

Social Media

The effects of social media on adolescent relationships



Teenagers are being bombarded with messages, images and ideas from all sorts of media!

Challenging unacceptable behaviour



- ▶ Teenagers don't necessarily recognise unacceptable behaviour so **they often tolerate things that should be challenged**. We need to empower them to judge what's okay and what's not okay.

Media overload

- ▶ Teenagers **need the time and space to develop their own understanding of sexuality** but instead they're being bombarded with messages, images and ideas from all sorts of media - including online platforms.

Small town effect

- ▶ Social networking sites and mobile phone technology create a **'small town effect'** where everybody knows what you're doing.
- ▶ They may be considered so-called **'digital natives'** but children and young people need help to navigate social media.

Short and meaningful

- ▶ It's better to have short and meaningful conversations when something comes up or your child asks a question. If you just have those conversations when you're worried about something, it becomes more about your worry than listening to your child.

"Poor Mary"

- ▶ If your child comes to you and says that **'Mary'** has shared a nude picture and now everyone in school has seen it, your reaction shouldn't be: **'Oh, what a fool Mary is!'** Instead, take a breath and say: **'Poor Mary'**.
- ▶ **Showing that kind of empathy will let your child know that if anything similar happens to them, they will be able to talk to you about it and you won't judge them.**

