

Social Media.
Resilience.
Healthy Relationships.

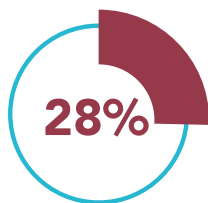
Talk About **It.**

Empathy.
Vaping.
Mental Health.



Rachael and Liam, 9 years old

Social Media



28% of Beach Cities 7th graders reported being cyberbullied in the past 12 months.



Teen girls are twice as likely as teen boys to be cyberbullied.

It's never too early – or too late – to start the conversation.

Whatever **"it"** is, have the talk.

Find tips at bchd.org/talk.

Beach Cities Partnership For Youth



Tips to Talk About It

Digital technology is growing faster than ever before. Talk to your child about social media.



Always keep conversations open and honest



Come from a place of love, even when you're having tough conversations



Provide positive reinforcement



It's never too early – or too late – to start the conversation

Top five tips to help your child navigate the digital age:

- Make dinner time a tech-free time to talk and invest in your family relationships. Have cyber safety be an ongoing conversation.
- Talk to your child about their online reputation and how bullying, sexting and other inappropriate behaviors can have a long-lasting impact.
- Know how each social media app on your child's device works and make sure your child's social media privacy setting is set to private.
- Model good behavior on your own social networks.
- For children ages 2 to 5, limit screen time to one hour a day of high-quality programming.

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

For parenting resources, blogs and videos, go to southbayfamiliesconnected.org

Information sourced from:

California Healthy Kids Survey, 2018-19
CDC Youth Risk Behavior Surveillance, 2017
CDC, "The Relationship Between Bullying and Suicide: What We Know and What it Means for Schools"
Mayo Clinic, "Screen time and children: How to guide your child"

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