

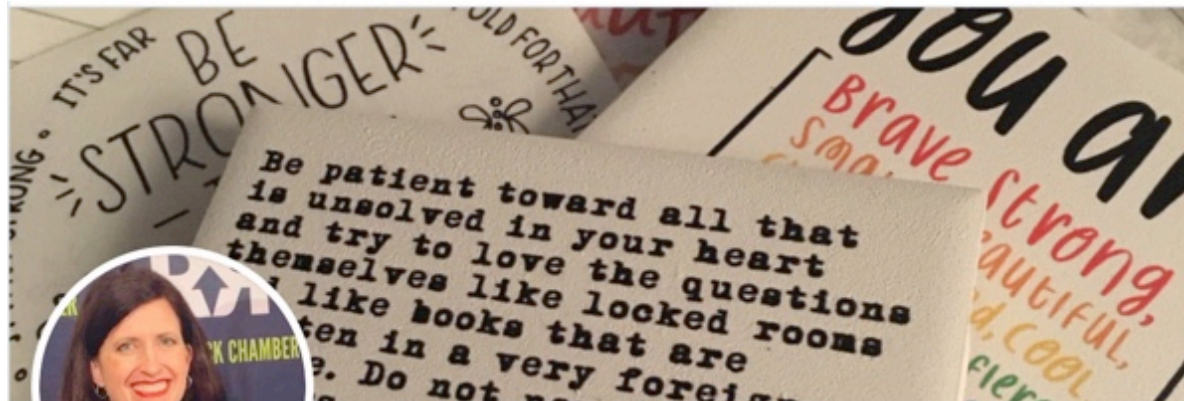


Productive ways to talk about Social Media with Kids



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Amy Grosso, PhD
@amylgrosso



Edit profile

Amy Bigbee Grosso, PhD

@AmyLGrosso

Passions: public education and behavioral health. Dir of Behavioral Health
[@roundrockisd](#). [@afspctx](#) Board Chair. Views are my own.

📍 TEXAS 🔗 [amybigbeegrosso.com](#) 📅 Joined June 2013

1,009 Following 1,266 Followers

Tweets

Tweets & replies

Media

Likes



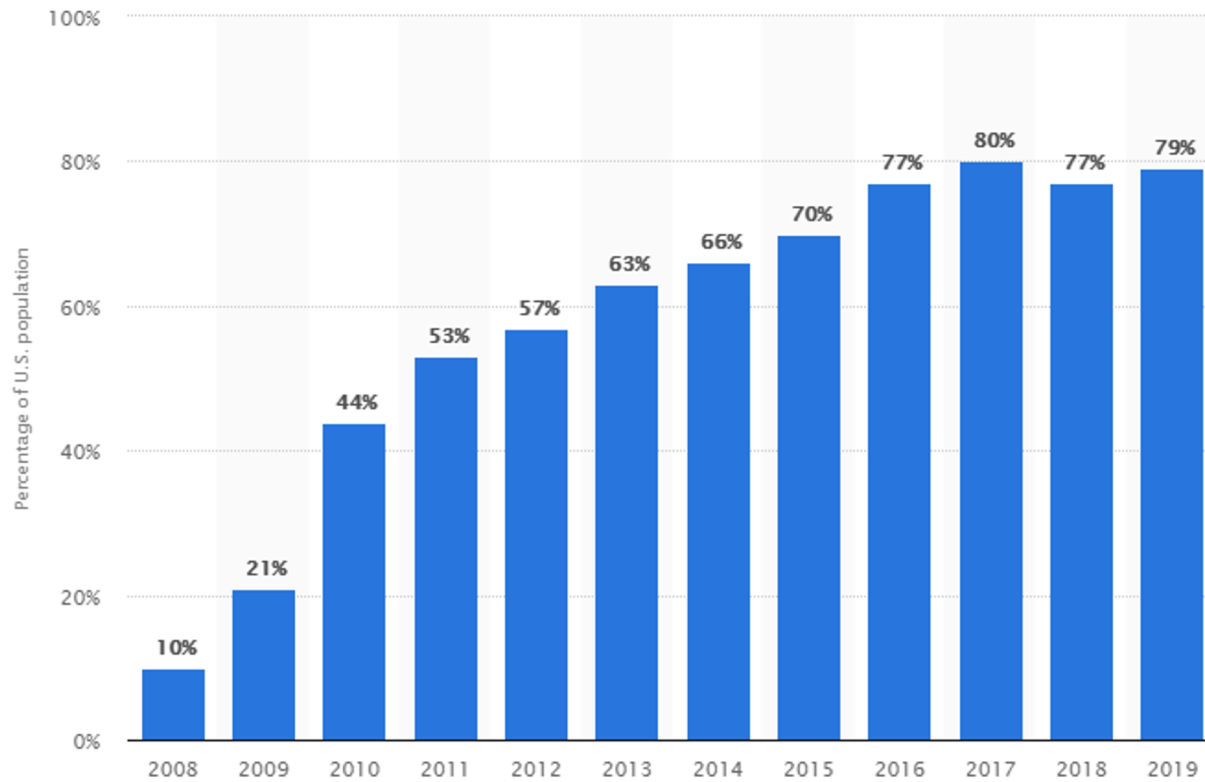
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Social Media is forms of electronic communication (such as websites for social networking and microblogging) through which users create online communities to share information, ideas, personal messages, and other content (such as videos)

Definition from www.merriam-webster.com



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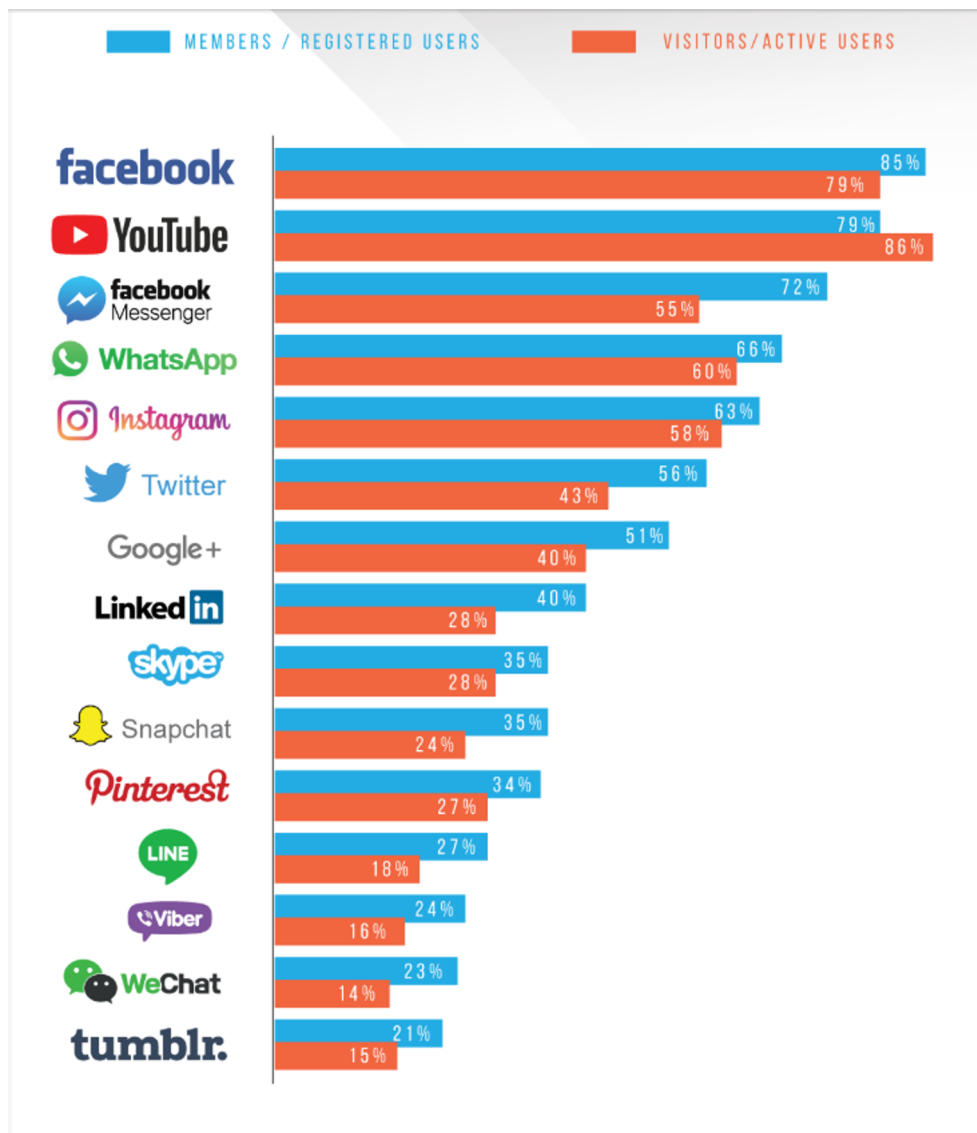


**Percentage of U.S.
Population who currently
use any social media from
2008-2019**

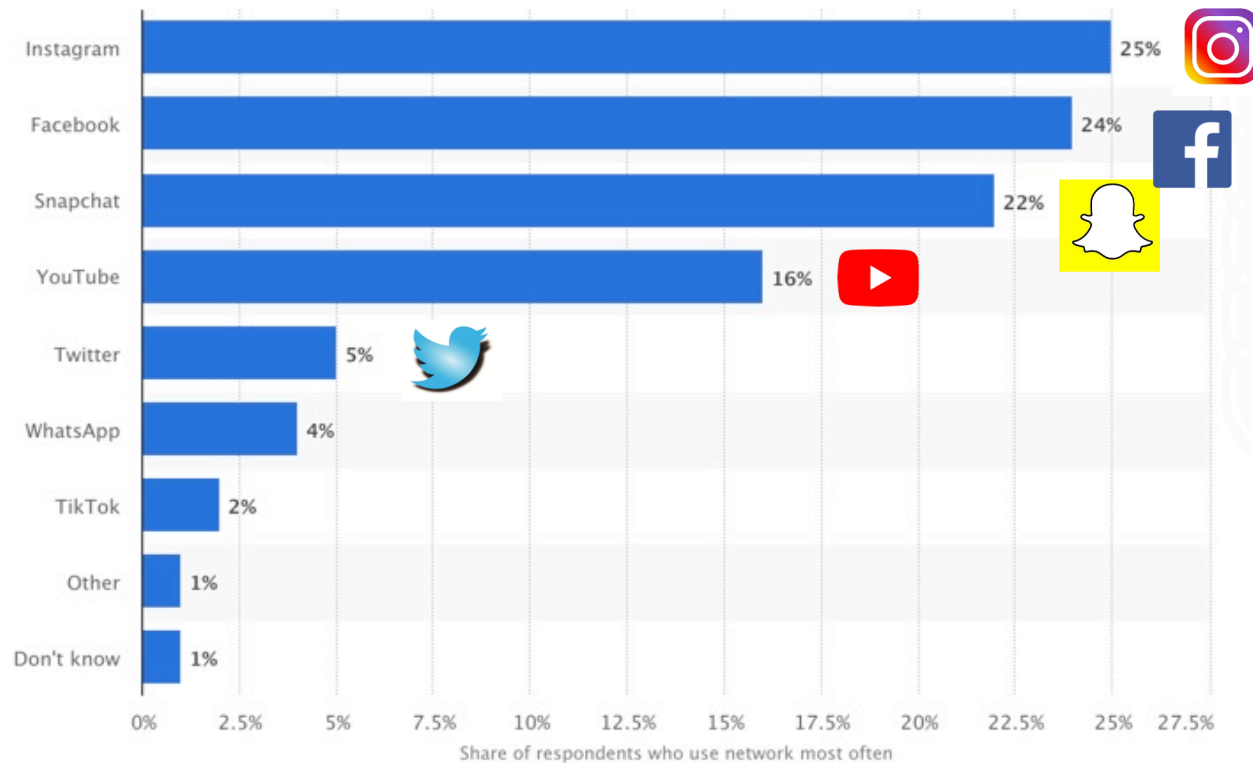
© Statista 2019



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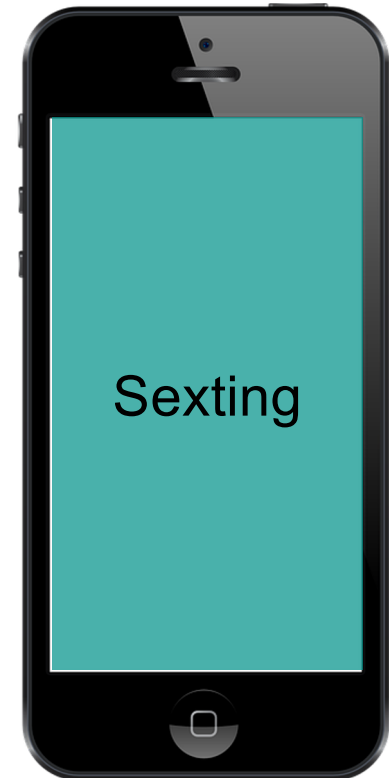
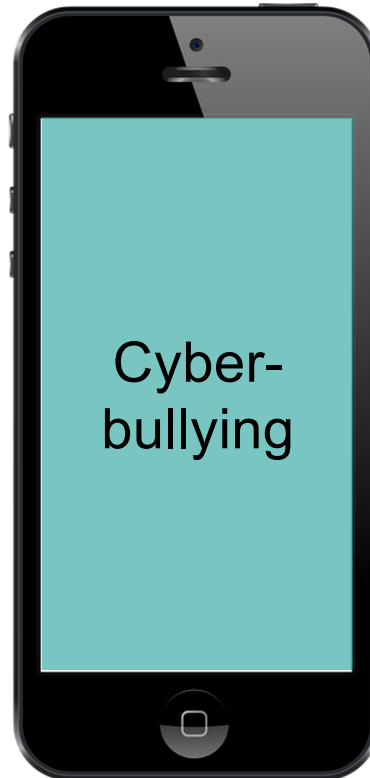
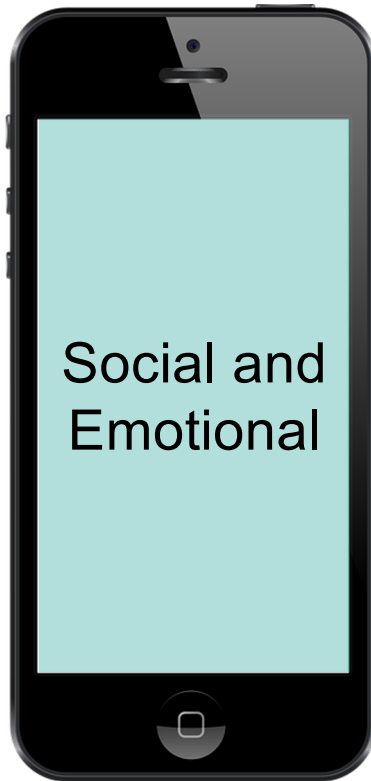


Most famous social
network sites
worldwide (in
millions)
from Digital Information World



Most frequently
used social
networks of
teenagers in US
(as of Sept 2019)

Concerns with Social Media and Online Activity



Why don't I
have more
followers?

Why is
everyone's
life better
than mine?

Everyone
looks better
than me.

Social & Emotional



I will just look
one more
time before I
go to bed.

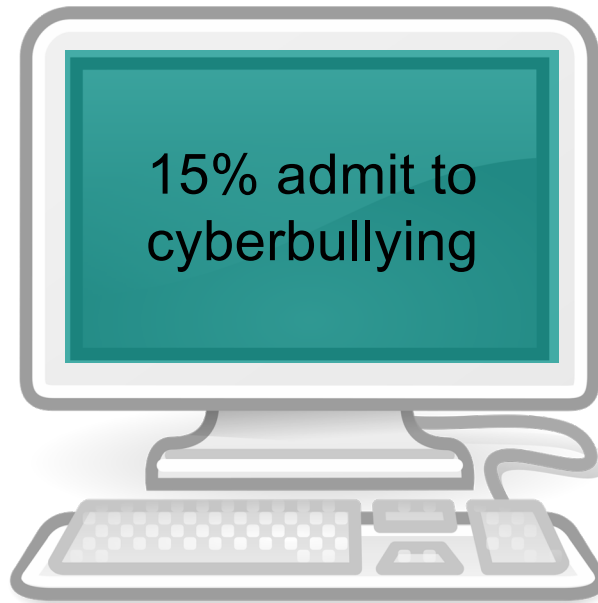
If I post
anonymously, no
one will know it
is me.



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Cyberbullying

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets.



Information taken from teensafe.com



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Sexting

sending sexually explicit texts or photographs electronically

- ✓ At least 1 in 4 teens are receiving sexually explicitly texts and emails
- ✓ At least 1 in 7 are sending sexts
- ✓ More than 1 in 10 are forwarding sexts without consent
- ✓ About 1 in 12 have had sexts they have sent forwarded without consent



Hide Pictures & Videos - Vaulty PRO

Hiren Mistry

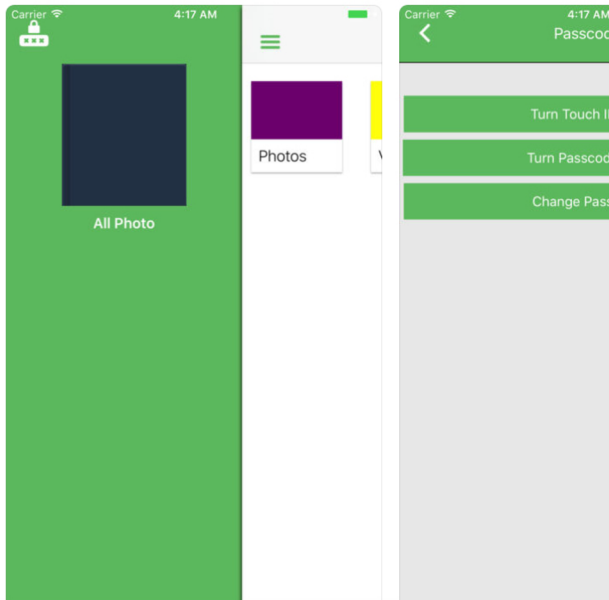
\$2.99



1.0 ★☆☆☆☆
10 Ratings

#31
Lifestyle

17+
Age



Private Photo Vault - Pic Safe

Legendary Software Labs L...

GET

In-App Purchases

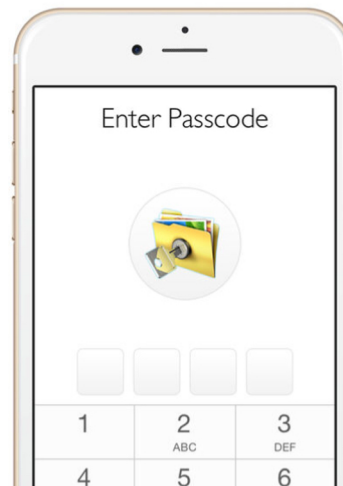


4.8 ★★★★★
40.2K Ratings

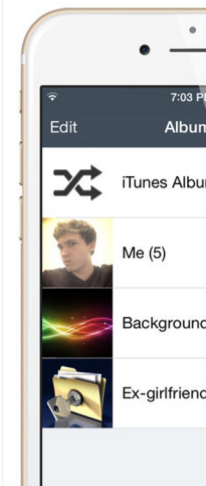
#51
Photo & Video

17+
Age

Lock Your Photos and Videos Behind a PIN



Keep Your Personal Photos Hidden From



Secret Safe Calculator Vault -...

GodImage

GET

In-App Purchases

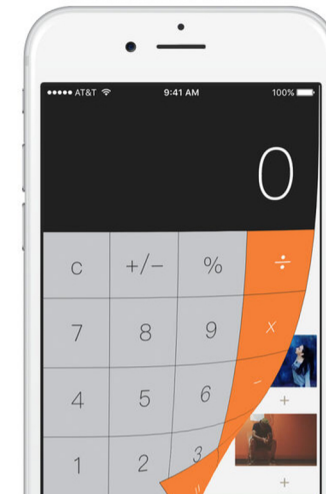


4.8 ★★★★★
2.16K Ratings

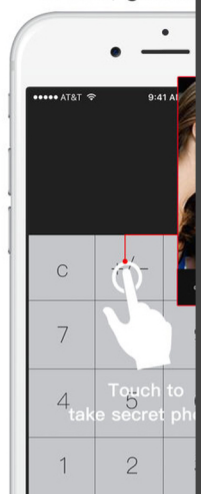
#115
Business

4+
Age

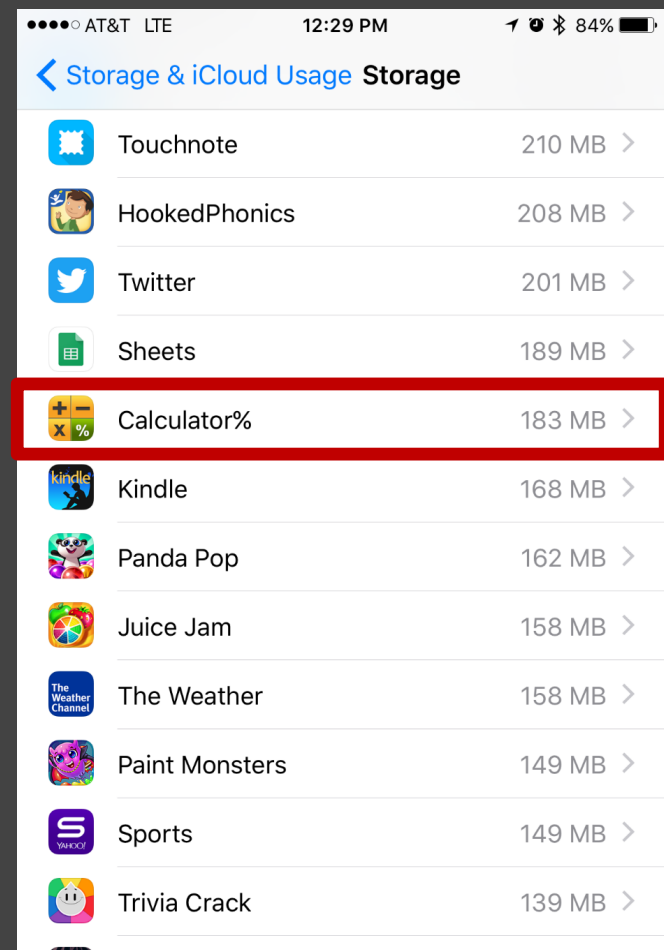
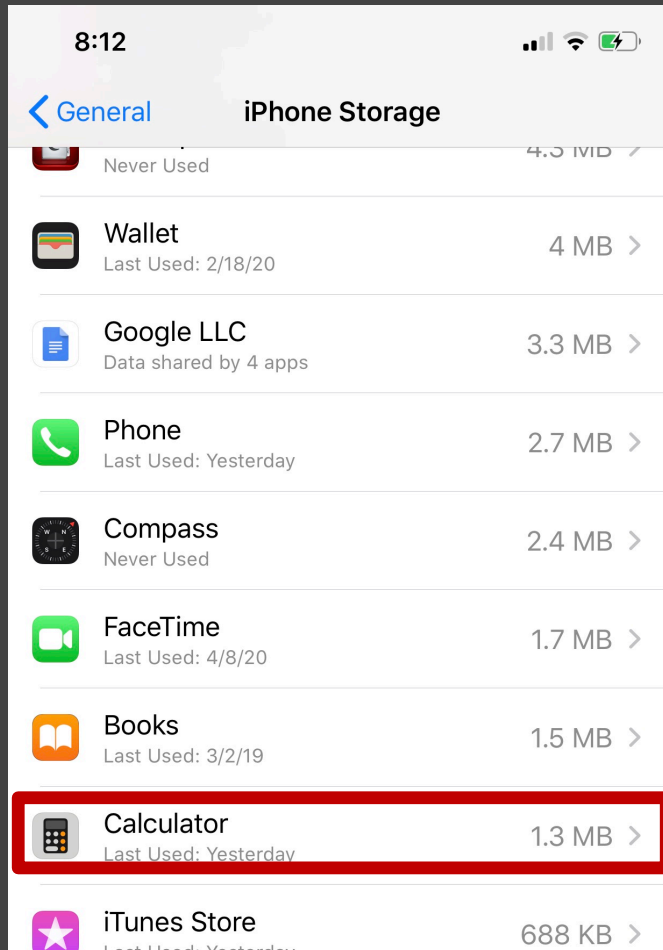
Use Fake Calculator to Protect Your Private Photos, Videos, Account & Password

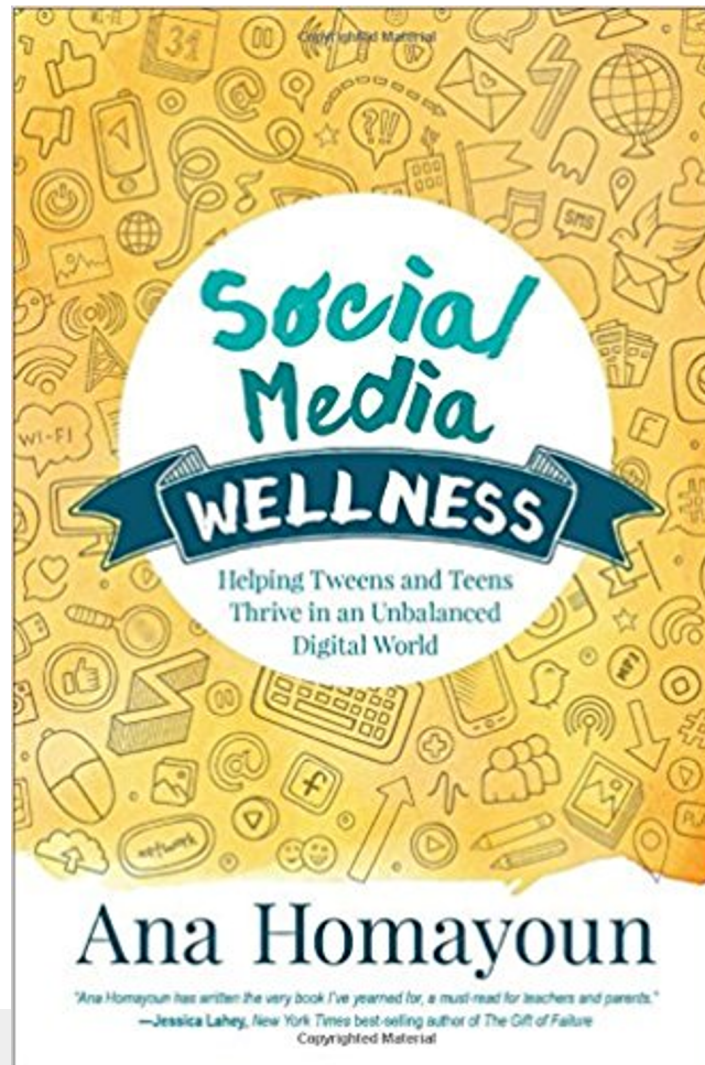


Use Secret Calculator to take photos without sound, get no



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“I’ve come to realize that we are having the wrong conversations with our kids when it comes to social media and related technology. We can’t ignore our tweens’ and teens’ social media use, and we need to resist talking about social media and online use from a place of fear and misunderstanding.”

Ana Homayoun, Social Media Wellness: Helping Tweens and Teens Thrive in an Unbalanced Digital World

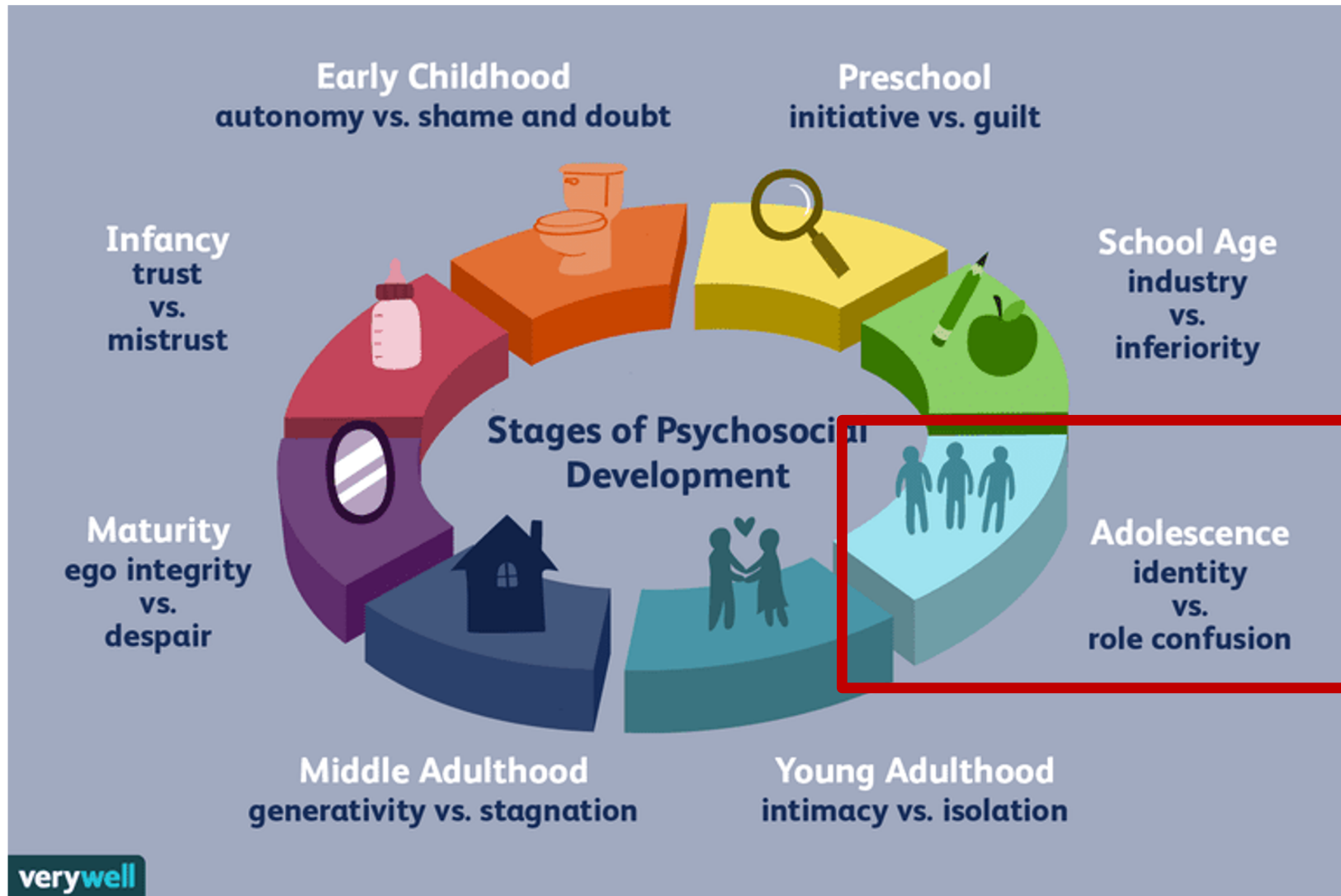


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A photograph of two hands, one from an adult and one from a child, reaching towards each other against a plain grey background. The adult's hand is on the left, palm facing down, and the child's hand is on the right, palm facing up. The hands are positioned as if they are about to clasp or are in the middle of a gesture.

Where does adolescent
development come into the
picture?







Identity Versus Confusion

Major Question: "Who am I?"

Important Event(s): Social Relationships

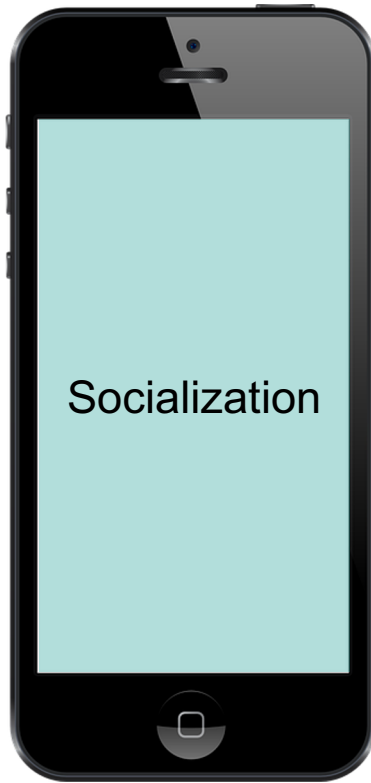
“Even when teens need their parents’ support and guidance they are less likely to seek it if they think their parents won’t understand the problem they have, in particular with regard to their online activities.”

Ana Homayoun, Social Media Wellness: Helping Tweens and Teens Thrive in an Unbalanced Digital World



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Changing the Conversation



**“We judge ourselves
on our intent and we
judge others on their
impact.”**



Socialization



Intent: My intent is to make others laugh and to be part of the group.

Impact: My impact is I offended others and with that came consequences. My intent didn't matter and I was left with the impact not only on my life but also on others.



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Self-Regulation

YOUR HEALTH

More LOLs, Fewer Zzzs: Teens May Be Losing Sleep Over Social Media

October 22, 2019 - 7:06 PM ET

EMILY VAUGHN



Girl texting on smartphone at home
martin-dm/Getty Images

Intent: My intent is to be involved, not miss out, always be available.

Impact: My impact is my stress and anxiety is high. My sleep, school work, and relationships are declining. My parents don't understand.



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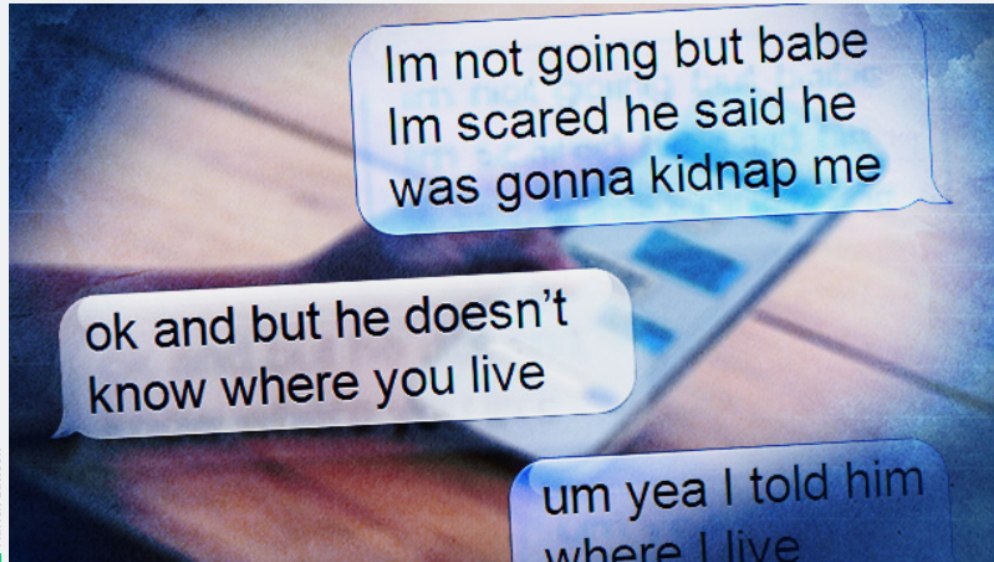
Safety

POLICY —

12-year-old's online life brings an abductor to her doorstep

Untangling a Baltimore girl's abduction and rape.

SEAN GALLAGHER - 11/20/2014, 1:00 PM



Intent: My intent is to be liked, wanted.

Impact: My impact was me being kidnapped and abused.



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Resources

- www.anahomayoun.com
- [To Keep Teens Safe Online](#)
- [NetSmartz](#)
- [Cyberbullying Resource Center](#)



Opportunity to use social media as a family in a positive way this Saturday.....



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A large red ribbon graphic, similar to the AIDS Memorial Ribbon, is positioned on the left side of the image. It has a jagged, torn-edge appearance. Inside the ribbon, the text "Hope Walks Here" is written in white, bold, sans-serif font.

Hope Walks Here

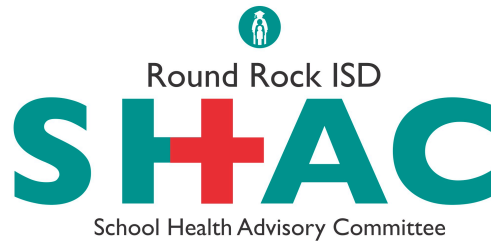


American
Foundation
for Suicide
Prevention



Round Rock ISD Virtual Campus Walk

April 18
afsp.org/roundrockisd



Look for videos throughout the day on
<https://www.facebook.com/AFSPCentralTX!>

Special guests include Rep Talarico

#hopewalksinRoundRock

Thanks to our sponsor

 Rock Springs
Changes®

Questions?

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@amylgrosso



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