

# Social Media Survival Tips **FOR PARENTS**

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- 1. Take a family social media time inventory.**  
Identify all of the sources and points of contact for social media in your household. Estimate the total time spent in one week. Calculate the actual time spent on social media. Once you calculate that time, weigh it against time spent having in-person conversations with family members and playing outside with friends.
- 2. Understand your role as social media shapers.**  
Be mindful of incorporating your family attitudes, beliefs and values in the utilization of social media and discuss them with your family.
- 3. Monitor social media activity.**  
Parents who monitor content also keep track of their kids' time spent online.
- 4. Find time to huddle for face-time and checking in.**  
The positive interaction between parents and children can lead to improved behavioral and learning outcomes.
- 5. Be mindful of exposure to violence, violent acts and sexual content.**  
More than half of all video games contain violence. Repeated exposure to violence can create fear and anxiety in children and desensitize teens to violence.
- 6. Create time for free play and creativity at all ages.**  
Turn off electronic media.
- 7. Discuss social media rules often and honestly.**  
Kids as young as nine years old will hide their online behavior from their parents. Keep the lines of communication open.
- 8. Co-view and consume social media with your children and teens.**  
Sit down, observe and share input and thoughts.
- 9. If your child is being cyberbullied, ask how you can help.**  
Listen before jumping right in to fix the situation.
- 10. Teach your child that words can work positively, but can also hurt.**  
Make them aware of responsibly understanding the difference.

