



Social Media Overview

Please note this is only a brief overview of social media. There is a wealth of information available online to help navigate this issue.

Benefits of Social Media

- Stay connected with friends and family
- Increase awareness of and involvement with volunteer and charity organizations
- Enhance creativity and share similar interests with others

Negative Aspects of Social Media

- Avoiding “real-life” interaction.
- Bullying and harassment. In rare cases, exploitation and luring.
- Once something is posted, it can't be taken back. Even if deleted, people can take screenshots.

How Parents Can Address Risks

Snooping damages trust and alienates. Respect their privacy but be involved in their social media world. “Friend” them and observe without embarrassing them. Above all else, set a good example and keep an open dialogue!

Tips for Teenagers

Avoid sharing pictures of your face, information about your school and home locations, and birthdate.

Be nice—Don't bully or be mean. **Think twice**—Whatever you post can't be permanently deleted and may come back to haunt you. **Use Privacy Settings** to protect your identity. **Don't “friend”/connect with strangers.**

Apps for ages 16+



Flickr



LinkedIn



MySpace



Vimeo



WhatsApp



Whisper

Apps for ages 13+



AskFM



Discord



Facebook



Instagram



Kik



Omegle



Reddit



Snapchat



TikTok



Tumblr



Twitch



Twitter



YouTube



SNOHOMISH COUNTY HEALTH DEPARTMENT