

Get your head out of the sand



NMK Syndrome
(not my kid)

My kid **would
never...**

Good kids make
bad choices

Safe place

Model appropriate
tech behavior

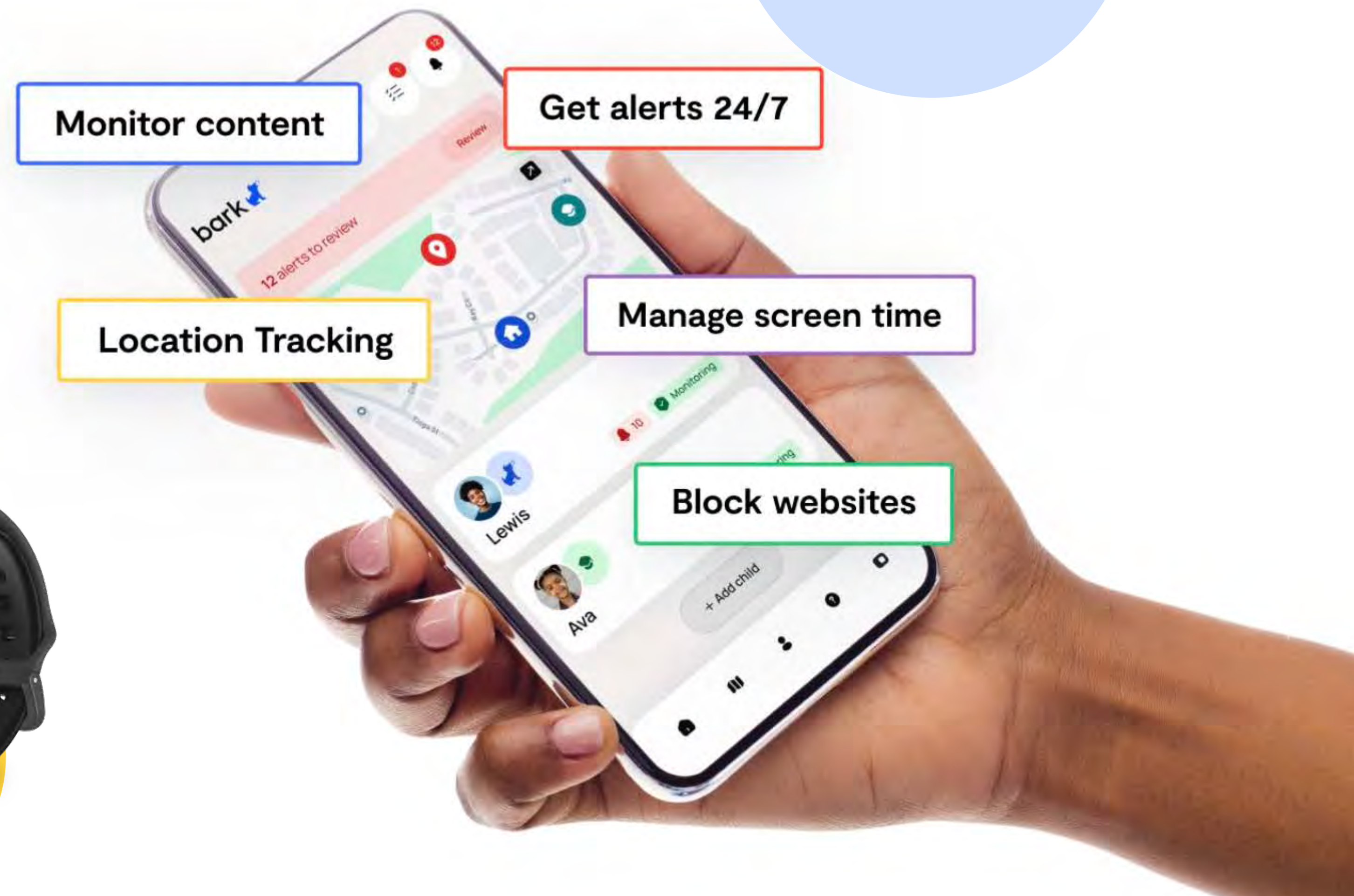


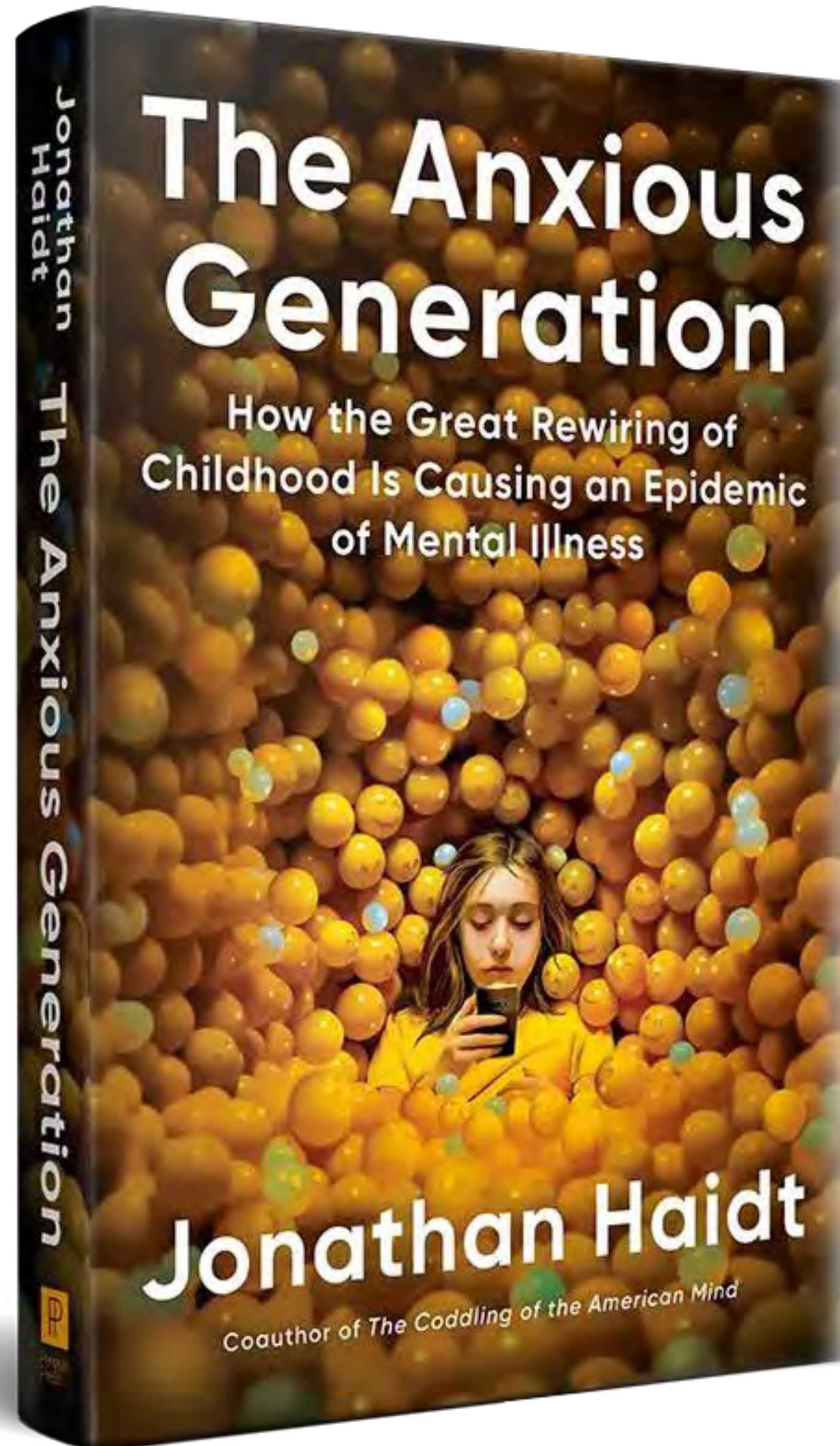
Freak out
quietly

Give yourself
some **grace**

Use **safer tech**.

No connected tech
in bedrooms or
behind closed doors





Delay **social media**.

The Four Norms

The Four Norms to Roll Back the Phone-Based Childhood

- 1 No smartphones before high school
- 2 No social media before 16
- 3 Phone-free schools, from bell to bell
- 4 More independence, free play, and responsibility in the real world

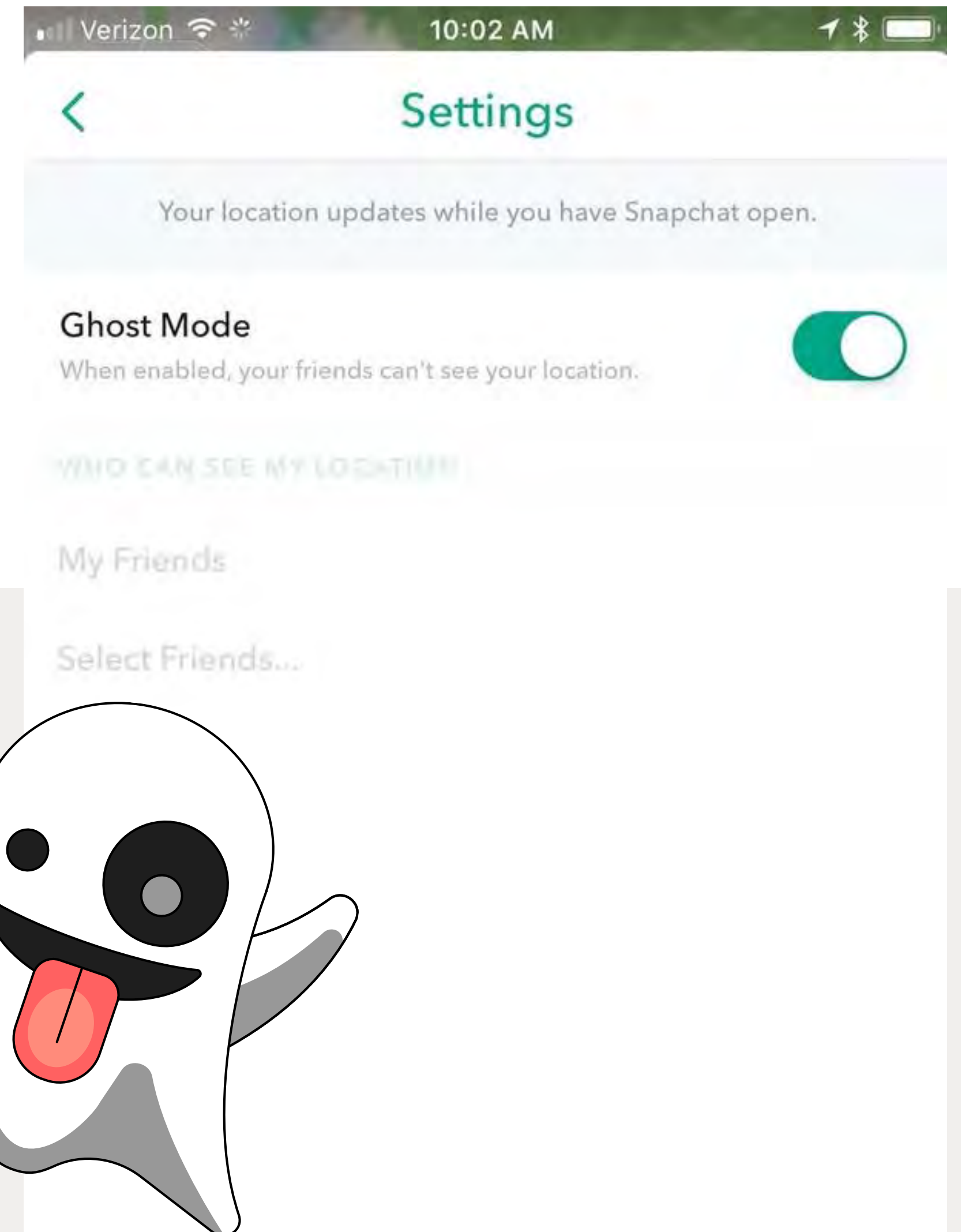
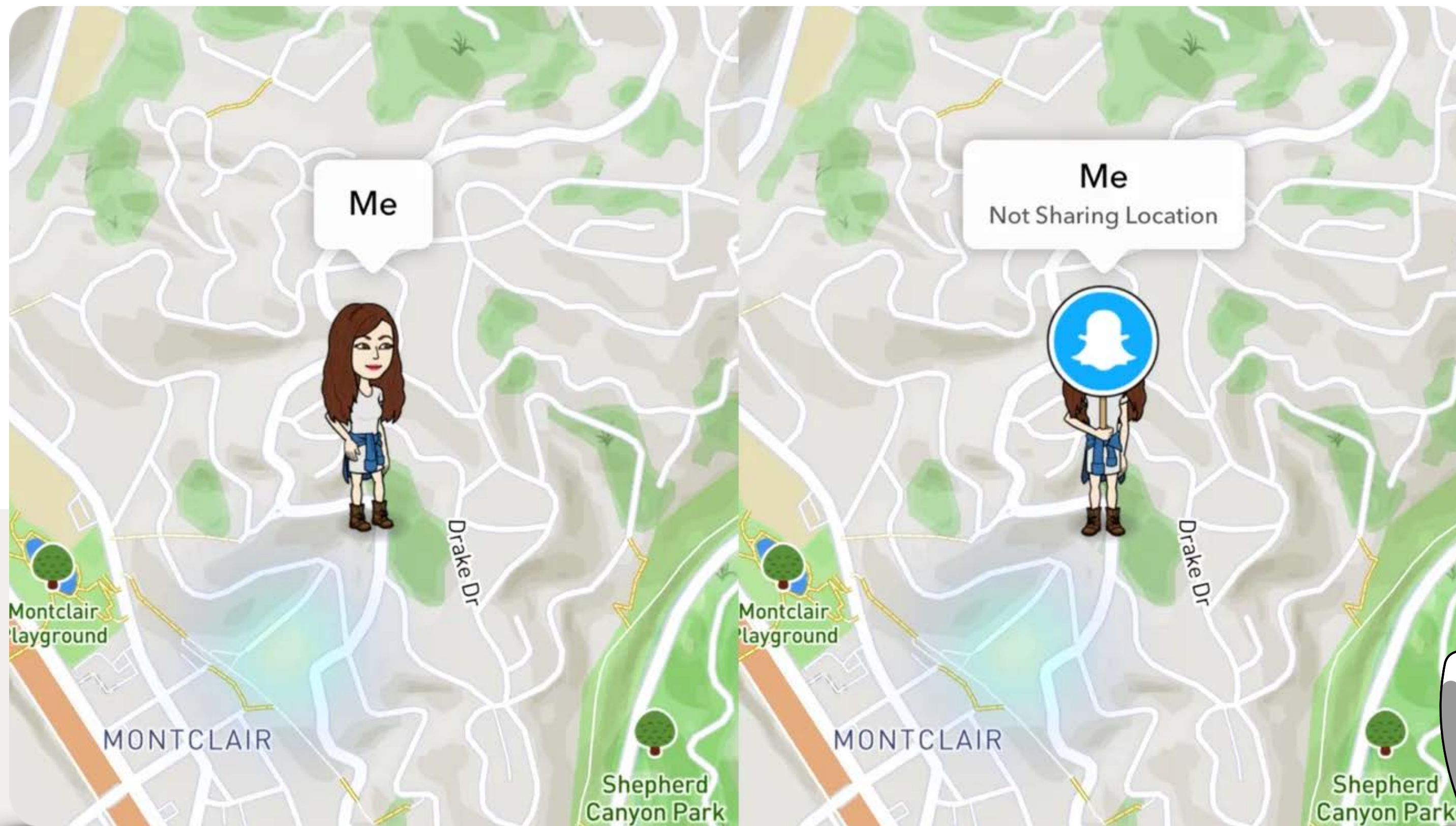


Why?

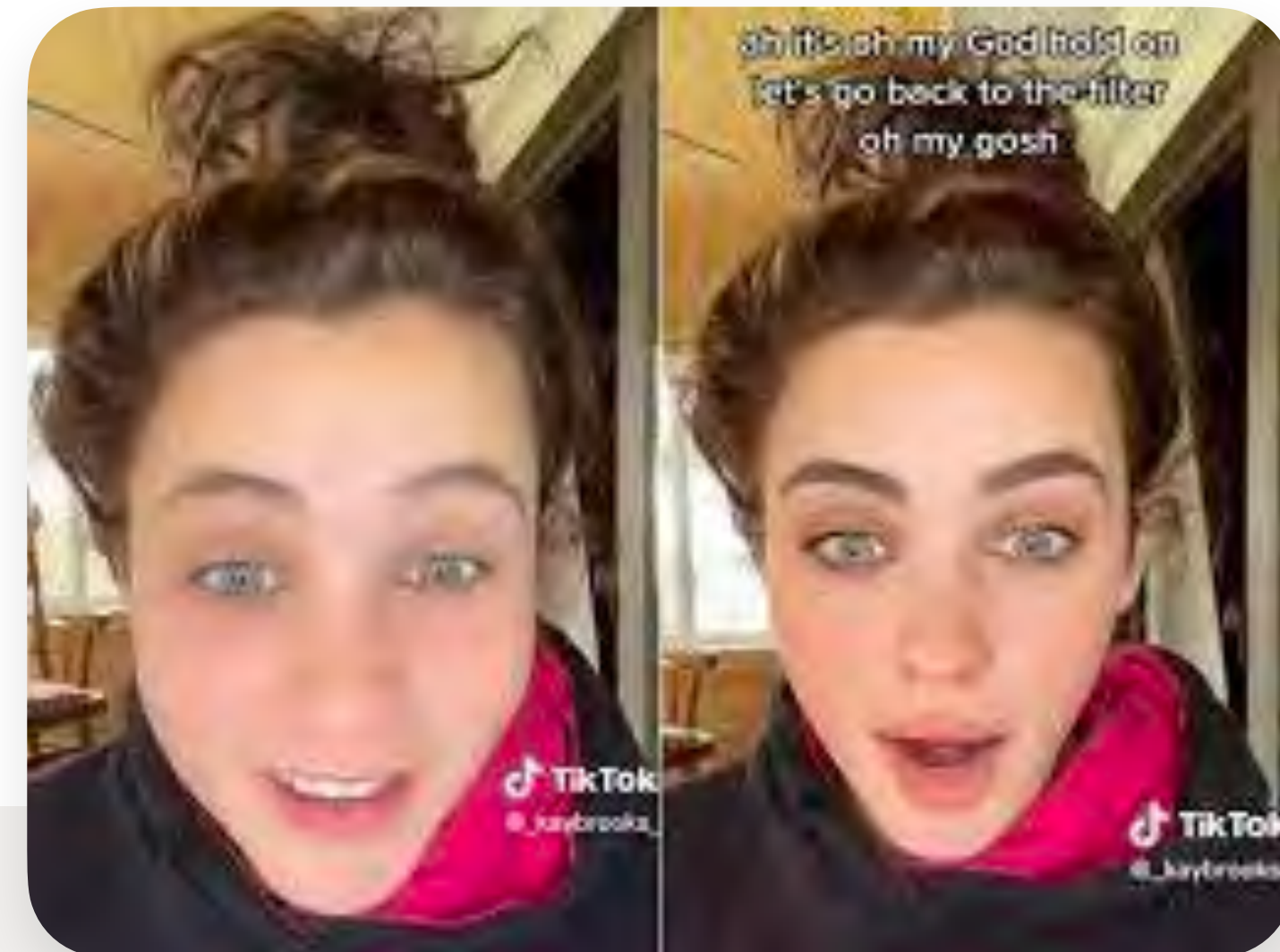
FOMO



GHOST MODE



Filtered vs. Real Life



Filtered vs. Real Life



Reddit · r/technology

80+ comments · 2 years ago

Instagram internal research: 'We make body image issues ...

"Teens blame **Instagram** for increases in the rate of anxiety and depression," said internal research by Facebook presented in 2019.



Mental Health Foundation

<https://www.mentalhealth.org.uk> › about-us › news › m...

Millions of teenagers worry about body image and identify ...

Four in ten **teenagers** (40%) said images on social media had caused them to worry about **body image**. More than a third of British **teenagers** (35 per cent) had ...



Harvard T.H. Chan School of Public Health

<https://www.hsph.harvard.edu> › news › hsph-in-the-news

Exploring the effect of social media on teen girls' mental health

Sep 14, 2023 — Exposure to videos and photos on social media platforms can contribute to **body** dissatisfaction and eating disorders among **teen** and **adolescent** girls.



The New York Times

<https://www.nytimes.com> › 2021/10/13 › parenting › in...

The Messy Truth About Teen Girls and Instagram

Oct 16, 2021 — Statistics like "32 percent of teen girls said that when they felt bad about their bodies, **Instagram made them feel worse**," along with a raft of ...



Time Magazine

<https://time.com> › Tech › Social Media

Instagram's Body Image Problem May Be Unfixable ...

Sep 16, 2021 — The features within Instagram that cause **teenage girls to develop negative feelings about their body image** may be baked into the very core ...



National Institutes of Health (NIH) (.gov)

<https://www.ncbi.nlm.nih.gov> › articles › PMC8834897

Instagram Use and Body Dissatisfaction: The Mediating ...

by F Pedalino · 2022 · Cited by 140 — Browsing on **Instagram** was associated with lower levels of **body** appreciation, fully mediated by upward social comparison with social media influencers.
[Introduction](#) · [Materials and Methods](#) · [Results](#) · [Discussion](#)

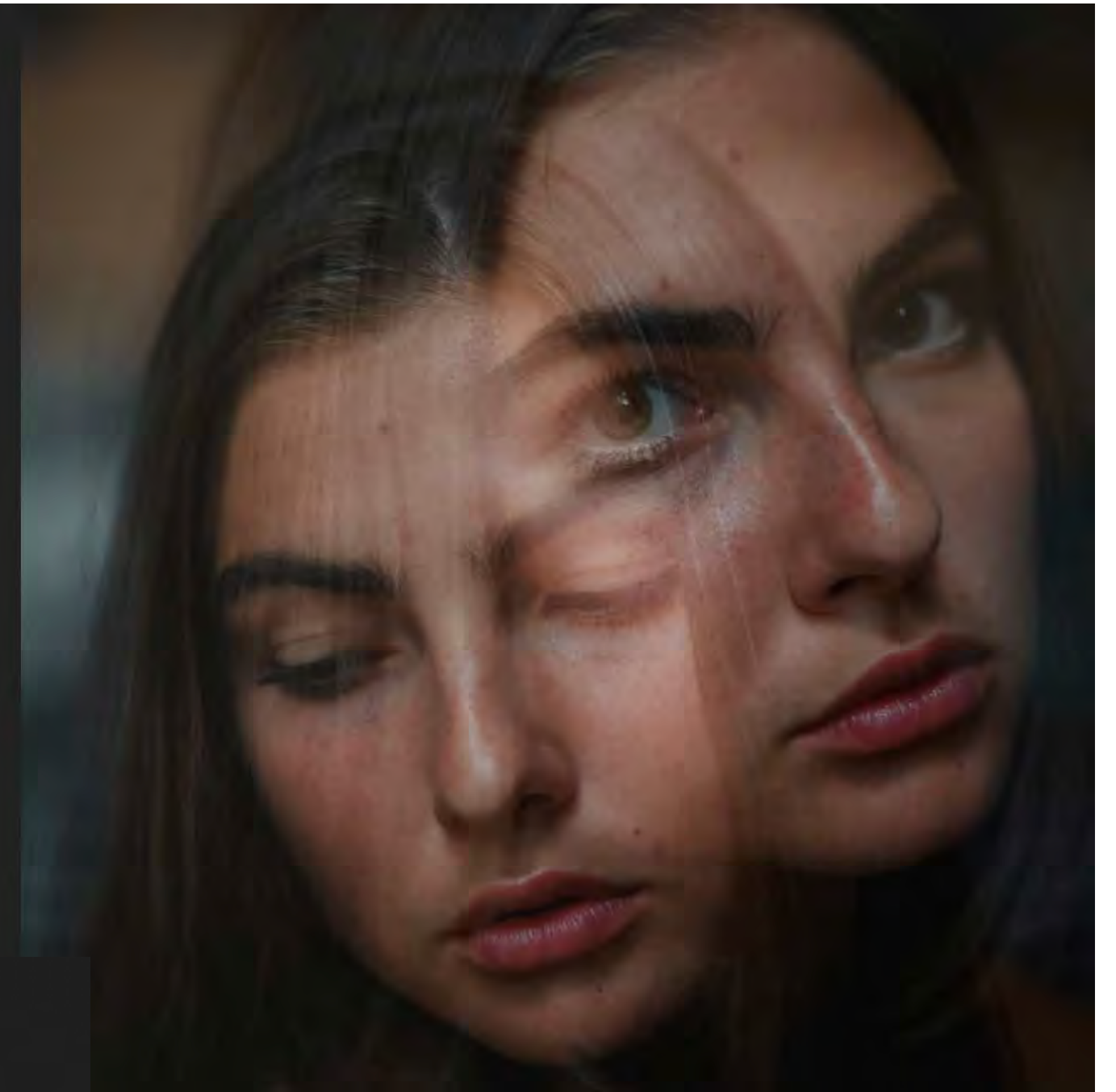


The Verge

<https://www.theverge.com> › facebook-instagram-teens...

Instagram internal research: 'We make body image issues ...

Sep 15, 2021 — As one slide from an internal Facebook presentation put it: "We **make body image issues worse** for one in three **teen girls**." (The figure referred ...



Teen Accounts?

EXPLORE

TIME

SUBSCRIBE 

OCT 9, 2025 7:00 AM ET

Instagram Promised to Become Safer For Teens. Researchers Say It's Not Working.

TECH

SOCIAL MEDIA



by Charlotte Alter
SENIOR CORRESPONDENT



A teenager holds a phone whose screen displays the Instagram social media logo. *Vincent Feuray—Hans Lucas / AFP / Getty Images*

Teen Accounts?

Teens on Instagram continue to face safety issues on the platform, according to new research, despite enhanced protections for young users rolled out more than a year ago.

A new report shared exclusively with TIME suggests the safeguards that Instagram's parent company Meta rolled out last year have failed to stem safety issues for teens. In the study from child advocacy groups ParentsTogether Action, the HEAT Initiative, and Design It for Us, which Meta disputed as biased, nearly 60% of teens aged 13 to 15 reported encountering unsafe content and unwanted messages on Instagram during the last six months. Nearly 60% of the kids who received unwanted messages said they came from users they believe to be adults. And nearly 40% of kids who got unwanted messages said they came from someone who wanted to start a sexual or romantic relationship with them.

Algorithms

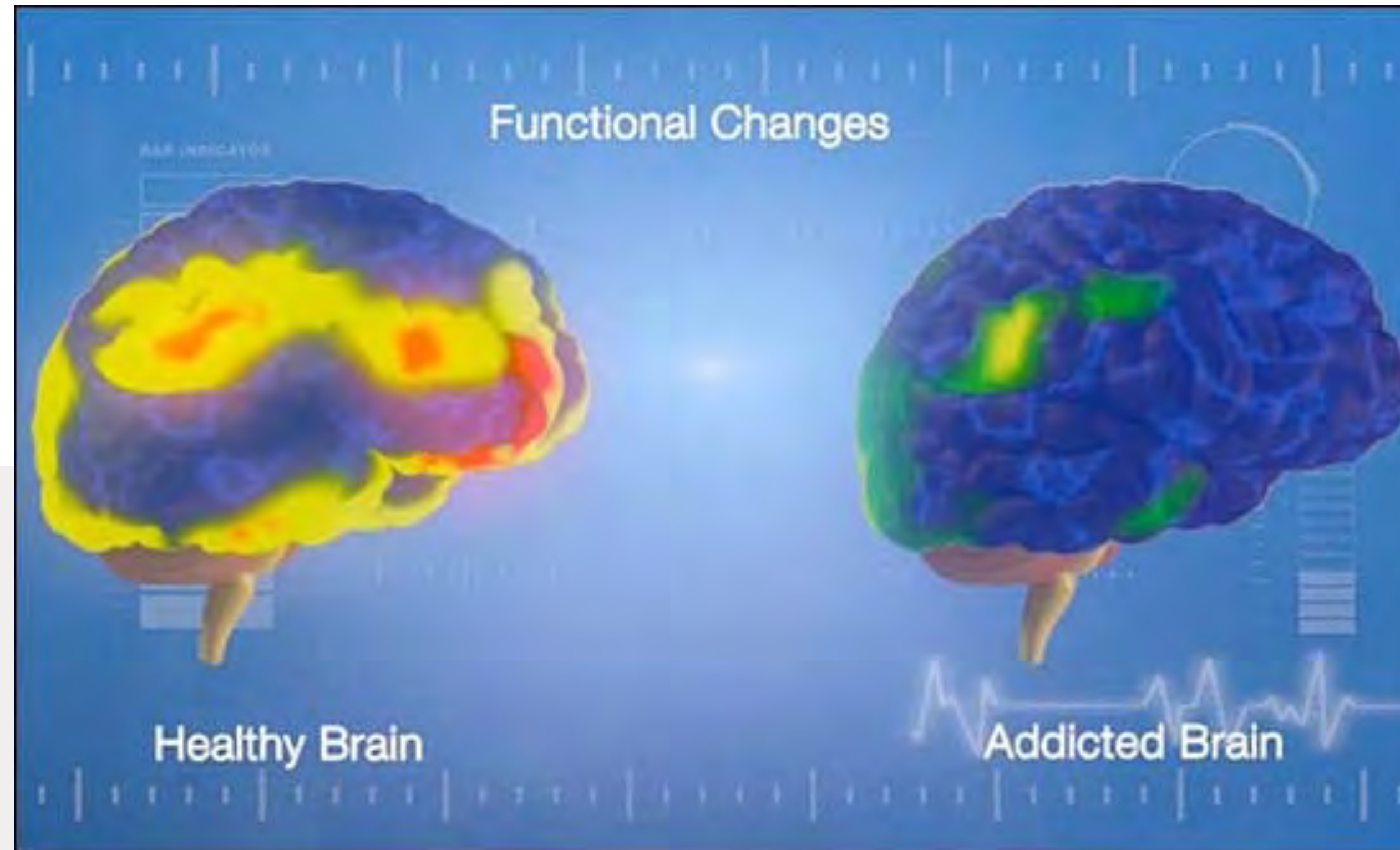
Tobacco-like warning label for social media sought by US surgeon general who asks Congress to act



Algorithms



Addiction



Leadership

Steve Jobs limited his children's use of technology. TikTok CEO Shou Zi Chew doesn't let his children on TikTok. Bill Gates restricted his kids' screen time and did not give them a phone until they were 14. Google CEO Sundar Pichai didn't give his 11-year-old a phone.

We are the product



**HARVARD
T.H. CHAN**

SCHOOL OF PUBLIC HEALTH

For immediate release: December 27, 2023

Boston, MA—Social media platforms Facebook, Instagram, Snapchat, TikTok, X (formerly Twitter), and YouTube collectively derived nearly \$11 billion in advertising revenue from U.S.-based users younger than 18 in 2022, according to a new study led by Harvard T.H. Chan School of Public Health. The study is the first to offer estimates of the number of [youth](#) users on these platforms and how much annual ad revenue is attributable to them.

The study was published on December 27, 2023, in PLOS ONE.



Happiness is an
unfollow away

Memorize This



Using the 988 Lifeline is free. When you call, text, or chat the 988 Lifeline, your conversation is confidential. The 988 Lifeline provides you judgment-free care. Connecting with someone can help save your life.

Sexting



In Georgia, sexting falls under the state's child pornography laws. In general, a teenager who creates, distributes or possesses a sexually explicit image, could be charged with a misdemeanor or felony, depending on the facts and circumstances, and could result in prison time and having to register as a sex offender.

Know the Laws

If someone sends your child a sexually explicit photo, **do not share it with anyone** + delete it immediately. It's illegal and has **real LEGAL ramifications** that could follow them throughout their life.



Georgia Middle School Students Accused Of Sexting

Two students, aged 13 and 14, are currently facing charges after they were found to have sent and received a sexually explicit image. According to authorities, the female student took a nude photo of herself using her cell phone. She then sent the image to her boyfriend, who showed it to several other people. School administrators took note of the activity and notified authorities. Charges were filed against the students on Nov. 18.