Navigating Social Media

Top concerns that parents report about social media include:

👓 **Anonymity -** children could be cyberbullied or contacted by people who aren't who they say they are.

🎮 **Distraction -** preoccupation with social media will distract from homework or family time.

▷ **Content** - especially for those who are less tech-savvy, parents worry that their child may post or view inappropriate content on social media.

👥 **Reputation** - a growing online presence from a young age could impact future opportunities for education or employment.

Talk to your kids about their social media use and address your concerns with them directly. Ask them to explain how each platform works and what they do to stay safe and protect their information. Encourage positive interactions online and set clear expectations for the types of things they can post or view.

The most popular online platforms among teenagers*:

1. YOUTUBE 85%

2. INSTAGRAM 72%

3. SNAPCHAT 69%

4. FACEBOOK 51%

5. TWITTER 32%

*Pew Research Center, May 2018, "Teens, Social Media & Technology 2018"

Using social media comes with the responsibility of being a good digital citizen. Encourage your child to use the Golden Rule and treat others the way they want to be treated. Help them engage in the online world thoughtfully and consciously, and teach them to improve their social media experience by being a good digital role model yourself.

For more information:
fosi.org/parenting