*Common apps – What they are and what they sometimes can be used for/known of.*

Snapchat: Used to send vides and pictures that only appear for second – pictures are being screenshot and the app also has a pin point location device

Facebook: Used to post status updates and pictures – bullying is down through the comment section and private message component

Instagram: Photo sharing app – not as bad as tumble but some content may be inappropriate

Twitter: An app where you can post messages - kids can be bullied about their post

Pinterest: You can create files where you can save information – some information can be inappropriate

Tumblr:  Photo sharing app – inappropriate pictures are being shared

WhatsApp: Message app—Shows your location

Yik Yak: An anonymous social "wall" to post anything – Lot of social threats are posted

Tinder: A way to connect with other people - mostly used as a dating app

Ask.fm: A place to ask and answer questions – used for cyberbullying

Kik: A high speed texting app – used to meet strangers for sexting

Whipser: A place to share secrets – most post go viral on the internet due to content, it also displays the users location

Shots of me: Photo sharing app – do not have a comment section so less bullying however private messages can be sent

Twitter: An app where you can post messages - kids can be bullied about their post

**If you are not sure about an app download it and spend time learning the ins and outs!**

## Social Media



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**Teens are using the internet and social media more than ever**

- 94% of teens go online daily
- 24% of teens feel as though they are online constantly
- 60% of teens users have shared a picture of themselves on social media
- 71% of teens use more than one social network site
- Average American checks their phone 80 times a day

**Many kids have a multiple accounts**

- Finsta ("fake" Instagram) - might be where they feel they can share their raw, authentic feelings,
- Rinsta ("real" Instagram) - post what they want you to see

## REAL YOU <---> BEST YOU

**Talk to you children about social media**

- Talk with your kids about the apps they use and why they use them .
- Parents are usually more effective acting as mentors than as micromanagers.
- Having open-ended conversations rather than wielding authoritative control enables kids to build the critical thinking skills needed to make smarter decisions online and in-real-life.
- When adults express genuine curiosity and compassion about the positive experiences associated with online interactions, kids are more likely to confide in them about the intertwining nature of their online and in-real-life experiences.
- Positive, supportive online communities can make a world of difference to kids who have moved to a new area, or who don't feel particularly connected to their school community, or who aren't able to attend school because of illness.
- It's up to parents to find a way in, not through coercion, but through conversation.

**When kids are passionate or angry about something they post about it on social media**

- Young people want their opinions to be heard. Many tweens and
- teens find their online communities are engaging, interactive and
- responsive.
- Responses from friends and followers make kids feel heard and listened to, which is often critically important for those who simply want acknowledgment and validation.
- Parents who empathize with the challenges their children face can help them devise smarter, healthier ways to self-filter before posting.

**Things you may not know about social media and your children**

- Many apps have geolocation features, and people don't realize the new level of potential pressure (and danger) these on-all-the-time experiences can bring.
- Even when kids keep social media accounts private or provide restricted access, anyone can request to follow or friend them and potentially have full access to their postings.
- The social pressure to be popular on social media is even worse than in person. The likes, loves, comments and follower counts have become a barometer for popularity.
- Some social media platforms have age restrictions to join, but it's easy for children to get around these.

TEENS,
SOCIAL MEDIA,
& PRIVACY