

WEST WINDSOR-PLAINSBORO
REGIONAL SCHOOL DISTRICT

Parenting in the Age of Social Media

November 15, 2017

Agenda

- Realities/Concerns
- Surveys
- Best Practices/Resources
- Student Perspective
- What can Parents do?

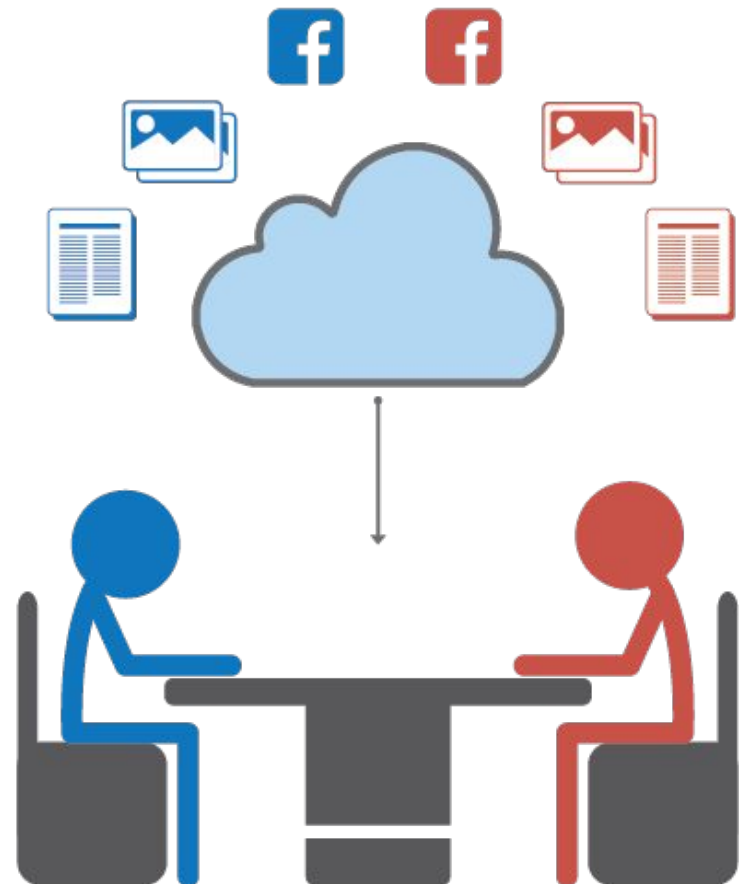
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Parenting in the Age of Social Media

Realities/Concerns

Conversation

What is it about social media that concerns you the most?



Realities/Concerns

- **Privacy / Digital Footprint**
- **Cyberbullying / Trolling / Sexting**
- **Up-Down Comparisons**
- **Social Media Depression / Addiction**
- **Disconnect from Reality**
- **Anxiety, Self-Esteem, Self-Efficacy**
- **Body Image / Eating Disorders**
- **Sleep Patterns**
- **Social Skills**

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Best Practices

Survey Says

Social Media Use

2005 - 7% of adults

2015 - 65% of adults

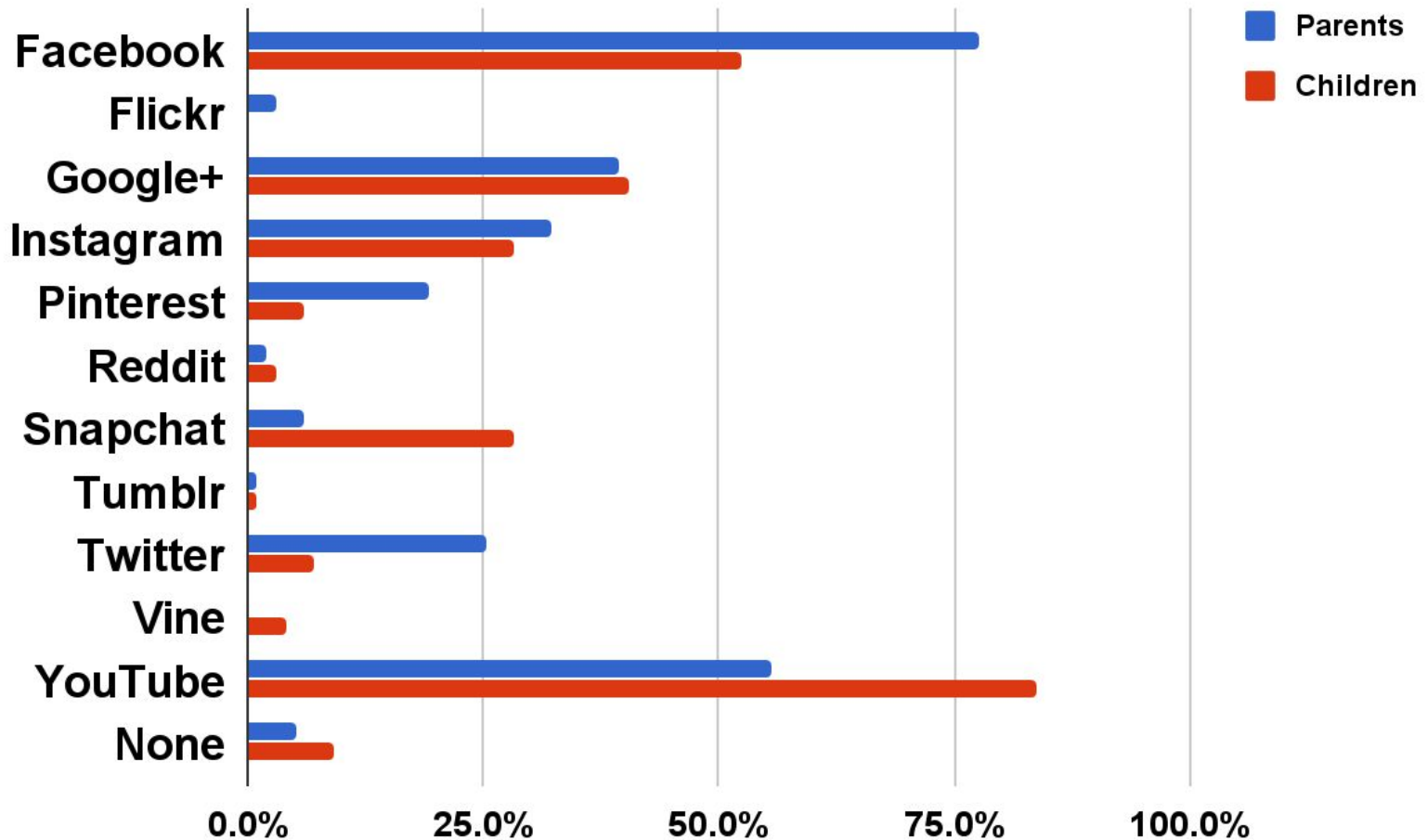
2015 - 92% of teens go online daily

**2015 - 71% of teens use at least one
social media site**



Survey Says

Which forms of social media are used?



Conversation

**How has social media
changed the way people
live and work?**



Best Practice

Educate Yourself & Engage Your Children

Common Sense Media

<https://www.common sense media.org/>

Dreamgrow

<https://www.dreamgrow.com/>

Lifewire

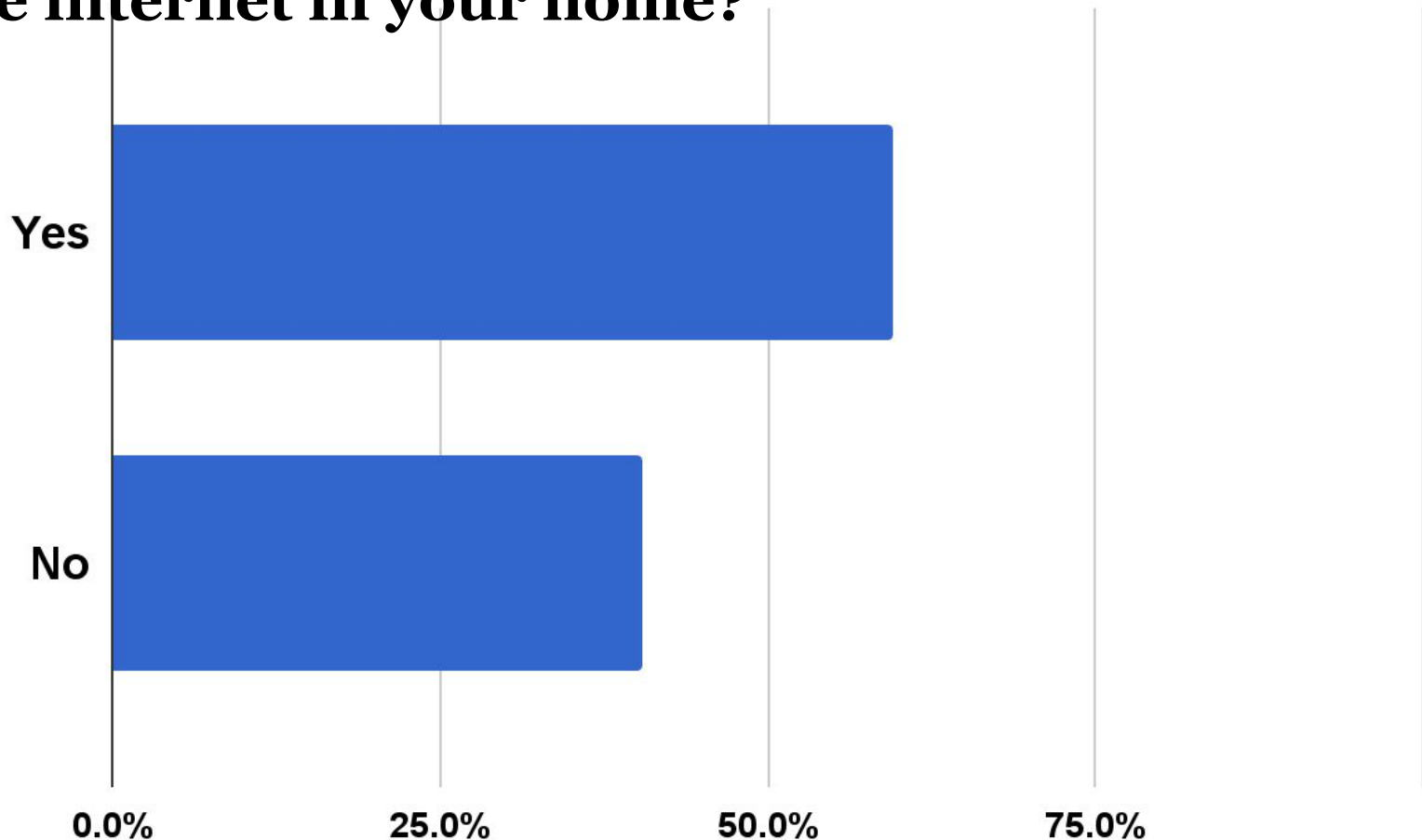
<https://www.lifewire.com/>

Rules from Kindergarten

- **Play fair**
- **Don't hit people**
- **Put things back where you found them**
- **Clean up your own mess**
- **Don't take things that aren't yours**
- **Say you're sorry when you hurt somebody**

Survey Says

Do you know how to control your child's access to the internet in your home?



Parental Controls

- **Password Protected**
- **Website Access Control**
- **Limit Access During Specific Times**
- **Monitor Chat Sessions**
- **Personal Information Monitoring**
- **Send Notifications**
- **Improve Network Performance**

Best Practice

Parental Controls

FIOS

<https://www.verizon.com/support/residential/quick-answers/fios-parental-controls.htm>

Xfinity (Comcast)

<https://www.xfinity.com/support/internet/set-up-parental-controls-with-comcast-networking/>

Best Practice

Cell Phones

- **Password Protection**
- **Establish a Charging Location**
- **Monitoring Software**
 - **Block Inappropriate Content**
 - **Location Tracking**
 - **Block APPs**
 - **Log calls and messages**

Best Practice

Cell Phones

Cell Phone Monitoring APPS

<http://www.toptenreviews.com/software/privacy/best-cell-phone-monitoring-software/>

Computer Monitoring Software

<http://www.pcmag.com/article2/0,2817,2346997,00.asp>

Best Practice

How Do I.....



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Student Perspective

Student Perspective

Trust

- Healthy Balance
 - Both kids and parents have to trust each other
- Built up over time
- Setting ground rules
- Be aware + Educate your children on how to deal with various online issues

Student Perspective

Setting a Good Example



GO SPORTS TEAM, BEAT THE OTHER OPPOSING SPORTS TEAM!!!!
about an hour ago · Like · Comment

and like this.

YOUR SPORTS TEAM SUCKS.
about an hour ago · Like

NO YOUR SPORTS TEAM SUCKS.
47 minutes ago · Like

WELL MY SPORTS TEAM HAS SCORED A LOT MORE GOAL BASKET RUN DOWN POINTS
4 minutes ago · Like

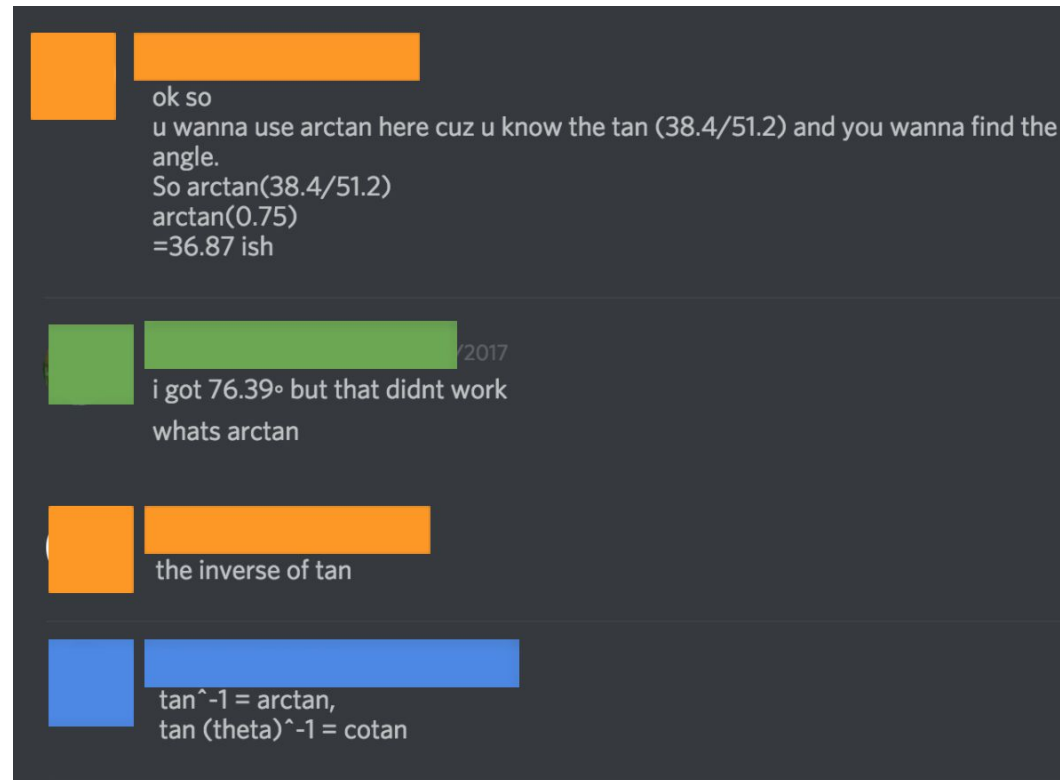
RANDOM FACT ABOUT MY SPORTS TEAM THAT MAKES YOUR SPORTS TEAM INSIGNIFICANT.
4 minutes ago · Like

RANDOM FACT ABOUT THE PERSONAL LIFE OF ONE OF THE PLAYERS ON YOUR SPORTS TEAM THAT HAS NOTHING TO DO WITH THE GAME, BUT IS STILL INSULTING!!!
3 minutes ago · Like

THIS IS WHERE I TELL YOU MY SPORTS TEAM PLAYER WAS ACQUITTED OF ALL RAPE CHARGES.
about a minute ago · Like

SHAKES FIST DAMN YOU OPPOSING SPORTS TEAM FAN!!!
17 seconds ago · Like

Write a comment...



ok so
u wanna use arctan here cuz u know the tan (38.4/51.2) and you wanna find the angle.
So $\arctan(38.4/51.2)$
 $\arctan(0.75)$
=36.87 ish

/2017
i got 76.39° but that didnt work
whats arctan

the inverse of tan

$\tan^{-1} = \arctan,$
 $\tan(\theta)^{-1} = \cotan$

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Parenting in the Age of Social Media

What Can Parents Do

What can Parents do?

Reviewing the guidelines from the registration survey:

1. Do you have guidelines for your child's cell phone use?
 - a. 12 - No
 - b. 30 - Not Permitted
 - c. 57 - Yes

What do we think should be included in guidelines for cell phone use?

What can Parents do?

Do you have guidelines for social media use?

- a. 23 - No
- b. 26 - Not Permitted
- c. 50 - Yes

What do we think should be included in guidelines for social media use?

Are we certain that those saying not permitted is truly the case?

What can Parents do?

What is an appropriate age for my child to have a cell phone and how have I prepared them for the responsibility of use?

What is an appropriate age for my child to have a social media presence and how have I prepared them for the responsible use?

How can you develop guidelines WITH your child?

How is teaching these items of responsibility similar to all other lessons you teach your child?

Questions

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Survey Says

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