

# Helping Your Middle School Student Navigate Social Media

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PLEASE JOIN OUR INFORMATION SESSION:

**TYPICAL MIDDLE SCHOOLERS' USE OF SOCIAL MEDIA  
PLATFORMS AND TIPS ON HOW PARENTS/GUARDIANS CAN  
MONITOR AND MANAGE ON-LINE ACTIVITY**

**THURSDAY, MARCH 24, 2022**

**6:30 P.M. – 7:30 P.M.**

HOSTED BY DR. MADELINE MORROS, SCHOOL COUNSELOR, WITH  
COMMENTARY BY MR. MICHAEL D'OSTILIO, PRINCIPAL,  
BUNKER HILL MIDDLE SCHOOL

IN-PERSON PARTICIPATION: BUNKER HILL IMC (LIBRARY)

REMOTE PARTICIPATION VIA SITE BELOW:

**[HTTPS://WTPS.WEBEX.COM/MEET/MDOSTILIO](https://wtps.webex.com/meet/mdostilio)**

# Vocabulary

## Social Media

Defined by Cambridge Dictionary

**websites and computer programs that allow people to communicate and share information on the internet using a computer or cell phone:**

- *Companies are increasingly making use of social media in order to market their goods.*

## Screen Time

Defined by Merriam-Webster

: time spent watching television, playing a video game, or using an electronic device with a screen (such as a smartphone or tablet)

// Concerns about children spending too much time on digital devices—'screen time'—and becoming overdependent on these devices are very real for many teachers and parents.

— Nicky Hockly

// If yours is like most American families with kids under age 5, your child probably watches between three and four hours of television a day. That's a lot of *screen time* ...

— Debra Kent

# Social Media Devices Delivering Screen Time Hours

- Cell Phones
- Smart Phones
- Smart Watches
- Hand-Held Video Games
- I pads/Tablets
- Virtual Reality Sets
- Lap-Tops
- Desk-Tops
- Gaming/Entertaining Devices
- Voice Activated Systems





**Social Media** is everywhere and impacts all walks of life. Social networks have evolved from being a handy means for keeping in touch with friends and family to being used in ways that have a real impact on society.

Learning Relationships Employment Self-Image Dating Politics Reputation  
Business News Influence Advertising Travel Medicine Finance

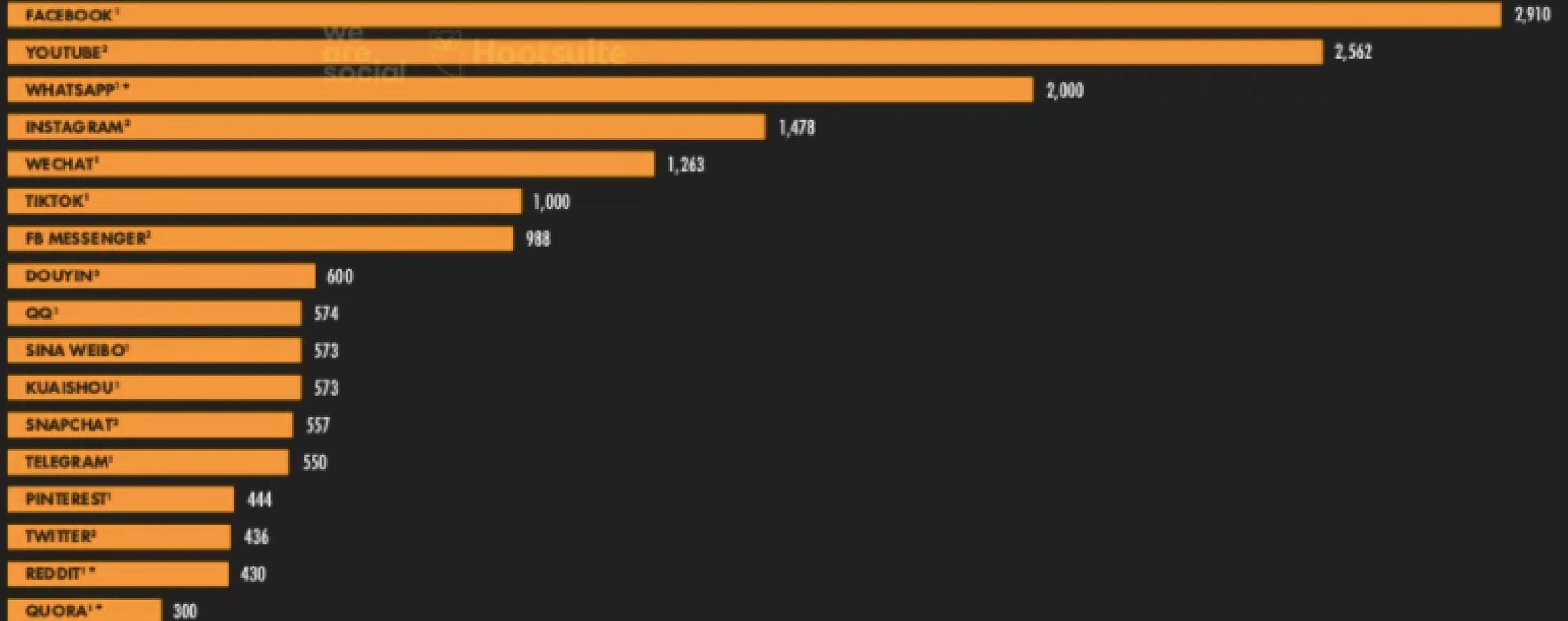
JAN  
2022

# THE WORLD'S MOST-USED SOCIAL PLATFORMS

RANKING OF SOCIAL MEDIA PLATFORMS BY GLOBAL ACTIVE USER FIGURES (IN MILLIONS)



GLOBAL OVERVIEW



# The Creation of On-Line Identity: A Digital Footprint

Where reach and influence is EXPONENTIAL!



## 8-11 year olds



66% have their own tablet,  
and 49% their own smartphone

To go online - 76% use a tablet,  
72% a laptop, and 62% a smartphone

58% watch live broadcast TV, and  
91% watch video-on-demand content\*

78% play games online

44% use social media apps/sites

64% use messaging apps/sites

96% use video-sharing platforms (VSP)

39% use live streaming apps/sites

40% are aware of ad placements in search engines  
(8-11s who go online and use search engines)

27% have seen worrying or nasty content online  
(8-11s who go online)

## 12-15 year olds



59% have their own tablet,  
and 91% their own smartphone

To go online - 87% use a smartphone,  
80% a laptop, and 60% a tablet

61% watch live broadcast TV, and  
92% watch video-on-demand content\*

80% play games online

87% use social media apps/sites

91% use messaging apps/sites

99% use video-sharing platforms (VSP)

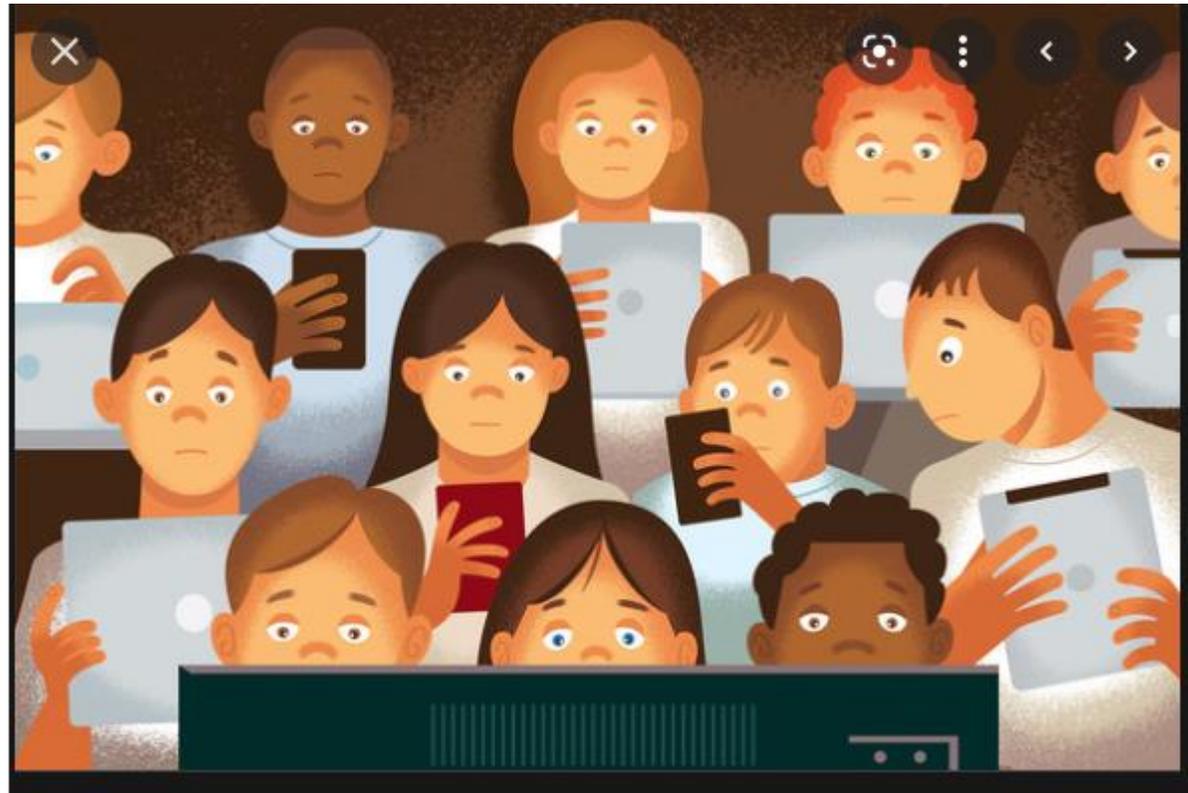
60% use live streaming apps/sites

65% are aware of potential vlogger endorsements  
(12-15s who go online)

49% are aware of ad placements in search engines  
(12-15s who go online and use search engines)

31% have seen worrying or nasty content online  
(12-15s who go online)

Average Middle-Schooler Screen Time:  
9 hours per day (according to the CDC)



# Out-of-School Screen Time Make-up Most Middle-Schoolers' Screen Time Hours



# The Positive Impact of Social Media on Our Lives:

Building Relationships and Staying Connected

Using our Voice

Showing Empathy and Kindness

Offering Support

Better Communication

Sharing News (personal and media)

Learning

Creativity



## In the Age of Screens: A Two-Fold Dynamic

Schools report student use of social media leading to issues related to oversharing, exposure to inappropriate images and content, peer conflict and cyberbullying, as well as self-image anxiety.



*Two-thirds of parents in the U.S. say parenting is harder today than it was 20 years ago, with many citing technologies – like social media or smartphones – as a reason*

# Possible Negative Impact of Social Media and School Age Children

## Exposure to:

Risk Taking Behavior

Sexual Content

Profanity

Negative Stereotypes

Racial Slurs

Misinformation

## Habit Forming Issues:

- Sleep Problems
- Lower Grades
- Reading Fewer Books
- Isolation
- Less Physical Activity
- Mood Swings
- Poor Self-Image
- Addiction to Screens
- Increased feeling of loneliness

# How to Assist your Middle-Schooler with Social Media

Become Familiar with programs to make sure it is age appropriate.

Talk to you child about what they are viewing. Discuss the content as it applies to your family's values.

Use social media with your child pointing out meaningful content, events, and places of interest.

Be aware of advertising and influencer trends your child is viewing and discuss content.

Encourage your child to use social media for activities such as music, art, hobbies that do not involve screens.

Support your child when using social media that creatively build connections with family or friends.

Set limits or boundaries regarding camera use and photo sharing.

Teach your child about privacy settings and appropriate sharing.

Discuss the concept of likes and comparison of body images.

Learn and use parent controls.

Stop all screen use an hour before bed and eliminate screens from private spaces (bedrooms and bathrooms).

Set an example for your child and establish no screen times at meals and during family time.

# Supporting Learning/School and Positive use of Social Media

Encourage	Encourage your child to complete assignments without using multiple apps simultaneously, to decrease distractions.
Teach	Teach your child to abide by school rules and policies regarding social media/screens.
Refrain	Refrain from texting your child while in school. Allow the adults in school to assist your student.
Discuss	Discuss grades and assignments on schoology and PowerSchool accounts.
Learn	Learn the Bunker Hill Middle School and the WTPS Website for finding important information regarding activities and events.
Share	Share newsletters and Remind information with your student.
Demand	Demand respect for the school issued computer as an important device for learning.
Set	Set opportunities for family and homework time before gaming and using social media.
Implore	Implore your student to communicate respectfully with everyone in the BHMS Community while using social media.

# It Takes a Village



# Sources

- [https://www.aacap.org/AACAP/Families and Youth/Facts for Families/FFF-Guide/Children-And-Watching-TV-054.aspx#:~:text=Between%2018%20and%2024%20months,limit%20activities%20that%20include%20screens.](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Watching-TV-054.aspx#:~:text=Between%2018%20and%2024%20months,limit%20activities%20that%20include%20screens.)
- <https://www.pewresearch.org/internet/2020/07/28/parenting-children-in-the-age-of-screens/>
- <https://psycnet.apa.org/record/2022-03797-001>