

SOCIAL MEDIA

FEBRUARY 12th 2018



TIPS

CHECK PRIVACY SETTINGS

CHECK AGE RESTRICTIONS AND RECOMMENDATIONS

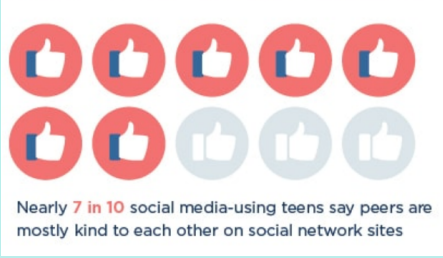
DISCUSS AND AGREE ON GROUND RULES

BE PRESENT IN THEIR DIGITAL WORLD

STAY INFORMED

LIMIT DEVICE ACCESS

BE A GOOD EXAMPLE OF HOW TO USE SOCIAL MEDIA



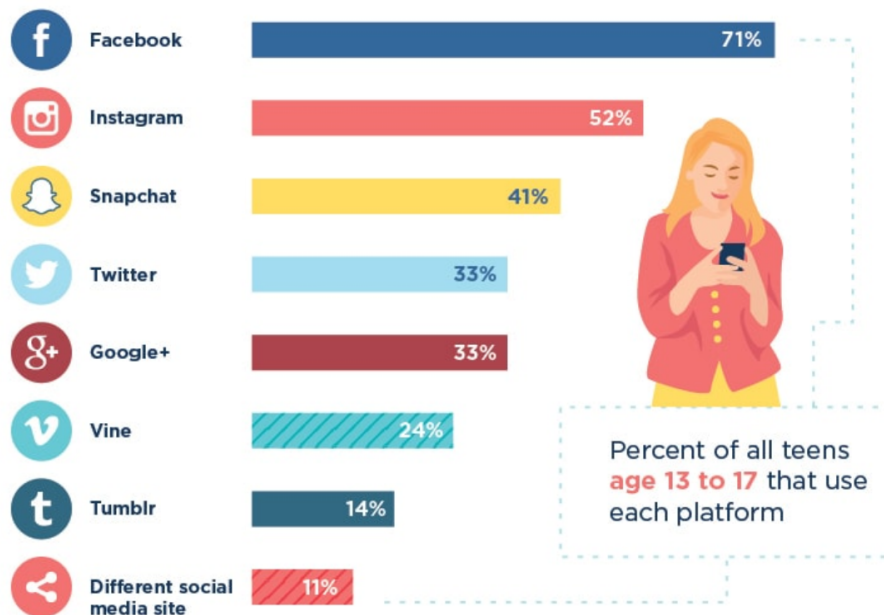
Additional Resources available at mendocinoused.org
goo.gl/iKcsc
 Technology Curriculum
goo.gl/LLqJQt

WHAT LIMITS ARE BEST FOR KIDS AT EVERY AGE?

Every child is different, and recommendations for screen time vary. Here are some general guidelines for reasonable media use based on age:



TEENAGE SOCIAL MEDIA USE BY PLATFORM



Pew Research Center's Teens Relationships Survey, Sept. 25-Oct 9, 2014 and Feb. 10-March 16, 2015

