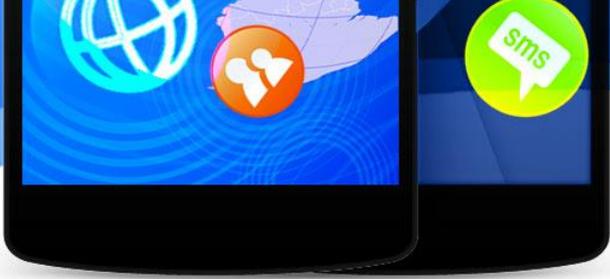


Screens and Teens: Handling Social Media



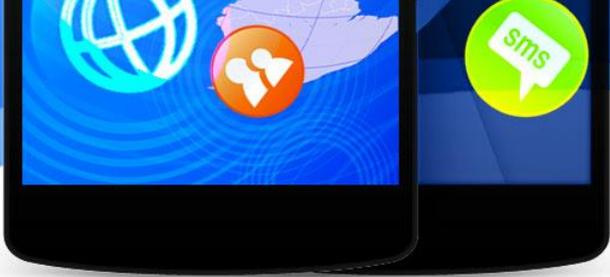
**Tobi Russell LPC, LLP,
CAADC, CCS-M,
BCETS**

**Director, Rochester
Area Counseling
Services**



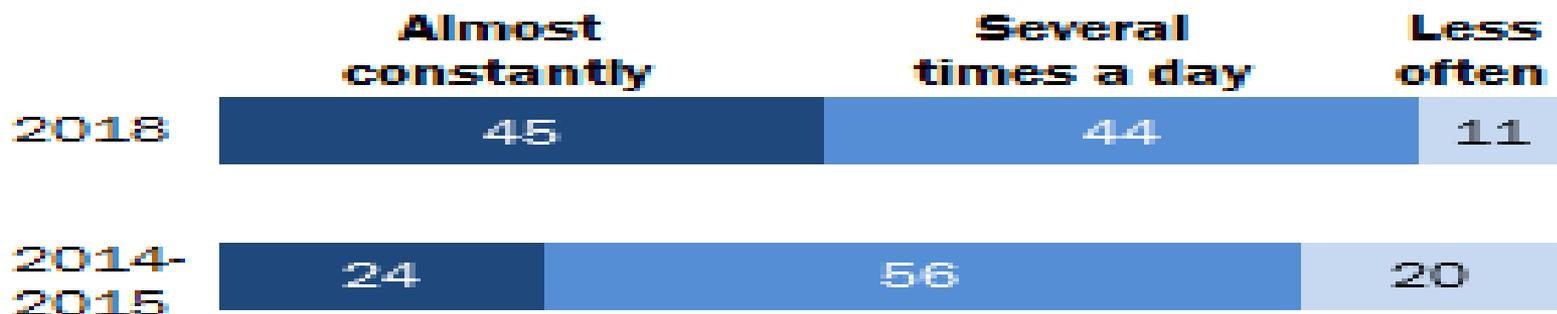
Agenda for evening

- What sites/apps are teens using for you to be aware of
- What can parents do to set guidelines for social media
- Open talk/questions



45% of teens say they're online almost constantly

% of U.S. teens who say they use the internet, either on a computer or a cellphone ...

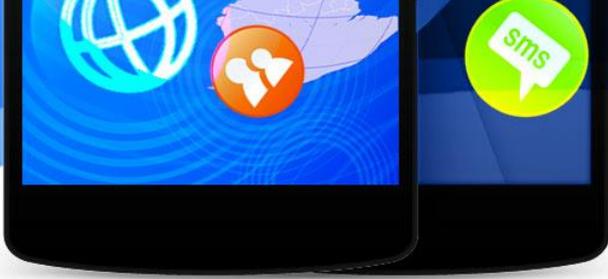


Note: "Less often" category includes teens who say they use the internet "about once a day," "several times a week" and "less often."

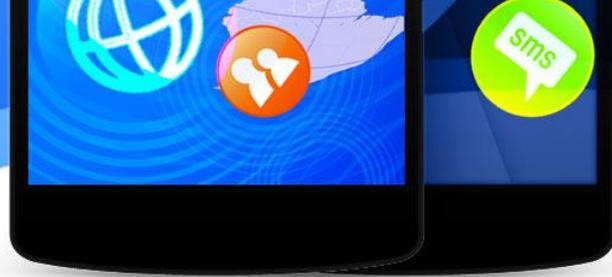
Source: Survey conducted March 7-April 10, 2018. Trend data from previous Pew Research Center survey conducted 2014-2015.

"Teens, Social Media & Technology 2018"

PEW RESEARCH CENTER

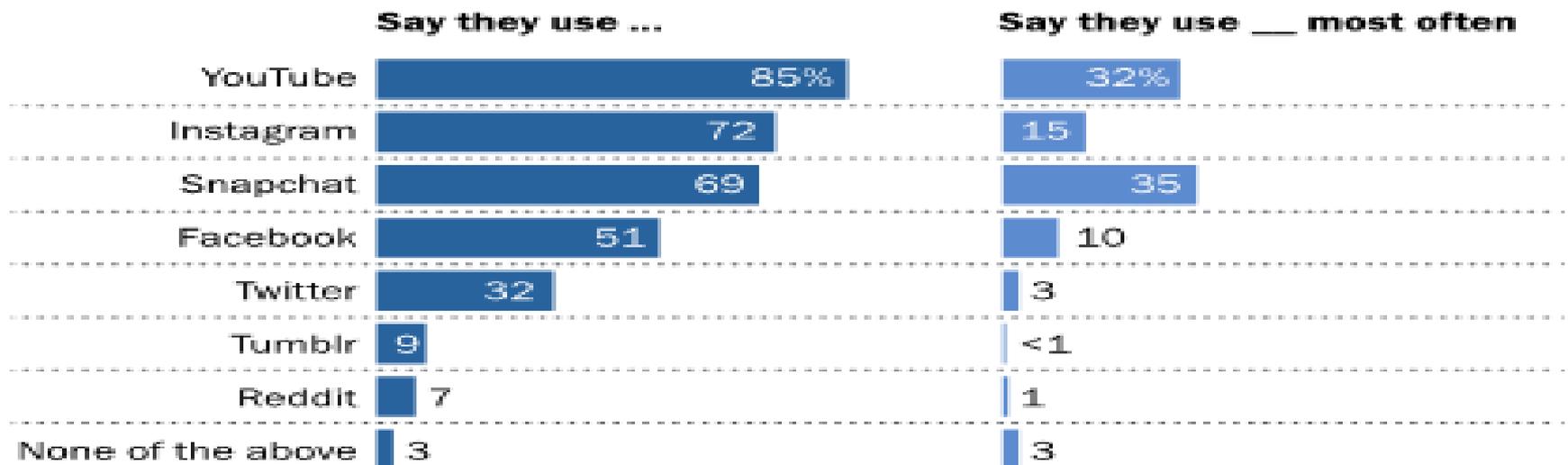


Teens favorite way of communicating	2012	2018
In-Person	49%	32%
Texting	33%	35%
Social Media	7%	16%
Video-Chatting	2%	10%



YouTube, Instagram and Snapchat are the most popular online platforms among teens

% of U.S. teens who ...

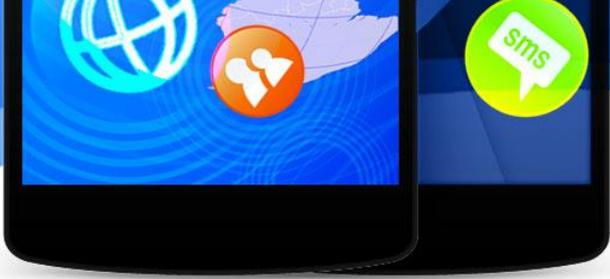


Note: Figures in first column add to more than 100% because multiple responses were allowed. Question about most-used site was asked only of respondents who use multiple sites; results have been recalculated to include those who use only one site. Respondents who did not give an answer are not shown.

Source: Survey conducted March 7-April 10, 2018.

"Teens, Social Media & Technology 2018"

PEW RESEARCH CENTER



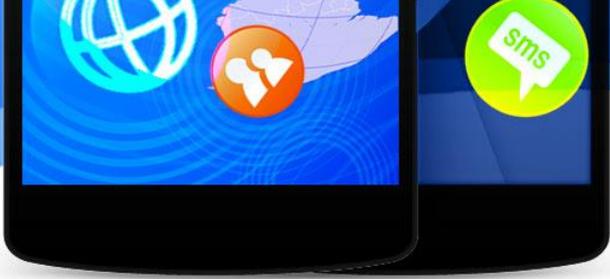
Stats to be aware of

- In early 2018, the top 3 social apps in use by teens were YouTube, Instagram, and Snapchat
- Snapchat 35%, YouTube 32%, Instagram 15% according to Pew Research Survey in 2018
- <https://www.youtube.com/watch?v=rNKSPc8H4Do>

What are they using now?

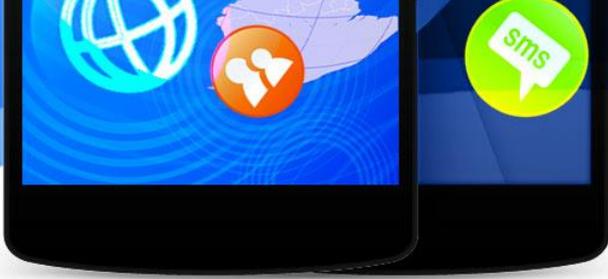


- **Instagram** lets users snap, edit, and share photos and 15-second videos, either publicly or with a private network of followers. It unites the most popular features of social media sites: sharing, seeing, and commenting on photos. It also lets you apply fun filters and effects to your photos, making them look high quality and artistic.



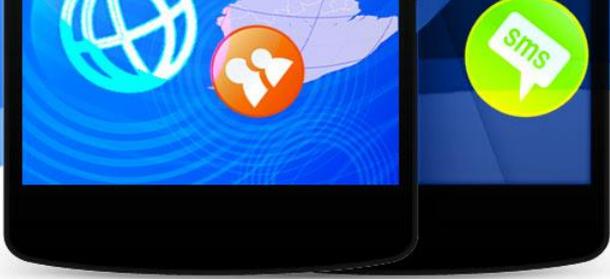
What parents need to know

- **Teens are on the lookout for "likes."** Similar to the way they use Facebook, teens may measure the "success" of their photos -- even their self-worth -- by the number of likes or comments they receive. Posting a photo or video can be problematic if teens post it to validate their popularity.
- **Public photos are the default.** Photos and videos shared on Instagram are public unless privacy settings are adjusted. Hashtags and location information can make photos even more visible to communities beyond a teen's followers if his or her account is public.
- **Private messaging is now an option.** Instagram Direct allows users to send "private messages" to up to 15 mutual friends. These pictures don't show up on their public feeds. Although there's nothing wrong with group chats, kids may be more likely to share inappropriate stuff with their inner circles



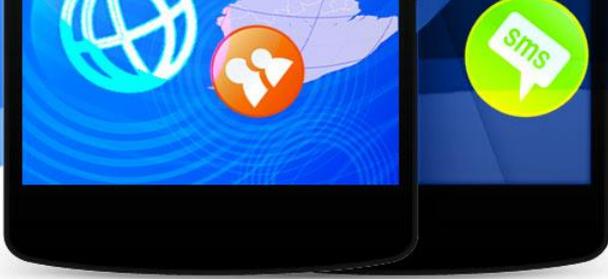
What are they using now?

- **Snapchat** is a messaging app that lets users put a time limit on the pictures and videos they send before they disappear. Most teens use the app to share goofy or embarrassing photos without the risk of them going public. However, there are lots of opportunities to use it in other ways.

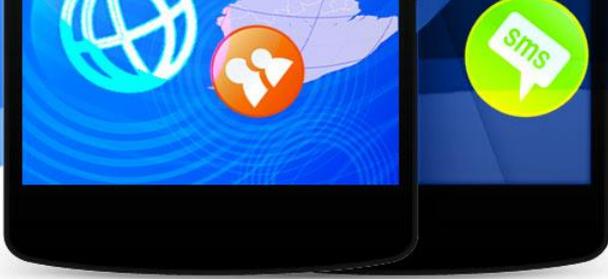


What parents need to know

- **It's a myth that Snapchats go away forever.** Data is data: Whenever an image is sent, it never truly goes away. (For example, the person on the receiving end can take a screenshot of the image before it disappears.) Snapchats can even be recovered. After a major hack in December 2013 and a settlement with the FTC, *Snapchat* has clarified its privacy policy, but teens should stay wary.
- **It can make sexting seem OK.** The seemingly risk-free messaging might encourage users to share pictures containing sexy images.



Just A Little Note About YouTube



The Duct Tape Challenge and others

- <https://www.youtube.com/watch?v=3nl54YXL3ro>

Duct Tape

- https://www.youtube.com/watch?v=nb50Pf_mthA

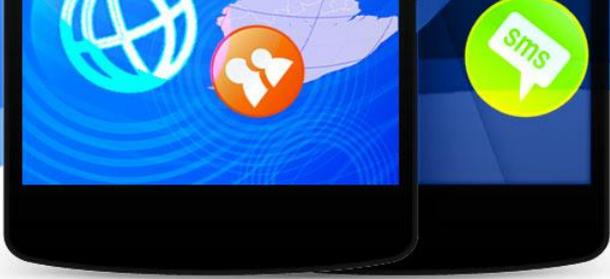
Cinnamon Challenge

- <https://www.youtube.com/watch?v=IAdXaJOGgpM>

Salt and Ice Challenge

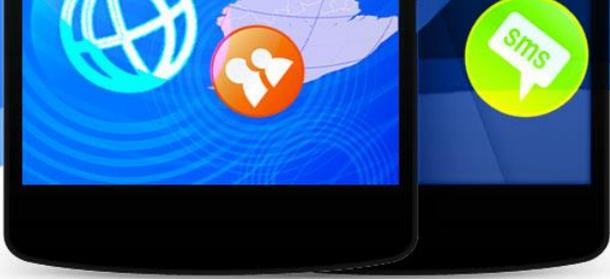
- <https://www.youtube.com/watch?v=FTIcR7vUxRE>

Tide Pod Challenge



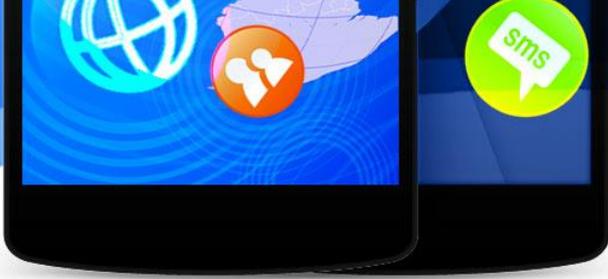
The Duct Tape Challenge and others

- The eraser challenge---Kids take an eraser and rub it on their skin as hard as they can for 30 seconds. The outcome is a painful welt that could result in a scar
- The deodorant challenge—Kids hold an aerosol deodorant can as close to their skin as possible and spray it for a prolonged period of time. Kids are getting first to second degree burns from this challenge causing their skin to look spotty.

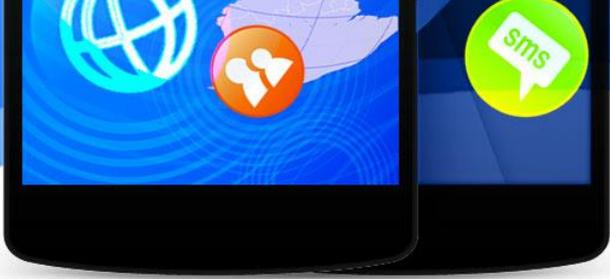


The Duct Tape Challenge and others

- The condom snorting challenge---Kids challenge each other to snort unused condoms and then try to pull it out from their mouth. Obviously a choking hazard
- The hot water challenge—Kids try to drink boiling water through a straw or throwing boiling water on an unsuspecting friend. Obviously a burn hazard

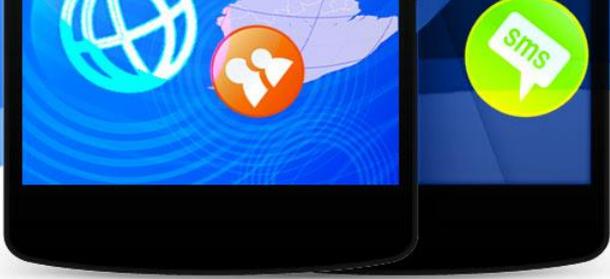


OTHER APPS/GAMES TO KNOW ABOUT



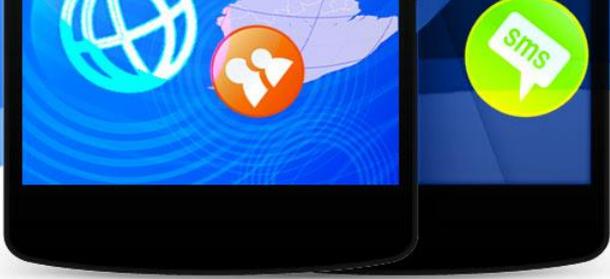
What are they using now?

- **Fortnite** is a multiplayer shooting game available on console, PC or iOS device
- Game play involves as many as 100 players joining in a single round
- Players fight each other until one is left
- Players can chat with each other using headsets or text
- Popular with students because of silly humor like wearing funny costumes or performing dance moves



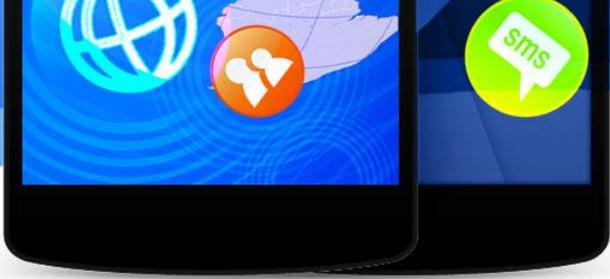
What parents need to know

- **Parents** can turn off the game's chat settings. If your student plays Fortnite on a console, you can use parental controls to limit how much time they play
- **Before giving them access to the game**, teach your children to have a healthy balance when it comes to screen time and time spent offline. Set screen time limits before giving students access to devices
- **Teach students** to never share personal information with strangers while gaming
- **Check in often.** Children are more likely to stay safe online when their parents check in regularly.



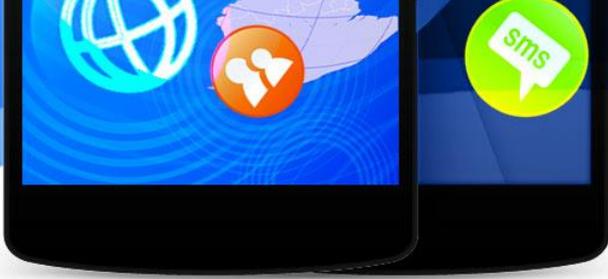
What are they using now?

- **Tumblr** is like a cross between a blog and Twitter: It's a streaming scrapbook of text, photos, and/or videos and audio clips. Users create and follow short blogs, or "tumblelogs," that can be seen by anyone online (if made public). Many teens have tumblelogs for personal use: sharing photos, videos, musings, and things they find funny with their friends.



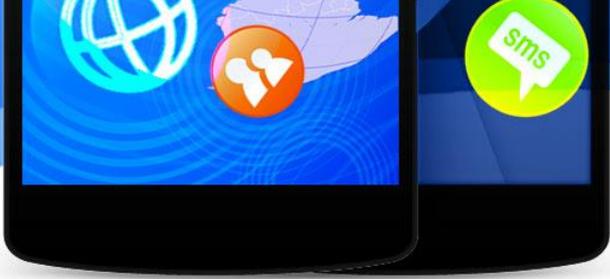
What parents need to know

- **Porn is easy to find.** This online hangout is hip and creative but sometimes raunchy. Pornographic images and videos and depictions of violence, self-harm, drug use, and offensive language are easily searchable.
- **Privacy can be guarded but only through an awkward workaround.** The first profile a member creates is public and viewable by anyone on the Internet. Members who desire full privacy have to create a *second* profile, which they're able to password-protect.
- **Posts are often copied and shared.** Reblogging on Tumblr is similar to re-tweeting: A post is reblogged from one tumblelog to another. Many teens like -- and, in fact, want -- their posts reblogged. But do you really want your kids' words and photos on someone else's page?



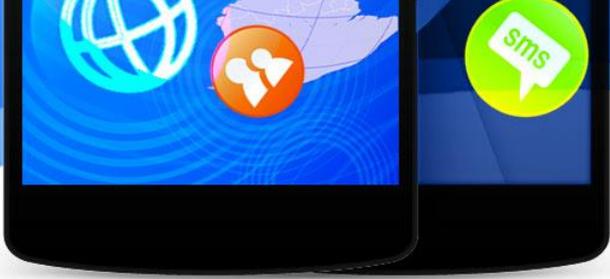
What are they using now?

- **Twitter** is a microblogging site that allows users to post brief, 280-character messages -- called "tweets" -- and follow other users' activities. It's not only for adults; teens like using it to share tidbits and keep up with news and celebrities.



What parents need to know

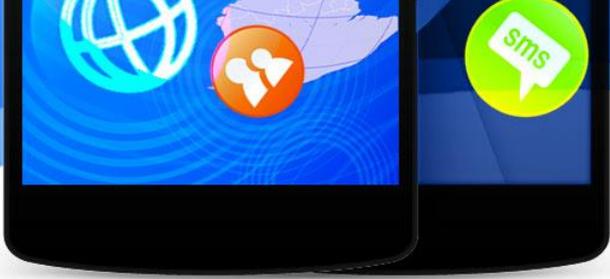
- **Public tweets are the norm for teens.** Though you can choose to keep your tweets private, most teens report having public accounts. Talk to your kids about what they post and how a post can spread far and fast.
- **Updates appear immediately.** Even though you can remove tweets, your followers can still read what you wrote until it's gone. This can get kids in trouble if they say something in the heat of the moment.



What Are They Using Now?

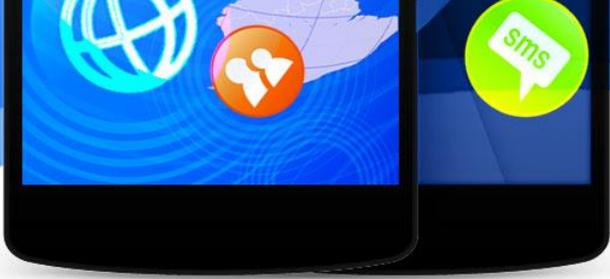
What's App

- Lots of kids still use [Facebook Messenger](#) on their phones to get in touch with their friends, but Facebook also owns another messaging app called WhatsApp.
- WhatsApp has more than 1 million monthly active users as of late 2017, and they're not just using the texting feature. WhatsApp also lets you post status updates, send video, share your location, and make voice and video calls over the internet.



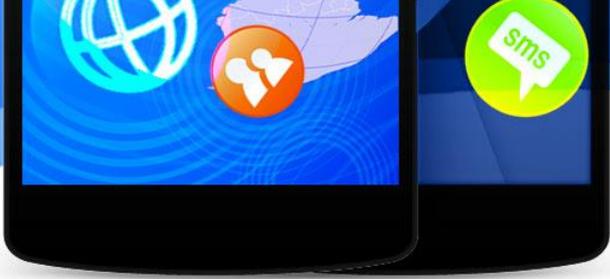
What are they using now?

- **Kik Messenger** is an app that lets kids text for free. It's fast and has no message limits, character limits, or fees if you only use the basic features. Because it's an app, the texts won't show up on your kid's phone's messaging service, and you're not charged for them (beyond standard data rates).

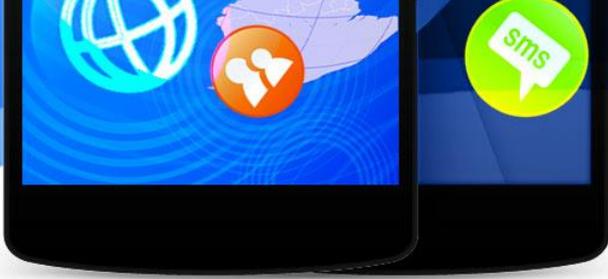


What parents need to know

- **Stranger danger is an issue.** *Kik* allows communication with strangers who share their *Kik* usernames to find people to chat with. The app allegedly has been used in high-profile crimes, including [the murder of a 13-year-old girl](#) and [a child-pornography](#) case.
- <http://www.cbsnews.com/news/did-slain-virginia-girl-nicole-lovell-talk-to-her-alleged-killer-on-messaging-app/>
- **It's loaded with ads and in-app-purchases.** *Kik* specializes in "promoted chats" -- basically, conversations between brands and users. It also offers specially designed apps (accessible only through the main app), many of which offer products for sale.

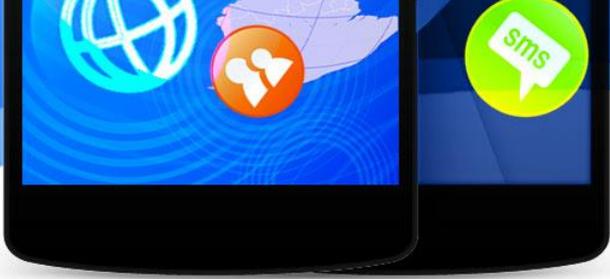


The “Self-Destructing” or Secret Apps



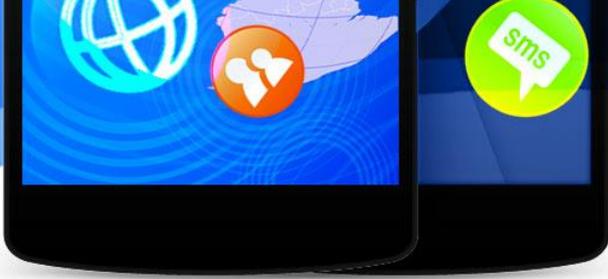
What are they using now?

- **Whisper** is a social "confessional" app that allows users to post whatever's on their minds, paired with an image. With all the emotions running through teens, anonymous outlets give them the freedom to share their feelings without fear of judgment.



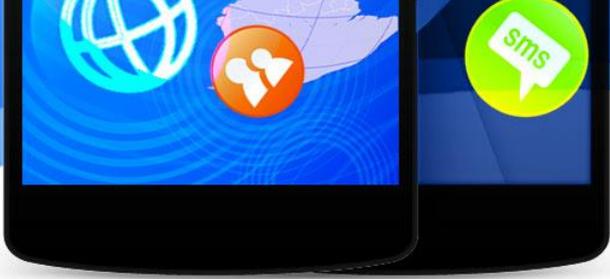
What parents need to know

- **Whispers are often sexual in nature.** Some users use the app to try to hook up with people nearby. Lots of eye-catching nearly nude pics accompany these shared secrets.
- **Content can be dark.** People normally don't confess sunshine and rainbows; common *Whisper* topics include insecurity, depression, substance abuse, and various lies told to employers and teachers.
- **Although it's anonymous to start, it may not stay that way.** The app encourages users to exchange personal information in the "Meet Up" section.



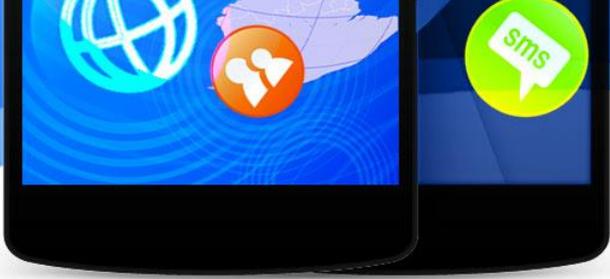
What are they using now?

- **Burn Note** is a messaging app that erases messages after a set period of time. Unlike many other apps of this sort, it limits itself to text messages; users cannot send pictures or video. That may reduce issues such as sexting -- but words can hurt, too.



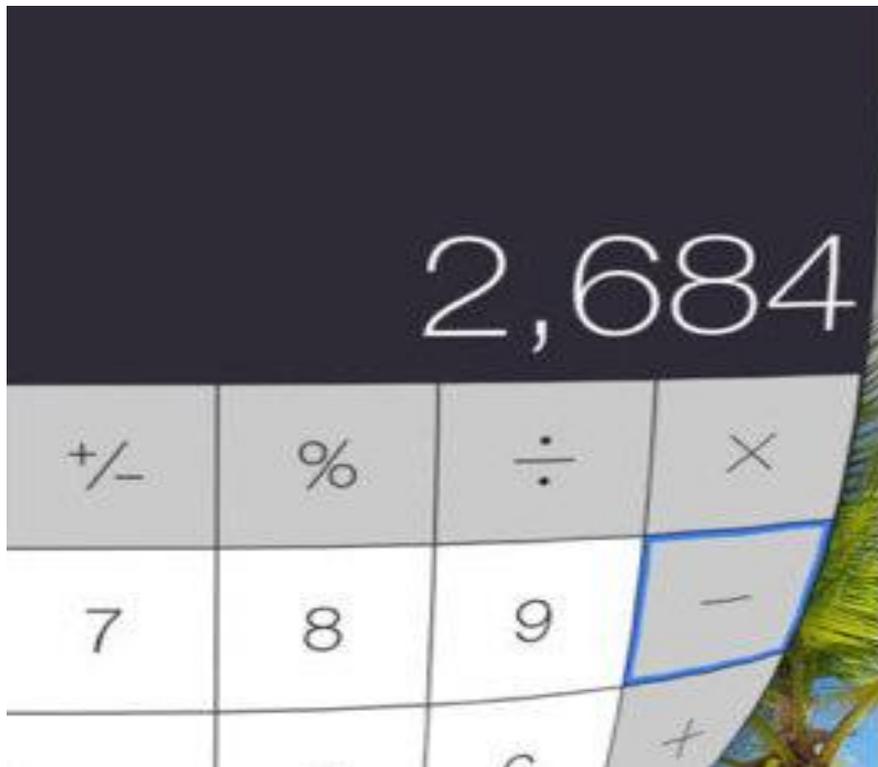
What parents need to know

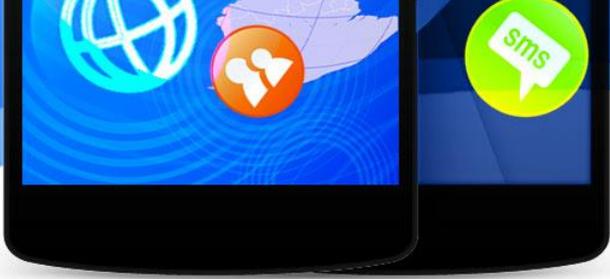
- **It allows kids to communicate secretly.** To discourage copying and taking screenshots, a spotlight-like system that recipients direct with a finger (or the mouse) only reveals a portion of the message at a time.
- **It may encourage risky sharing.** The company claims that its "Multi-Device Deletion" system can delete a message from anywhere: the device it was sent from, the device it was sent to, and its own servers. But it's wise to be skeptical of this claim.
- **You don't have to have the app to receive a Burn Note.** Unlike other apps -- for example, Snapchat -- users can send a Burn Note to anyone, not only others who have the program.



What are they using now?

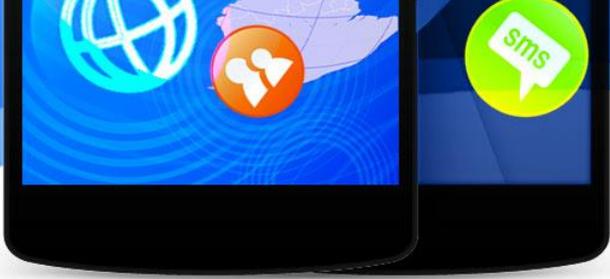
- There are number of what are called “Vault” apps that are coming to light. Some are Calculator%, Keep Safe Private Photo Vault, and Best Secret Folder





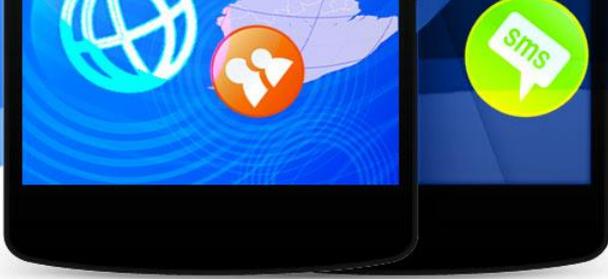
What parents need to know

- Parents concerned about vault apps can take proactive measures by enabling parental controls. For families with iPhones, parents can screen apps before they are downloaded to their children's iPhones with a feature called Ask to Buy.
- By turning on Ask to Buy, whenever a child wants to download an app (whether free or paid), it sends a request to the parent's iPhone, and the parent can then approve or deny the download. The steps, which are available on [Apple's website](#), involve setting up each iPhone with Family Sharing and then enabling Ask to Buy for the child's iPhone.

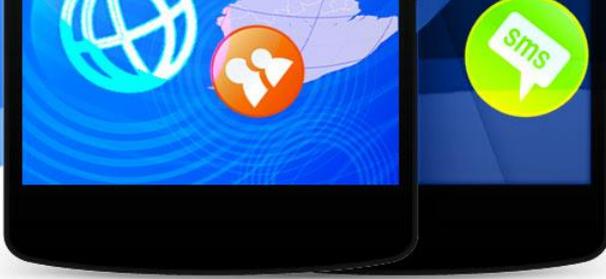


What parents need to know

- For families with Android devices, parents can [enable parental controls](#) inside Google Play's app store to allow children to download apps only at a certain maturity level. For stricter controls, parents can download an app called [AppLock](#) on the child's device and lock down any app that they suspect to be a vault app with a PIN code.
- Websites that focus on digital learning for teenagers provide tips for parents on how to spot a hidden app. [Common Sense Media](#), one such website, detailed some of the ways they use vault apps, and other apps that are used to discreetly take photos.

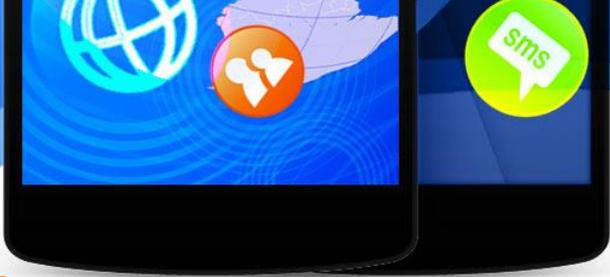


Good Tips/Contracts for Parents to Use



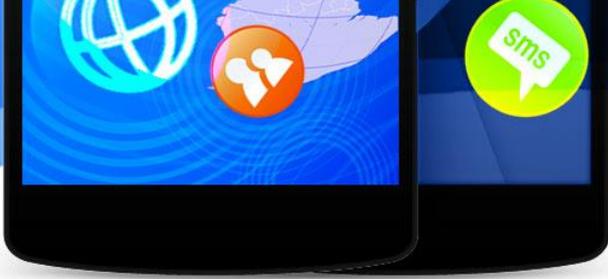
Good Tips/Contracts

- SafeKids.com – [Family Contract Information for Online Safety](#)
- [Flipping Parenting: My Family's Media and Tech Agreement](#)
- American Academy of Pediatrics (AAP) – [SafetyNet Resources for Parents](#)
- Edutopia – [Creating a Family Agreement: How to Have the Conversation](#)
- SmartSocial.com
- Check out the whole list at mediatechparenting.net/contracts-and-agreements



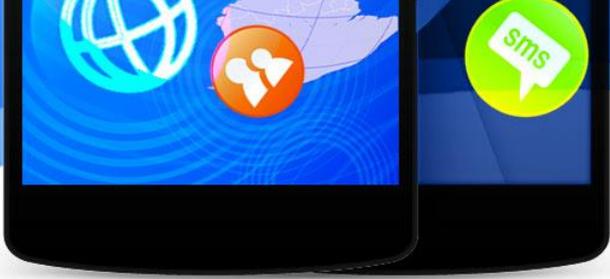
Good Tips to Use

- Lead by example and be the digital role model they need. If you don't want your student to constantly be on their phones, then make sure you unplug when you want them to unplug
- Instead of taking their devices away, set ground rules. Ensure that your student understands the consequences of not following the guidelines. This can empower students to self-regulate their screen time
- Another option parents can consider is making screen time an earned activity.



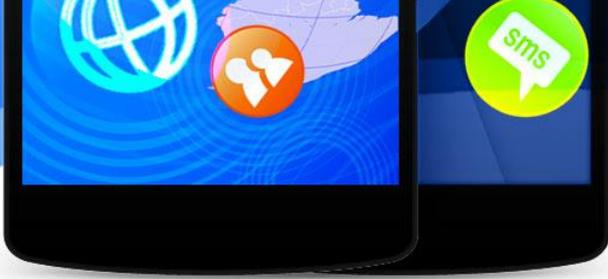
Good Tips to Use

- Help your student find offline activities that they enjoy and would be proud to share with future employers or college admissions officers. Extracurricular activities can be great additions to your student's resume and can also help generate content to share on social media

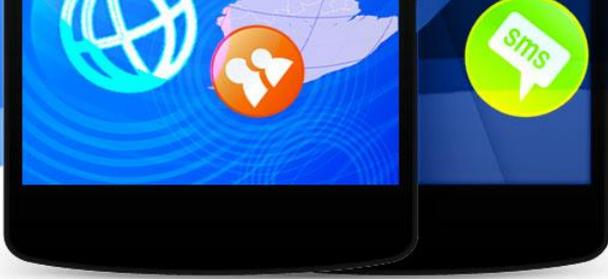


Good Tips to Use

- Teach your children to use social media as a tool as opposed to a pass time
- Set up visual timers so that students know how much screen time they can expect
- Collect all of your family's cell phones before bed each night and charge them in a specific place to avoid having your student check their phone all night
- Always be on the apps that your student uses and monitor their activity. Use their behavior to have regular discussions around social media safety



Questions/ Sharing of Successful Strategies



Questions?????

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