

02 • Social Media

Discuss – Is social media helping us be more social?

When it comes to helping our children navigate the world of “social”, we need to be *proactive*, not *reactive*.

Just search the App Store for top social networking apps. Pay attention to all the apps to connect you with strangers. How does that make you feel?

Apps To Discuss

1. YouTube

1. Let's be honest... There's a lot of inappropriate stuff on YouTube. And YouTube kids has a lot of inappropriate stuff too.
2. Over 300 hours of video per hour every day is uploaded to YouTube.
3. There is a “Restricted Mode”, but it isn't great.
4. Alternatives for young kids...
 1. Jellies (no ads)
 2. ViewPure.com

2. Snapchat

1. They removed the “After Dark” discover feature that many were concerned about.
2. The Discover feature still has parts that are disturbing. But it also connects kids to news around the world.
3. We need to remind them that nothing they send / post “goes away” or “disappears”.

3. Instagram

1. We need to teach our children to not focus on creating their image, but on living in the One in whose image they were created.
2. Article from ProtectYoungEyes.com about the amount of pornography on Instagram is alarming.

4. WhatsApp

5. Houseparty

1. Group video chat

6. Netflix

7. TikTok (formerly musical.ly)

8. Anonymous Non-Negotiable Apps – “Anonymity fuels cruelty.”

1. Monkey – designed to connect your child with someone else around the world for a video chat
2. After School – designed to be a place to connect high schoolers to get help with

homework, turned into a cyber bullying app

3. Ask.Fm
4. YikYak
5. Whisper
6. Kik Messenger

Main Points

1. You should have username & password for every social account your child has.
2. You should regularly check their security settings. No public accounts. Ever.
3. What our kids type & post have long-lasting consequences.
 1. Example – James Gunn, director of Guardians of the Galaxy Vol. 1 & 2 was fired from Vol. 3 because of offensive tweets posted in 2008-2009.
4. Nothing is private.
5. Parents of teens, you need to have regular conversations with your children about what is appropriate to send and receive. There is a growing number of “good kids” who are asking for and/or sending nude or nearly nude pictures to other teens.
 1. Your kid will go to jail if they are in possession of child pornography.
6. Pornography should be a real concern for you.
 1. 4.6 billion hours of pornography consumed in one year JUST ON ONE WEBSITE in 2016.
 2. Almost 92 billion videos consumed, JUST ON ONE WEBSITE in 2016.

5 Questions To Ask Your Kids About Social Media

1. Why do you use (or want to use) social media?
2. What’s your favorite thing about social media?
3. What’s the worst thing about social media?
4. What apps do you use? Why do you use them?
5. Will you show me how it works?

Is My Child Ready For Social Media?

It’s important to remember that social media was not made for children.

Every social media site requires you to be at least 13 years of age.

It’s not necessary for healthy social development.

Social media can (and probably will) become addictive.

- 1. What are his / her friendships / social skills like?** Because if their friendships in real life have any level of drama, trauma, or tension, then those friendships will ignite on social media. Remember, social media is like gasoline for cruel behavior. Can your child carry on a meaningful, human-to-human conversation with a non-parent adult? If not, then they are not ready for social media.
- 2. How well does he/she obey rules?** Every kid pushes back at least some, but there is a level of defiance that rises above just normal teen disobedience. Is there deception? Regular lying? If yes, then they are not ready for social media.
- 3. Is he / she trustworthy?** For example, is she trusted to take care of young children? Can your son or daughter stay home alone for two straight hours without any contact from you? If not, then they are not ready for social media.
- 4. Is he / she at least 13 years old?** I know, I've said this multiple times. Until the third graders we speak to stop raising their hands when asked if they have a social media account, I'm going to keep asking this question. Kids who begin using social media before turning 13 are beginning their journey into the social media ecosystem as a lie, and worse yet, one that is often condoned by parents. NOTE: at Protect Young Eyes, we advocate for at least age 15 for mature social media platforms like Snapchat and Instagram. Trust us. Those apps are full of trouble.
- 5. Have you had direct and frequent conversations about awkward things?** I'm talking about the big three: sexting, pornography, and sexual predators. Before using social media, your child needs to have heard these words for years and know exactly what they mean and what to do when confronted by situations that involve them. Go through every possible "what if?" scenario and ask yourself, "have we talked about that?" Does *heshe know what to do when they see porn? (because they will)* Does *heshe* know what a sexual predator is, can recognize the signs, and is confident enough to know what to do when approached by someone online? (because eventually, it will happen). If not, then your son or daughter is definitely not ready for social media.
- 6. Does he / she have a strong heart?** I'm not referring to the way that her heart pumps blood through her body, but rather, is your child self-confident? Or, is he/she adrift in their identity, uncertain as to who they are or why they exist? Ask your son or daughter to name three amazing things about themselves. If they can't do this, then they're not ready for social media.
 1. Teens with low social-emotional well-being experience more of the negative effects of social media than kids with high social-emotional well-being.

(What's the Right Age to Give my Kid Social Media? Protect Young Eyes)

How can we teach our children to use social in a way that will bring glory to God?

How To Teach Our Children To Use Social Media

How would you teach them to ride a bike?

1. Use it for seven days before your child uses it.
2. Train them.
 1. In the military, they would never put a loaded weapon in the hands of someone that's never practiced using it in a closely monitored and controlled way.
 2. It might mean you have to say no to certain apps.
3. Monitor their activity.
4. Parents, let's band together and decide which apps we absolutely say "no" to, and if all our kids are told no, no one is left out.

Conclusion:

"Whatever I feed my precious brain is what it learns to love. Especially before age 18."

"Where the kids are is where the predators are."

Homework For This Week:

1. Have a conversation with your child about the pros & cons of social media.
2. Write down your child's username(s) & password(s) for their social media accounts.
3. No devices at the dinner table (for either kids or adults).

If you don't know, do some research.

- www.protectyoungeyes.com
- www.cypu.org
- www.commonsensemedia.org

Links:

- <https://www.commonsensemedia.org/blog/16-apps-and-websites-kids-are-heading-to-after-facebook>
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#bible_class/digital_parenting