

The internet and social media

Tips and tricks for parents



Social Media

The internet has opened up a whole new world to both kids and adults to discover, learn, and communicate outside of our small town. The internet can be a great tool, it can also be very easily misused and be a dangerous place.

Social media networking sites have become a popular place for kids to present themselves, talk about their interests, share opinions, and seek approval from peers. Teens use these platforms to share everything in their heads and hearts that they want people to know. The primary purpose of these sites is to connect with people and share information.

These sites all have age restrictions and the ability to set privacy restrictions on who can view your child's information. It is important to be involved in this aspect of your child's life,

and know who they are talking to, what they are posting, and what they are viewing on these sites. Parents should have access to their child's accounts and be "Friends" with them to view what they post. Kids need guidance on the proper way to use these social media sites and search engines. Have a conversation with your child about appropriate image sharing, posting with kindness in mind, "friending or following" only the people they know. It is also important that teens understand that what they share on the internet, does not just go away if deleted. It is very easy for screenshots of images and messages to be shared immediately.

Internet safety goes beyond "stranger danger," teens turn to these sites for validation, how many likes they get, or friends they have can often alter their perspective of their self-worth. Social media offers a distorted perception of what life looks like, it is often viewed through filters. Talk to your kids about what people really look like, and that the expectation broadcasted through social media, the internet, and t.v. isn't the reality.

Resources

There are numerous free apps available to help parents monitor internet usage, text messages, app downloads, and so much more. The link below are some of the best rated apps.

<https://www.digitaltrends.com/mobile/best-parental-control-apps/>

Below are some links for tips and tricks to internet and social media safety, as well as a list of popular sites that teens use, the list is ever growing and there may be some not included on the list.

<https://proprivacy.com/guides/internet-safety>

<https://drive.google.com/file/d/1yGIZMcY6kT82CN7unn96jCmNfFEQ4r8g/view?usp=sharing>

<https://drive.google.com/file/d/1avZ-N4FY3NkRj7sSn6q6UXCtr1gB7pKc/view?usp=sharing>

If you or your child would like more information or help with the digit world and the effects it has on mental health, please feel free to contact the school counselor at

kmsancal@aztec.k12.nm.us