best result from these apps, you and your child need to have a series of conversations.

As you talk to your kids about social networks, you can give them the following guidelines to help them stay safe.

- Keep your posts private.
- Check your privacy settings frequently.
- Be careful what you share.
- Don’t add strangers to your friend's list.
- Keep in mind that things you post online may stay there for years.
- Use good netiquette.

When deciding which parental control app is best for your family, keep in mind that there are some criteria that should be taken into consideration.

-Price: How much does the service cost annually? How many children and devices can you monitor or control?

-Installation: How easy is it to install?

-App management: How well does the app monitor, block or restrict app usage?

-Filtering: What kind of filtering tools does each app offer?

-Time management: What kind of tools does the app provide for restricting kids’ access to content?

-Texting and messaging management: Does the app let you review the content of your child’s text messages?

-Location tracking: Does the app let you locate your child in an emergency?

2.<https://edu.gcfglobal.org/en/internetsafetyforkids/using-social-networks-safely/1/>

3.<https://www.tomsguide.com/us/best-parental-control-apps,review-2258.html>

# RESOURCES

- Bark annual report 2020
- Gaming safety
- 9 Tips for smartphone use
- Social-Emotional Learning - While you have screen time...
- Digital Learning Week 2021 - Tips
- Internet Safety - Useful Links
- Text Message Safety
- Human Trafficking
- 5 Internet Safety Tips
- Make Youtube Safe
- 6 Things you may not know about Instagram
- Sneaky Camera Apps Parents should know about

## Apps for Internet Safety

- Parental Control Apps
- Healthy Digital Habits
- Bark - Know whats going online