



## Presentation Review

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1. Parent: **My teen spends too much time on their cell phone**  
Teen: Yep... sometimes we do spend too much time on our phones.
2. Parent: **All my child does is play games and watch videos online**  
Teen: Yes... gaming is fun and videos are entertaining, but we also learn a lot.
3. Parent: **Social media is dangerous; it's full of hackers, predators and ID thieves**  
Teen: There are dangers everywhere and social media is no exception.
4. Parent: **Social media has affected my child's ability to socialize**  
Teen: Communication online is "normal" to us. And it doesn't limit our in-person friends.
5. Parent: **My child is addicted to social media**  
Teen: Just like everyone else, sometimes we go "down the rabbit hole" and lose track of time.
6. Parent: **My child isn't getting enough sleep because of social media**  
Teen: FOMO is real. Sometimes that keeps us up late at night, and wakes us at all hours.
7. Parent: **Social media causes my child to have depression, anxiety and low self-esteem**  
Teen: Some teens do need professional help, but for many, social media has a lot of positives.
8. Parent: **Should I be more closely monitoring my child on social media?**  
Teen: Privacy is very important to us. Help us set smart social media guidelines, then trust us.
9. Parent: **My child is wasting their life away on social media**  
Teen: Social media is a tool and it has purpose; it allows for interaction, even if it is online.
10. Parent: **I don't even know my child anymore, they spend so much time on social media**  
Teen: Let me show you how you can use social media to benefit your life.

## Additional Reading

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- "5 Ways Parents can help Kids Balance Social Media with the Real World" - <https://wapo.st/3TARV5q>
- "How to Protect Kids Online: Apps and Tactics Used by Experts - and Real Parents" - <https://wapo.st/3Tr2ub9>
- "What Teens Wish Their Parents Knew About Social Media" - <http://bit.ly/3lpqezF>
- "The Technology/Social Media Rules Kids and Teens Wish Their Parents Would Follow" - <http://bit.ly/3yRHast>
- "Teen Social Media Statistics 2023 (What Students and Parents Need to Know)" - <http://bit.ly/3Tt52W1>
- "Teens, Social Media and Technology 2022 - Pew Research Center" - <http://bit.ly/3JxdQpu>
- "What Teens Wish Their Parents Knew About Technology" - <http://bit.ly/3n20zh0>
- "Associations Between Time Spent Using Social Media and Internalizing Problems..." - <http://bit.ly/3n3K2t4>