Social media.
Healthy relationship with food.

# Talk About It.

Digital citizenship
Mental health.

## Talk To Your Kids About Digital Citizenship.

With the rise of technology, education regarding digital citizenship is needed now more than ever. Digital citizenship is the responsible use of technology by anyone who uses computers, the internet and digital devices to engage with others on any level.

**Data from the Surgeon General Health Advisory on Social Media and Youth Mental Health:**

- Up to 95% of youth ages 13 to 17 report using a social media platform, with more than a third saying they use social media almost constantly.
- Studies found that adolescents who spend more than 3 hours a day on social media face double the risk of experiencing symptoms of anxiety and depression, yet 8th and 10th graders spend an average of 3.5 hours per day on social media.
- Social media comparisons are tied to body dissatisfaction, disordered eating and depressive symptoms.
- When adolescents between the ages of 13 and 17 were asked about the impact of social media on body image, 46% said social media made them feel worse.

**20%** *of Beach Cities 5th graders reported mean rumors or lies, or hurtful pictures being spread about them online, on social media, or on a cell phone in the past 30 days*

For parenting resources, blogs and videos, visit **southbayfamiliesconnected.org**

For mental health resources, visit **bchd.org/resources**

**Whatever "it" is, have the talk.**
Find tips at **bchd.org/talk.**

Beach Cities Partnership For Youth

BCHD Beach Cities Health District *A Public Agency*

Drug-Free Communities *Local Problems Require Local Solutions*

HERMOSA BEACH CITY SCHOOL DISTRICT

MBUSD

REDONDO BEACH UNIFIED SCHOOL DISTRICT

SOUTH BAY FAMILIES CONNECTED

# Walk the Talk

**"Friend" or "follow" your child on social media platforms and model appropriate online behavior by:**

- Keeping personal information private and showing your child how to do the same.
- Being empathetic, thoughtful and respectful in what you chose to share and in sharing the content of others.
- Communicating respectfully in your own comments on posts.
- Choosing pages to follow and discussing why you choose to follow some things and not others.

**Be aware of parental phubbing — the phenomenon that parents ignore their children when they are paying more attention to smartphones.**

- Witnessing excessive smartphone use can fuel smartphone addiction among children and adolescents.
- Setting device-free periods, such as mealtimes and before bedtime, curates opportunities for social connection, while lowering the risk of depression and anxiety.

## Tips to Talk About It by Age

| Early Elementary School (grades K-2) | Elementary School (grades 3-5) | Middle School (grades 6-8) | High School (grades 9-12) |
|---|---|---|---|
| Discuss your family's rules about going online and using technology. How will you maintain an open dialogue about what your family does online and how will you address any issues or inappropriate content that may come up? | Review what type of information is and is not OK to share online. For example, it is OK to share things like what you like to do or your favorite movie. It is not OK to share private information like your full name, home address, phone number or date of birth. | Explain that posts are permanent and traceable. Even if a post gets deleted, it's always possible that someone has a screenshot. Discuss the potential consequences (social or otherwise) of posting something unkind or inflammatory on social media. | Review your family's rules and parameters around screen time and technology use. Does your child's current use reflect the goals of your family? How can you continue to model a healthy relationship with screens and technology? |

## Have the talk. Find tips at bchd.org/talk.

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