

Social Media 101: A Guide for Elementary School Families

Timber Lane ES
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Social Media: A Guide for Elementary School Families

Presentation summary

- Our team
- Social networks: positive aspects and challenges
- Strategies to keep children safe online
- School Connection and FCPS Policy
- Building positive habits
- Resources
- Q&A and strategy/story sharing

Our team

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School Technology
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Administrative team

What is Social Media?

- Social media refers to online platforms that allow users to create and share content, connect with friends and family, and participate in online communities.
- Popular platforms include Instagram (photo and video sharing), TikTok (short-form video), YouTube (video sharing), and many more.
- Age Restrictions:
 - Snapchat - 13
 - TikTok - 13
 - Instagram - 13
 - Facebook - 13
 - YouTube - 13



Social Media - The Positives

- Connect and share: Social media allows children to stay connected with friends and family, especially those who live far away.
- Creativity and expression: Platforms offer opportunities to share creative content like photos, videos, or music.
- Learning and exploration: Children can discover new interests, learn new skills, and access a wealth of educational content.



Challenges to Consider



- **Cyberbullying:** Online harassment can be hurtful and have a lasting impact on a child's emotional well-being.
- **Privacy Concerns:** Oversharing personal information online can be risky.
- **Unrealistic Expectations:** Social media often portrays a curated, unrealistic version of reality, leading to feelings of inadequacy.
- **Screen Time:** Excessive screen time can displace other important activities and impact sleep.

Strategies for Keeping Kids Safe Online

- **Open Communication:** Talk openly with your child about their online experiences. Encourage them to come to you with any concerns.
- **Digital Citizenship:** Teach them about responsible online behavior, like kindness and respect towards others.
- **Privacy Settings:** Review privacy settings on social media platforms together and ensure they understand what information is being shared.
- **Parental Controls:** Screen time, Access to content



School Connection



What's your student learning at school?

- Beginning of School Year - Digital Citizenship Lessons
- Digital Citizenship Week
- Lightspeed Classroom Management
- Second Step - Cyberbullying lessons



FCPS Policy

- Students in FCPS are to utilize technology using only programs and websites designated by their teachers.
- Students are expected to use the technology ethically, respecting the privacy and work of others, and leave items in good condition for the next use, and follow established rules for safety and security.
- Students are advised that the inappropriate use of FCPS technology resources is a violation of student disciplinary rules, regardless of where or when the inappropriate use occurs. As such, schools will respond to instances of inappropriate use by following normal disciplinary procedures, just as they would if the incident occurred in the physical classroom.



FCPS Policy

- Students with phones and watches that have both internet and phone access should remain in students' backpacks throughout the entire instructional day.
- Students may not access social media sites during school hours except where allowed by school administration. If allowed, social media activity must be limited to academic activities.
- Misuse of social media outside of school hours falls on the responsibility of the parent/guardian. School discipline will not be an end result of improper use of Social Media that occurs outside of school. If incidents impact student relationships/safety in the school building, administration will get involved to support the educational environment and student well-being.

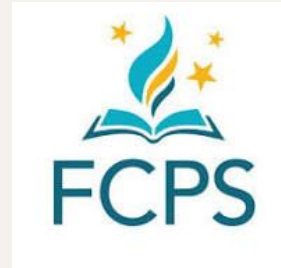
Building Positive Online Habits



- **Co-viewing:** Watch social media content with your child and discuss what you see together.
- **Promote Positive Content:** Encourage your child to follow inspiring accounts and create positive content themselves.
- **Family Media Agreement:** Develop a family agreement outlining expectations for screen time, online behavior, and content restrictions.
- **Parental Controls:** Utilize parental control features available on devices and platforms to create a safer online environment.

Resources for Families

- Common Sense Media
- Connect Safely
- FCPS Digital Citizenship for Families



Grades K-5 Family Tips
Help Kids Balance Their Media Lives

common sense education

From phones and tablets to streaming movies and YouTube, tech and media are everywhere. Kids love easy access to shows, games, and information. Parents and caregivers love that kids can learn on the go (and stay busy when dinner's cooking). But it's easy to overdo it when the phone never stops pinging and the next episode plays automatically. Families can keep media and tech use in check by following a few simple practices.

Check out these 5 tips

- 1 Create screen-free times and zones.**
Help kids take breaks from tech by limiting screen time in bedrooms, during study time, or at the dinner table.
- 2 Try parental controls.**
Set content limits that make sense for your family. Alongside conversations about healthy media habits, use features such as content filtering, privacy settings, and time limits offered by the apps and platforms your family uses to help manage access and exposure to media.
- 3 Establish clear family rules.**
Decide together what kind of media and tech is OK -- and when it's OK to use it. A family media plan can help get everyone on the same page.
- 4 Watch and play together.**
Choose quality, age-appropriate media to enjoy with your kids. Visit commonsensemedia.org to find shows, games, and more.
- 5 Help kids identify healthy behaviors.**
Practice talking about feelings -- both physical and emotional -- during screen and non-screen activities.

MEDIA BALANCE & WELL-BEING
We find balance in our digital lives.

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FCPS

Q & A & Strategy Share

Grades K-5 Family Tips



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in our digital lives.

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Thanks

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Research references

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- Common Sense - commonsense.org