













Social Media Today

Self-Expression

Comparison

Social Engagement

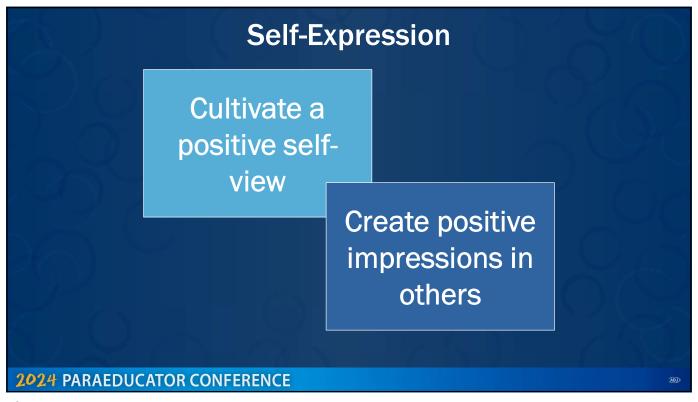
Pressure to stay connected

Harmful Content

















Comparison

- Seeking approval
- Constant checking of likes and comments
 - Confirmations of meeting specific ideals

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Comparison

- Likes = Confirmations of specific body ideals
 - Rooted in media representations of beauty
- Triggers development of disorders like anorexia
 - Weight loss to meet these ideals

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Social Engagement • Support for diseases/disorders/discomfort - Reduced isolation - Recovery stories - Providing/sharing resources - Overcome fears - Reassurance

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Pressure to Stay Connected • Fear of being disconnected • Being unaware of online occurrences risks offline social exclusion

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Pressure to Stay Connected

Diminished quality time with friends and family



















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Harmful Content Increased anxiety Feeling trapped Increased self-harm/suicide rates No control



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Parents • "Tech-Free" Zones • Communication — Talk to your kids about online habits • Model responsible behavior

"Tech-Free" Zones

- Physical locations or Timeframes/Activities
 - Living room, during dinner, on a walk, etc.
- Establish a "closing time"
 - Better sleeping habits
- Foster in-person relationships

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"Tech-Free" Zones

- Physical locations or Timeframes/Activities
 - Living room, during dinner, on a walk, etc.
- Establish a "closing time"
 - Better sleeping habits
- Foster in-person relationships

These zones <u>must</u> be mutual

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Communicate

- · Keep an open dialogue
 - Nothing is off limits
 - Provide advice, be open, but don't pry
- · Keep an open mind
 - Listen to and learn from your child

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Model Responsible Behavior

- It starts with you
- Follow the same rules you set for your kids
- · Don't share anything you wouldn't want your kids to share

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Educators

- Incorporate teachings about online behavior
 - Include critical thinking
- Report cyberbullying/inappropriate behavior to school and online platform
- Partner with parents to establish shared norms around tech

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