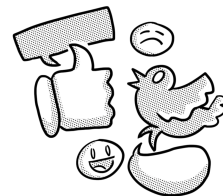


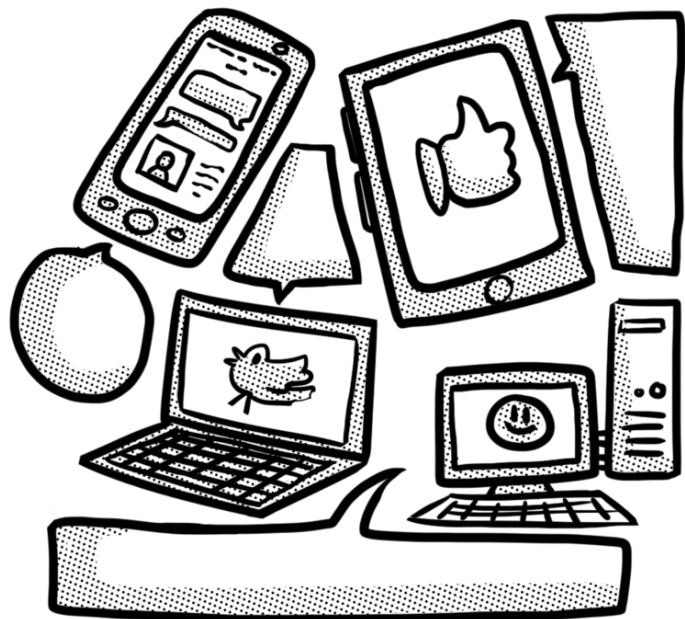
Dealing with Social Media

Information for parents and carers

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Did you know?

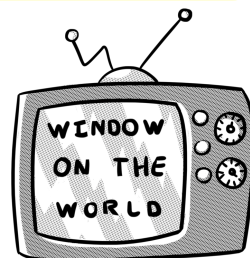


According to OFCOM, a fifth of 16-25 year olds spend more than seven hours a day online every day of the week (August, 2018). This is the equivalent to over two full 24-hour days a week. And we're guessing that it's not all for studying.

Have a look at this video from YouTube, and perhaps discuss it with your son or daughter. It brings home the impact of over-reliance on social media – by us all. There are many other videos there that you could discuss as well: https://www.youtube.com/watch?time_continue=45&v=i9uydDEez3c

The internet is a wonderful thing, and can really support students, parents and teachers. Sometimes, though, there can be issues that arise that need to be addressed.

What can you do?



These are the kind of things you may want to talk to your son/daughter about:

- **Future employers** may well track their use of social media and, depending upon what they discover, this could have an impact on whether a job is offered – or even kept.
- **A mind to be kind**...highlighting the importance of not being a 'keyboard warrior' and thinking about the impact of comments and posts.
- **Being savvy**...how not to fall for financial scams, especially now that our young people are starting to have their own financial independence.
- **Bullying and harassment**...what to do if this happens, now or in the future.
- **Being vigilant**...reminding our students of 'stranger danger'. It's not just for the little ones.
- **Talk** to with your son/daughter about the positives and negatives of social media. Most young people are very aware of these and know that there are changes they could make to use the internet in general in a healthier way. Being upfront about our own habits (even any unhealthy ones!) and setting goals together can sometimes help to avoid making it a source of conflict. One key aspect of this is discussing how social media can affect our reputation through the digital footprint we create for anyone to access.
- There are lots of Ted Talks that show the way in which our phones and devices can take over our lives, and what we can do to take control - encourage your son/daughter to watch some of those.

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