



Parenting in a technological world. What can I do?



This leaflet will show you how social media has good and bad sides. And how you can speak to your teenagers about their social media usage



It will target what excessive social media usage may mean for young people, and how you as parents can support them



And, it will offer you tips and tricks on how to manage parenting in this technological world



WE CAN HELP YOU

This leaflet has been created by youth workers after many parents have approached us for advice. For more information, or to have your child attend our youth club.

You can visit our website and social media. You can also call us for more information.



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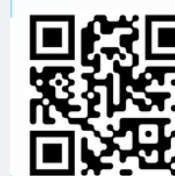
More resources



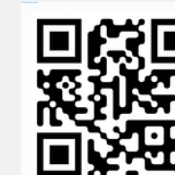
NCPPC- Staying safe on social media



Action for Children- Parent talk



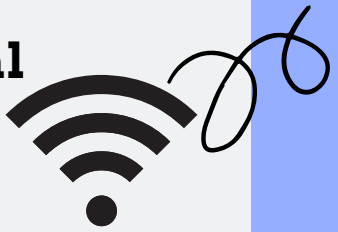
BBC Bitesize- Screen addiction



NCPPC- Online safety



The impact of social media



Social media has both good and bad sides, with some influencers moving towards promoting body positivity, healthy fitness, and normalising their every-day lives. However, some influencers are still impacting young people's body image, mental health and consumption.



To much social media usage has also been linked to sleep deprivation, which then affects a young person's mood, and ability to concentrate in education



Methods to combat excessive social media use

1

Talk to your child about social media, ask them if there's anything that they like/ dislike about it. Encourage them to unfollow channels they dislike

2

Encourage no screentime an hour before sleep, this helps the brain relax and will help combat sleep deprivation

3

Encourage them to spend more time outside, potentially by going on a family walk

4

Educate yourself and your child on the benefits that social media can have instead of focusing just on the negatives

5

Most importantly, be patient, social media addiction is hard, and we're all guilty of spending too much time on our phones. Being patient when having these conversations will encourage your child to open-up to you.

How youth work can help.

Youth work works on the idea of voluntary participation and engagement, which means young people aren't forced to take part

We run various fun activities as a way to informally educate young people, for example, using board games to teach financial literacy

Youth workers also form a professional relationship with young people, helping to develop the social skills they need for later life

We also often have sessions about online safety, healthy relationship building and others to help young people learn

