



The Impact of Social Media & Tech on Growing Minds

Tips for Parents

1. Smart phones give children access to unfiltered content and unmonitored social interactions.
 - Kids inherently have Poor Judgment
 - + Lack of Impulse Control
 - + Technology is addicting!
 - = Parents need to set limits, monitor, and teach responsible use

2. Parents must teach critical thinking skills, model healthy use, and protect their children:
 - **Set limits** for use (no phones at dinner table or in bedroom at night; max 2 hr/day)
 - **Teach** responsible use of social media (be kind, don't leave others out)
 - **Monitor** social media use (ask your child to show you; check regularly)
 - **Provide** opportunities for face-to-face peer interactions; non-screen activities that boost self-confidence and self-efficacy

3. The most commonly used apps by kids currently (know them, try them):
 - a. TikTok
 - b. Instagram
 - c. Snapchat

4. As a family, take control of tech:
 - a. Use tech for bonding, for skill-building
 - b. Tech-free spaces
 - c. Take Control Ideas: www.humanetech.com

5. Monitoring / Research Websites and Apps for Parents:
 - a. Common Sense Media www.commonsensemedia.com
 - b. Our Pact www.ourpact.com or Bark www.bark.us
 - c. Use Screen Time settings on iPhone or Android