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Social Media: Invitation to Evangelization

"To proclaim the Gospel through the new media means not only to insert expressly religious content into different media platforms, but also to witness consistently, in one's own digital profile and in the way one communicates choices, preference and judgments that are fully consistent with the Gospel."

- Pope Benedict (January 24, 2011)

"...from social network communities to the human community."

Pope Francis (January 24, 2019)

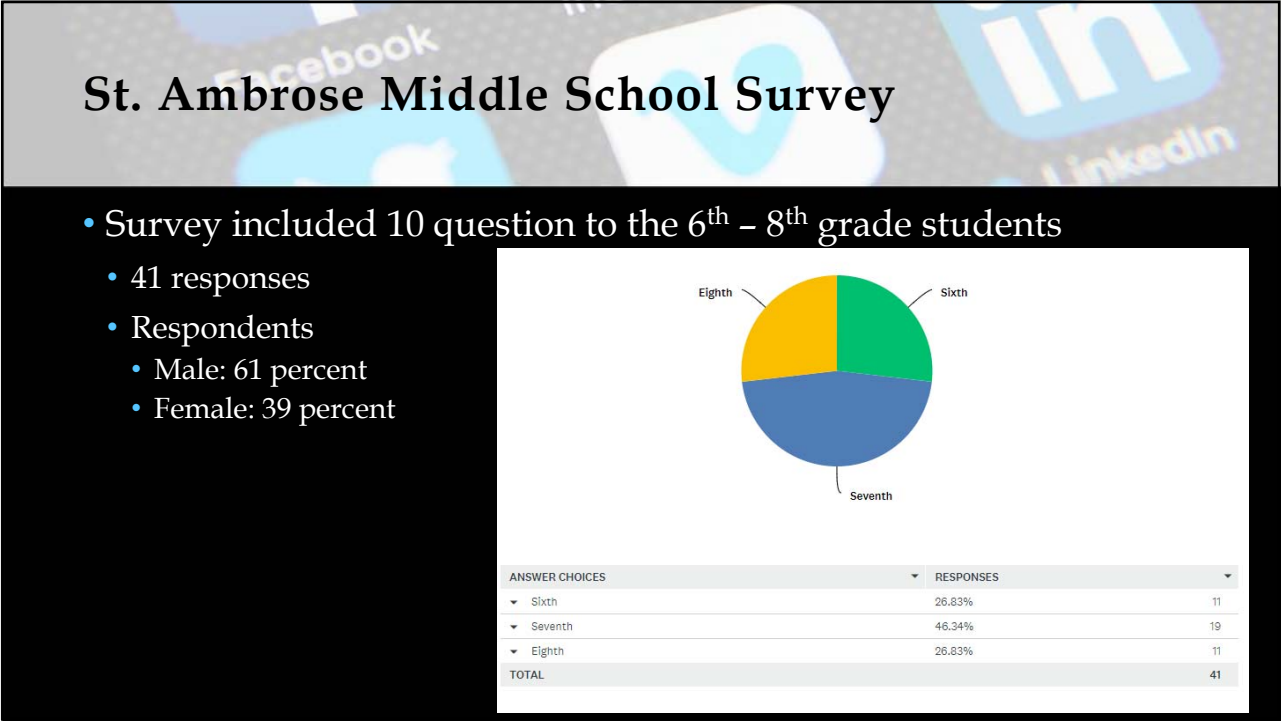
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Social Media: A Warning

"One of these is addiction to the digital media, which impoverishes human relationships. Lent is a propitious time to resist these temptations and to cultivate instead a more integral form of human communication made up of 'authentic encounters,' face to face and in person."

- Pope Francis (February 24, 2022)

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Understanding Our Challenge as Parents

Absolutes to Remember

- Social Media is part and parcel of their experience
 1. They have no memory of not seeing or using it
 2. It is not a tool but an extension of how they express themselves i.e., arm
 3. They are going to continue using it
- Parents tend to embrace the principle of the “Suspension of Disbelief”
 - Our youth could not possibly be involved in unwholesome activities
 - Sexting
 - Providing too much information on social media
 - Youth do not have social media accounts
 - They see everything that a child posts or communicates

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Developmental Challenges with Kids

- Development of Executive Functions
 - **Reason:** Pre-frontal cortex: 25-26 years of age
 - **Results:** Prone to risk-taking, over-estimation of control, imprudence
- Addiction to Social Media devices
 - **Reason:** Every "swipe" & use of social media releases dopamine
 - **Results:** Obsessive pleasure-seeking behavior, diminished attention span, inability to focus, diminished ability to navigate conflict, increased anxiety, decreased sleep, etc.
 - **Nota Bene:** Individuals that are clinically ADD or ADHD have a higher propensity to become addicted to social media and porn due to the disorders having an issue with a dopamine deficiency

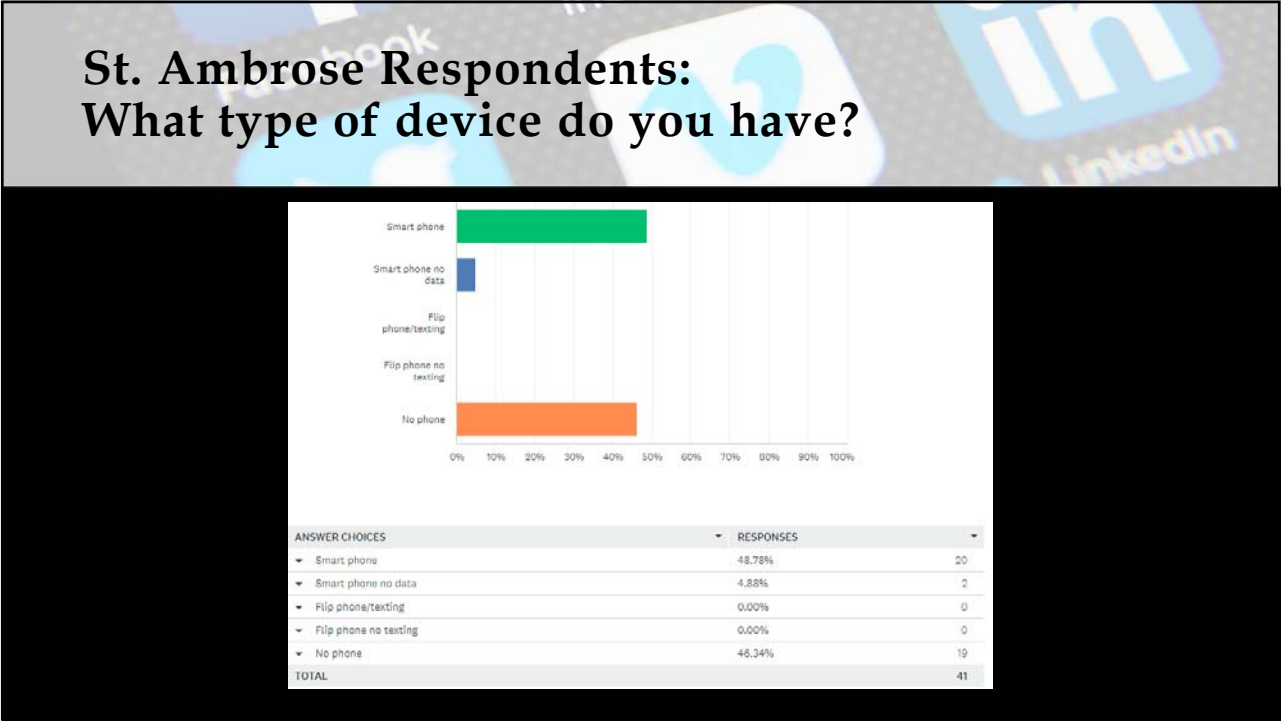
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Introducing Technology Considerations

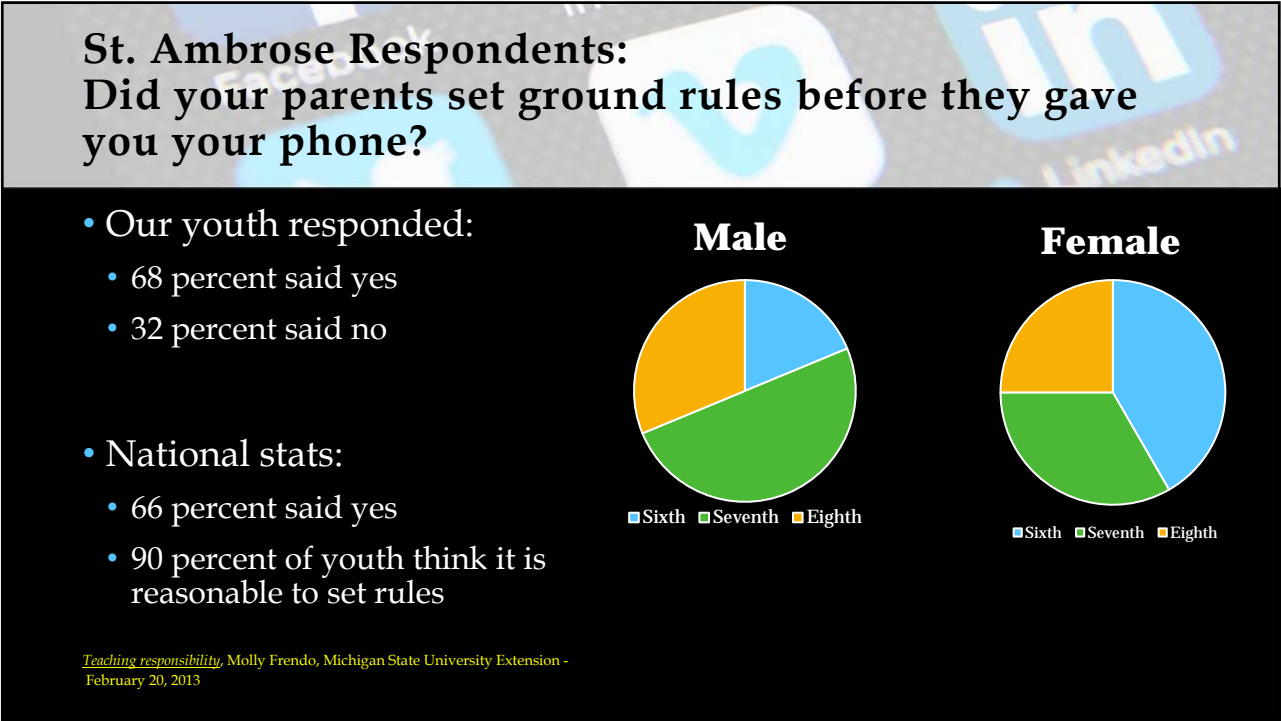
- What type of Cell phone do they have?
 - Phone vs. Smart phone
 - Data plans
- Laptops, iPads, iPods, Kindles, etc.
 - Location, location, location
 - Hotspots, data plans
- Gaming consoles
 - Passwords
 - Online communities

What rules did you establish?

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Reality of Social Media: It is here to stay

- 61% of parents say they have never checked which websites their teen visits.
- 60% have ever checked their teen's social media profiles.
- 56% have ever friended or followed their teen on Facebook, Twitter or some other social media platform.
- 48% have ever looked through their teen's phone call records or text messages.
- 39% of parents report using parental controls for blocking, filtering or monitoring their teen's online activities.
- 16% use parental controls to restrict their teen's use of his or her cellphone.
- 16% use monitoring tools on their teen's cellphone to track their location.

Survey conducted March 7 - April 10, 2019, Pew research Center "Teens, Social Media & Technology 2018"

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By the numbers...old news

- Smartphone ownership has expanded dramatically among teens over the past six years. Less than half of teens (41 percent) had phones in 2012. Today, **89 percent of teens do.**
- If you add in ownership of tablets, total mobile access has climbed from 67 percent of all teens in 2012 up to 95 percent today.
- All told, 80 percent of teens are daily texters, up from 68 percent in 2012.

Jennifer McClellan, "Teen Study: 89 Percent Have Smartphones; Hate Content Exposure Has Gone Up," *USA Today*, September 10, 2018, <https://www.usatoday.com/story/life/allthemoms/2018/09/10/teens-say-social-media-has-positive-effect-how-they-feel-common-sense-media/1204457002/>.

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By the numbers (cont.)...

- Nearly half (47 percent) of teens who have a smartphone say they are “addicted” to it. But that doesn’t translate to a social media addiction. Less than a quarter (24 percent) said they’re addicted to social media.
- Nearly seven in 10 teens say they silence or put away their phones “all” (46 percent) or “most” (23 percent) of the time while they drive.

Jennifer McClellan, “Teen Study: 89 Percent Have Smartphones; Hate Content Exposure Has Gone Up,” *USA Today*, September 10, 2018, <https://www.usatoday.com/story/life/allthemoms/2018/09/10/teens-say-social-media-has-positive-effect-how-they-feel-common-sense-media/1204457002/>.

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By the numbers (cont.)...

- The percentage of teens who check social media multiple times a day has more than doubled, from 34 percent in 2012 to 70 percent in 2018.
- Snapchat is the favorite social media of teens, with 41 percent saying they use it the most. Instagram is next, with 22 percent.
- **Facebook use among teens fell from 68 percent in 2012 to 15 percent in 2018.**
- Teens are more likely to say that social media has a positive rather than a negative effect on how they feel.

Jennifer McClellan, “Teen Study: 89 Percent Have Smartphones; Hate Content Exposure Has Gone Up,” *USA Today*, September 10, 2018, <https://www.usatoday.com/story/life/allthemoms/2018/09/10/teens-say-social-media-has-positive-effect-how-they-feel-common-sense-media/1204457002/>.

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By the numbers (cont.)...

- About 1 in 10 teens (13 percent) say they have been cyberbullied.
- More than 1 in 5 teens (23 percent) say they have tried to help someone who has been cyberbullied.
- **More than a quarter of teens (27 percent) say social media is an “extremely” or “very” important platform for creative expression, whether it’s sharing their artwork or just the things they like.**

Jennifer McClellan, “Teen Study: 89 Percent Have Smartphones; Hate Content Exposure Has Gone Up,” *USA Today*, September 10, 2018, <https://www.usatoday.com/story/life/allthemoms/2018/09/10/teens-say-social-media-has-positive-effect-how-they-feel-common-sense-media/1204457002/>.

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By the numbers: General Statistics...

- The average smartphone owner **unlocks their phone 150 times a day.**
- Using smartphones for longer intervals of time **changes brain chemistry.**
- **66% of the world’s population** shows signs of nomophobia.
- **71% usually sleep** with or next to their mobile phone.
- **75% of Americans** use their mobile phones in the toilet.
- **20% of people would rather go without shoes** for a week than take a break from their phone

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Why is this reality important?

College Admission Departments

- 68 percent look at Social Media accounts in addition to transcripts and scores
- This is UP 49 percent from 2017

Schaffer, Russell. "Kaplan Test Prep Survey Finds Colleges and Applicants Agree: Social Media Is Fair Game in the Admissions Process." Kaplan, April 17, 2018. <https://www.kaptest.com/blog/press/2018/04/17/kaplan-test-prep-survey-finds-colleges-applicants-agree-social-media-fair-game-admissions-process/>, /articles/2017/09/10/colleges-really-care-looking-at-your-social-media-accounts

Employers

- 70 percent of employers use social media to screen candidates before hiring (CareerBuilder Survey)
- This is steady from 2017.

Cision PR Newswire. "More Than Half of Employers Have Found Content On Social Media That Caused Them Not to Hire a Candidate, According to Recent Careerbuilder Survey." August 9, 2018. <https://www.prnewswire.com/news-releases/more-than-half-of-employers-have-found-content-on-social-media-that-caused-them-not-to-hire-a-candidate-according-to-recent-careerbuilder-survey-30024137.html>

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Social Media & Pornography: Tweens & Teens

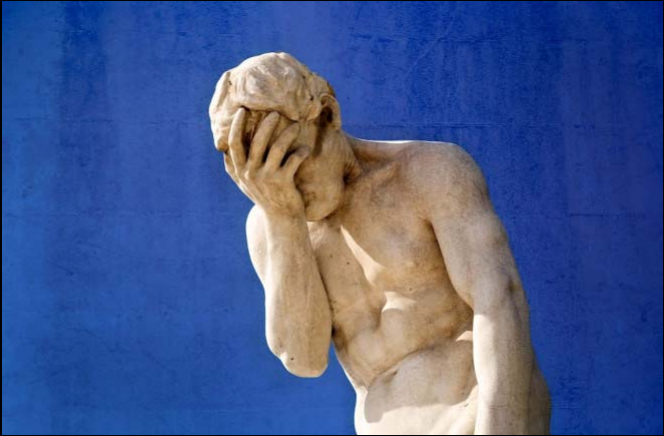
- Average age of introduction: **6 years old**
 - 79 percent of accidental exposures to Internet porn among kids take place in the home
 - Direct correlation between when they receive a Smartphone & first exposure
- **Largest consumer of porn: 12-17 years old**
 - 67 percent of children admit to clearing their Internet history to hide their online activity
 - 55.4 percent admit visiting
 - 20 percent admit sending or posting
 - 64 percent seek out porn weekly (13-24)
- **Hardcore Porn Viewing 80 percent of 15 - 17 years old**

Largest group vulnerable are the NMKs: **Not My Kid**

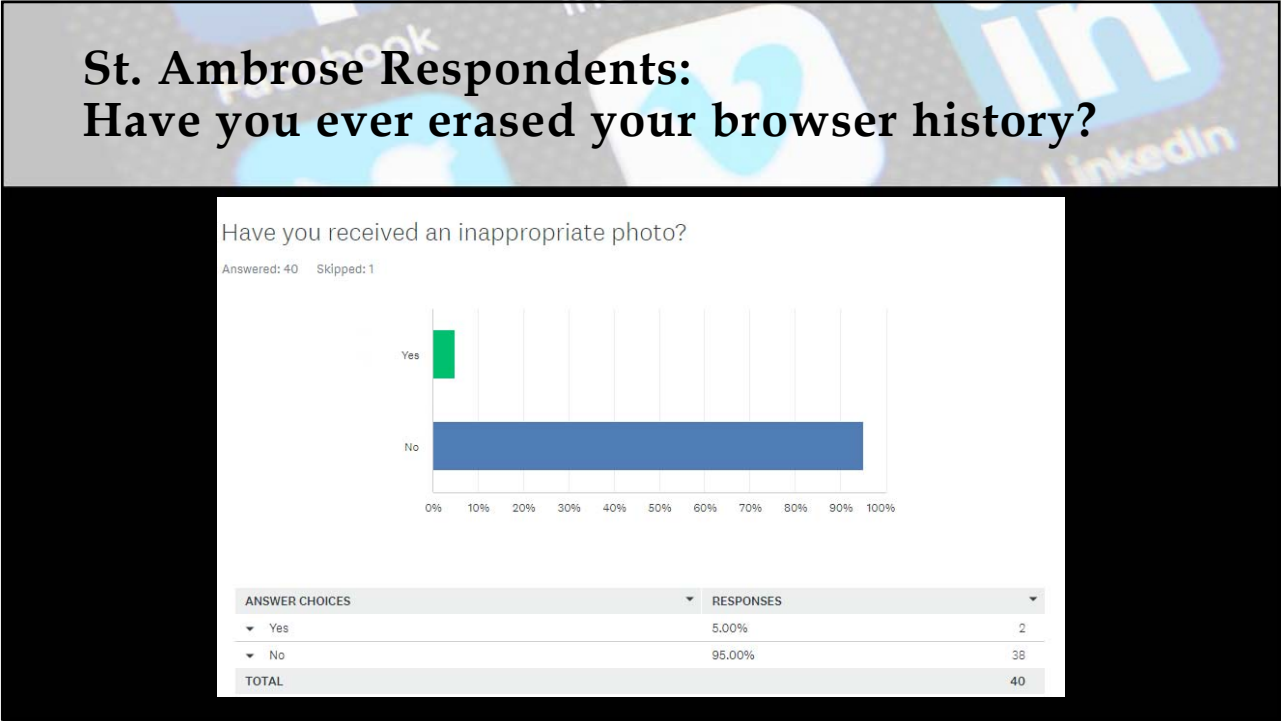
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St. Ambrose Respondents: Have you ever received an inappropriate photo?

- Girls
 - 2 percent said yes
 - 6th grade: 0 percent (0)
 - 7th grade: 0 percent (0)
 - **8th grade: 2 percent (1)**
- Boys
 - 2 percent said yes
 - 6th grade: 0 percent (0)
 - **7th grade: 2 percent (1)**
 - 8th grade: 0 percent (0)



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Visiting Explicit Websites: By the numbers

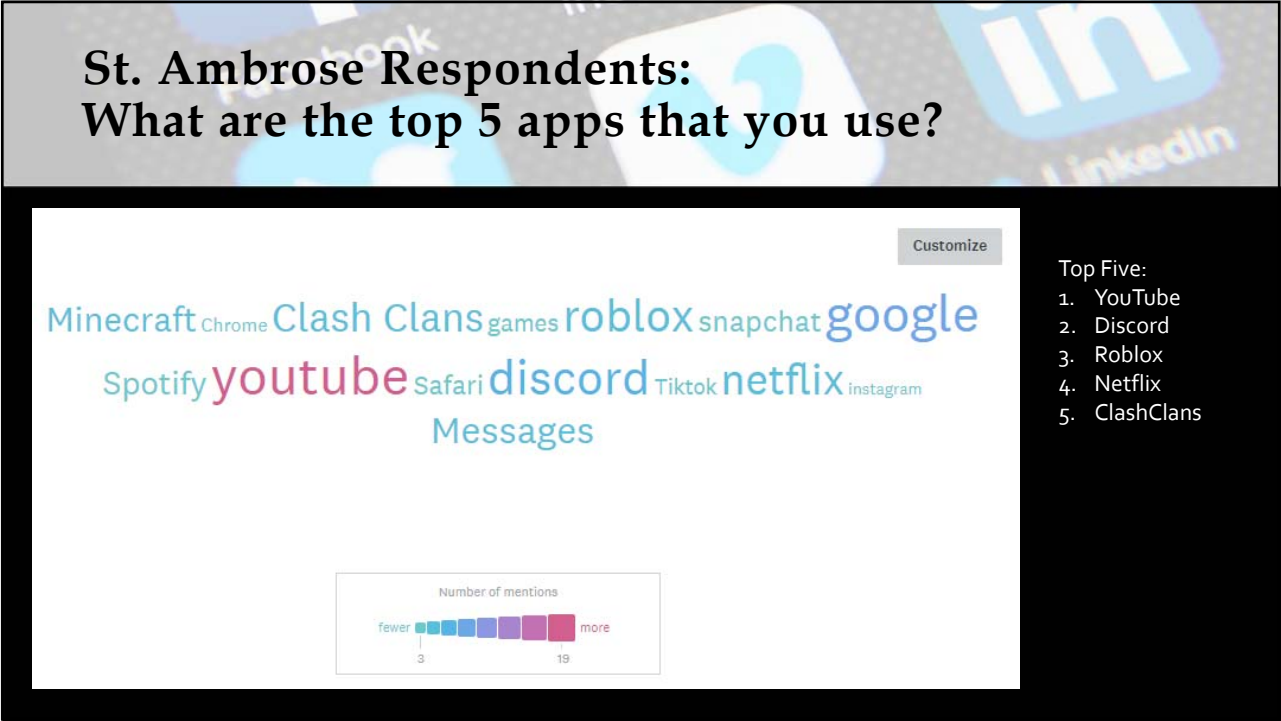
- College Senior at least once a month view explicit porn
 - 98 percent of men
 - 83 percent of women – up 72 percent since 2009
- Why are they viewing explicit porn
 - Men: Viewing for pleasure
 - Women: Understand two things:
 - What is expected of them...
 - How to...
- Remember: **HALT**
 - **H**ungry, **A**ngry, **L**onely, **T**ired

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Media Guidelines: Reveal Never Expose

- | | |
|--|---|
| <ul style="list-style-type: none"> • Very young children (0-5) <ul style="list-style-type: none"> • Limited exposure (1 hour -AAP) • Lead by example • Leave the tablet at home <hr/> <ul style="list-style-type: none"> • Grade school children (6-11) <ul style="list-style-type: none"> • Watch/Surf together • Extreme limiting on-line time • Remember it is not a reward • Be prepared to discover pornography • Teach that it is a tool | <ul style="list-style-type: none"> • Tweens and Teens (12+) <ul style="list-style-type: none"> • Model good tech behavior • Manage expectations • Encourage privacy • Teach the necessity of modesty <ul style="list-style-type: none"> – Custody of the senses • Encourage the development of healthy relationships • Teach social etiquette <hr/> <ul style="list-style-type: none"> • When confronted with porn or overshares <ul style="list-style-type: none"> – use the Q&A method to teach lessons |
|--|---|

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Educate Yourselves: *Safe, Smart & Social*
<https://smartsocial.com/app-guide-parents-teachers/>

Red Zone:



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Educate Yourselves: *Safe, Smart & Social*
<https://smartsocial.com/app-guide-parents-teachers/>

Dangerous Social Media Challenges:

 Silhouette Challenge on Tik Tok

 Fire Challenge

 Tide Pod Challenge

 Bathroom Vandalism Challenge

 Milk Crate Challenge

 Benadryl Challenge

 Momo Challenge

 Blue Whale Challenge

 Shell On Challenge

 Condom Snorting Challenge

 Skull Breaker Challenge

 Deodorant Challenge

 Slender Man

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Presented by Dcn. Marques Silva

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Setting Family Standards: *An invitation to Relationship*

- Manage expectations
 - Good for the goose, good for the gander
 - Develop house rules
- Define Social Media free spaces
 - Bedrooms
 - Dining rooms
 - Secluded areas
- Decorate with reflective surfaces

Golden rule: Whomever has the gold, makes the rules

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Safe, Smart & Social: Signs of a cyberbullying

<u>Signs and Symptoms</u>	<u>Where to find Assistance</u>
<ul style="list-style-type: none">• Sudden variations in device use• Deleting of accounts• Asking how to block others• Many new contacts• Strong emotional shifts after social media usage• Decreased self-esteem• Change in physical habits• Avoidance• Isolation	<ul style="list-style-type: none">• School counselor and/or principal• School chaplain
	<p><u>Online Resources</u></p> <ul style="list-style-type: none">• NetSmartz.org• Stopbullying.gov• Cyberbullying.org

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Why is this so important?

- Learning atrophy
- Relational aphasia
- Anxiety disorders
- “Facebook” depression
- Sexual human trafficking profiling and grooming

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Parental Administration of iPhones

Set Content & Privacy Restrictions

1. Go to Settings and tap Screen Time.
2. Tap Continue, then choose "This is My [Device]" or "This is My Child's [Device]."
 1. If you're the parent or guardian of your device and want to prevent another family member from changing your settings, tap Use Screen Time Passcode to create a passcode, then re-enter the passcode to confirm. In iOS 13.4 and later, after you confirm your passcode you'll be asked to enter your Apple ID and password. This can be used to reset your Screen Time passcode if you forget it.
 2. If you're setting up Screen Time on your child's device, follow the prompts until you get to Parent Passcode and enter a passcode. Re-enter the passcode to confirm. In iOS 13.4 and later, after you confirm your passcode you'll be asked to enter your Apple ID and password. This can be used to reset your Screen Time passcode if you forget it.
3. Tap Content & Privacy Restrictions. If asked, enter your passcode, then turn on Content & Privacy.
 1. Make sure to choose a passcode that's different from the passcode that you use to unlock your device. To change or turn off the passcode on your child's device, tap Settings > Screen Time > [your child's name], Then tap Change Screen Time Passcode or Turn Off Screen Time Passcode, and authenticate the change with Face ID, Touch ID, or your device passcode.

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Parental Administration of Android phones

[For Android 5.0 Lollipop you have the options of limiting SMS & voice calls only. Additionally, earlier versions of Android don't have parental controls. In addition, some phones running Android 5.0 or newer still do not have the ability to create multiple users]

1. Tap the Profile icon (a white circle) in the notification bar
2. The Users menu appears
3. Tap Add User > OK
4. Tap Set Up Now
5. Tap the gear icon next to the User Name you just created
6. Slide the selector to the right to disallow SMS and phone calls
7. You can also restrict access to the Google Play Store to prevent unauthorized purchases from your child's phone.
 - a. Launch the Play Store
 - b. Tap the menu and select Settings
 - c. Enable the feature called "Password - Use password to restrict purchases"
 - d. Enter the password for your Google account

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Management Applications

- 2022 Best Parental Control Apps & Software | SafeWise
 - <https://www.safewise.com/resources/parental-control-filters-buyers-guide/>
- How To Set Security Settings On Your Child's Mobile Device (helpyourteennow.com)
 - <https://helpyourteennow.com/how-to-set-security-settings-on-your-childs-mobile-device/>
- Dcn. Marques Favorite: Our Pact
 - <https://ourpact.com/>

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Research and Bibliography

- Child Mind Institute – *Media Guidelines for Kids of All Ages*, 2015
- National Center on Sexual Exploitation
- National Cyber Security Alliance (NCSA) – *MacAfee Online Safety Study*, 2011
- Pew Research Center – *Teens, Social Media & Technology Overview*, 2018
- Safe, Smart & Social – *9 Signs That Your Kid Might Be a Victim of Cyber Bullying*, 2015

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Deacon Marques Silva

<https://www.arlingtondiocese.org/Child-Protection/Additional-Resources/>
(703) 841-3847

robert.silva@arlingtondiocese.org

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