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

ABC’s OF HEALTHY KIDS: www.snohd.org/healthykids • www.snohd.org/activities