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## Social Media and Screen Safety Podcast

Children start using smartphones and tablets well before they are potty trained. The simple swipe of the screen can get the toddlers the cartoon that will pacify them for a few peaceful minutes. As they get older, they start playing games and searching the internet. Most of the time they are going to sites that are appropriate, but not always. With all of the social media apps out there, there are several places for our kids to go to that we don't know about and maybe should. As parents, we need to be aware of what is going on with our children's online activities. We want to talk today about some things parents can do to keep our children safe while they are online.

### Things to Think About-Ideas You Can Use

- Each family needs to be aware of what is happening on the computers, smartphones, and tablets. Families need to discuss what is best for them and develop a media plan that all can agree to. Some suggestions include:
  - Decide on screen time during such times as during meals, in the car, or on family outings.
  - Set time limits for screen time. Also set a time for all screen time to end at night. The normal suggestion is an hour before bedtime.
  - Discuss with your children what information should be shared on the internet.
  - Remind children that what goes on the internet is there for all time. Those pictures and comments can always be retrieved by someone.
  - Decide what apps are appropriate for your family.
  
- Only allow children to access these screens in household common area. Children will be less likely to go on sites that they shouldn't if they know someone could check their screen at any time.

- Make sure that your children give you the login information for all of their social media sites. If they create another site without your knowledge, make sure there are preset consequences.
- Keep the charging station in your bedroom. Children do not have the maturity, even teenagers, to regulate their own screen time at night.
- As parents, you need to be intentional, supervise, and be involved.
- Keep up on the apps that are worth spending time working on. Here are some suggestions from an article in the December 2017 edition of *Lowcountry Parent*:
  - ABC KIDS has on-demand videos of some children videos like “Bob the Builder” and “Peppa Pig”
  - Endless Reader helps preschoolers learn to read
  - Sumdog is used for teaching math
  - Star Walk 2 is a stargazing app that helps you explore the night sky
  - Hoopla app can be linked to your library card and gives you access to movies, audible books, and ebooks.
  - There are others that you may like, but be intentional about the apps that are on your devices.

## Resources

- Our website is [faithchristiansc.com](http://faithchristiansc.com). You can also find our other podcasts on our website by clicking the Parent Resources button on the homepage.
- If you are interesting in finding out more about our school, you can also check out our website or call 843-873-8464 and ask for Cindy Feagin.
- You can follow us on **Facebook** at Faith Christian School and **Instagram** at faithknights.
- **Books**
  - *Digital Cocaine: A Journey Toward iBalance* by Brad Huddleston
  - *Media Moms and Digital Dads: A Fact-Not-Fear Approach to Parenting in the Digital Age*, by Yalda Uhls
  - *Screen-Smart Parenting: How to Find Balance and Benefit in Your Child’s Use of Social Media, Apps, and Digital Devices*, by Jodi Gold
- **Websites**
  - <https://www.common sense media.org/parent-concerns#>
  - <http://jim daly .focus on the family .com/how-can-i-best-oversee-my-child-39-s-social-media-use/>

- <https://www.safesearchkids.com/parents-guide-to-protecting-teens-on-social-media/#.WqLV5ujwbIU>
- <https://childmind.org/article/how-using-social-media-affects-teenagers/>
- <https://wehavekids.com/parenting/social-network-to-teens>
- <https://www.gse.harvard.edu/news/uk/17/12/social-media-and-teen-anxiety>