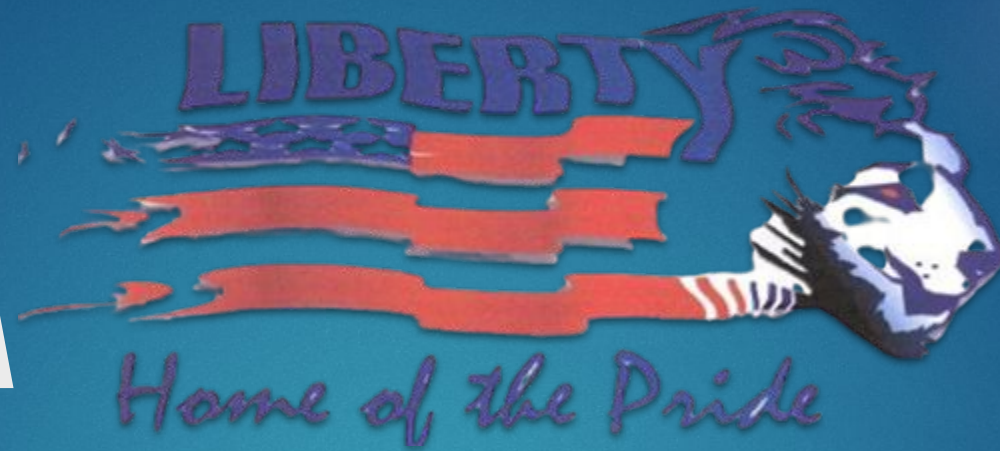


# SOCIAL MEDIA

# AWARENESS:



*Digital World Safety*



# @Goals of the presentation

- ▶ To inform stakeholders of the ever-changing trends of social media
- ▶ To provide tools to socialize safely online



# #Objectives

- ▶ Define Social Media and learn current facts.
- ▶ Pros/Cons of Social Media.
- ▶ Learn tools to remain safe online.





- ▶ What is Social Media?
- ▶ Why do people use Social Media?
- ▶ What type of Social Media do you use?



# Pros of Social Media

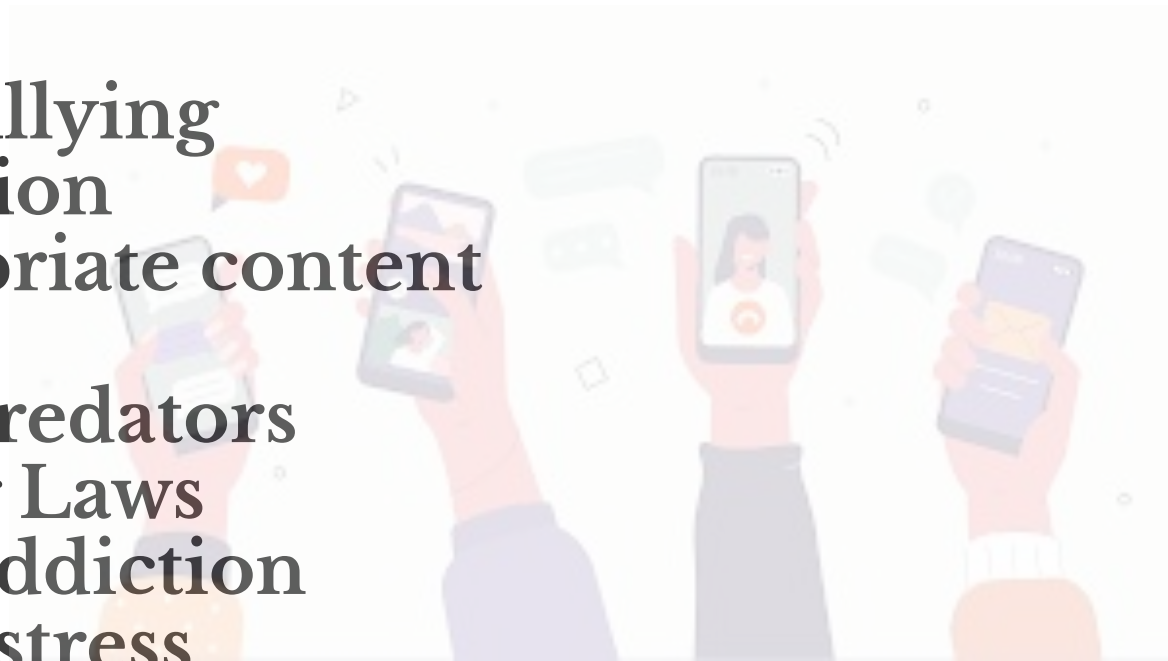


- ▶ Communication with friends and family members; can comment on life events
- ▶ Ways to update on one's life without a phone call or a letter
- ▶ Can contact people they haven't talked to or heard from in awhile
- ▶ Helps develop self-identity

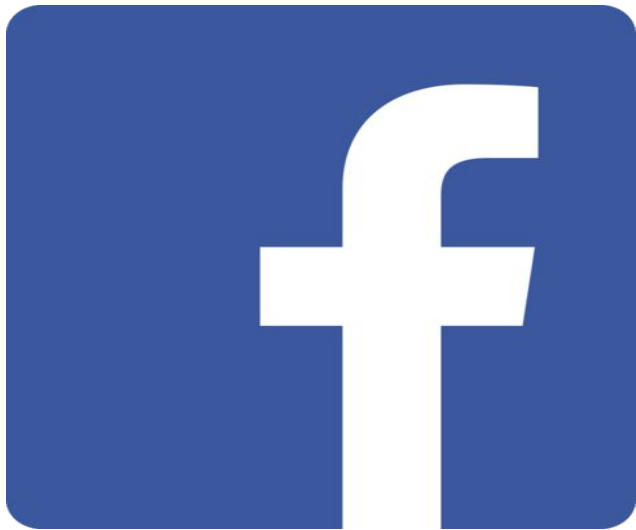


# Cons of Social Media

- ▶ Cyber bullying
- ▶ Geolocation
- ▶ Inappropriate content
- ▶ Sexting
- ▶ Online Predators
- ▶ Breaking Laws
- ▶ Online Addiction
- ▶ Increase stress
- ▶ Unrealistic body image expectations



# TEST YOUR KNOWLEDGE: What do you know about the following apps?



Min. age to use 13 yrs.



Min. age to use 13 yrs.



Min. age to use 13 yrs.

# Social Media Apps



Min. age to use 13 yrs.



Min. age to use 13 yrs.



Min. age to use 13 yrs.



# Social Media Apps



**Min. age to use 13 yrs.**



**Min. age to use 16 yrs.**



**Min. age to use 13 yrs.**

**We recommend all parents and guardians familiarize themselves with any platforms or social media site your child is interested in using before making an agreement.**

# PARENTAL ADVISEMENT

Familiarise yourself with the apps that your child is using, and how the platform works.

Talk to your child about what they like about each platform

Discuss the issue of privacy, safety

Understand the Security and Privacy settings.

Encourage your child to think critically about the content



Parental supervision

# Cyberbullying

- is the use of electronic communication, such as social media, websites, emails, or text messages, to engage in intentional and **repetitive behavior** that is intended to harm, intimidate, or threaten an individual or group. It typically involves spreading false information, sharing hurtful messages, or using digital platforms to harass and humiliate others.

## Can Lead to:

- ❖ Loneliness
- ❖ Anxiety
- ❖ Depression
- ❖ Constant state of fear
- ❖ Suicide
- ❖ Self-harm
- ❖ Use/abuse of drugs and alcohol
- ❖ in-person bullying
- ❖ Unwilling to attend school
- ❖ Poor grades
- ❖ Lower self confidence
- ❖ Health Issues
- ❖ Physical Illness

## Consequences:

- ❖ Fines/Arrest
- ❖ Suspension
- ❖ Detention
- ❖ Expulsion
- ❖ Being banned from the platform

## Who to talk to:

- ❖ Parents/Guardians
- ❖ Teachers
- ❖ Counselors
- ❖ Principal/Vice Principal
- ❖ A trusted adult

# Digital Footprint and Safety

- ▶ Remember, once your information is posted or messaged, you can't take it back. Someone can forward/screenshot the information, and millions of people will have access.
- ▶ Keep your profile private so that only family and people you know see photos, important dates, and other information.
- ▶ Make sure that you do not post personal details, such as phone numbers, home address, or school name.







# NJ LAW

- ▶ Teen Sexting or sending nude or sexually suggestive photos by text message is illegal in NJ.
- ▶ It is illegal for one minor to electronically send a image of someone younger than 18 years to another minor. This includes images of the sender, recipient, or another underage person. This is considered possessing or distributing child pornography.
- ▶ An adult who sexts with a minor can be charged under NJ state law as well.



# Be SMART about Internet Safety

**Safe - Keep passwords and personal information private.**

**Meet - Never meet an online friend in person.**

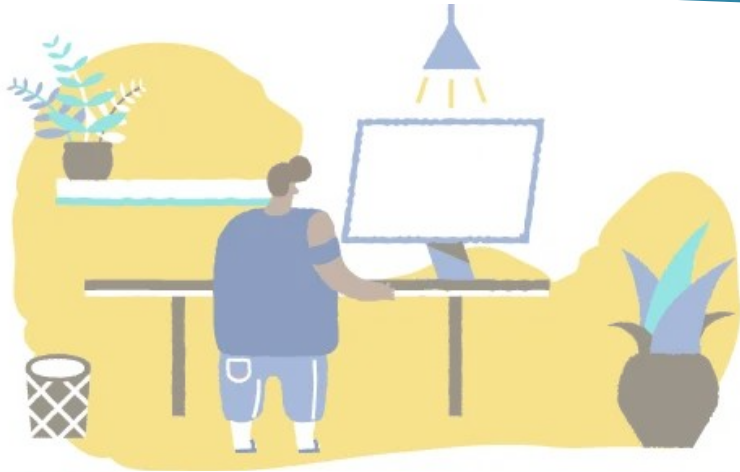
**Accept - Do not accept friend requests from strangers.**

**Reliable - Realize that not all information is reliable or true.**

**Tell - Tell a trusted adult if anything online makes you uncomfortable.**



# Balancing Screen Time



9  
Hours

9 hours is the average screen time for teens and preteens per day

9/10  
Teens

9 out of 10 teens have seen someone get bullied online or experienced bullying themselves




67%

67% of teenagers say they know how to hide what they do online from their parents

43%

43% of teens say they would change their online behavior if they knew their parents were watching them





THINK before you speak.  
Is it True, Helpful,  
Inspiring, Necessary, Kind?

Alan Redpath





# Resources

- <https://www.commonsense.org/education>
- <https://socialmediatestdrive.org/modules.html>
- <https://smartsocial.com/>
- <https://www.ncpc.org/resources/cyberbullying/>