

# New Media with Children and Parent Relationships

presentation  
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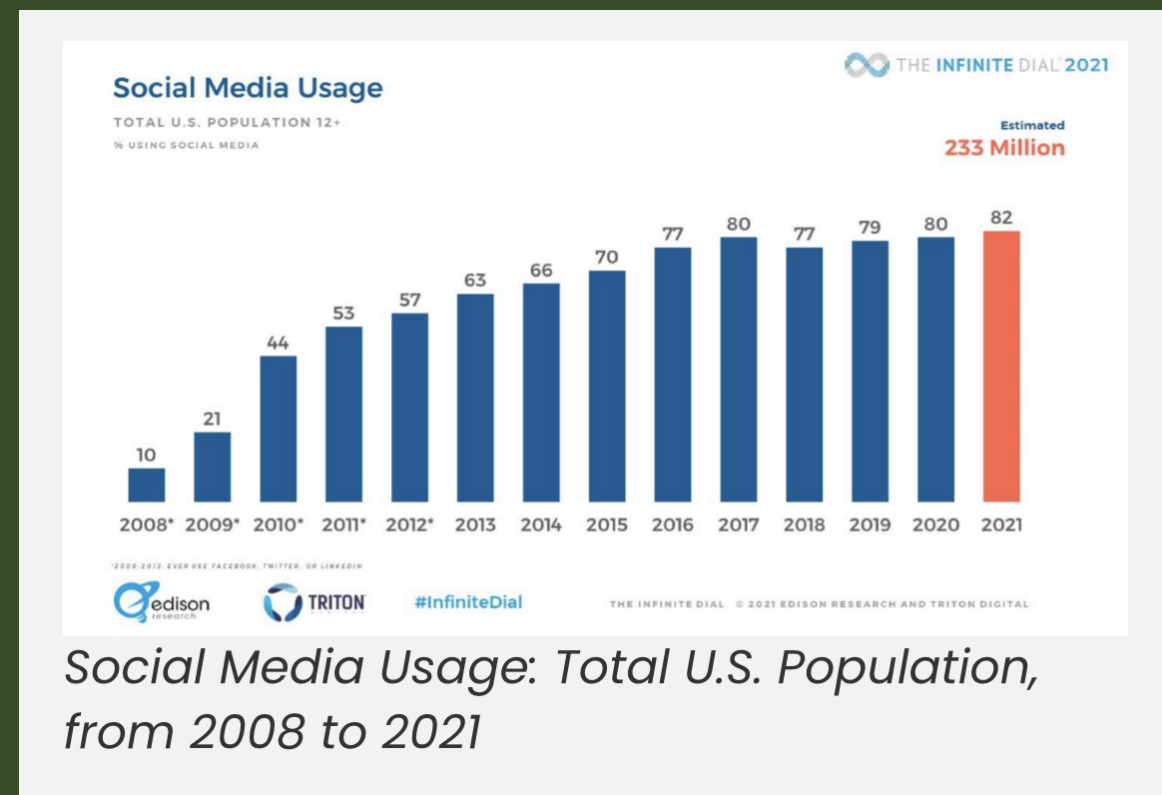


# Social Media affects on the general population

## Social Media Apps: Instagram

The app instagram recently started to suppress "likes" on instagram to avoid hurt feelings. This leading from pressure standards of the "picture perfect" set into place.

A 2018 Lancet Psychiatry study of 91,005 people likelier to have major depressive disorder and rated their happiness level 9% lower than those with better sleep hygiene did.



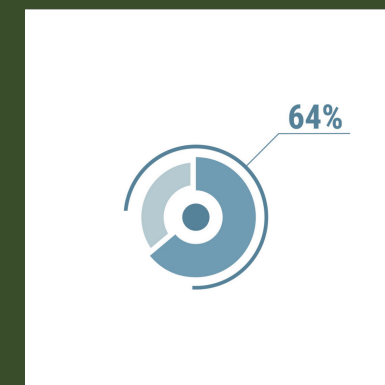
233 million Americans use social media in 2021.

# Mental Health Effects on Children from Social Media

## Mental Health Effects

- sleep deprived
- obesity
- delays in learning and social skills
- negative effect on school performance
- behavior problems
- problematic internet use
- risky behaviors.
- sexting of predators
- loss of privacy

Common Sense Media research shows that media use by tweens (ages 8–12 years) and teens (ages 13–18 years) has risen faster in the two years since the pandemic than the four years before.



nearly two-thirds of pre-tweens activity watch TV

# Relationship Foundation: Eye-Contact

"studies have shown that frequent eye contact and undivided attention are necessary in building a secure attachment between a parent and child".

Inconsistent eye-contact with peers or family members can create a blank space in the relationship or short- attention span.

Link to Parents guide on Social Media: Warnings

<https://www.common sensemedia.org/articles/a-new-parents-guide-to-social-media>

# Avoiding Online Harassment to help children

-Start a discussion Your kid may not tell you if they experienced online harassment or saw it happen to someone else.

Set Boundaries: Create a safe place to encourage them to never to do anything that's outside their comfort zones. ex: sharing passwords, talking to strangers, or sending explicit photos

Avoid Oversharing: Don't allow vulnerable information about your loved ones be public as everyone value's privacy.

Take action: Online harassment can be traumatic, and can negatively affect one's mental health.

# Citations

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3:

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6:

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