

10 things I wish my PARENTS knew about SOCIAL MEDIA

1. **ALGORITHMS** – a set of formulas used by websites to develop content promotion strategies
2. **APP-SAVVY** – a good knowledge and understanding of various computer applications
3. **AUTONOMY** – the ability to make your own decisions about what to do rather than being influenced by someone else or told what to do
4. **CRISIS TEXT LINE** – text HOME to 741741 to connect with a crisis counselor 24/7
5. **DARK WEB** – an encrypted part of the internet not indexed by search engines which needs specific authorization to access
6. **DIGITAL DETOX** – a period of time during which a person refrains from using electronic devices such as smartphones or computers, regarded as an opportunity to reduce stress or focus on social interaction in the physical world
7. **DIGITAL DIVIDE** – the economic, educational, and social inequities between those who have computers and online access and those who do not
8. **DIGITAL NATIVE** – a person born or brought up during the age of digital technology and therefore familiar with computers and the internet from an early age
9. **DIGITAL WELLNESS** – our physical, mental, and social wellbeing when interacting with technology
10. **DOXXING** – the act of publicly providing personally identifiable information about an individual or organization, usually with malicious intent
11. **FINSTA** – short for “fake insta.” Used to describe a secret or fake Instagram page
12. **GAMING DISORDER** – a diagnosable mental health condition characterized by an inability to control the urge to play video games despite negative consequences
13. **INVASION OF PRIVACY** – the unjustifiable intrusion into the personal life of another without consent
14. **METVERSE** – a virtual-reality space in which users can interact with a computer-generated environment and other users
15. **ONLINE PREDATOR** – someone who seeks contact with children and adolescents on the internet for abusive and exploitative purposes
16. **OVERSHARING** – the disclosure of an inappropriate amount of detail about one's personal life
17. **PRIVACY SETTINGS** – controls available on many websites and apps to limit who can access your profile and what information visitors can see
18. **SELF-REGULATION** – the ability to control your behavior and manage your thoughts and emotions in appropriate ways
19. **SOCIAL DISPLACEMENT** – the idea that time spent on social media replaces time spent in face-to-face interaction, thus reducing wellbeing
20. **SOCIAL MEDIA GUIDELINES** – a document that lays down some general rules of conduct on social media

