

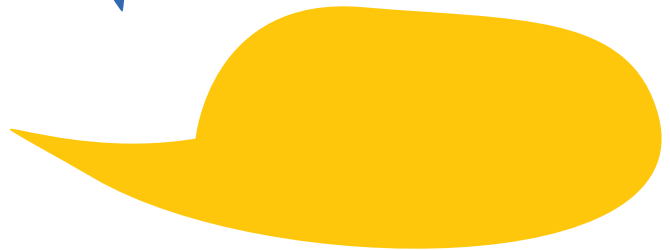
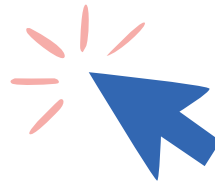
Use social media meaningfully and responsibly

For teens, social media has quickly become one of the main ways they connect with one another and it can make up a lot of our time spent on devices.

Check out these tips to help you and your kids discuss the positives and negatives of social media so that together you can decide how it fits into your lives.

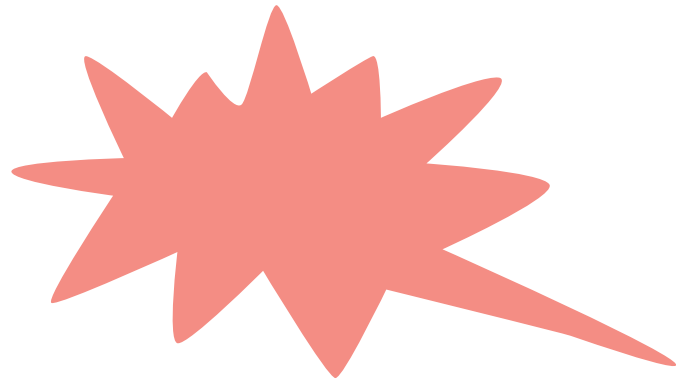
1. Explore the potential positive uses.

If your kids already use social media, start by asking them how they use social media to make real, positive connections. Share your own experiences. What have been some of the benefits that you've experienced with social media use?



2. Share your concerns.

What do your kids believe to be some of the downsides of social media? Have they seen or heard of anyone using social media in a way that has hurt someone else or have they seen or heard of anyone getting bullied? Again, share your own experiences. Also, talk about the “fear of missing out” that social media can cause, and how it’s a common feeling among kids and adults alike.



3. Brainstorm ways to connect offline.

Finally, if your kids are ready to start using social media or are already on it, talk about how to know when it might be time to take a break. Explore ways they can stay connected with friends during these times.

