

Social Media Implications for Adolescence/Clients and Clinicians

Key Terms from Presentation

Phubbing: the act of ignoring someone you are with and giving attention to your cell phone instead

Sharenting: the practice of using social media to share news and images of children

Vaguebooking: putting out a status that is vague and that is meant to pull people in to ask you questions about how you are doing. (i.e. Jess is..."not sure how much longer she can take it.")

Finsta: a "fake Instagram" usually used with people you don't trust as much, such as parents

Sexting: sending/receiving explicit messages, videos, or photos

Strategies for Working with Age Groups/Systems

*Indicates more than one person/small group mentioned this strategy from their practice

Adolescence

Utilizing Parental Controls: have a list of Youtube videos you like that teach parents how to use them

Support adolescence that if you wouldn't call the person, not to add them as a friend

Having conversations with them about what platforms they are on, how they use them, and pros/cons of what they have encountered

Clinicians to learn more about the platforms that exist (Kik, Omegle are more unfamiliar but can also be unsafe)

Teaching shut off time phones for sleep

Limiting screen time in general * (suggested times from one group: children 1 hour/adolescence 2 hours)

Exploring pros and cons of social media *

Discuss privacy and security settings

Discuss safety and social media (keeping safe, trafficking, sexting)

Sharing positive pages and groups to find support

Sharing case studies (with confidentiality) of what has/can happen

Journaling

Teaching critical thinking and misinformation

Families

Creating dialogue about dangers of social media (sexting and trafficking)

Putting phone away during dinnertime and/or lock box to help set boundaries*

Parents modeling use of social media, usage times, and/or abstinence/limits of phone *

Parents monitoring use of social media

Parents/Families starting open conversations about difficult topics

Clinicians can educate parents and kids on social media*

Creating family rules for social media usage

Introduce family time (board games/game night)

Adults

Educate on safety and fraud with older adults*

Explore reinforced boundaries on social media for themselves (time limits on certain apps; work 30 minutes/spend 5 minutes on social media; remove notifications/take social media vacation)*

Create pros and cons list of social media*

Mood and/or thought chart (before and after being on social media)*

Identify positive pages to follow (including podcasts, TEDtalks, etc)*