



# Social Media for Savvy Families



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## Today's Panel



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**Youli  
Lee**  
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# Session Overview



**01**

## Today's Landscape

What are we seeing in our school and around the world.

**02**

## Responding to Challenges

How can you support your child when challenges arise?

**03**

## Question and Answer

Our panelist will spend time answering your questions.

**04**

## Optimistic Closure

What benefits are we seeing from student use of technology?





# 01

## Today's Landscape

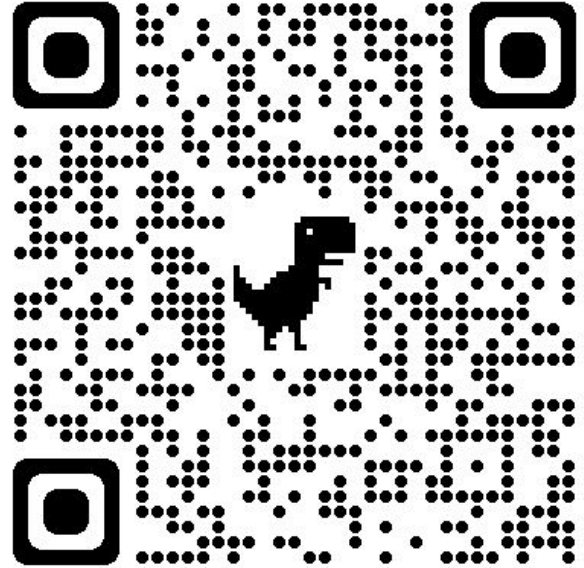
What we are seeing in  
our school and around  
the world.

# Potential Exposure

- Violence
- Drug Use and/or Sales
- Upsetting News
- Pornography
- Human Trafficking or Online Predators
- Trolls, Cyberbullying and Hate Speech
- False/Misleading Information
- Recruitment for terrorist organizations

# Parents Ultimate Guides

Common Sense's Parents' Ultimate Guides can help keep you up to date and answer your questions about all the latest titles and trends. Whether you're trying to figure out if a new app is safe for your teen or if a popular game includes blood and gore, we've got you covered.



# Platforms of Concern

# Apps Frequently Used by Students (not for school)

## Discord (recommended for 13+)

A CHAT APP FOR GAMERS designed to help gamers talk to each other in real time as they game. While the app doesn't generate any iffy content, gamers may discuss mature games that include:

- sex
- violence
- substances

With location services on, users nearby can find you and invite you to chat.

Users can also join Stage channels where up to 1,000 users are listening and potentially participating in a live audio broadcast.

[For more information](#)





# Apps Frequently Used by Students (not for school)

## Snapchat (recommended for 13+)

Snapchat is a popular messaging app that allows teens to exchange user-generated photos, texts, videos, and calls -- both audio and video

**Snap Maps** - if users share their location, you can see friends on a map and see Snapchat Stories from other users in various locations

**Ghost Mode** - allow you to see others, but not be seen by others

**Memories** - this section allows teens to save posts behind a passcode so others can't access them.

**Discover** - a feature that has curated content from media outlets and often feature harsh language, sexual content, violence and ads and there is no opt out.

**Snapstreaks** - incentivizes trading snaps with people every day to earn charms

**Do Not Disturb Feature** - Mute threads without blocking people

**Spotlight** - scrollable feed of short videos, and because kids can make money, they may be encouraged to post riskier stuff



[For more information](#)

# Apps Frequently Used by Students (not for school)

## Twitch (recommended for 15+)

TWITCH bills itself as a social video service where a community of millions discusses Xbox One, PlayStation 4, and PC games. It also features videos and channel content based on hobbies and other topics.

Parents can:

- Restrict kids' contact with other users, such as blocking private chat-room invitations.

Users can:

- be invisible when observing a chat
- see the activity of others Twitch users unless the user turns off that setting

Children may encounter the following when dropping in on conversations happening on Twitch:

- bad language
- drug and alcohol references
- product promotions for goods and services
- streaming video of games with shooting and violence and people praising that violence

[For more information](#)



# Apps Frequently Used by Students (not for school)

## **Kik** (recommended for 17+)

App based alternative to standard texting as well as social networking app.

Features include:

- Video
- Sketch
- Bot search
- Friend or group code scanning

KikCode Function encourages kids to connect themselves to commercial brands

Connects to many 3rd party sites

**Kik is a popular app for predators to groom children. Beware.**



# Apps Frequently Used by Students (not for school)

## Instagram (recommended for 15+)

All in one social app for sharing, shopping and scrolling. Very popular.

- Instantly enhances photos, and videos with cool effects
- Can share Instagram posts to other platforms
- Prohibits nudes, but does not prohibit the portrayal of violence, swearing or drugs. Users can flag photos for review if inappropriate
- Photos shared are public and may have location information unless privacy settings are adjusted.
- Direct Messages
- Green status dot shows if you are active - can turn this off
- Vanish mode - lets friends send messages that disappear after you leave the chat
- Can subscribe to others video collections
- Connects to Tinder - can disable
- Reels - similar to TikTok short style videos



[For more information](#)

# Reflect....

- Are you confident your child can recognize if an adult is masquerading as a child on social media?
- Does your child know what information is ok to share and what is not ok to share on social media?
- Can your child identify altered images and explain why some people alter images?
- Does your child know what deep fakes are?
- Does your child know what to do if they, or someone they know, is in trouble or participating in unsafe behavior on social media?
- Can your child recognize the difference between legitimate news and fake news as it is fed to them on on social media?
- Are we modeling the behavior we hope to see from our children?

# Today's Landscape



A sample of things tweens and teens said they learned to do online during the pandemic:

- Build a computer
- Practice yoga
- Do needle felting
- Make a worm farm
- Learn a dance
- Make slime
- Do BMX tricks
- Make homemade frosting
- Tie-dye clothes
- Build a playhouse
- Do card tricks
- Wash a rabbit
- Sew a stuffed turtle
- Make doll furniture
- Juggle
- Crochet
- Build a marble run
- Play the ukulele
- Find morel mushrooms
- Make stop-motion videos
- Fix a go-cart
- Build a Lego car
- Drop into a skate bowl without crashing

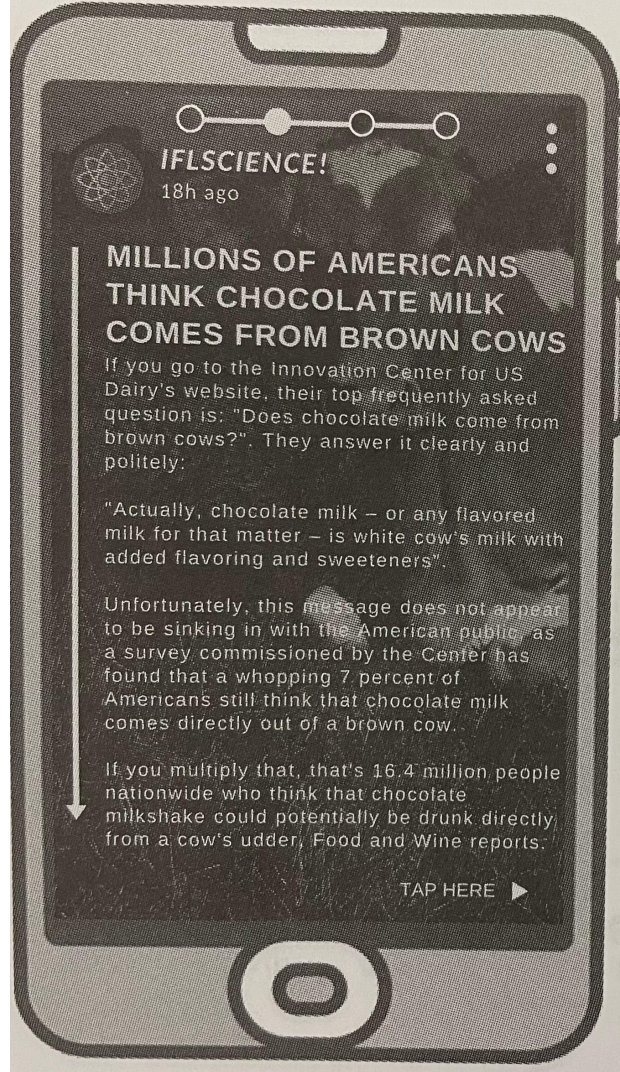


# Real or Fake?

<input type="checkbox"/> Legitimate News	<input type="checkbox"/> Fake News
<b>What App is being used to share this news?</b>	
<b>If fake, what category does it fit into?</b>	
<input type="checkbox"/> Propaganda	<input type="checkbox"/> Clickbait
<input type="checkbox"/> Disinformation	<input type="checkbox"/> Satire
<input type="checkbox"/> Conspiracy Theory	<input type="checkbox"/> Misleading Statistics
<input type="checkbox"/> Bias/Prejudice	<input type="checkbox"/> Altered Images/Videos
<b>How confident are you in your assessment?</b> Not Confident 1 → 10 Very Confident	

# Story 1

- Propaganda
- Disinformation
- Conspiracy Theory
- Bias/Prejudice
- Clickbait
- Satire
- Misleading Statistics
- Altered Images/Videos



Real Story

App - Snapchat

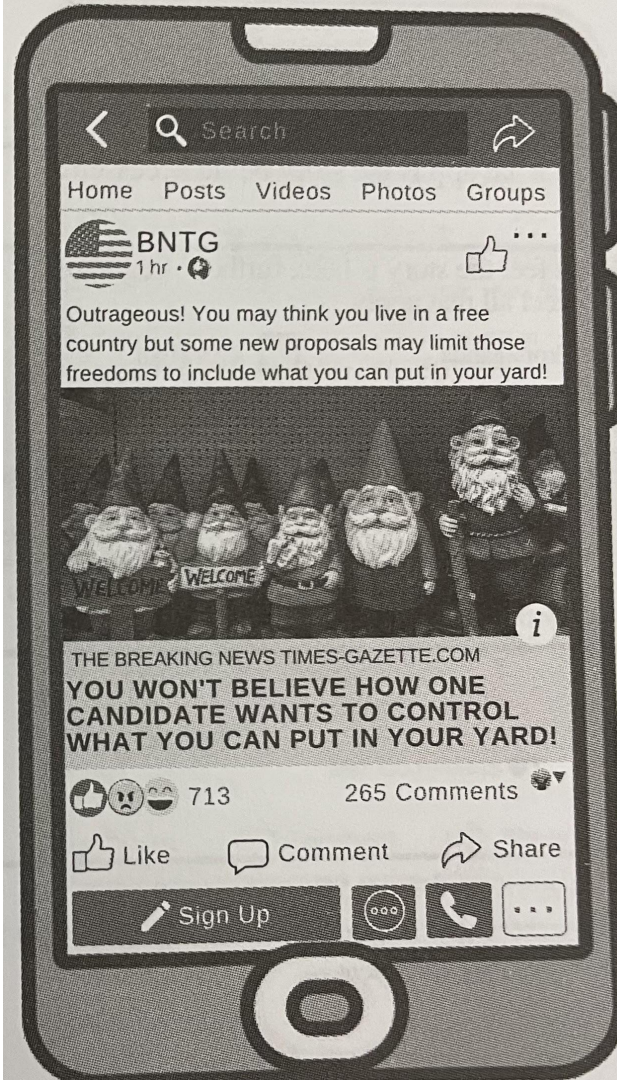
This is a real story! But it still uses **misleading statistics** to get you to click it. Instead of saying only 7% of Americans believe brown cows produce chocolate milk, the author of this story chooses to lead with “Millions of Americans”

**Snapchat is a growing news source for young people.**



# Story 2

- Propaganda
- Disinformation
- Conspiracy Theory
- Bias/Prejudice
- Clickbait
- Satire
- Misleading Statistics
- Altered Images/Videos



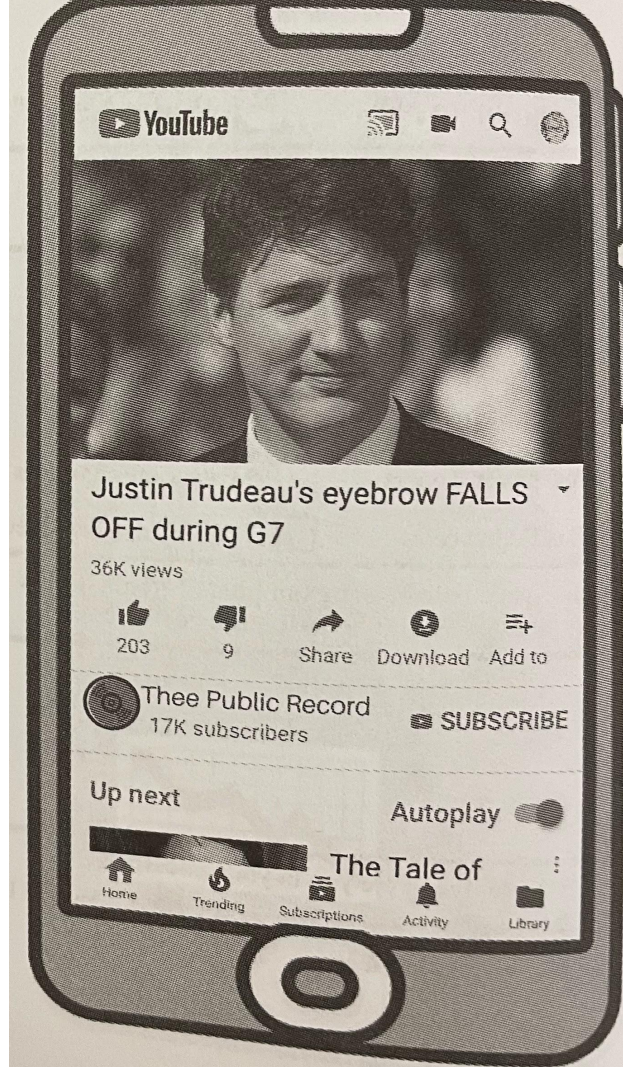
Fake Story

App - Facebook

This story uses a **clickbait** title to stoke **conspiracy theories** related to US Government overreach. During the 2016 U.S. presidential election, fake news stories like this were shared more often on Facebook than legitimate news stories (Silverman, 2016)

# Story 3

- Propaganda
- Disinformation
- Conspiracy Theory
- Bias/Prejudice
- Clickbait
- Satire
- Misleading Statistics
- Altered Images/Videos



Fake Story

App - YouTube

This fake news story uses a **misleading video** to spread **disinformation** about a global leader during the highly politicized event. Although bad lighting contributed to this example, apps such as Fake App, and Lyrebird give anyone with a computer or smartphone the ability to create what are known as “**deep fakes**” or highly edited videos that make it seem as though a person has said something they really didn't. (Meserole & Polykova, 2018)

YouTube is still trying to come up with a way to combat deep fakes.

# Parent challenges monitoring children's use of social media apps

Percent of parents of kids 7-12 reporting challenges



**39%** Too time-consuming to monitor use

**21%** Unable to find the info needed to set up parental controls

**32%** Children find ways to get around parental controls

Source: C.S. Mott Children's Hospital National Poll on Children's Health, 2021

## Did you know.....

The Children's Online Privacy Protection Act, or COPPA, requires the operators of apps and other online services to provide parental control over release of private information.



and yet....

Only 56% of parents reported using privacy settings that limit the collection of data through children's apps.





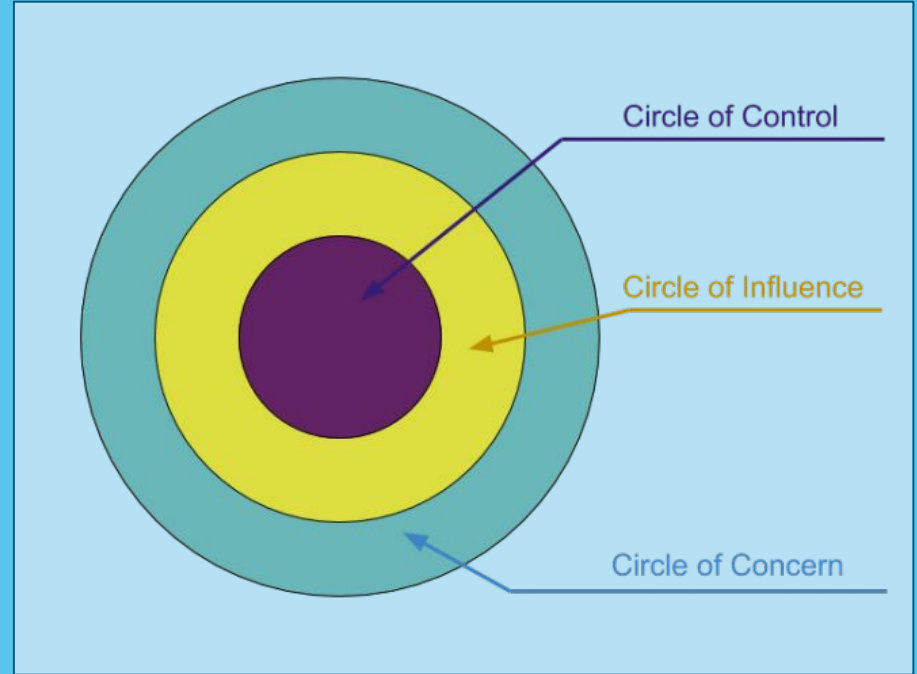
# 02

## Responding to Challenges

How can you support your child when challenges arise?

**“You can’t go back and change the beginning, but you can start where you are and change the ending.”**

—C.S. Lewis



**What tools are there to monitor our child's online activity?**

**What are some tools to help kids use social media safely and responsibly?**

**(Parental tools to help best monitor and limit kids usage)**



# Three Steps BEFORE Introducing Your Child to a New Device/Game/Online Service



## Check Ratings

- ❑ [Choosing Wisely - What to Consider](#)
- ❑ [Common Sense Media Reviews](#)
- ❑ [ESRB Reviews](#)



## Make a Plan

- ❑ [Media and Device Agreements](#)  
(translations provided)
- ❑ [Family Media Plan \(Español\)](#)
- ❑ [The Smart Talk](#)



## Choose and Set Parental Controls

- Filter Content
- Block Websites
- Set Time Limits
- See What Kids are Doing
- Track Location
- Turn off Wi-Fi
- Control Spending
- Restrict Communication



# Parental Controls



<https://bit.ly/3pvBmsL>

Media and Game Reviews	Internet Service Provider Parental Controls	Phone Controls
Gaming System Parental Controls	Browser Parental Controls	Streaming Video Parental Controls





<http://bit.ly/2Ri38cB>

# 9 Ways to Make Technology Use Healthier

1

Anticipate challenges and take proactive action.



## Anticipate Challenges

You know your child best. Use Parental Controls to Scaffold Support.

2

Ensure screen-time is educational.



## Keep it Educational

Kids learn something from ALL media they encounter. Make it count.

3

Use technology in a goal-directed and purposeful manner.



## Be goal directed and intentional

Using tech to escape discomfort inhibits the ability to manage feelings productively.

# 9 Ways to Make Technology Use Healthier



## Balance Matters

Find a balance between screen time play and active play, online creation and drawing, writing, and making art without tech.



## Favor Creation and Collaboration

Use media that keeps them actively creating vs. passively watching or scrolling.



## Use High Quality Media

Using tech to escape discomfort inhibits the ability to manage feelings productively. Kids learn something from ALL media they encounter.



# 9 Ways to Make Technology Use Healthier

7

Use routines to develop healthy habits for technology use.



## Create Routines

They turn into healthy habits.



8

Create and consistently follow expectations for technology use.



## Be consistent with expectations

Create them together, and follow through.

9

Actively monitor and mediate technology use.



## Use technology together

Students need our help to understand and make meaning of what they see, hear, and experience.

**What tools are there to monitor our child's online activity?**

**What are some tools to help kids use social media safely and responsibly?**

**(Parental tools to help best monitor and limit kids usage)**

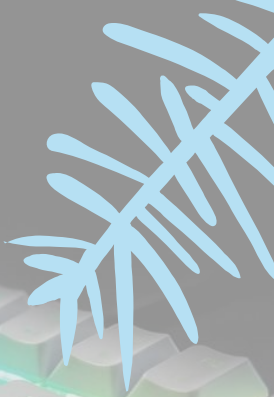
**Nick Kilpatrick and Youli Lee**



# 03

## Question and Answer

Our panelist will spend time answering your questions.



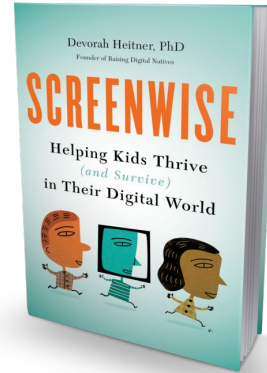
**Have you read, “Parenting for A  
Digital Future”**

**By: Livingston and Blum-Ross?**

**Sammie Zourelias**

# Some Resources available

- **Screenwise** by Devorah Heitner, PhD
- **FCPS Parent Resource Center site:**  
<https://www.fcps.edu/resources/family-engagement/parent-resource-center>
- **Growing Leaders blog and Social Media posts (Tim Elmore/Andrew McPeak** have timely articles related to technology and how to navigate and lead in this world in meaningful and positive ways.





**Is there a way for parents to find  
“hidden” accounts?  
(developmental / parent perspectives)**

**Melissa Peeples and Jason Abend**

# What is an appropriate age to allow students to use social media?

(peer pressure from friends for not being on a certain site)

Melissa Peeples

**How can we ensure electronic  
activity of our kids is safe?**

**Youli Lee**

**How do we encourage our kids to  
share anything concerning they may  
have seen online?  
(Educator/Parent perspective)**

**Nick Kilpatrick and Heather Murphy Capps**

**Are there “hidden” issues or emerging topics I should be concerned about?**

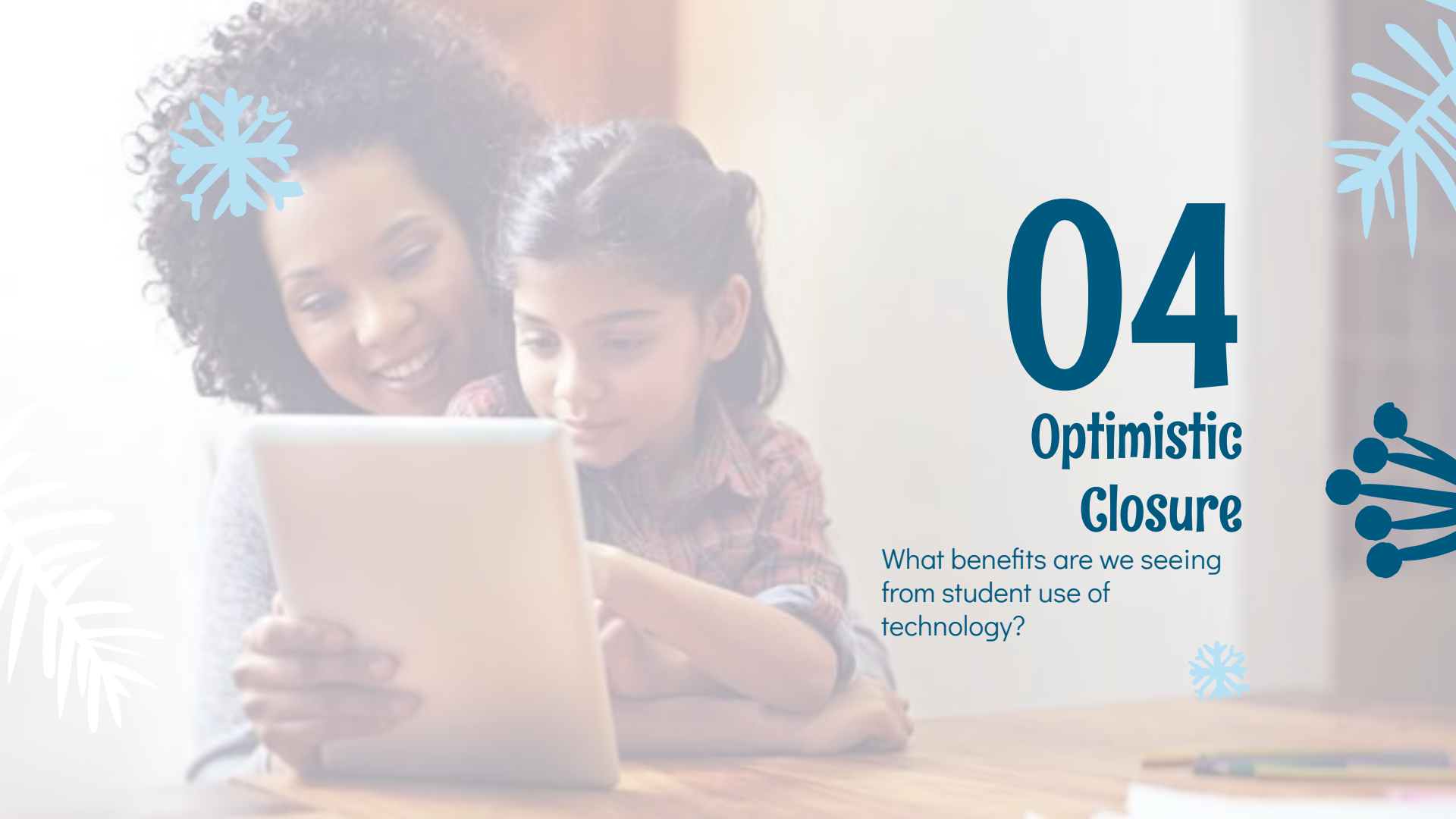
**Tammi Sisk and Jason Abend**

**Why are schools using sites like  
YouTube if they are labeled  
problematic?**

**Tammi Sisk**

Should schools, pta, sports organizations etc. be using these platforms labeled problematic to raise money and share information, if they are indeed problematic?

**Tammi Sisk**

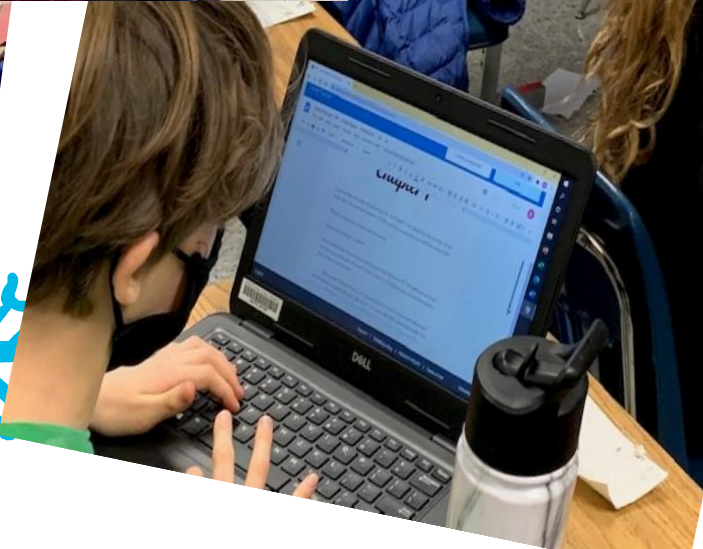
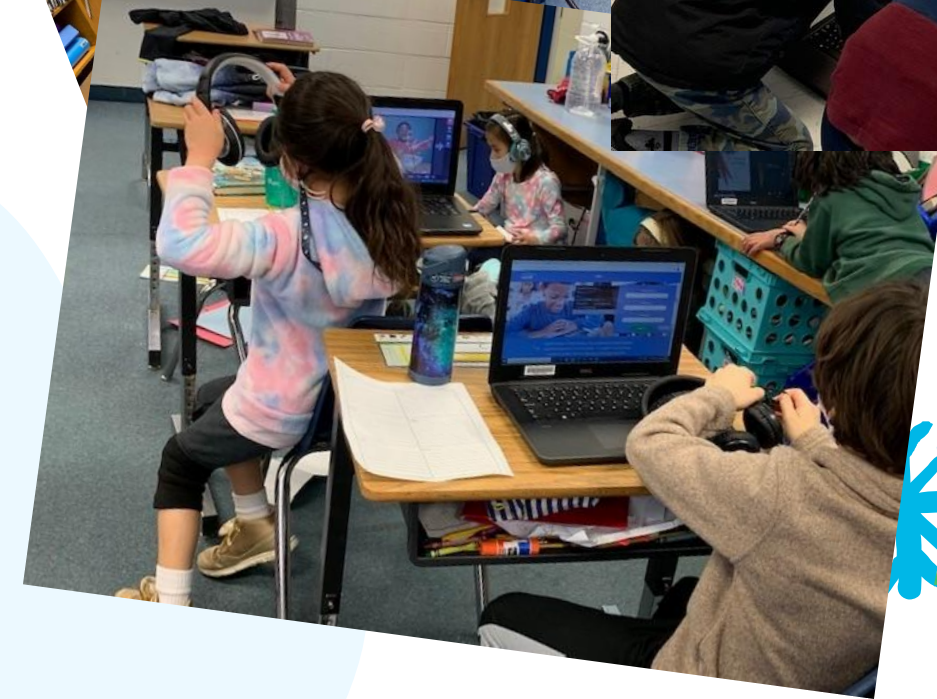


# 04

## Optimistic Closure

What benefits are we seeing  
from student use of  
technology?





# Concerning Behaviors Online

**Online**

[fcps.edu/tipline](https://fcps.edu/tipline)



**Text**

888777

Keyword *TIP FCPS*



**Call**

571-423-2020



# Seeking Help

**NEED  
HELP?**

**MENTAL HEALTH RESOURCES**  
**24/7 EMERGENCY NUMBERS**

**In case of a life threatening emergency, call 911**

CrisisLink Regional Hotline: **703-527-4077**

CrisisText: Text **NEEDHELP** to **85511**

Dominion Hospital Emergency Room:  
**703-536-2000**

Inova Emergency Services: **703-289-7560**

Mobile Crisis Unit: **1-844-627-4747**

National Suicide Prevention Lifeline:  
**1-800-273-TALK** or **1-800-SUICIDE**

Merrifield Center Emergency Services:  
**703-573-5679**

TTY dial **711**

- School supports
  - School Counselors
  - School Psychologist
  - School Social Worker
- Pediatrician
- Outside providers
- Emergency Services