

# SOCIAL MEDIA AND OUR CHILDREN



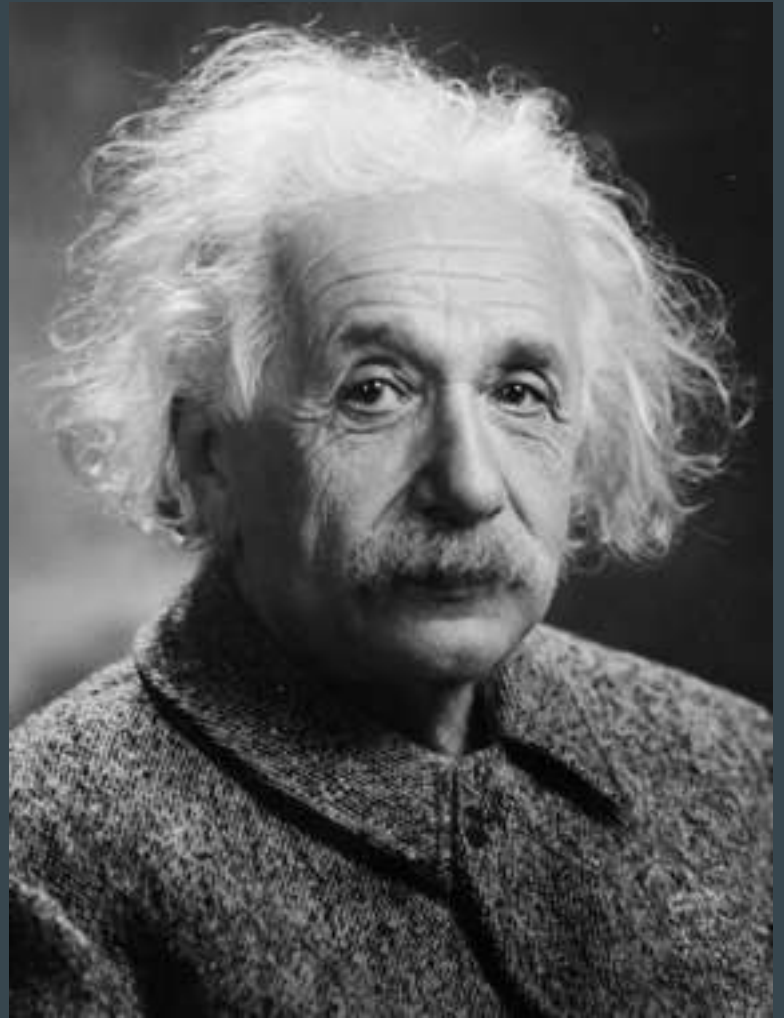
Chris R. Giles MS, LMFT  
Christian Family Institute

*There lies before us, if we choose, continued progress in Happiness, Knowledge, and Wisdom. Shall we instead choose death, because we cannot forget our quarrels? We appeal as human beings to human beings: Remember your humanity and forget the rest.*

*-Albert Einstein - addressing world leaders*

*I believe that the abominable deterioration of ethical standards stems primarily from the mechanization and depersonalization of our lives-A disastrous bi-product of science and technology.*

*-Albert Einstein - in a letter to a friend*



*It is so striking that for decades, membership in all kinds of groups has declined as much as a fourth. That is a lot of people who need to find a sense of purpose and support somewhere else.”*

- Mark Zuckerberg- Creator of Facebook

In this speech, Zuckerberg describes how he envisions Facebook “Communities” taking on the role in people’s lives that were once filled by places like “the Church and Little League.”



# Sobering Effects of Social Media

Research is beginning to recognize the link between social media use and negative mental health effects.

- Increased Facebook use is linked to Depression particularly in Teens and Young Adults
- Instagram use is linked to increase in anxiety
- Those who frequently use social media actually report greater sense of isolation.



# So What's Going On?

- Does social media make you more social?
  - Children do not learn necessary social skills online
- False connections/false vulnerability- cyberbully, stalking, gossip and dangerous decisions are easier online.
  - Remember, pre-frontal cortex is not developed
- NeuroBiology and the internet
  - Addiction- each new click, like and search provides a pleasure response in the brain (dopamine)



# Parents' Responsibility

- Be a good example.
  - Put the phone down!
  - Have rules and follow them.
    - No screens at meal time
    - No screens after a certain hour
- Know your children (Talk and listen)
  - Build Connection without phone in hand
- Teach your children.
  - How to treat others
  - Delayed gratification
- Know what they are up to.

