

# Social Media and the Impact on Your Child



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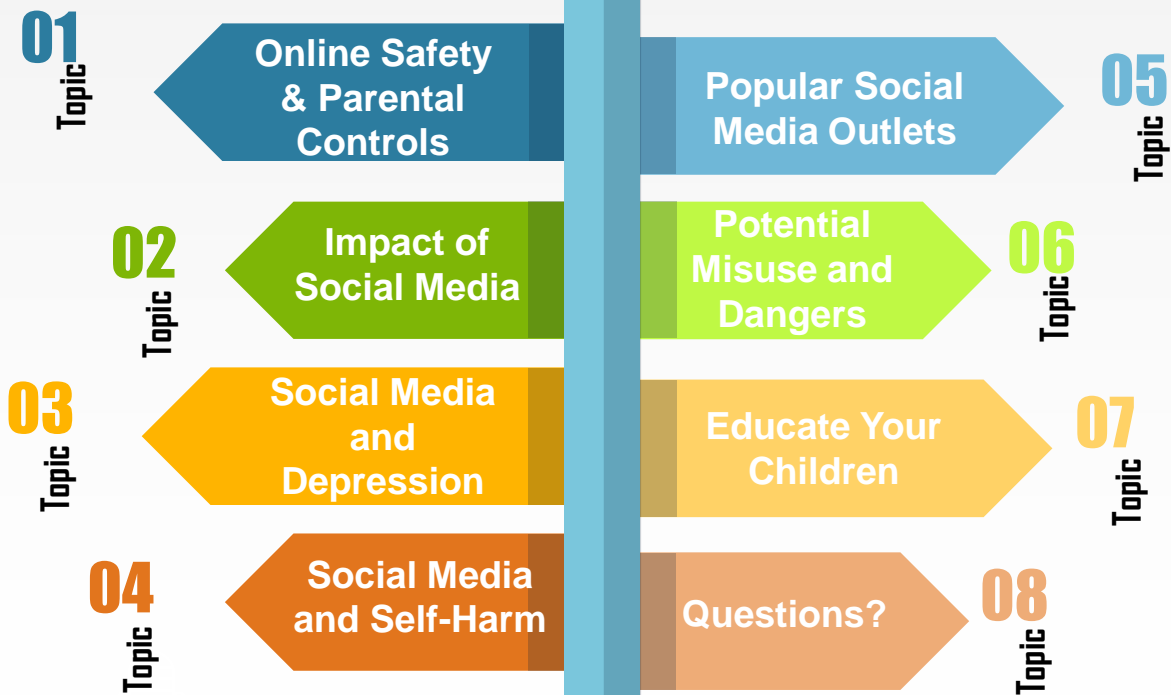
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# Today's Focus



# Impact of Social Media

- Fear of Missing Out
- Psychological Focus (i.e using it for comfort when worried)
- Emotionally Invested
- Waking at Night
- Parental Inaction
- Unrealistic View of Reality
- Drugs
- Sex Trafficking

# Social Media Link to Depression

- Exposure to highly idealized representations of peers on social media elicits feelings of envy and the distorted belief that others lead happier, more successful lives.
- Engaging in activities of little meaning on social media may give a feeling of “time wasted” that negatively influences mood.
- Social media use could be fueling “Internet addiction,” a proposed psychiatric condition closely associated with depression.
- Spending more time on social media may increase the risk of exposure to cyber-bullying or other similar negative interactions, which can cause feelings of depression

# Social Media Link to Depression

- We compare all of our dirty laundry, our financial status, and all of our imperfections, against what people show on social media. Most are showing how wonderful everything is.
- Children are especially vulnerable to these comparisons.

# SOCIAL MEDIA LINK TO SELF-HARM

- Social Media, Forums, Apps, etc. provide a **support network** for the socially isolated
- Internet Usage is linked to an **increased risk of suicide** and self-harm especially among vulnerable adolescents.
- Most adolescents at higher risk are online for a **longer length of time** than other teenagers
- Forums help socially isolated people to cope, most have **seen self-harm acted out online** and quite often more violent methods than they thought of themselves.
- 59% of adolescents interviewed have **researched suicide** online

# SOCIAL MEDIA LINK TO SELF-HARM

- 80% of adolescents that have carried out self-harm acts **went online to research** it before they complete the act
- Anonymity is key and most adolescents went online for **empathy and safety issues** instead of how they could reduce self-harming acts
- In a study on forums where self-harm was discussed only the majority contained **ways to hide the problem** vs. commit the act
- **Cyber-bullying increases the risk** of self-harm by the victim and the perpetrator
- More research needs to be done to find ways for social media to help support rather than tear down an adolescents life



# Popular Social Media Outlets



## FACEBOOK

**Description:** an online social networking service allowing anyone age 13+ to create a profile and connect with friends

**Application:** Not as popular with teens anymore, only have for the apps that are attached

**Potential Problems:** potential for multiple accounts, messaging app, links to other apps and accounts.

**Safety Feature:** Privacy settings

# Popular Social Media Outlets



## INSTAGRAM

**Description:** share photos and video in a social networking domain, can also share photos and videos taken within the app on a variety of social networking services such as Facebook and Twitter

**Application:** Popular with a wide range of ages, must be 13 to create a profile, access to celebrity profiles, can link to other social media sites

**Potential Problems:** public/private profiles, sharing of photos, comments, location services, messaging feature

**Safety Feature:** Privacy settings

# Popular Social Media Outlets



## TWITTER

**Description:** social networking and microblogging service that enables users to send and read short messages called “tweets.”

**Application:** Diverse usage, political and celebrity presence, use of “hashtag” #, ability to “follow” and “retweet.”

**Potential Problems:** Unmonitored posts, unknown followers, private messaging.

**Safety Feature:** Privacy settings

# Popular Social Media Outlets



## YOUTUBE

**Description:** Video-sharing website on which users can up-load, view, and share videos.

**Application:** Popular with a wide range of ages, can subscribe and follow certain “vloggers,” popularity based on views.

**Potential Problems:** Inappropriate material, sharing of personal information.

**Safety Feature:** Privacy settings, safety setting.

# Popular Social Media Outlets



## ASK.FM

**Description:** Social site that allows people to ask questions anonymously or by identifying their names.

**Application:** Popular with a wide range of ages, anonymous posting, can be used on devices other than phones.

**Potential Problems:** anyone pose a question, anonymous.

**Safety Feature:** can block any anonymous questions

# Popular Social Media Outlets



## TUMBLR

**Description:** a microblogging platform and social networking website/app allowing users to post multimedia and other content to a short-form blog.

**Application:** Popular with a wide range of ages, forums created for interests.

**Potential Problems:** adult-content, exposure to mature content, self-harm.

**Safety Feature:** “Safe Mode” filter.

# Popular Social Media Outlets



## Minecraft

**Description:** *Minecraft* is an open-world game unlike any other. Players are placed in a borderless, randomly generated land with no supplies, directions, or objective. It is up to them to decide what to do and how to do it. Players collect materials from the world around them in order to 'craft' items and build whatever their mind can imagine. The concept is similar to playing with LEGOs

**Application:** Popular with a wide range of ages, recommended 13+

**Potential Problems:** some violence, older players, chat feature, multiplayer, youtube videos for minecraft, skype

**Safety Feature:** limited

# Popular Social Media Outlets



## SNAPCHAT

**Description:** photo messaging app used to send photos, videos, text and drawings to a determined list of recipients. The sender establishes a time limit for how long recipients can view their “snaps.” Then, poof, the message disappears.

**Application:** Popular with a wide range of ages, pictures are taken within the app and can be located through wider internet searches.

**Potential Problems:** Screen shots, inappropriate sharing, time limit, strangers add by phone number

**Notable features:** Texting, My Eyes Only, Disappearing Story, Private Story, Block from Story, Saving Snaps, Videos, Snap Maps, Ghost Mode

**Safety Feature:** Privacy settings



# Educate Your Children

## Teach Social Media Safety

- Keep your posts private
- Check your privacy settings regularly
- Be careful what you share
- Don't add strangers to your friends or followers
- Remember that things you post  
last forever.

# Educate Your Children

- **Cyberbullying** - Discuss what it is, and what to do when you encounter inappropriate behavior online.
- **Privacy** - Educate them as to why they must protect their privacy.
- **Scams** - Learn how to identify false information and ill-intended people.
- **Information Permanence-Information** posted online lasts forever.
- **Opportunities to Learn** – Setting up an account together, letting our children teach us.

# Example of Presentation Given to Children

Presentation starts on next slide



# SOCIAL MEDIA: WHAT IS YOUR LEGACY?



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# Today's Focus

- ▶ What direction do you want to go with your social media use?
- ▶ What impact do you want to make on others?
- ▶ What do you want others to know about you?



# Today's Focus

- ▶ Popular Apps: The pros and cons
- ▶ How to keep your information safe
- ▶ The impact of social media on your life



# Social Media Legacy

- ▶ The “likes” race
- ▶ How important is it for you to get likes on your pictures and posts?
- ▶ How important is it for you to get followers and views?
- ▶ Likes = Legacy?



# What is a Social Media Legacy?

▶ The way you present yourself on social media:

- ▶ pictures
- ▶ comments
- ▶ posts
- ▶ likes
- ▶ blogs
- ▶ videos
- ▶ pins
- ▶ quotes



▶ You get to choose your legacy



# Social Media Legacy

- ▶ What is your social media purpose?
  - ▶ To share status updates and pictures
    - ▶ Let the world know what you're up to
  - ▶ To share about likes and interests
    - ▶ Let the world know what you're into
  - ▶ To share about personal beliefs
    - ▶ Let the world know what you support

# SOCIAL MEDIA APPS

- ▶ Which of these apps do you use?
- ▶ How do you use these apps?
- ▶ What's the best way to keep your information safe?
- ▶ What is your legacy?

# Online Safety & Parental Controls

- Time limits
- Username and password list
- Location boundaries
- Storage of devices
- Education of risks
- Defining and respecting boundaries
- Open Communication
- Conversation vs. Lecture
- Be there under all circumstances

# Online Safety & Parental Controls

- Privileges: Extra things that are not necessities, but that your child enjoys.
  - TV/Netflix, Video Games/Xbox, iPhone/iPad/Tablet time, time spent with friends, getting to go somewhere fun, etc.
- Rights: Necessities that should never be revoked.
  - Eating, using the restroom, sleeping, taking a shower, going to school, doing homework, etc.
- Consistency is Key

# Online Safety & Parental Controls

- **My ATT app**
  - Used to shut off data with toggle control.
  - Can be used to monitor when children can access the internet
- **Smart Limits data plan**
  - Additional \$5.00 per phone
  - Controls the time of day a child can make phone calls, receive texts, and access the internet.
  - Also helpful for monitoring bed times
- **Android open market**
  - Android apps are not regulated or screened before becoming accessible to phone users.

# Online Safety & Parental Controls

- **iPhone app copy**
  - iPhones allow parents' phones to receive all downloaded apps for approval
- **Teen Safe** – \$15/month app for parents to monitor phones and even deleted texts, instagram, and more
- **Disney circle**
- Please note: You can turn location services, or GPS, off on cell phones by going in to the device settings. This will keep the Apps and photos from posting the exact location or whereabouts of the phone user.

# Questions?

“Children are not things to be molded, but are people to be *unfolded*.” – Jess Lair

