

KEEPING CHILDREN SAFE ONLINE

Part II

Presenter: Brooke Sweeney

@boxoutbullying



ICE BREAKER

Social Media

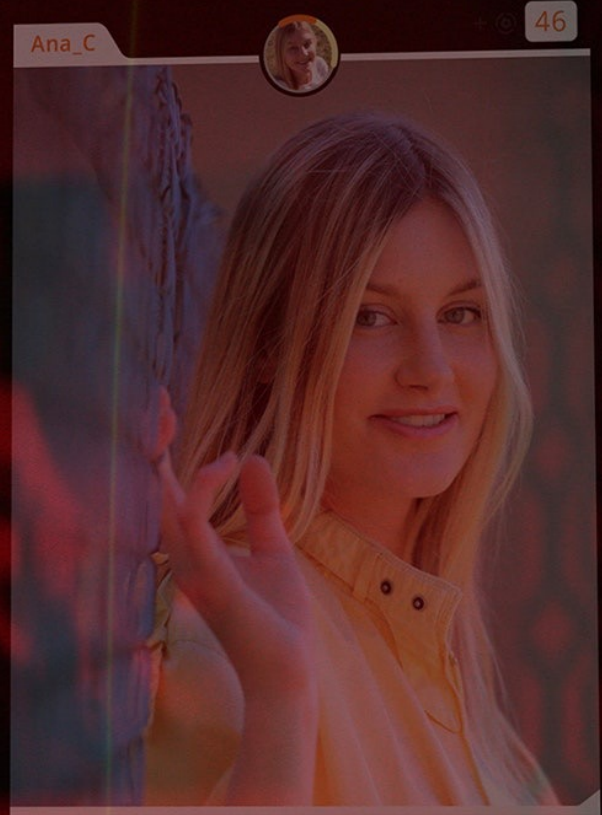


The Impact of Social Media



I love these two!

+7



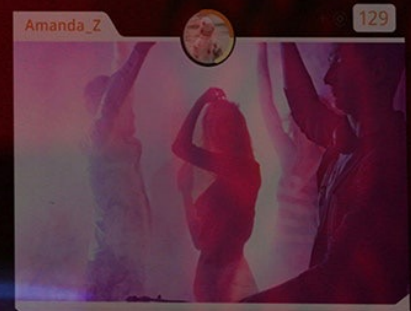
I can't wait for this weekend!

+3



Peaceful P
Around 4,000
nation's capita

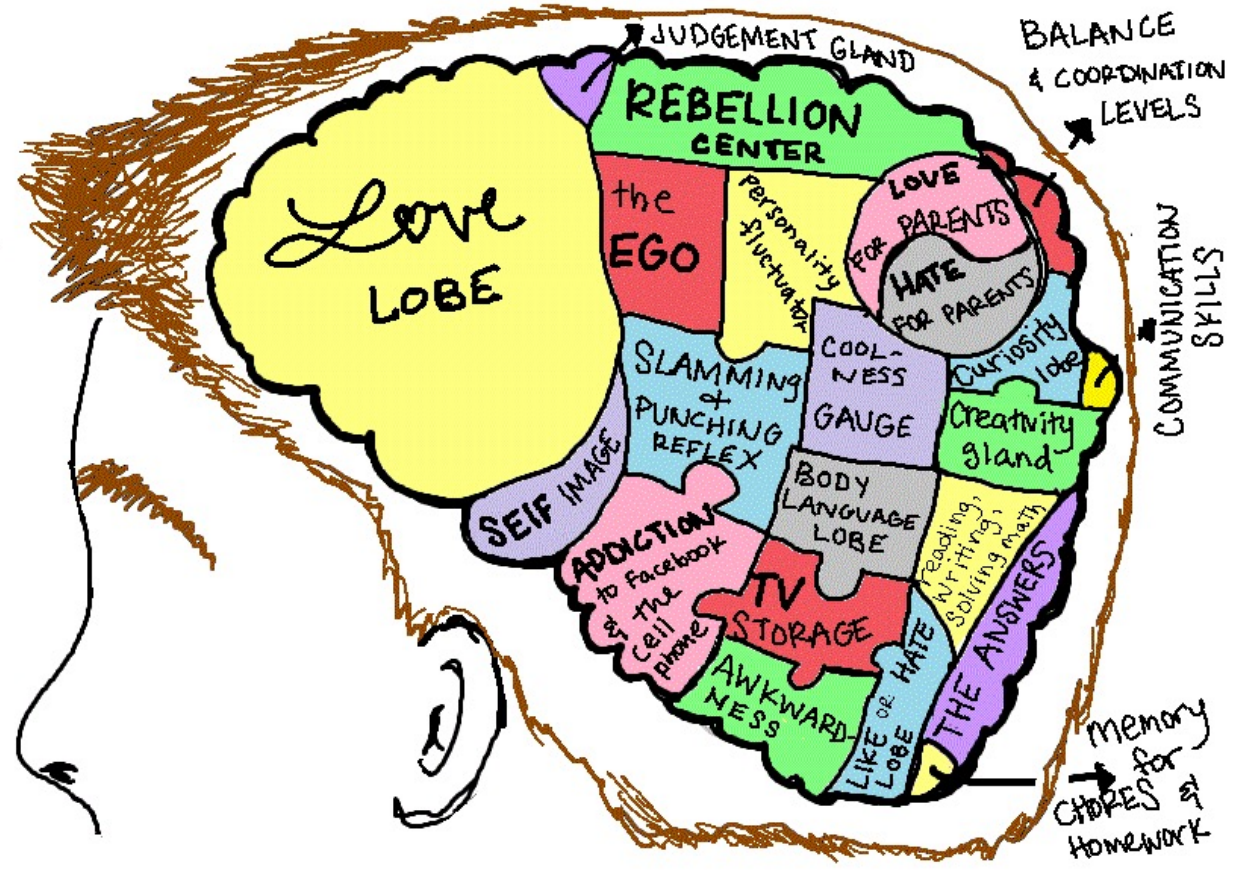
+236



Last rooftop party of summer! #ihatewinter

+27

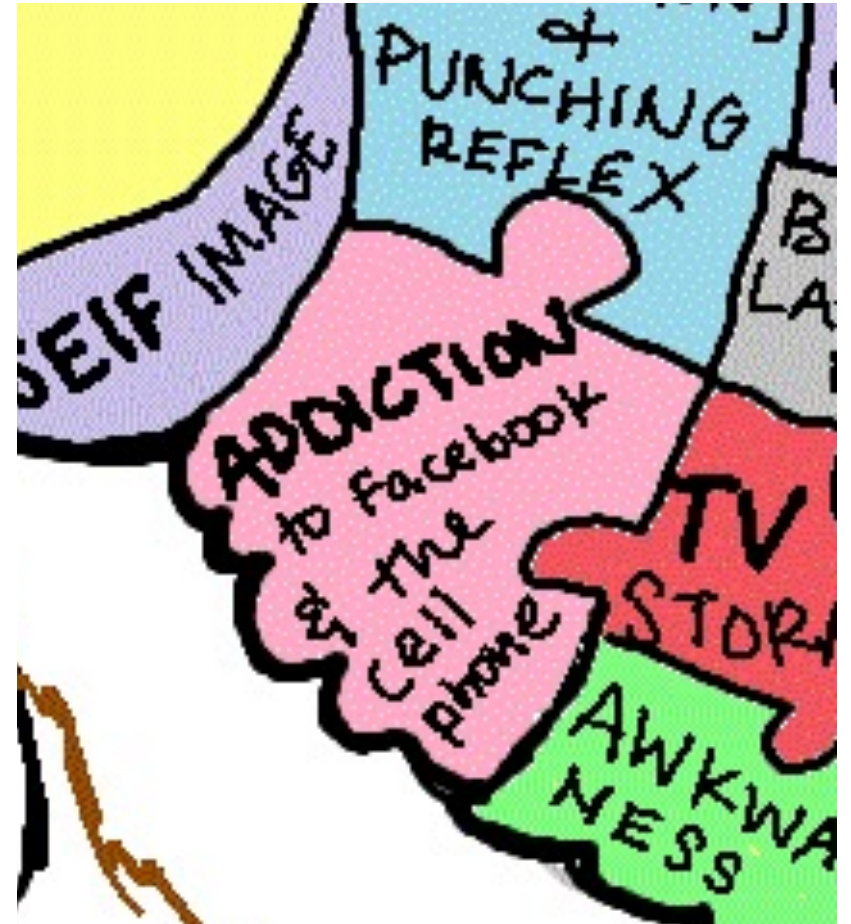
THE AVERAGE TEENAGE BRAIN



WHAT'S GOING ON IN THERE?

WHAT'S GOING ON IN THERE?

- Receiving likes and self-disclosure on social media lights up the brain's **reward system**
- Our brain treats reacts to these events the same as it would to eating yummy food or winning a game.
- Adolescents: high reward, low self-regulation
 - Risky behavior





TEDxHyersonU



Social Media & Mental Health

- FOMO
- Body Image
- Social Evaluation
- Self-Esteem
- Sleep Deprivation
- Isolation
- Loneliness
- Internalizing
- Cyber-Bullying/Harassment



**WARNING
SIGNS:
WHAT TO
WATCH FOR**

Vaguebooking

Withdrawing

Late Night Activity

Hiding Device

**WARNING
SIGNS:
WHAT TO
WATCH FOR**

“I can’t do this anymore...”

Avoiding friends, losing interest in school or favorite activities, defriending

Trouble sleeping, up late hours on the phone, isolating themselves

Trying to hide hurtful or mean comments/activity

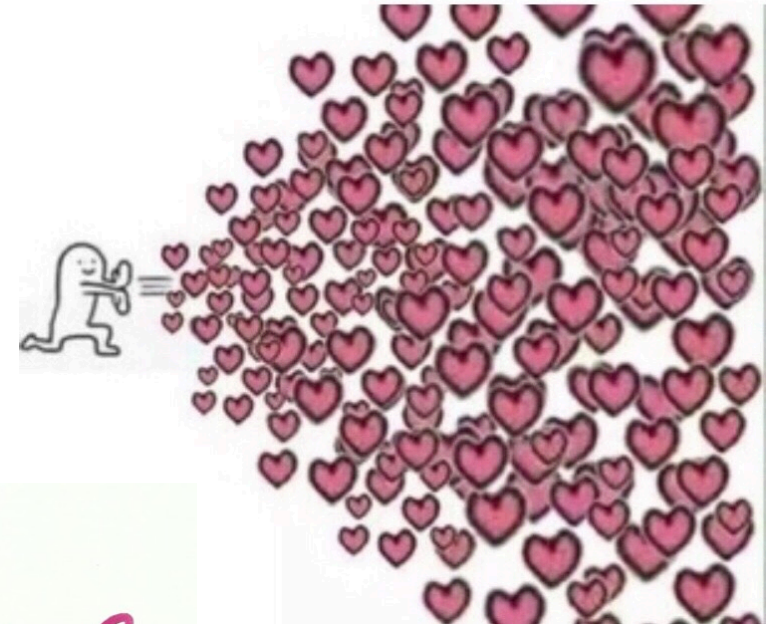
I am worthy of good things
I am worthy of good things
I am worthy of good things
I am worthy of good things
I am worthy of good things
I am worthy of good things



Me celebrating the little successes



My Friend: I'm feeling a little sad. :(
Me:



THE GOOD!

Using Social Media *Intentionally*

I am
enough

SOCIAL MEDIA WELLNESS HABITS

Mindful Following

Pay Attention to Feelings

Positivity

Time Limits

Creativity and Humor

Outside Hobbies

FOLLOW SOME OF THESE!

Instagram

@SoulPancake

@IamKidPresident

@AmyPoehlerSmartGirls

@HumansofNY

@AnimalPlanet

TikTok

@AntAndDec

@ChemTeacherPhil

@ShilohAndBros

@JayPrehistoricPets

@MythicalKitchen



SCREEN TIME ADVICE FOR PARENTS

Where?
What?
How Long?



**WHAT TO DO
IF YOUR
CHILD WAS
SENT A NON-
CONSENSUAL
NUDE**

DELETE

Delete the image.

TELL

Tell the person who sent you the image to delete it and stop sharing the image.

SPEAK OUT

Speak out against image-based abuse.

**WHY DO
YOUNG
ADULTS
SEND NUDE
IMAGES**

Conformity/Peer Pressure

Threatened/Blackmailed

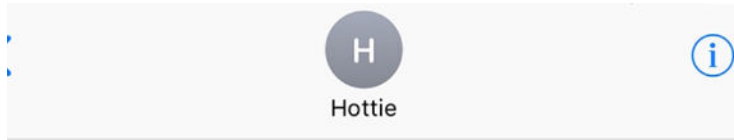
Trust/Online Relationship

Pride

**BEFORE
YOU HIT
SEND**

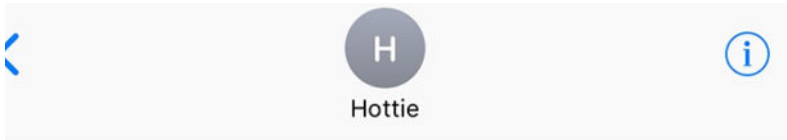
Was it your idea?

Where could it end up?



Text Message
Today 4:39 PM

send me a pic of you in a bra

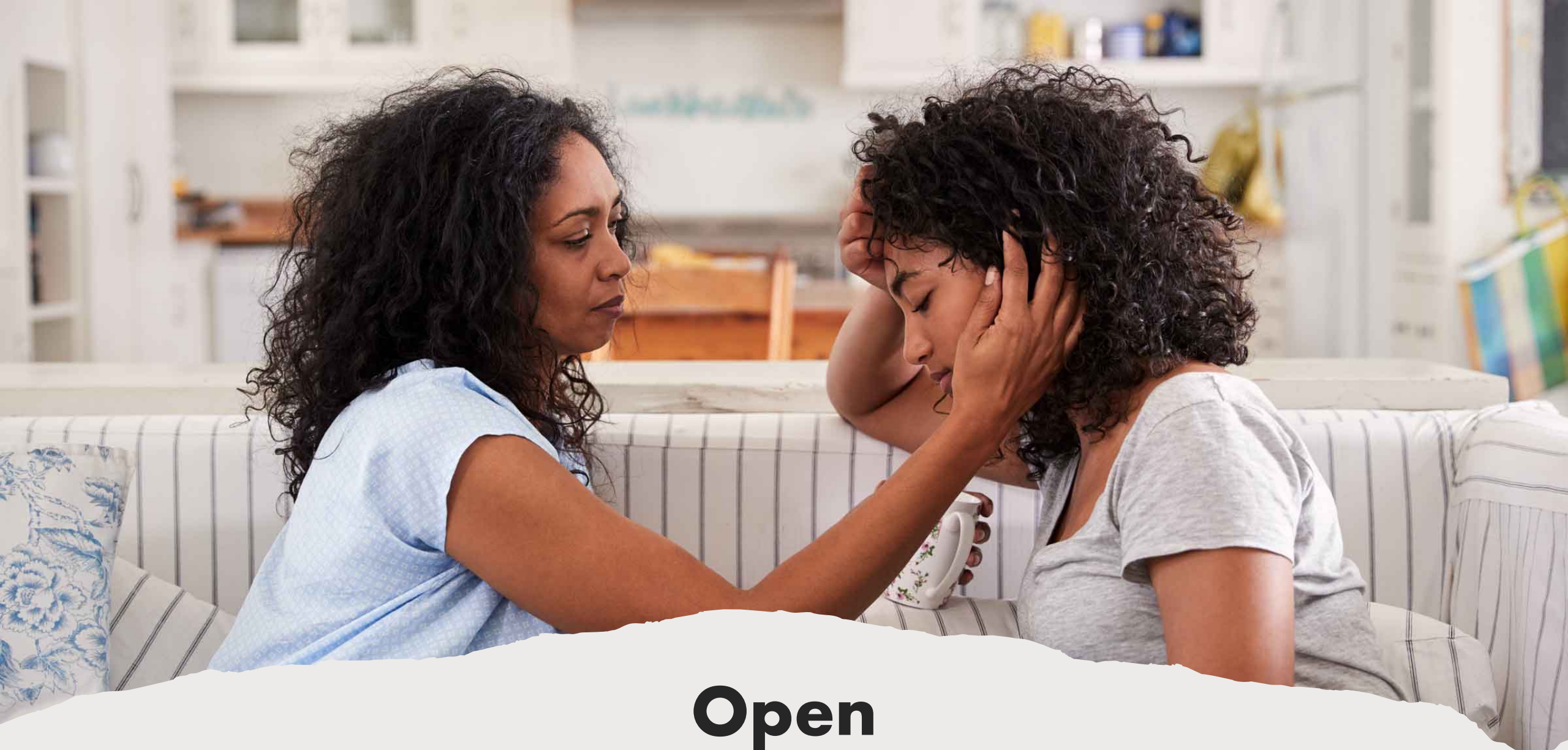


Text Message
Today 4:39 PM

send me a dirty pic



**BEEN
ASKED FOR
A NUDE,
BUT DON'T
WANT TO
SEND ONE?**



Open Communication

THANK YOU!



™

(office) 866.242.6185

www.boxoutbullying.com

[@boxoutbullying](https://twitter.com/boxoutbullying)

