



SD44 DISTRICT SEL/MH TEAM  
JAN. 2025

### BE HANDS-ON

Use the same apps as your child and from the start share user names and passwords as a condition for getting the app. Watch for fake accounts and apply consequences. Any app that allows your kid to stream online is an open window to your house, so sit beside them and have them teach you how to use the app.

### AGE LIMITS

If a child has to lie to join a social media app, they are **too young** to use it. Consider social media in the same way you would other behaviours such as driving or drinking alcohol.

### MENTAL HEALTH

Too much time on social media apps can lead to an increase in depression, anxiety, body dissatisfaction, eating disorders and low self-esteem.

### HEALTHY HABITS

Kids who use electronics get less sleep. Turn off electronics at least an hour before bedtime. Kids have many ways of sneaking devices into their rooms at night. Check regularly. **Research parental controls and use them!** Limit the use of apps and the amount of time on screens.

# SOCIAL MEDIA

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## CHILDREN UNDER 10

### FOMO

We know social media can become addictive.

FOMO is a real thing for young children. We need to talk about it with them.

### CONSEQUENCES

Talk about what will happen if your child breaks the rules and follow through: delete an app or reduce screen time.

If your child has an extreme reaction to the loss of phone use, this may be a sign that they need professional help.

### DEVICE-FREE ZONES

Designate places and times where there are no screens allowed:

- bedrooms
- car rides
- meal times
- bathrooms
- gatherings



## CHANGES IN BEHAVIOUR

Too much screen time can lead to increased irritability, anxiety, depression, sleep issues, attention & focus. Children become angry when parents ask them to do something they don't want to and stop what they are enjoying.

## CYBER BULLYING

Children exposed to the possibility of being harassed, threatened or embarrassed and exposure to hate-based content.

## SELF ESTEEM

Too much time on social media apps can lead to an increase in body dissatisfaction, eating disorders and low self-esteem.

# SOCIAL MEDIA & CHILDREN UNDER 10

## RISKS

Children under 11 using Instagram and Snapchat are more prone to having online-only friends, visiting disapproved sites, and engaging in online harassment. They are also at-risk for being contacted by online predators.

## PRACTICE WHAT YOU PREACH

Model what you are asking your child to do. Watch how often you pull out your phone and your use of social media. Be mindful of how your phone use affects your own mental health.

## BENEFITS

It's fun! We love cute animal posts. It's great if you have off-beat interests. It can provide a community if you struggle with friendships.

## DEPRESSION

Teens who spend more than three hours a day on social media double their risk of depression and anxiety.