How to navigate social media together
Build trust by talking regularly with your child about social media.

Why do you want to be on a certain platform?
What do you plan to use it for?
Who are you following?
Do you think that’s true?
Tell me about the latest TikTok trend...
What might be a sign that this is not true?
How much time do you think is reasonable to spend on social media each day?

Set rules and expectations for use
Communicate the family expectations for social media use.

Social Media Contract

Kids agree to:
☐ Protect their own privacy
☐ Consider their reputation
☐ Not give out personal information
☐ Not use technology to hurt anyone

Parents agree to:
☐ Respect their kids privacy
☐ “Friend” and follow them
☐ Avoid posting embarrassing comments

Other considerations:
• Keep computers in common areas.
• Tech-free zone at the dinner table.
• Limit Screen Time – The AAP recommends no more than two hours of screen time a day.

The AAP’s family media planning tool lets parents create a media plan for their family. https://www.healthychildren.org/english/fmp/pages/mediaplan.aspx

Resources:
https://health.clevelandclinic.org/dangers-of-social-media-for-youth/
Pros and Cons of Social Media

**POSITIVES**

- Learn how to communicate with others.
- Navigate relationships.
- Stay connected with friends and family.
- Volunteer or get involved with a campaign, nonprofit or charity.
- Enhance creativity by sharing ideas, music and art.
- Connection with educators and fellow students.
- Access health information.
- Learn about current events.

**NEGATIVES**

- Cyberbullying – teasing or harassing online.
- Privacy and safety – know what not to share online.
- Online predators.
- Risks to reputation – could affect future admissions to college or a job.
- Mental health effects.
- Inappropriate content.
- False marketing.
- Dangerous viral trends.
- Can lead to increased irritability, anxiety and low self esteem.

**Remember to:**

- Be nice.
- Think twice before pressing enter or send.
- Follow “WWGS?” rule - What would grandma say?
- Use privacy settings.
- Don’t “friend” strangers.

Ohio AAP PMP Mobile App

Search Parenting at Meal and Playtime on Apple Store or Google Play

App Highlights...

- Physician-endorsed materials for parents to access on-demand
- Resources for parents organized by age
- Text reminders sent monthly and/or for age milestones
- Easy sign-up
- Videos on feeding, play, nutrition and more

These handouts are the property of the Ohio Chapter, American Academy of Pediatrics and the Ohio Department of Health and may not be altered without express permission.