



COBB COUNTY
SCHOOL DISTRICT

Family University
Middle School & Social Media



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Middle School Counseling Consultant
CCSD Department of School Counseling



COBB COUNTY
SCHOOL DISTRICT

Middle School & Social Media

1. Social Media 101
2. Digital Drama
3. Cyberbullying
4. Online Safety
5. Healthy Habits



What's Positive About Social Media Use?

- **Stay connected with friends and family.**
- **Interact with a more diverse group of kids.**
- **Volunteer or get involved with a campaign, nonprofit, or charity.**
- **Enhance their creativity by sharing ideas, music, and art.**
- **Meet other people who have similar interests.**
- **Communicate with educators and fellow students.**
- **Find information for school.**
- **Learn about current events.**
- **Get support when they feel sad or anxious.**



Popular Social Media Apps

- Instagram
- YouTube
- Snap Chat
- Kik
- Vine
- Twitter/X
- Tik Tok

FIFTEEN APPS

PARENTS SHOULD KNOW ABOUT Courtesy of the Sarasota County Sheriff's Office
UPDATED JULY 2019



<p>MEETME  MEETME is a dating social media app that allows users to connect with people based on geographic proximity. As the app's name suggests, users are encouraged to meet each other in person.</p>	<p>GRINDR  GRINDR is a dating app geared towards gay, bi and transgender people. The app gives users options to chat, share photos and meet up based on a smart phone's GPS location.</p>	<p>SKOUT  SKOUT is a location-based dating app and website. While users under 17 years old are unable to share private photos, kids can easily create an account using a different age.</p>
<p>WHATSAPP  WHATSAPP is a popular messaging app that allows users to send texts, photos, voicemails, make calls and video chats worldwide. WHATSAPP uses an internet connection on smart phones and computers.</p>	<p>TIKTOK  TIKTOK is a new mobile device app popular with kids used for creating and sharing short videos. With very limited privacy controls, users are vulnerable to cyber bullying and explicit content.</p>	<p>BADOO  BADOO is a dating and social networking app where users can chat, share photos and videos and connect based on location. While the app is intended for adults only, teens are known to create profiles.</p>
<p>BUMBLE  BUMBLE is similar to the popular dating app "Tinder" however, it requires women to make the first contact. Kids have been known to use BUMBLE to create fake accounts and falsify their age.</p>	<p>SNAPCHAT  SNAPCHAT is one of the most popular apps in recent years. While the app promises users can take a photo/video and it will disappear, new features including "stories" allows users to view content for up to 24 hours. Snapchat also allows users to see your location.</p>	<p>KIK  KIK allows anyone to contact and direct message your child. Kids can bypass traditional text messaging features. KIK gives users unlimited access to anyone, anywhere, anytime.</p>
<p>LIVEME  LIVE.ME is a live-streaming video app that uses geolocation to share videos so users can find out a broadcaster's exact location. Users can earn "coins" as a way to "pay" minors for photos.</p>	<p>HOLLA  HOLLA is a self-proclaimed "addicting" video chat app that allows users to meet people all over the world in just seconds. Reviewers say they have been confronted with racial slurs, explicit content, and more.</p>	<p>WHISPER  WHISPER is an anonymous social network that promotes sharing secrets with strangers. It also reveals a user's location so people can meet up.</p>
<p>ASK.FM  ASK.FM is known for cyber bullying. The app encourages users to allow anonymous people to ask them questions.</p>	<p>CALCULATOR%  CALCULATOR% is only one of SEVERAL secret apps used to hide photos, videos, files, and browser history.</p>	<p>HOT OR NOT  HOT OR NOT encourages users to rate your profile, check out people in their area, and chat with strangers. The goal of this app is to hook up.</p>

For more information, contact Sarasota County Sheriff's Office Community Affairs at 941.861.4005

According to @Commonsense Research

1. YouTube is the most popular social media platform.

85% of U.S. teens say they use YouTube.

2. Big Bucks for Likes.

71% of U.S. businesses are using Instagram since 2017.

3. Teens are not alone on Snapchat.

78% of Snapchat users are 18-24yrs old.

4. Teenagers are using multiple social media platforms, not just one.

Teens say, “they use Snapchat 35% of the time, YouTube 32% of the time.

5. Cyberbullying is still a thing.

42% of teens on Instagram have experienced cyberbullying and 31% on Snapchat of teens have experienced a cyberbullying attack.

6. Social Media & Sexting.

15% of teens send sext messages and more than 27% have received them.
This type of activity is growing.



U.S. Surgeon General's Advisory

“Children are exposed to harmful content on social media, ranging from violent and sexual content, to bullying and harassment. And for too many children, social media use is compromising their sleep and valuable in-person time with family and friends.”

“We are in the middle of a national youth mental health crisis, and I am concerned that social media is an important driver of that crisis – one that we must urgently address.”

Social Media and Youth Mental Health

2023

The U.S. Surgeon General's Advisory



Social Media/Social Life





COBB COUNTY
SCHOOL DISTRICT

Tips for Social Media Safety



Minimum age requirement: 13 years old

INSTAGRAM

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Tip #1: Enable 'private' mode: Instagram's private account mode locks the account so only people your child approves as followers can follow them.

Tip #2: Think about location-sharing:
In most cases, your child should avoid posting their exact location when they upload a photo or video. Advise them not to add locations to their posts or use hashtags that reveal their location.

PARENT/GUARDIAN TIPS FOR SOCIAL MEDIA SAFETY

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TikTok
Minimum age requirement: 13 years old

TikTok is a video-sharing app. Users can shoot, edit, and share 15 or 60-second videos jazzed up with filters, music, animation, special effects, and more.

Tip #1: Turn on 'family safety mode':
Its features includes screen-time management controls, limits on direct messages and a restricted mode that limits the appearance of inappropriate content.

Tip #2: Monitor your child:
Users do not have to create a TikTok account to see content that is posted. If your child has the app, don't forget to monitor what they are watching.

Twitter
Minimum age requirement: 13 years old

Twitter is a service for individuals to communicate and stay connected through the exchange of quick, frequent messages. People post Tweets, which may contain photos, videos, links, and text.

Tip #1: Enable 'protect my tweets':
Twitter has a built-in search engine that allows the user to comb the network for tweets. Anything your child posts can pop up in one of these searches. By enabling the 'Protect My Tweets' option, users can make sure these posts stay off-limits to search queries and are only seen by approved users.

Tip #2: Tweet wisely:
A seemingly harmless tweet can inflict a lot of damage when it insults someone or puts someone in danger. This is often the case even when the message is later deleted. Parents can help their children understand the power of their words and the importance of thinking before tweeting.

Snapchat
Minimum age requirement: 13 years old

Snapchat is a popular messaging app that lets users exchange pictures and videos (called snaps) that are meant to disappear after they're viewed (screenshots are still possible).

Tip #1: Limit who can contact your child: Go to the **Settings** menu and look for **Who Can - Contact Me** and select **My Friends**. This means only people your child has added can send them a snap.

Tip #2: Turn off location services:
Your child can share their location with friends. Keeping location services on could allow your child to connect with total strangers who happen to be in the vicinity.

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PARENT/GUARDIAN TIPS FOR SOCIAL MEDIA SAFETY

/ MATTHEW COUNSELING

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Digital Drama



What is Digital Drama?

- **Digital drama can be defined as the everyday disagreements that happen between peers.**
- **When people use devices, apps, or websites to start or further a conflict between people.**
- **People will often make their drama public because they enjoy the audience or because gossip is something for people to bond over.**



Dealing with Digital Drama





COBB COUNTY
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Cyberbullying

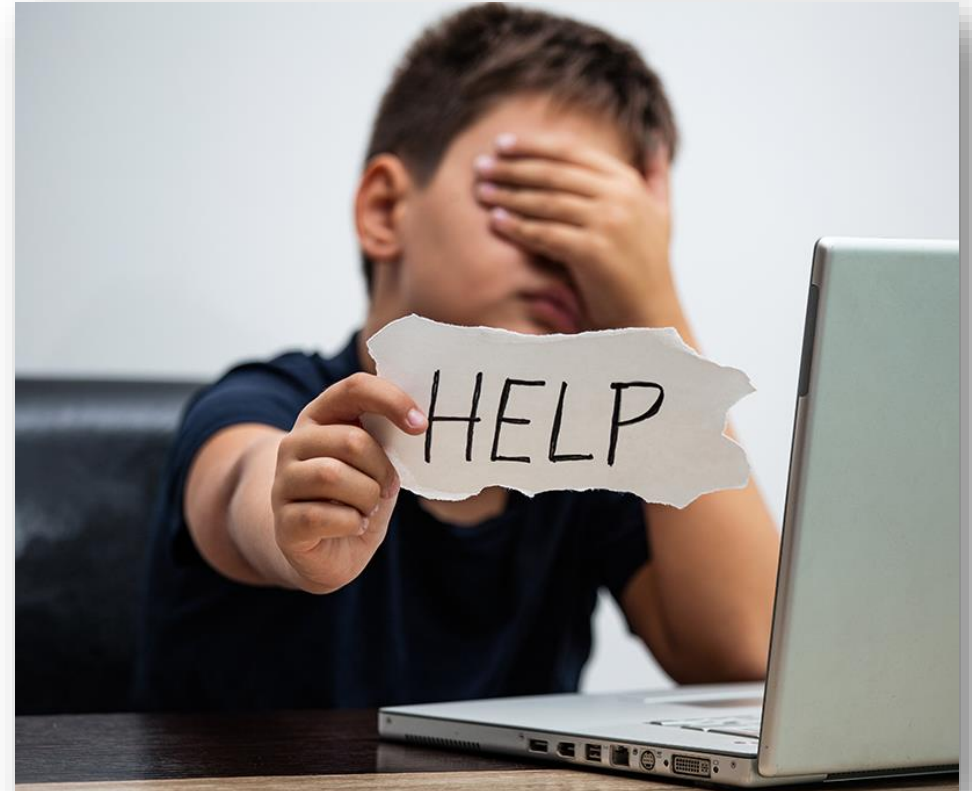


5 Ways to Stop Cyberbullying: Tips for Parents



What to Do When Cyberbullying Happens

- Don't respond and don't forward cyberbullying messages.
- Keep evidence of cyberbullying.
- Record the dates, times, and descriptions of instances when cyberbullying has occurred.
- Save screenshots, emails, and text messages. Use this evidence to report cyberbullying to web and cell phone service providers.
- Block the person who is cyberbullying.
- Report cyberbullying to school. Cyberbullying can create a disruptive environment at school.



Report Cyberbullying

Report Cyberbullying to Law Enforcement when cyberbullying involves these activities. It is considered a crime when:

- **Threats of violence**
- **Child pornography or sending sexually explicit messages or photos**
- **Taking a photo or video of someone in a place where he or she would expect privacy**



COBB COUNTY
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On-Line Safety



5 Social Media Rules for Teens & Tweens



Know what is going on?

- As parents we must know where our students are and who they are with; social media is no different than going to a friend's house for a few hours.
- Teenagers may be representing themselves differently on each platform and may also be interacting with different people differently on each platform.



Social Media Red Flags Parent Need to Know

1. Age-inappropriate content
2. Secrecy
3. Cyberbullying
4. Public default settings
5. Random video chat
6. Real-time video streaming
7. Secret chat rooms
8. "Temporary" pictures & videos
9. Toxic culture



Conversation Starters

- **Do you have any social media?**
- **Do you have a public or private account?**
- **Who do you follow/let follow you?**
- **Who has access to your accounts besides you?**
- **What do you like about using social media?**
- **What social media platform do you use the most? What do you use it for?**
- **Do you use your same password for everything, or do you have different ones?**
- **Do you know what cyber bullying is? Have you ever been or heard about someone who was cyber bullied or was the bully?**
- **Do you follow any of your school's clubs/accounts on social media?**
- **Do you follow any family members on social media?**
- **What can we do as a family to make sure that you are safe using social media?**





COBB COUNTY
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Healthy Habits



Importance of Sleep

Centers for Disease Control and Prevention
MMWR | **Zzzzzz.... SLEEPY KIDS**
MOST STUDENTS NEED MORE SLEEP

6 OUT OF 10
MIDDLE SCHOOLERS
DON'T GET ENOUGH SLEEP

7 OUT OF 10
HIGH SCHOOLERS
DON'T GET ENOUGH SLEEP

KIDS 6–12 YEARS
NEED
9 TO 12
HOURS

TEENS 13–18 YEARS
NEED
8 TO 10
HOURS

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MIDDLE SCHOOLERS: 2015 DATA FROM 9 STATES
HIGH SCHOOLERS: 2015 NATIONWIDE DATA
Wheaton et al. MMWR
Jan 2018 (go.gi/ddpQ75)

CDC U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

- **Middle school students (grades 6-8)**
- **Students in 9 states were included in the study**
- **About 6 out of 10 (57.8%) did not get enough sleep on school nights**

Children and adolescents who do not get enough sleep have a higher risk of obesity, diabetes, injuries, poor mental health, and problems with attention and behavior.

CDC Research Study (CDC, 2022)

Help Your Child Get the Sleep They Need

- **Sticking to a consistent sleep schedule** during the school week and weekends. This means going to bed at the same time each night and getting up at the same time each morning.
- **Limiting light exposure and technology use** in the evenings.
 - Parents can limit **when** their children may use electronic devices (sometimes referred to as a “media curfew”).
 - Parents can limit **where** their children may use electronic devices (for example, not in their child’s bedroom).
 - Parents can set a house rule of no technology in the bedroom after bedtime.

Healthy Habits to Teach Kids

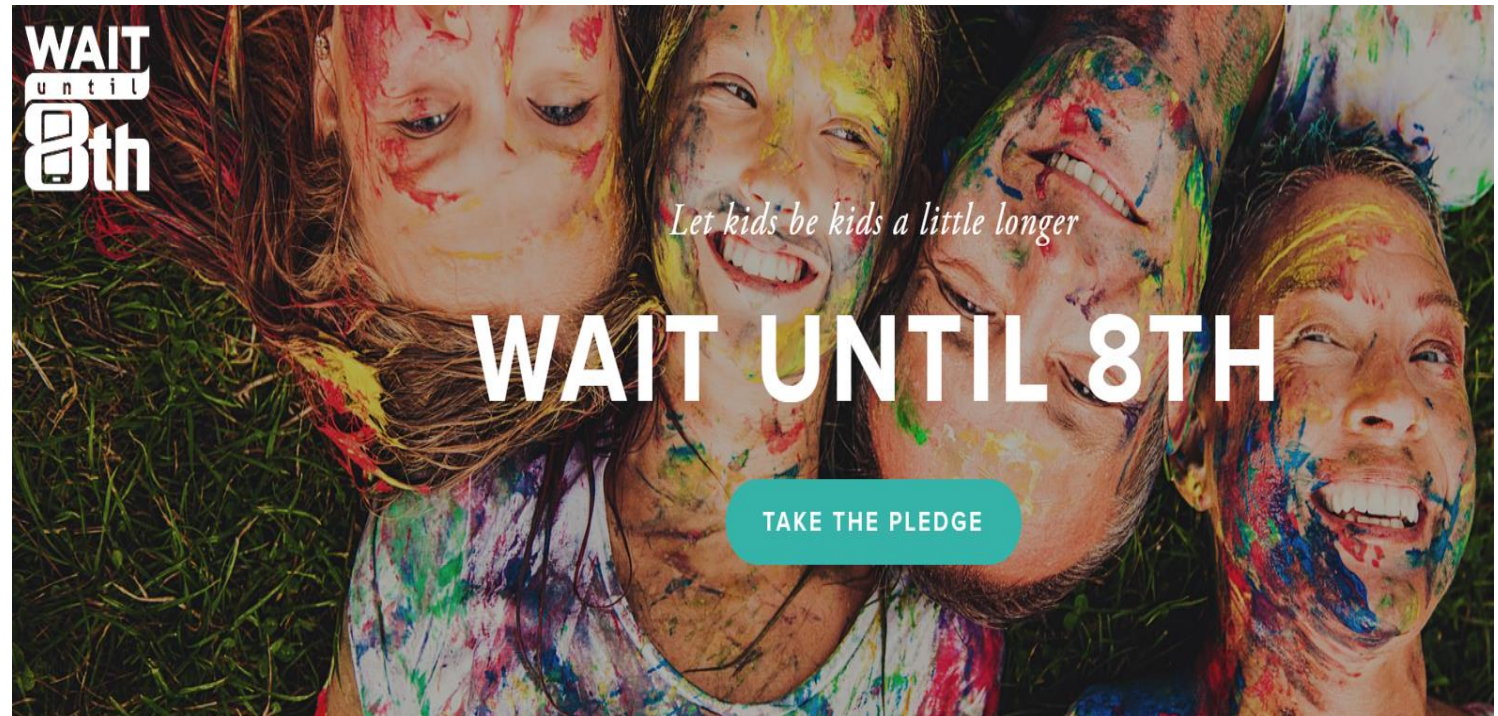
1. Keep homework and smart phones separate.
2. Set daily limits and take digital breaks.
3. Think before you post.
4. Teach using Social Media for good.
5. Keep technology out of bedroom after bedtime.



Parenting Tools

Wait Until 8th

<https://www.waituntil8th.org/>



Parenting Tools

www.Gabb.com

THE ALL NEW

gabb.Phone4

The perfect first phone for kids.™

[Buy](#) [Learn More](#)



Parenting Tools

Family Media Agreement



COMMON SENSE MEDIA

Family Media Agreement

 common sense®

I, _____, will:

... take care.

- I will take care of the device I'm using and tell my family if it's broken, stolen, or lost. As a family, we have agreed on the consequences if I lose or break a device, and I understand those consequences.
- Unless I have paid for a device with my own money or it was a gift, I understand that the device belongs to the family member(s) who bought it.
- _____

... stay safe.

- I will not create accounts or give out any private information — such as my full name, date of birth, address, phone number, or photos of myself — without my family's permission.
- I will not share my passwords with anyone other than my family. I will ask my family to help me with privacy settings if I want to set up devices, accounts, or profiles.
- If anyone makes me feel pressured or uncomfortable or acts inappropriately toward me online, I'll stop talking to that person and will tell a family member or other trusted adult about it.
- _____

... think first.

- I will not bully, humiliate, or upset anyone online — whether through sharing photos, videos, or screenshots, spreading rumors or gossip, or setting up fake profiles — and I will stand up to those who do.
- I know that whatever I share online can spread fast and far. I will not post anything online that could harm my reputation.
- Whenever I use, reference, or share someone else's creative work online, I will give proper credit to the author or artist.
- I know that not everything I read, hear, or see online is true. I will consider whether a source or author is credible.
- _____

Visit- <https://www.commonsense.org/education/toolkit/family-engagement-resources>



Parenting Tools

<https://www.bark.us/how/#>



How Bark Works

Curious about how Bark works? Learn about our parental control features, including content monitoring, screen time management, and website blocking, and discover how they provide online safety for kids.



Parenting Tools

Life360.com

@Life360

Life360: The #1 family locator app & safety membership

Protect and connect your loved ones, pets, & important stuff with Life360's advanced [driving](#), [location](#), & [digital safety](#) features. Plus, link your [Tile](#) account to see your Bluetooth trackers on your family's Life360 map.



Parenting Tools

Cell Phone Apps



VERIZON SMART
FAMILY APP



AT&T SECURE FAMILY
APP



T MOBILE FAMILY
MODE APP



Presentation Resources

<https://www.smore.com/3u42z>

PARENT UNIVERSITY

MIDDLE SCHOOL AND SOCIAL MEDIA





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Thank you!

Questions: Barbara.Truluck@cobbk12.org

Follow us: [@CCSDCounseling](https://www.instagram.com/CCSDCounseling)

