

# SOCIAL MEDIA: TIPS FOR PARENTS



## STAY IN THE KNOW ON TRENDS AND PARENTAL CONTROLS

- Connect with online communities through parenting blogs or Facebook groups, where parents share tips, discuss social media trends, and talk about potential risks.
- Limit social media use on platforms that show counts of likes, comments, or views as these can encourage excessive use and focus on popularity or validation.
- Use the screen time settings available on most devices and platforms to help youth set limits and develop self-control. This option is under “Screen Time” in your mobile phone settings.

## IMPACT OF EXCESSIVE SOCIAL MEDIA USE

According to the American Psychological Association (APA):

- Screen time disrupts youth’s routines, including school, work, friendships, and activities.
- Youth often choose social media over in-person interactions.
- Algorithms fuel youth’s continued use of social media by delivering personalized, engaging content and triggering reward-driven behaviors that make it hard to disconnect, even when they want to stop.

## ACTION PLAN

### 1. Build Trust with Open Communication

Ask questions like:

What are your favorite apps to use? What’s something cool or funny you saw online recently?

### 2. Provide Influence (Lead by Example)

Show responsible social media habits by balancing screen time, encouraging positive and healthy use of social media, and using privacy settings wisely.

### 3. Start Talking and Listening

Schedule regular check-ins to talk about social media experiences.

Use these opportunities to:

- Review privacy settings.
- Talk about any negative experiences like bullying or unwanted messages.

For additional information, scan  
QR code:

