



CARL SCOGGINS, SR. MIDDLE SCHOOL

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Parents,

We are approaching the Winter Break and wanted to share with you some tips on monitoring your child's social media usage. Attached are several links for you regarding teens and social media. Students will post things they would not normally say face to face. This results in hurt feelings, cyberbullying, and sometimes leads to physical altercations. We truly need YOUR help in working with our students to help them understand that social media must be used responsibly. Please help us, help your students, by having these conversations frequently with your student. I promise we are having those same conversations here at school as well. We appreciate your help and we love your student(s)! Our goal is to work together with you to help them become the amazing adult they are all capable of becoming.

How can I keep my children safe using social media?

- Learn about the programs and apps your child is using. Some social media platforms have age restrictions to join, but it's easy for children to get around these.
- Show interest in your child's online life and ask questions. When possible, keep tablets and computers in common areas where you can watch while your child uses them.
- Programs that provide parental controls can block websites, enforce time limits, monitor the websites your child visits, and their online conversations.
- Follow your child's online accounts and tell them that you are monitoring their online activity to help keep them safe. Some children or teens may create a fake second account for their parents to follow.
- Ask them about the people they "meet" online. Showing genuine interest will help them feel comfortable talking about it. Explain that it's easy for someone on the Internet to pretend to be someone they're not.
- Talk about the importance of keeping online friendships in the online world. Make it clear that if your child wants to meet an online friend in person, it must be in a public place and with a trusted adult.
- Discuss what's okay and safe to post online, and what isn't. Online posts stay online forever. As a general rule, your child shouldn't post anything they wouldn't want a parent or teacher to see or read.
- People can't always control what others post about them. Explain that information and photos found online can turn up again years later.
- In Middle School, it is against policy for students to use electronic devices without teacher permission. Students can receive a consequence if found in violation.

<https://kidshealth.org/en/parents/social-media-smarts.html>

<https://www.wsbtv.com/news/trending-now/7-social-media-apps-that-could-put-your-kids-in-danger/759640702>

<https://childmind.org/article/how-using-social-media-affects-teenagers/>

<https://abcnews.go.com/GMA/video/teens-parents-knew-constant-pressure-social-media-50852525>

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