

Technology & Social Media's Influence on Mental Wellness, Interpersonal Connectivity, & Self-Image *Take Away Ideas for School Counselors and Parents*

Suggestions for starting dialogue with kids & teenagers that will help them think about the impact of social media.

- How does it feel when someone approves of your pictures or posts?
- Why does it feel important to stay connected to your friends online?
- How long can you go without checking your phone or social media accounts?
- What are the benefits of interpersonal interaction vs. online communication?
- How many times a day do you compare yourself to someone else online?
- Have you ever felt worse about yourself after looking at social media? Ex. Instagram
- Are people you are “friends” with on social media people you have positive interactions with in person?
- How do you feel when you do not have your phone with you?
- If you are having a bad day, are you more likely to talk about it with someone or post about it?
- Discuss the benefits of being bored. Boredom, in moderation, can foster creativity, encourage new goals, increase problem solving skills, help you be more productive, and increase altruistic behaviors.

Suggestions for impacting kid & teenage use of social media.

- Model appropriate use and teach appropriate interpersonal communications
- Encourage face to face interaction during free or unstructured time
- Foster self-advocacy skills
- Discuss social skills and cues, emotional identification
- Engage in problem solving skills and discuss what works and what doesn't
- Device Free family times – dinner, evening, bedtime
- Discuss your values
- Review media literacy and how to identify credible sources
- Write a contract, along with your child, outlining appropriate media usage.

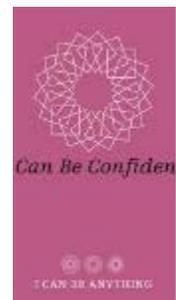
with your child,
expectations of

outlining
social



Helpful/Positive Apps:

- Stop, Think, Breathe
- Mindfulness Bell
- Calm
- Unwind
- StressLess-Psychologies
- Get Grounded
- Mind Body Machine
- Smiling Mind
- Balanced -Goals & Habits
- Good Habit Maker
- I Can Be Confident
- Optimism
- MindShift



Cell Phone Contract

Failure to keep to this contract leads to immediate removal of cell phone for a time determined by parents.

I will only communicate on this phone with people I know and trust.

Initial _____

I will not bring my phone to family meals.

Initial _____

I will only look at, listen to, or communicate things on this phone that I wouldn't mind my parents seeing.

Initial _____

I will not seek emotional support through the phone, but rather speak with a person face-to-face.

Initial _____

I will respect the rules and guidelines for phones at home, school, or other activities.

Initial _____

This phone will charge overnight in a common room of the house and not in my bedroom.

Initial _____

I understand my parents have the right to look at my phone anytime even without my permission.

Initial _____

I will use my phone for positive communication and refrain from phone use to express negative emotions or to resolve conflicts.

Initial _____

I understand that having a phone is a privilege that can be revoked because of inappropriate use or choices.

Initial _____

If I lose or break my phone it will be my responsibility to replace or fix it.

Initial _____

Child Signature _____ Date _____

Parent Signature _____ Date _____

A cell phone can be a great tool or a dangerous weapon. Use it wisely.