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Social Media and the use of technology

ask*fm*



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What will we cover:

- Statistics
- School expectations and code of conduct
- Screen time and sleep
- Social media types and advice
- Gaming
- General advice for parents
- Useful resources

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Statistics:

- 6% of 12 - 16 year olds spend 8 hours or more a day online at the weekend
- 11% spend between 5 - 8 hours
- 94.8 % of teenagers use social media either before or after school every day
- This is increasingly become private - with private messaging services etc.
- The introduction of 'lives' means that the way social media is used is changing regularly

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Statistics continued

- Top 5 social media:
 - Facebook
 - Facebook messenger
 - Instagram
 - Snapchat
 - Whats App

Other sites to be wary of:

- askfm
- sarahah

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Positives:

- Connecting with family and friends
- Making new friends
- Community involvement
- Sharing things creatively online
- Developing identity
- Collaborating on projects
- Promoting positive messages
- Positive reinforcement

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Concerns:

- Excessive time spent online
- Sharing of too much information / meeting strangers
- Cyber bullying
- Body image
- Harmful content - e.g. promoting self harm

Screen time and sleep

- Affects children's sleep in 3 ways:
 - Timing - delays in bedtimes, less time available for sleep
 - Content - may trigger emotional and hormonal responses
 - Light emissions - can disrupt the bodies natural rhythm which increases alertness and suppresses the release of the hormone Melatonin

Screen time and sleep - Advice:

- Set a 'bed time' for media devices
- Tweak bedtime routine which involves relaxation prior to bed
- No media devices in the bedroom
- Replace screen time in the day with exercise
- Limit food and drinks during screen time especially a night.

- **Less than 2 hours per day screen time!**

Facebook:



- Facebook messenger, Facebook lives
- Very complicated privacy settings which change frequently
- Facebook's response to complaints / blocking of images etc. is very slow and often there is no response

Instagram:

- Instagram has been ranked the worst for teen mental health (NHS, 2017) - body image, identity, real life relationships, FOMO
- Insta lives / direct messages
- Privacy settings



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Snapchat:

- Snap streaks
- Snap map
- Snap screenshots
- Snap sexting



Sexting:

- Sending inappropriate pictures
- Sending explicit messages
- These can be copied / forwarded / shared online
- They can get into the wrong hands - safeguarding risk
- Bullying cyber bullying
- Negative comments / trolling
- Difficult to remove
- Available in the future



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Gaming:

- Often violent games
- Poor language
- Triggers emotions / hormone responses
- Can interact with strangers
- Addictive
- Replaces real life



School code of conduct:

- No smart phones within school
- Inappropriate use of social media / phones during (and on journey to / from) school MAY be followed up and sanctioned within school
- Social media posts can be permanent
- Non - smart phones should be 'off and away'

School's advice to parents:

- Be 'friends' with your children online or have a specific adult who is friends with them and monitors their posts / usage
- Have an open password policy
- Have an open dialogue
- Have a screen time limit and try to stick to it!
- Ensure that there's a screens off and away time
- Do not let children have media in their rooms at bedtime
- Try to be understanding about the pressures social media puts children under
- Don't rely on blocks and filters

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Useful sites / resources:

- <https://www.kelsi.org.uk/child-protection-and-safeguarding/e-safety>
- www.net-aware.co.uk
- www.nspcc.org.uk

THANKS FOR LISTENING

● Q & A