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## TOP 10 TIPS

## Social Media Parental Tips of Engagement By C. Nickson, Ph.D

### #1 Be the Good Witch from the North ...not that Other One!

For all of us, really: Maintain relationships and family dynamics with an active daily schedule for your family structured around physical activity, mental stimulation through positive conversation, family time, and rest.

### #2 Keep an Eye on the Boilin' Pots on the Stove

Monitor all social media activities and app content. Check for age and developmental appropriateness of all apps as well as interactions, followings, or connections. Ensure your child is aware of your monitoring and works to self-manage appropriateness of content.

### #3 Avatars Aren't Real – Cyber Beings are Human Beings

Emphasize the connection between social media use and morals/family values. Communicating the family's purpose for social media and the expectations attached to their behavior assists youth in developing the values needed to manage their own social media activities.

### #4 Good Fences Make Good Neighbors

Teach boundaries and limitations. Create a standard list of "do's and don'ts" in terms of how your child is expected to project themselves or interact with others. Ensure your child is aware of the various dangers of social media including anxiety and depression, negative self-evaluations, a desire for instant gratification, hyperactivity and impulsivity, cyberbullying, and poor relationship dynamics.

### #5 Grendel Harbored Bad Intentions

Take bullying or harassment seriously. If your child experiences cyberbullying or harassment, have a conversation and promptly attend to the matter. In some cases, it may be necessary to notify appropriate authorities or seek parental involvement in cases involving other kids.

### #6 Porgie Gorgie – Too Much Puddin' & Pie Makes Us All Cry

Limit Screen Time. Teach the importance of limiting screen time so that your child can eventually self-monitor their own usage. Some devices and platforms will allow you to apply settings that will assist in limiting screen time according to your desire. For school-age youth and beyond, professional recommendations typically limit screen time outside of work and school to two hours a day.

### #7 All for One and One for All!

Be an active part of your child's social media accounts and usage. Your presence will mitigate threats directed toward your youth and also demand their accountability to expectations.

### #8 Spare the Rod and ...No Rods, but Good Discipline Deters Spoilage

Alone time is scheduled. This is time that your child can spend alone in their room or to themselves with the use of social media or gaming technology. Too much stimulation can have detrimental impacts on our kids' social and cognitive development.

### #9 What's Good for Da Goslings is Good for Da Geese too

What would granny & gramps say? Don't say anything on social media that will embarrass you or your family. Do not comment on other teams, their parents and/or engaged in exchanged barbs. Silence can be golden... public scoldin', not so much!

### #10 Drummroll ...tat,tat,tat,tat,tat... #1 Advocate Rule – Talk to Them!

Talk to your kid(s). Having regular and spontaneous conversations with and without the presence of technology is of vital importance to combating negative social pressures. Knowing that they have your trust and support can be empowering. Never stop talking.

#### EMERGENCY

In a crisis call "911" immediately

● If considering self-harm, call "988"

The National Suicide Intervention Lifeline

#### SEXUAL MISCONDUCT

To speak to a counselor,

Call (800) 656-4673

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#### BULLYING/HAZING, VIOLENCE, ADDICTIONS & SUBSTANCE ABUSE

For helpful resources,

[thebmsproject.org/Safety](https://thebmsproject.org/Safety)

#### CHILD ABUSE

To report suspected child abuse,

Call (800) 422-4453

Childhelp National Child Abuse Hotline

It is recommended that incident(s) of serious misconduct be reported to law enforcement. Minors should report incidents of misconduct to their parent(s) or guardian(s).