

## Social Media: Avoid the Drama

Digital drama is the everyday tiffs and disputes that occur among friends or acquaintances online or via text messages.

### Tips:

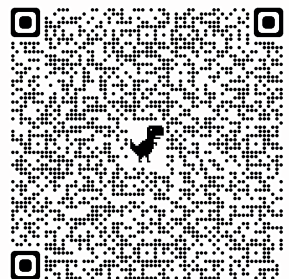
- Set boundaries
- Take a time out
- Let your child know you are there for them
- Talk about positive conflict resolution

***How to lock down  
your child's phone:***

Prevention through Education  
is Easier than Rescue.



## A Parent & Guardian Guide to Social Media



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By One Child At A Time  
Anti-Human Trafficking





## Risks of Social Media

- Sharing personal information with strangers
- Cyberbullying
- Uploading inappropriate content (like embarrassing photos and videos)
- Exposure to excessive advertising & marketing
- Exposure to inappropriate content, including mean, aggressive, or sexual images

**Talking about social media is the best way to ensure your child's safety.**

## Negative Effects of Social Media

- **Stress:** using social media to vent negative feelings in one's personal life; seeking perfection by comparing themselves to others' false narratives.
- **Loneliness:** can lead to isolation, jealousy, & the inability to fit in.
- **Sleep:** blue light hinders the body's ability to rest and sleep because people feel the constant need to check their social feeds; 60% of adolescence look at their phones an hour before sleep.
- **Cyberbullying:** typical way to tease someone & try to remain anonymous.

## Common Social Media Apps & Age Restrictions

**INSTAGRAM:** (13+) Image & video sharing

**SNAPCHAT:** (13+) Quick pictures & messages that instantly "disappear"

**FACEBOOK:** (13+) Connects people by sharing photos, videos, & interests

**TWITTER:** (13+) Latest news, entertainment, sports, etc.

**WHATSAPP:** (16+) Messaging & free calling

**TIKTOK:** (16+) Mobile videos

## Statistics on Teens' Usage of Social Media & Dangerous Apps

- The average age of the kids involved in pornography is **11 years old**.
- **73%** of all teenagers in the U.S. are exposed to pornography.
- 8 in 10 teens who watched porn say they did so **to learn** how to have sex.
- 15% see it by age **10 or younger**.
- Of the 44% who said they intentionally watched porn, 71% reported viewing it in the last week, and nearly 6 in 10 said they watched porn once a week **or more**.
- 30% of teens who consume porn reported being exposed to it **during the school day**.
- 84% said they have seen porn depicting rape, choking or someone in pain.
- **PORN is just a click away.**

**Social Media Dating Apps which lead to pornography addiction include: TINDER, GRINDER, KICK, YIKYAK, & SNAPCHAT.**