

## Intentionality with Kids and Social Media

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## Understanding Brain Development

- Adolescence is a crucial period of brain development, particularly in areas related to social interaction and self-control.
- Social media features like the like button and endless scrolling can exploit vulnerabilities in developing brains.
- **Recommendation:** Limit use of platforms with like counts, utilize screen time settings, and ensure adequate sleep for healthy brain development.

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## Understanding the Impact of Social Media

- Research highlights the significant influence of social media on teen mental health, particularly among girls.
- Acknowledge the correlation between increased social media usage and rising rates of anxiety and depression in adolescents.
- **Recommendation:** Encourage proactive measures to mitigate potential harms and promote responsible digital citizenship.

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## Teaching Social Media Literacy

- Social media literacy is essential for helping teens navigate online interactions safely.
- **Recommendation:** Understand the impact of social rewards on adolescent brains and advocate for responsible use of social media platforms.

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## Modeling Healthy Social Media Use

- Parents play a key role in modeling positive digital behavior for their children.
- **Recommendation:** Establish boundaries, take social media breaks as a family, and openly discuss your own social media habits.

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## Monitoring and Discussing Social Media Use

- Parents should adopt a multi-faceted approach including time limits, supervision, and ongoing conversations about social media.
- **Recommendation:** Set limits, monitor chat functions, and engage in weekly discussions about online experiences without judgment.

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## Identifying Problematic Social Media Use

- Watch for signs of unhealthy social media habits such as interference with daily routines, excessive screen time, and deceptive behavior.
- **Recommendation:** Have open conversations with your children, enforce new limits if necessary, and seek professional help if concerns persist.

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## Additional Recommendations

- Delay social media use until high school, implement device-free bedrooms, and collaborate with your child to set time limits.
- Emphasize the importance of parental guidance and boundaries in shaping healthy digital habits.

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## Conclusions

- As parents and caregivers, it's essential to navigate the social media landscape with awareness and intentionality.
- By implementing strategies to support healthy social media use, we can empower our teens to thrive in today's digital age.

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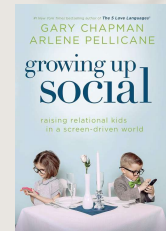
## Further Resources



<https://www.commonsensemedia.org>



<https://www.afterbabel.com/t/the-case-against-social-media>



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