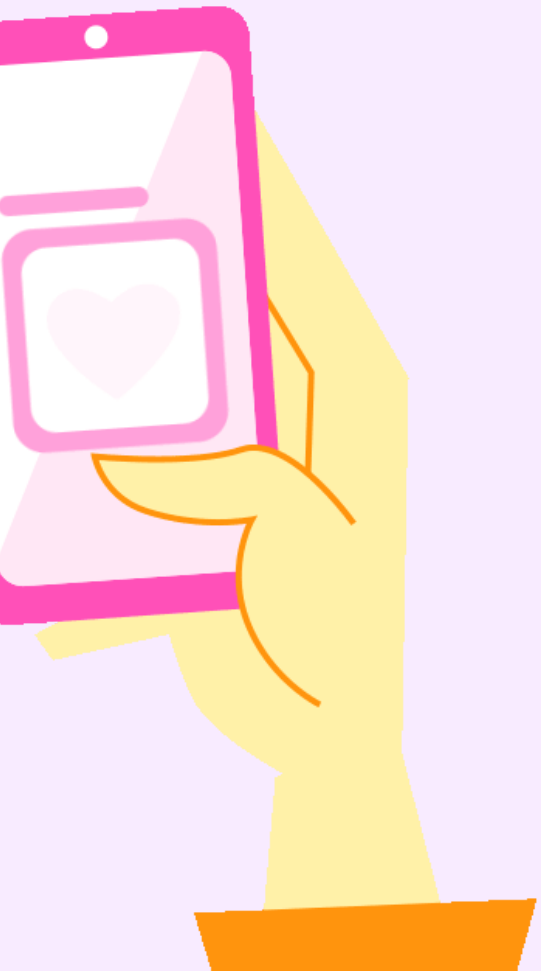




Social Media Education



Warm Springs Middle School



The Basics

What age is too young? what apps are appropriate?
How do I keep my kids safe online?

Social Media: *Red Flags*

It can be hard to keep up with the latest apps that kids are using. Just when you've figured out how to talk to your kids about Instagram, they're begging to download Snapchat and TikTok. Even when new apps come along, adding new features such as the ability to disappear or track your location, they're often not that different from other apps. And if you know what to look for, you can help your kid avoid some common social media pitfalls such as drama, cyberbullying, and oversharing.

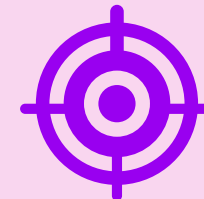
PBS: [Social Media](#)

Common Sense Media: [Red Flags for Parents](#)

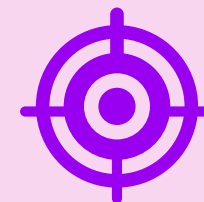


Social Media Dangers:

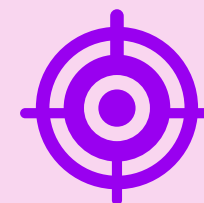
Childhood 2.0 Bank



For the first time in history, mental illness and suicide have become one of the greatest threats to school-aged children. Many parents still view dangers as primarily physical and external, but they're missing the real danger: kids spending more time online and less time engaging in real life, free play, and autonomy. What are the effects on the next generation's mental, physical, and spiritual health? Childhood was more or less unchanged for millennia, but this is CHILDHOOD



2.0.



THE MOVIE

Social Media Guidelines

The number of preteens using social media is climbing. Teens spend an several hours a day scrolling on social media. Whether your kids are already using social media or asking to get started, it's a good idea to teach them some basic rules. Here are some guidelines for helping middle school kids use social media safely and responsibly:

Commonsensemedia.org

01

Follow the rules

Many social sites have an age minimum of 13 by law and for reasons of safety and privacy. Encourage kids to stick to age-appropriate sites.

02

Think before you post

Remind them that everything they post can be seen by everyone. Be sure to **THINK**: Is it - **T** rue? **H** elpful? **I** nspiring? **N** ecessary? **K** ind? Help teach your kids to post appropriately so they can avoid doing something they'll regret later.

03

Set their privacy settings

Take the time to learn about default settings and how to change the privacy settings on your kids' favorite sites and apps. Teach them how to be in control of what they share.

04

Kindness Counts

Rule of thumb: If your kids wouldn't say it to someone's face, they shouldn't post it.

05

Be "in the know"

With middle schoolers, it's a good idea for parents and caregivers to have access to what their kids are doing online. That way, you can be sure that what they're posting is appropriate, and help your kids avoid doing something they'll regret later.

Thank You!



Please fill out our survey to receive your handbook!!



Handbook for Raising Kids in the Digital Age