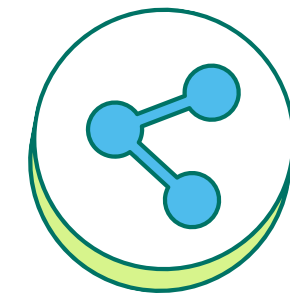




SOCIAL MEDIA AWARENESS





Smartphone Free Childhood US - "Let's Change The Norm"

Smartphone Free Childhood US



Watch on  YouTube

Social Media Awareness



The conscious understanding of the impact and implications of our actions on social media platforms

It involves being mindful of the content we consume, share, and engage with



Time



How much?

How often?



Boundaries

Productivity

Audience



What's the purpose of your post and who is the audience?



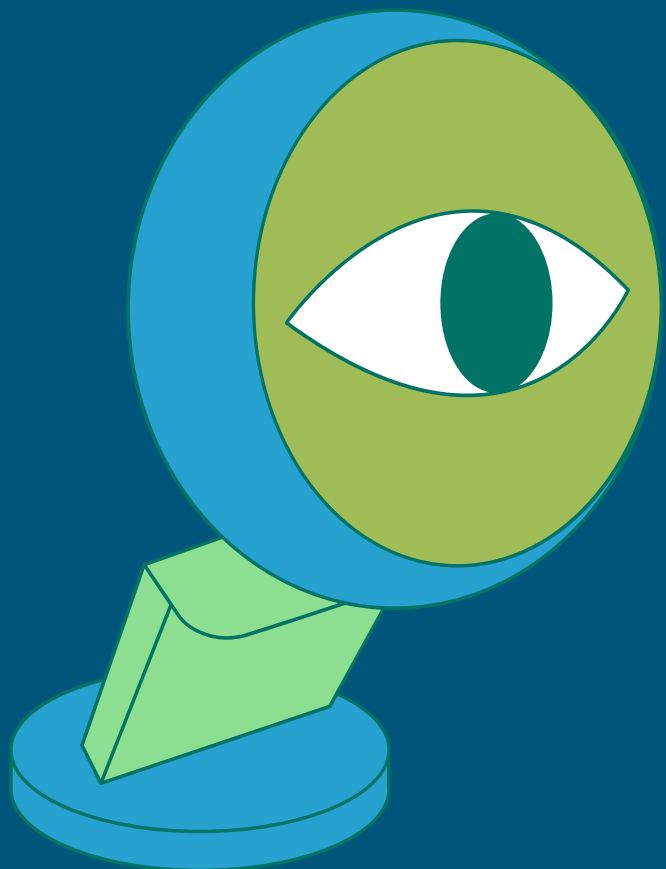
Do we ever stop and think about what we are posting and why?

Privacy & Protection

Cyber Scams

Cyber Bullying

Oversharing



Exploitation

→ Online Predators

→ Sextortion

→ AI Deepfakes

Risks to children playing Roblox 'deeply disturbing', say researchers

Exclusive: Gaming platform accused of 'troubling disconnect between child-friendly appearance and reality'

● 'A man approached him': parents describe their children's Roblox problems



More than 40% of Roblox users are estimated to be under 13. Photograph: Jeff Gilbert/Alamy

“Sexual predators have found a way to extort children in the privacy of their homes. They don’t need a key to get in; just a device connected to the internet.

-John Shehan, vice president of NCMEC’s Exploited Children Division



Data Collection

Ever wonder why social media platforms are free to use?

Free entry is a tool for companies to gain more revenue through advertisements and data collection

We are the product, not the consumer

Platforms want you to spend as much time as possible so they can sell your attention

Use technology as a tool, don't let technology use you

Content



Does what we consume on social media leave us feeling positive or cause stress?



Impact on our own well being and mental state

Can set a mood, tone, and state of mind for an entire day or longer

Media Literacy

Critically evaluating and analyzing the information presented on social media platforms

Fake News

Propaganda

Misinformation

**Media
Manipulation**

Influencers

Are your decisions or lifestyle choices ever influenced by those you follow?

Tend to be influenced by others living completely different lifestyles that we don't even know or will never get to know



Challenges



When TikTok's Algorithm Turns Deadly

ALBANY COUNTY

Arbor Hill student dies accidentally after attempting online challenge

Deadly Challenges:

- Benadryl
- Tide Pod
- Fire
- Blackout
- Nyquil Chicken
- List goes on...



Validation



Disconnect

Awareness of Surroundings

Relationships

Socialization

Isolation



Physical & Mental Health

- **Physical Health Issues**

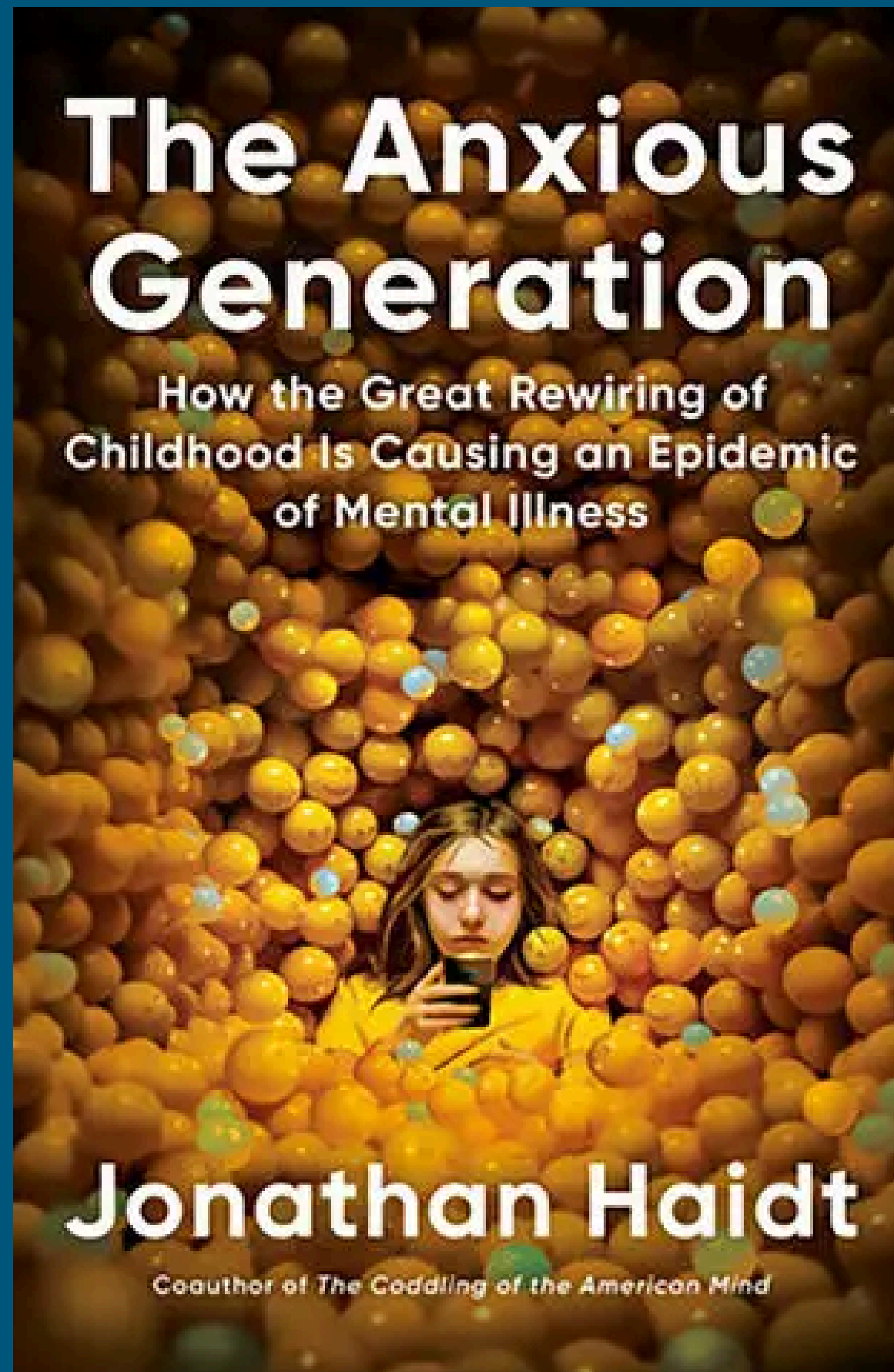
- Poor Sleep
- Eating Disorders
- Appetite Changes
- Attention Loss
- Neural Pathway Changes

- **Mental Health Impacts**

- Depression/Anxiety
- Body Image Disorders
- Low Self-Esteem
- Harassment
- Content Exposure
- Self-Harm or Suicide
- Peer Pressure
- Social Comparison
- Exclusion Feelings
- ADHD/ADD

- **Excessive Use**

- Coping
- Reward Pathway
- Habit Formation
- Explosive Outbursts & Loss of Control
- Addiction



The widespread adoption of smartphones and social media in 2010 led to a "great rewiring" of childhood, causing a surge in anxiety, depression, and other mental health issues among adolescents. This technology-driven shift eliminated unstructured play, fostered overparenting, and robbed a generation of essential life skills and independence, ultimately creating an epidemic of mental illness.

The "Great Rewiring"

Shift from Play to Phones

Overprotection and Underprotection

Mental Health Epidemic

Impact on Development



Use virtual platforms such as Zoom and Skype to connect with distant friends and family.



Unfollow friends or influencers who post negative or upsetting content.



Schedule time for browsing social media and time for face-to-face conversation.



Disable push notifications to limit distractions and feelings of stress or anxiety.



Have a clear purpose as to why you are logging on to social media and stick to it.



Share inspiring stories that have a positive influence on your emotional well-being.



Regularly check in with yourself to evaluate the effect of social media and technology on your mental health.



Policymakers

Safety Protections

Age-Appropriate Standards

Data Privacy Standards

Limiting Access to Harm

Ensure Tech Companies Share Health Impacts Data

Increase Research Funding

Tech Companies

Assume Responsibility

Transparent Assessments

Prioritize User Health & Safety

Adequate Child Default Settings

Effective and Timely Complaint Response/Actions



Parents/Caregivers

Create Family Media Plan

Tech-Free Zones

Foster In-Person Friendships

Model Responsible Social Media Behavior

Teach Technology and Empower Responsibility

Report Bullying, Cyber Crime, or Exploitation

Help Establish Norms and Healthy Practices

Children/Adolescents

Reach out for Help

Create Boundaries

Protective Strategies & Practices

Caution Sharing

Protect Yourself & Others



Lewis County Youth Bureau Digital Wellness

Lewis County



Watch on  YouTube



THANK YOU!



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