



# I WISH I KNEW:

*A Proactive Conversation for Elementary Parents on  
Technology Use*

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***We are in this together***



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*Why are we here?*

*To understand the changes our generation is going through*

*The Middle School Perspective*

*There are no hard rules*

*Focus on your child's individual development*

*Stay in your lane*

*What can we do?*

# *Benefits of Kids/Teens Using Social Media*

- Opportunities for community engagement
- Enhancement of individual and collective creativity
- Growth of ideas
- Expansion of one's online connections
- Fostering one's individual identity and unique social skills
- Communication
- Connect with people all around the world
- Follow role models/persons of interest
- Being aware of every day events

*O'Keefe, G.S., & Clarke-Pearson, K. (2011). The impact of social media on children, adolescents, and families. Pediatrics, 127(4), 800-804.*

# Privacy and Phone Rules

## Initial thoughts

- As your child becomes more independent (MS/HS age), they're closer to needing a phone than younger children whom you still take everywhere.
  - Does your child lose his belongings?
  - Is he generally a responsible kid?
  - Can you trust him?
  - Will he understand how to use the phone safely?

***First rule is don't lose it, but shouldn't it be so much more?***

## *Skill Set vs. Age... When is too early?*

- Maturity and the ability to be responsible are more important than a child's numerical age.
- The rate at which kids mature varies - *it will even be different among siblings.*

### **What is the priority when allowing our child to have a phone?**

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>○ Where is my child cognitively?</li><li>○ How does my child communicate?</li><li>○ Does my child pick up on social cues?</li></ul> | <ul style="list-style-type: none"><li>○ Do they think of consequences?</li><li>○ Do they have impulse control?</li><li>○ Can they problem solve?</li><li>○ Are they empathetic?</li><li>○ Do they have self-awareness?</li></ul> |
|---|--|

# My child's social awareness and interpersonal skills

*Our Plainview approach: To list just a few...*

## Early Elementary:

- *K-3: recognizing others may experience situations differently from oneself.*

## Late Elementary:

- *4-5: Learning how to interact positively with those who are different than themselves.*

## Middle School

- *6-8: Recognize others' feelings and perspectives in a variety of situations.*
- *6-8: Analyze how one's behavior may affect others.*



# *Face-to-Face Interactions Won't Just Build Social Skills...*

Loneliness isn't just an age thing; it's generational

What am I missing out on?










# We need to accept ~~technology~~ ~~online~~ citizenship

- Citizenship is citizenship - behavior expectations are the same online vs. offline.
- If you feel like your child appears to have these social skills then the conversation should continue about what does citizenship look like. How it should be consistent online as well.
  - Create contract you both can agree on
  - Role play scenarios
  - Set limits



# What Are Our Kids Using?

| Application  | Name      | Age Restriction  |
|--|-----------|--|
|   | Instagram | At least 13 years old (common sense media)   |
|   | Snapchat  | 13 years old   |
|   | Facebook  | 13 years old   |
|   | Tik Toc   | 13 years old   |
|  | Twitter   | 13 years old <i>*No age to sign up (used to be clear that it was 13 but now it's not posted, free sign up)</i> |

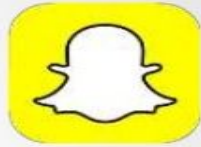
# TOP SOCIAL MEDIA APPS



- 1.79 billion monthly active users
  - 66% use it every day



- 600 million monthly active users
  - 300 million daily active users



- 301 million monthly active users
  - 150 million daily active users



- 317 million users
  - 100 million daily active users

<http://expandedramblings.com/index.php/resource-how-many-people-use-the-top-social-media/>

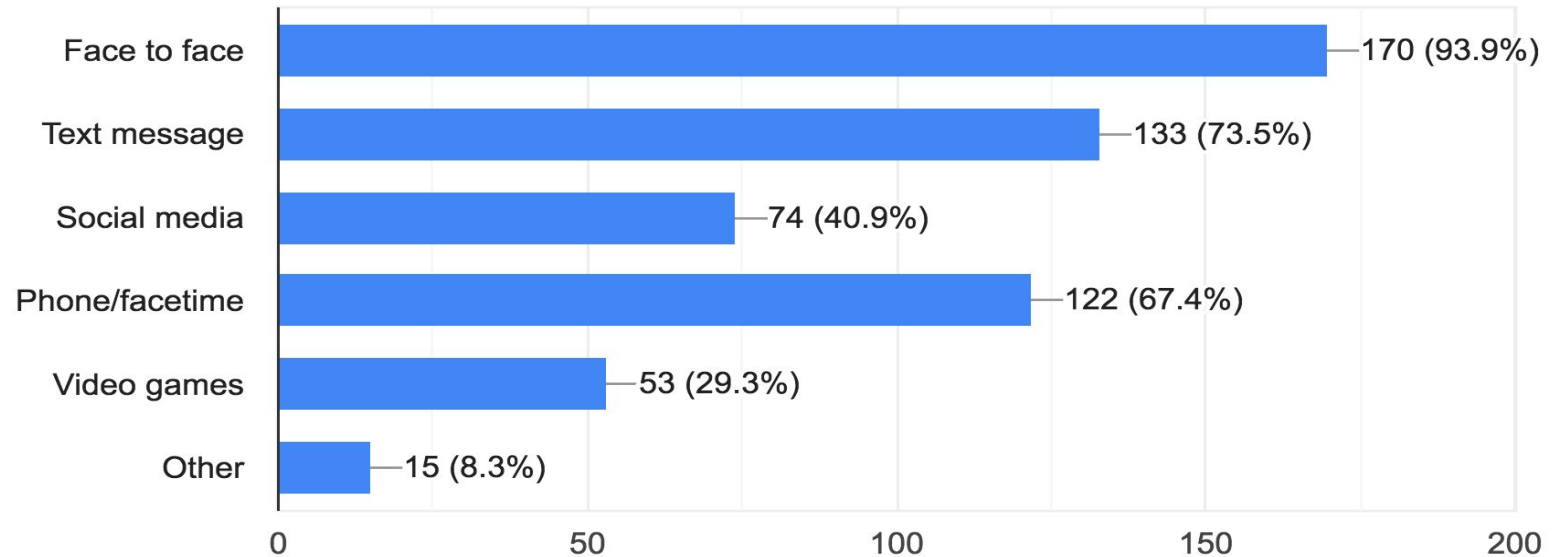
# CONTENT / PRIVACY / CONTROL

- Terms of Service:
  - On most sites children need to be **13** to be allowed on site
    - Children's Online Privacy Protection Act (COPPA)
  - But younger children often sign up regardless
    - E.g., ~50% of those under 13 use Facebook
  - Parents break privacy rules too
  - **No one reads the terms of service**

# *Current data from middle school*

How do you typically communicate with your peers?

181 responses



# *The Middle School Perspective*

## *I Wish I Knew ?*

*Dylan & Chloe*

*The drama social media causes*

*I wish I knew*

*Communication face to face will change*

*Discussions changed*

*Friends would change as a result of social media*

*What to post and not to post*

*People make themselves look better on line*

# Phones And Social Media

By:Chloe Luxenberg





# Phones



## Positives

1. Communication with parents when not with them
2. Being able to talk to friends outside of school.

## Negatives

1. People started to change. More people became attached to their phones.
2. Hanging with friends outside of school is different. It became everyone on their phones instead of talking to each other.

## Things I Wish I Knew

1. I wish I knew that relationships with people and the way my friends were gonna act was going be different.



**Social Media**

## **Positives**

1. Connect with people that live in other places
2. See people from all around the world
3. Having the ability to follow celebrities

## **Negatives**

1. Finding out that you have been left out of plans
2. People make themselves and their live look better than they actually are.

## **Things I Wish I Knew**

1. What to post and what not to post

# *What can we do?*

- 1. Teach your child what is appropriate and inappropriate to share online.**
- 2. Monitor popular applications (use blocking software).**
- 3. Teach your child about internet safety and provide a set of rules for them to follow. Make a contract you both can agree to.**
- 4. Role play or discuss scenarios related to privacy and not revealing private information (For example, not sharing your phone number or address with people you meet online).**
- 5. Be aware of what your child is sharing and talking about online.**

## *What can we do? continued...*

- 6. Be mindful of how to report any concerns, whether it is related to cyberbullying or child safety.**
- 7. Explain the importance of keeping passwords private. This is similar to the rule to not sharing a locker combination.**
- 8. Make sure your child's social media pages have privacy settings set up to protect them.**
- 9. Make sure they know to only friend people they know personally.**
- 10. Let your child teach you what they know about technology and spend time learning from them.**

# *Modeling Behavior*



[https://www.youtube.com/watch?v=b7\\_2K9E2m-w](https://www.youtube.com/watch?v=b7_2K9E2m-w)

# *Modeling Behavior*

*Identify times of opportunities*

*Reading time*

*Taking pictures*

*Not sending mixed messages*

*The little things*

*Student wanting parents attention*

*Parents want kids attention and want them to  
get off the phone*

# You asked, we answer!

*Q: What are age appropriate social media apps for an elementary school child?*

*Q: Apps to help parents manage use and any websites or apps that alert parents to the "newest crazy or apps" that are proving detrimental*

*Q: How to keep up with all social media platforms.*

*A: Common Sense Media: [Common Sense Media Child Social Networking App Reviews](#)*

*Q: Ways to protect my children from the dangers on the Internet. Q: Monitoring social media*

*Q: Strategies for the introduction of social media - my kids play on ipads but are too young to interact or participate in social media, but it's only a matter of time A:*

*<https://kidshealth.org/en/parents/social-media-smarts.html>*

*Q: How to protect my child online. When should I get my child her first phone? Answered on [slide\\_6\\_\\_](#)*



# Continued...

*Q: How to try to stay in control of what my child is doing on social.*

*Q: Safety controls and monitoring A: parental controls, go on together to show internet safety.*

*A: [MSNBC Article: Article: How to protect young kids from inappropriate internet](#)*

*A: Take advantage of your browser's parental controls, monitor who they talk to, look for age restrictions, set limits, make a contract you both agree to.*

*Q: How to teach my children to not be so affected by what they see on social media*

*A: [Article: How You Can Help Your Children Build Resilience Against Common Social Media Concerns](#)*

# Resources for parents (*as trying to stay ahead feels impossible*)

- Website: Common Sense Media: <https://tinyurl.com/y5r64tv3>
- Article: Why it's never too early to teach your children about social media: <https://tinyurl.com/y3dnleo7>
- Article: Teens aren't socializing in the real world. And that's making them super lonely: <https://tinyurl.com/y5wao68k>
- 20/20 Special: *ScreenTime*, Diane Sawyer: <https://tinyurl.com/y6bplojv>
- Scholastic Article: How to set smart screen time rules: <https://tinyurl.com/y2r8bps4>
- A wealth of developmental skills (by grade), articles, clips found on this website: Parent Tool Kit: <https://tinyurl.com/yya7uwk5>

*Thank you! For any questions/comments we're here for you!*

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