Social Media

Is it a blessing or is it a curse?
Social media can be a positive influence on the life of your child. It can
- help them be creative
- expand their thinking
- increase their capacity to be empathic
- help them learn to collaborate
- help them feel connected with their friends
- help develop the skill of multitasking
- predict lower levels of depression

BUT... Social media is not without its problems. Social media can
- be an incredible time waster
- open the door to cyberbullying and online harassment
- lead to poor self image and comparison living
- increase the risk of exposure to pornography etc.,
- lead to lower school grades
- lead to identity theft etc.

What can a parent do about it?
In a nutshell, the best thing is to insist that if your child is on a social media network, that you are also connected to their network. Also, it is imperative for you to be social media savvy as well. This issue of Pastoral Care Network has some informative links to help you do just that.

Pastor David

Articles
An exceptional resource for parents with information about different social media networks, cyber issues (cyberbullying, digital reputation, excessive use, identity theft, etc) as well as age specific resources.

A short nutshell overview of cyber issues.
http://raisingchildren.net.au/articles/early_teens_entertainment_nutshell.html

An interesting article in Huffington Post answering the question, 5 Reasons Social Media is Dangerous for Me.
http://www.huffingtonpost.com/glennon-melton/5-reasons-social-media-is-dangerous-for-me_b_4023674.html

Social Media affects a teenager concept of friendship, intimacy and the potential to think deeply...

A 6 minute overview exploring how social media affects teens. It identifies that the primary impact is an emotional one.
https://www.youtube.com/watch?v=7QWoP6jJG3k&feature=ytu.be

A young person shares how social networking can harm a child’s sense of self-worth/self-image/self-esteem. (Worthwhile watching with your child)
https://www.youtube.com/watch?v=CaOCI2xx9vl

An NBC News story, that can be shared with your child that tells the story of Melissa Bour showing how quickly things on social media can spread.
http://www.today.com/parents/teachers-viral-letter-shows-students-dangers-social-media-1D80395915

The dangers and reality of geo-tagging... how smartphone pictures can record your location
https://www.youtube.com/watch?v=dI28zl4w-8E

Video links

Leonie Smith is The Cyber Safety Lady. She has appeared on news reports around Australia. This is a link to her Youtube Video channel where she shares cyber safety and safety tips, as well as practical tips on privacy settings for apps, software and social media. Essential viewing
https://www.youtube.com/user/LeonieGSmith/videos

(It is worthwhile watching these videos with your children)

Social media affects a teenager concept of friendship, intimacy and the potential to think deeply...

A 6 minute overview exploring how social media affects teens. It identifies that the primary impact is an emotional one.
https://www.youtube.com/watch?v=7QWoP6jJG3k&feature=ytu.be

A young person shares how social networking can harm a child’s sense of self-worth/self-image/self-esteem. (Worthwhile watching with your child)
https://www.youtube.com/watch?v=CaOCI2xx9vl

An NBC News story, that can be shared with your child that tells the story of Melissa Bour showing how quickly things on social media can spread.
http://www.today.com/parents/teachers-viral-letter-shows-students-dangers-social-media-1D80395915

The dangers and reality of geo-tagging... how smartphone pictures can record your location
https://www.youtube.com/watch?v=dI28zl4w-8E

Parents’ guide to online safety. This excellent resource is compiled by Cybersmart, and comprises a series of short 2 minute videos to facilitate learning.

https://www.youtube.com/user/LeonieGSmith/videos

Please contact any of the Pastoral Care Team for further details or support:

Mrs Libby Farmer  lfarmer@princeofpeace.qld.edu.au
Chaplain Margaret Muller  mmuller@princeofpeace.qld.edu.au
Pastor David Schmidt  dschmidt@princeofpeace.qld.edu.au
Mr Chris Mills  cmills@princeofpeace.qld.edu.au

nurturing God-given potential