



Social Media Awareness & Tweens Digital Lives

Welcome!



Session Overview

- What platforms are most commonly used?
- Why should I be concerned?
- What supports can I provide my student?

Family Inventory

- What challenges have you faced when it comes to your kid's online use or online-only friendships?
- Do you allow your kids to use chat features or social media to make friends? Do you have online-only friends?
- What rules do you have around online use or online-only friendships?

“You can’t go back and change the beginning, but you can start where you are and change the ending.”

-*C.S. Lewis*

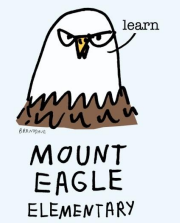


01

What apps are most frequently used by our students that are NOT for school purposes?



TikTok (recommended for 15+)



What is it?	TikTok is a social network for sharing user-generated videos, most of which feature music and sound effects. Users can also remix others' work and browse content created by other users, including famous recording artists.
Are there parental controls available?	Yes- Family Safety Mode



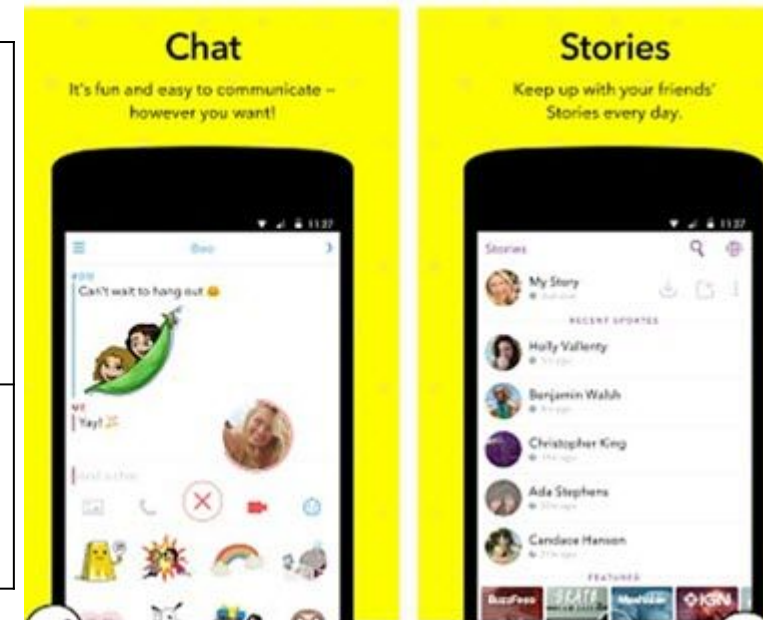
[For more information](#)



Snapchat (recommended for 16+)



What is it?	Snapchat is a popular messaging app that allows teens to exchange user-generated photos, texts, videos, and calls -- both audio and video- that go “away” within a few minutes to 24 hours. Locations services allow others in your area to add users.
Are there parental controls available?	Yes- LINK



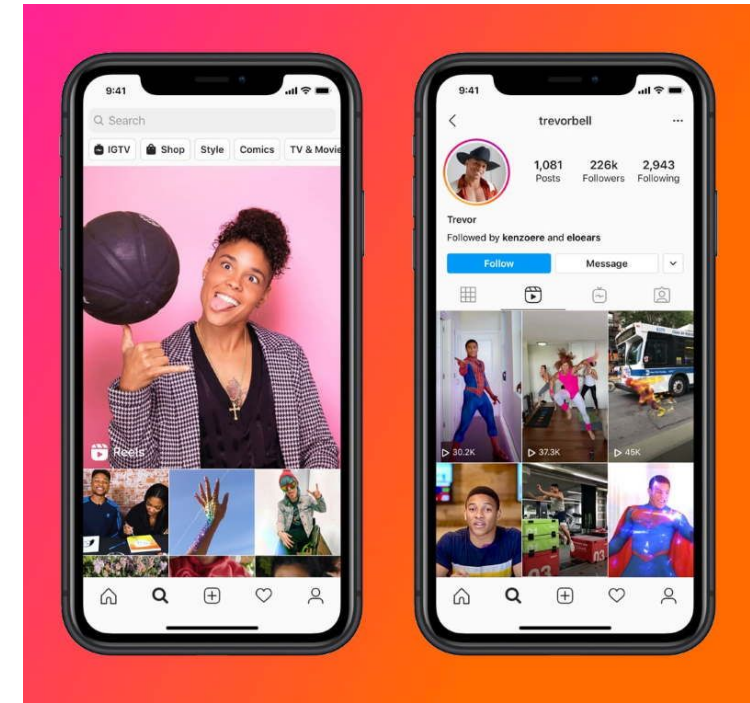
[For more information](#)



Instagram (recommended for 15+)



What is it?	Instagram is a free photo and video sharing app available on iPhone and Android. People can upload photos or videos to our service and share them with their followers or with a select group of friends.
Are there parental controls available?	No

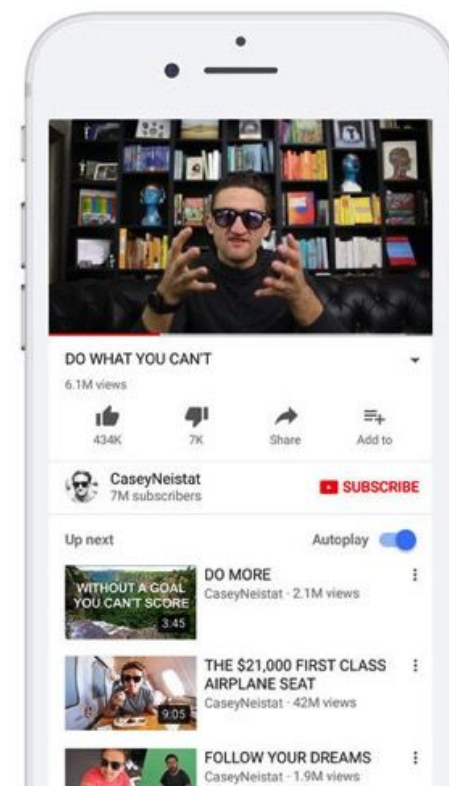


[For more information](#)



Youtube (recommended for 13+)

What is it?	YouTube by Google allows users to discover, watch and share videos and other content, provides a forum for people to connect, inform, and inspire others across the globe. YouTube isn't just a video site; it's the second most popular search engine in the world.
Are there parental controls available?	Yes- LINK or use YouTube Kids



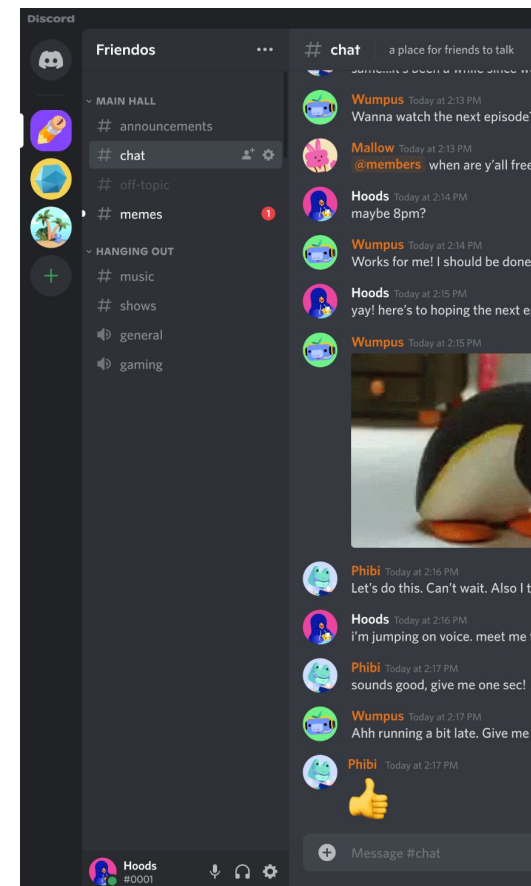
[For more information](#)



Discord (recommended for 13+)



What is it?	Chat for Gamers is a voice- and text-chat tool geared toward gamers. Users can send direct messages to other users, chat, and talk or listen in larger group chats. Locations services allow others in your area to add users.
Are there parental controls available?	No



[For more information](#)

What are the potential risks or exposures?

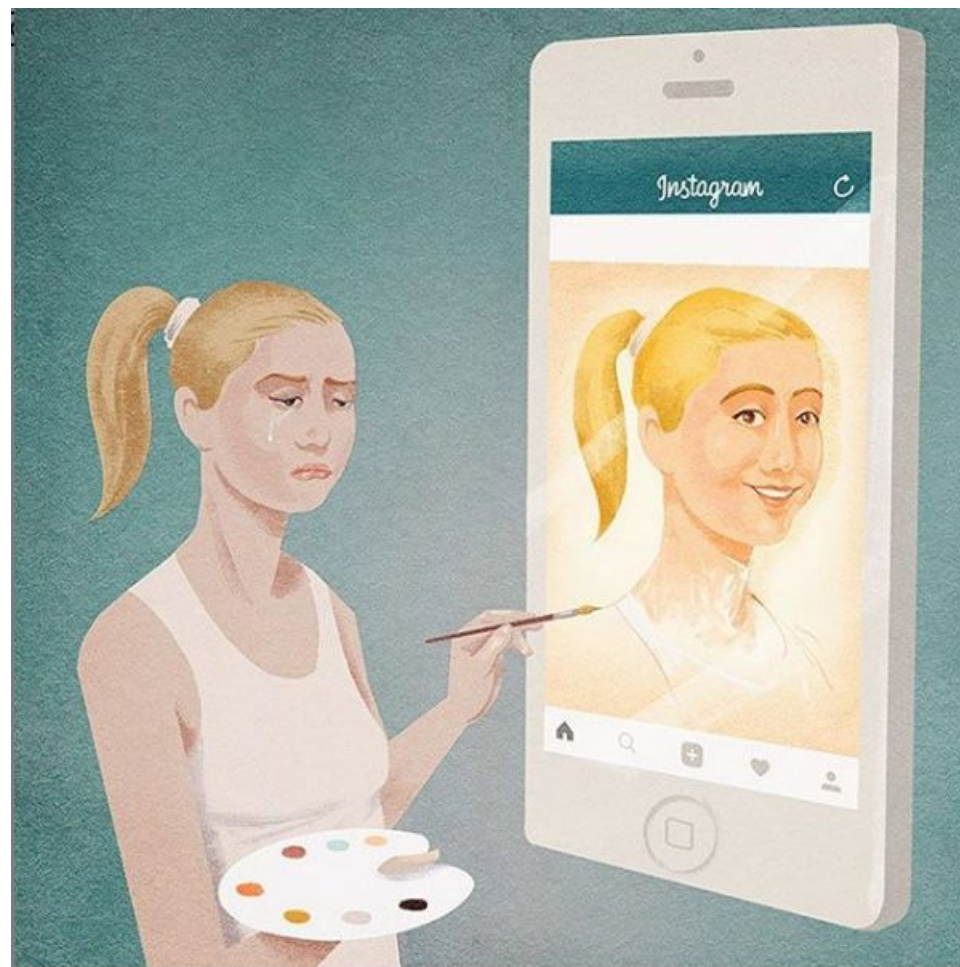
- Mature language
- Sexually explicit content
- Violence
- Substance use
- Online predators
- Trolls, cyberbullying and hate speech
- False/Misleading Information

ALERT: Creation of *new* accounts will eliminate parental controls.



What is the impact of technology overuse and misuse?

- Sleep disruption
- Social isolation
- Fewer opportunities to learn social-emotional interactions
- Body image issues
- Disciplinary consequences



Reflect



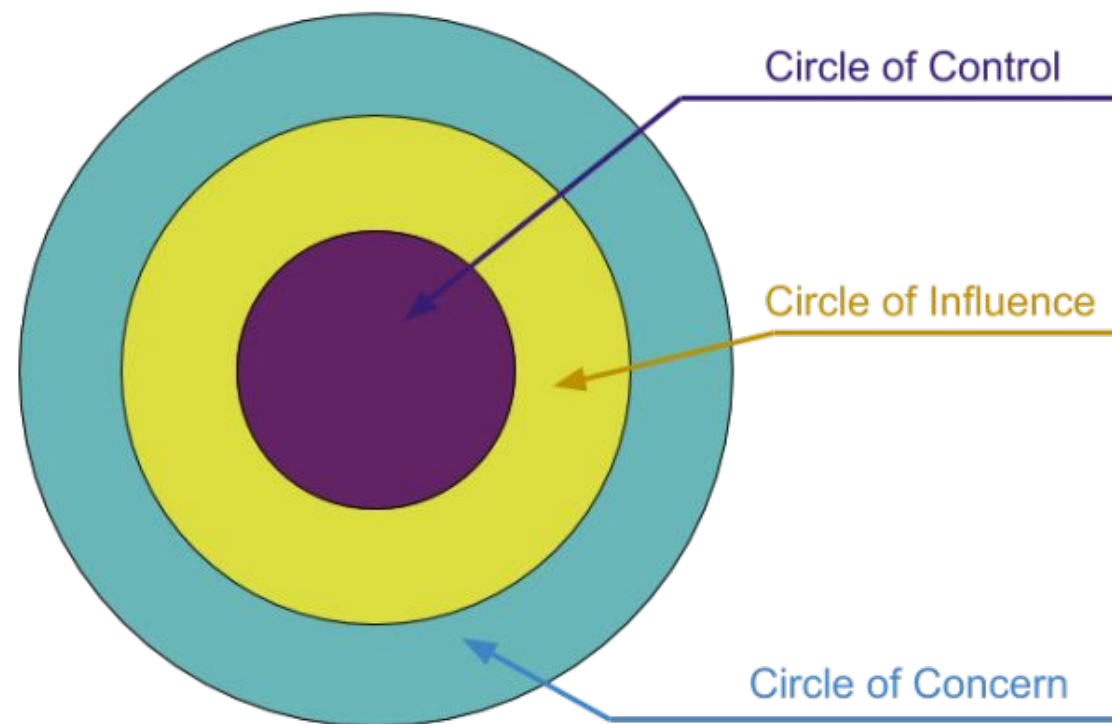
02

How can you support your child in building a healthy relationship with technology?



“You can’t go back and change the beginning, but you can start where you are and change the ending.”

-C.S. Lewis



How can you support your child with their device use?



Do your
Research



Choose and Set
Parental Controls



Make a Plan



Choosing Digital Apps, Games, and Services Wisely



- Check the ratings and reviews
 - [Common Sense Media Reviews](#)
 - [Entertainment Software Ratings Board Reviews](#)
- Consider the following question:
 - Does the app, game, or service reflect our family values?
 - Can my child chat or share with unknown users?
 - Does this tool use location services?



WEBSITE
Roblox

✓ age 13+ ★★★★★

Chance to design games, but also potential for iffy content.
URL: <http://www.roblox.com> (2012)

See full review

Roblox for Xbox
Xbox One

RATING	CONTENT DESCRIPTORS	INTERACTIVE ELEMENTS
	Fantasy Violence	Users Interact (Xbox One) In-Game Purchases (Xbox One)



Choose and Set Parental Controls

- Physical Location of device in your home
- Filter Content
- Block Websites
- Set Time Limits
- Track Location
- Turn off Wi-Fi
- Receive Download Notifications

- BLLucas@fcps.edu
- 703- 721- 2133
- Available by appointment.

Generate a personalized list of directions to set up.



FCPS Lightspeed Reports

- Summary information about websites visited
- **Parent Relay Portal** to view detailed browsing information
- “Pause” access to the internet on their child’s FCPS laptop.



Lightspeed
Digital Insight™

FCPS Lightspeed Reports

Weekly Parent Report

Kyleigh

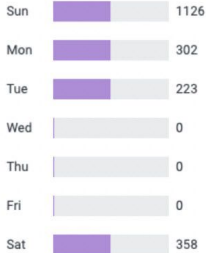
Browsed
 116

Different hosts

Visited an average of
 287

Pages each day

Daily
Pages per day



Top 10
Visited hosts

Host	Count
th.bing.com	554
bing.com	280
google.com	261
duckduckgo.com	192
improving.duckduckgo.com	107
youtube.com	79
amazon.co.jp	55
wordpress.org	55
facebook.com	48
costco.com	46

Want more details?

Head over to the Relay Portal to view additional information

[Log In or Register](#)



[Unsubscribe](#)

2500 Bee Cave Road | Building One, Suite 350 | Austin, TX 78746

Student Online Activity Report

One of the best ways you can support your student's internet-based learning is by monitoring his or her browsing. This report details browsing history and allows you to temporarily limit access.

Buzz Lightspeed



Past 7 Days

Address	Time
Today: 6 items	
Thursday: 11 items	
www.google.com/searchalltheuswars	2:28 PM
www.google.com/searchalltheuswars	2:28 PM
www.bing.com/AS/APR/WindowsControlPanel/V2/nt	2:13 PM
www.youtube.com/	2:12 PM
www.google.com/searchyoutube	2:12 PM
www.google.com/searchyoutube	2:12 PM
en.wikipedia.org/wiki/World_War_II	2:12 PM

Pause web browsing
Switch on to temporarily block website browsing while not at school.

For 1 hour

For 3 hours

Until tomorrow morning



Make a Plan

- [Device Contract \(Spanish\)](#)

What are your expectations for use in your home?

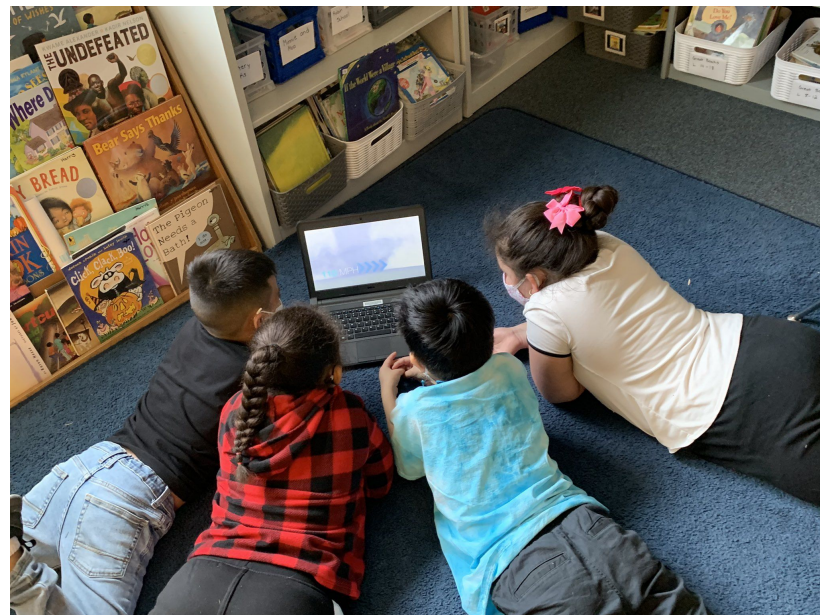
- [Family Media Agreement \(Spanish\)](#)

When will your student use the internet and what can they use it for?



Breaking it all Down:

- 1** Lead with an open informed mind.
- 2** Discuss degrees of trust.
- 3** Encourage caution.
- 4** Help them know how to navigate.



Seeking Help

**NEED
HELP?**

MENTAL HEALTH RESOURCES
24/7 EMERGENCY NUMBERS

In case of a life threatening emergency, call **911**

CrisisLink Regional Hotline: **703-527-4077**

CrisisText: Text **NEEDHELP** to **85511**

Dominion Hospital Emergency Room:
703-536-2000

Inova Emergency Services: **703-289-7560**

Mobile Crisis Unit: **1-844-627-4747**

National Suicide Prevention Lifeline:
1-800-273-TALK or **1-800-SUICIDE**

Merrifield Center Emergency Services:
703-573-5679

TTY dial **711**

- Emergency Services
- Mount Eagle Administrators
- School Supports
 - School Counselor
 - School Psychologist
 - School Social Worker
- Pediatrician

Family Resources Discussed:

- [Wait till 8th- Pledge](#)
- [Common Sense Media](#)
- [Choosing Digital Apps, Games, and Services Wisely](#)
- [Common Sense Media Reviews](#)
- [Entertainment Software Ratings Board Reviews](#)
- [Family Media Agreement \(Spanish\)](#)
- [Device Contract \(Spanish\)](#)