

Social Media Responsibility with Student Engagement



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For today's young people, a world with social media is the only one they have ever known. [In this training](#), participants will learn the consequences of increased social media usage during the COVID-19 pandemic on student mental health from a variety of perspectives: a student, a community-based organization leader, and school staff members. Presenters will share strategies for teaching students to address the mental health effects of social media.

Learning Outcomes

- » Assess ethical concerns associated with various types of social media use.
- » Explain social comparison theories and their role in social media.
- » Examine the benefits and drawbacks of the current trends in youth social media use.

Key Takeaways

- ✓ Adults and youth have different concerns when it comes to social media use. Adults may be more concerned with physical safety and privacy, while youth may be more concerned with self-esteem and self-worth.
- ✓ Educators can share SEL activities with students to help them set parameters, consider their influences, and create a positive mindset.
- ✓ Families can engage youth in conversations about healthy social media use.
- ✓ Social media can be used to develop critical thinking, problem solving, and collaborative skills (i.e., “used as a mobile learning device”). It can also be used to support meaningful connections, but it can't replicate or replace the benefits of face-to-face socialization.

Additional Resources

[Family Online Safety Institute](#) - Features advice for parents and professionals for talking to kids about online safety.

[ThatsNotCool.com](#) - A national public education initiative that partners with young people to address digital abuse, unhealthy relationships, and dating violence.

[Student Mental Health in a Distance Learning Environment](#) - This on-demand webinar shares strategies and solutions to support mental health and SEL in an online learning environment.

Questions for Discussion

- » What are your students' concerns when it comes to social media use? How are students taught to deal with these concerns?
- » Do families have the resources they need to discuss and model social media use with their children?
- » How can you leverage the benefits of social media use in the classroom or for homework?
- » How will your school address changes in social media and technology habits that may occur as students transition back to in-person learning?

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