



PARK CITY
LIBRARY



PROGRAM MATERIALS

COMMUNICATING AND CONNECTING WITH YOUR TEEN IN THE AGE OF SMARTPHONES AND SOCIAL MEDIA

- *Thirteen Reasons Why Talking Points* (In Multiple Languages): <https://save.org/13-reasons-why/>
- **Podcast:** *Can You Balance Screen Time And Family Time?* On Point with Tom Ashbrook Podcast. <https://itunes.apple.com/us/podcast/on-point-with-tom-ashbrook-podcasts/id121534955?mt=2&i=1000401082021>
- *CDC Investigation Shows Youth Suicides in Utah Increasing* (Key Findings Report): https://ibis.health.utah.gov/pdf/opha/publication/hsu/SE04_SuicideEpiAid.pdf. The complete CDC investigation report is available at <http://ow.ly/FDYf30gVe4u>.
- **Common Sense Media:** Social media isn't simply a way of life for kids -- it's life itself. To help them keep their online interactions safe, productive, and positive, Common Sense Media offers the most up-to-date research and guidance on all social media including Netflix.
- *Getting a Grip on Screen Time and Parental Controls: A Resource Guide for Parents* (Interactive): <http://hearditfromafriend.com/cto/parental-controls-resource-guide-parents-full/>
- *How to Talk so Kids will Listen & Listen so Kids will Talk:* <http://www.mountvernon.k12.ia.us/uploads/2/6/5/2/26525259/how-to-talk-so-kids-will-listen.pdf>
- *How Using Social Media Affects Teenagers: Experts say kids are growing up with more anxiety and less self-esteem:* <https://childmind.org/article/how-using-social-media-affects-teenagers/>
- *Is your Child a Phone Addict:* <https://www.nytimes.com/2018/01/17/well/family/is-your-child-a-phone-addict.html>
- *"5 Things To Know About Screen Time Right Now,"* <https://www.npr.org/sections/ed/2018/01/03/572875689/five-things-to-know-about-screen-time-right-now>

- *The Secret Social Media Lives of Teenagers*, New York Times: <http://nyti.ms/2r01jkj>
- *Is Social Media Causing Depression, Suicide Among Utah's Youth?* <http://fox13now.com/2018/01/29/is-social-media-causing-depression-suicide-among-utahs-youth/>
- Dr. Ben Belnap (PCSD), *13 Ways to Connect with your Teenager*: <https://www.totempd.com/13-ways-to-connect-with-your-teenager/>
- "Social Media and Self-Doubt: How parents can help kids resist the pressure created by artfully curated social media feeds" <https://childmind.org/article/social-media-and-self-doubt/>
- "Smartphone Detox: How To Power Down In A Wired World": <https://www.npr.org/sections/health-shots/2018/02/12/584389201/smartphone-detox-how-to-power-down-in-a-wired-world>
- "The Promise of Self-Compassion for Stressed-Out Teens" <https://www.nytimes.com/2018/02/20/well/family/self-compassion-stressed-out-teens.html>

TWEEN/TEEN SOCIAL MEDIA APPS:

Instagram lets users snap, edit, and share photos and 60-second videos, either publicly or within a private network of followers. **WHAT PARENTS NEED TO KNOW:** Parents need to know that Instagram is a popular platform for instantly enhancing photos and videos with cool effects and sharing them across a number of social media platforms. The terms specify that users should be at least 13 years old and should not post partially nude or sexually suggestive photos but do not prohibit the portrayal of violence, swear words, or drugs. Users can flag photos for review, but mature content still appears in some photos and in the comment sections. (<https://www.common sense media.org/facebook-instagram-and-social/what-should-parents-know-about-instagram>)

Netflix App: Teens can Watch Netflix movies & TV shows online or stream right on their smart phones. **WHAT PARENTS NEED TO KNOW:** Parents need to know that the Netflix app allows users with a Netflix account to watch streaming movies and TV shows on a mobile device. Parents can limit access to content through a PIN number (set online) that they'll need to enter any time someone tries to access content outside of the chosen age. Additionally, some controversial shows may not have warnings posted before the start of each episode, so users can stumble into intense or emotionally challenging content unwittingly.

Houseparty - Group Video Chat is a way for groups of teens to connect via live video. Two to eight people can be in a chat together at the same time. If someone who's not a direct friend joins a chat, teens get an alert in case they want to leave the chat. You can also "lock" a chat so no one else can join.

Snapchat is a messaging app that lets users put a time limit on the pictures and videos they send before they disappear. Most teens use the app to share goofy or embarrassing photos without the risk of them going public. **What Parents need to know:** Snapchat is a popular messaging app that allows teens to exchange user-generated photos, texts, videos, and calls -- both audio and video. The developer claims that "Snaps" can't be saved within the app and are only viewable for one to 10 seconds before disappearing from the recipient's device, noting that the app notifies the sender if the recipient takes a screenshot of an image. (<https://www.common sense media.org/app-reviews/snapchat>)

GroupMe is an app that doesn't charge fees or have limits for direct and group messages. Users also can send photos, videos, and calendar links. **What parents need to know:** It's for older teens. The embedded GIFs and emojis have some adult themes, such as drinking and sex.