

## **SOCIAL MEDIA AWARENESS FOR PARENTS & CARERS**

*For the first time in history, mental illness and suicide have become one of the greatest threats to school-aged children. Many parents still view dangers as primarily physical and external, but they're missing the real danger: kids spending more time online and less time engaging in real life, free play, and autonomy. What are the effects on the next generation's mental and physical health? Childhood was more or less unchanged for millennia, but this is CHILDHOOD 2.0. [extract from the Childhood 2.0 website]*

We would like to draw your attention to a highly informative 1.5 hour American documentary on the impact of social media on young people. We believe this challenging film is a **must watch** for all parents/guardians. The programme is called 'Social Media Dangers Documentary Childhood 2.0' and is available on Youtube.

### [Social Media Dangers Documentary — Childhood 2.0 - YouTube](#)

The attached handbook is a companion piece to Childhood 2.0 documentary, though it also stands on its own and is helpful for anyone raising children in the digital age. In it, you'll find information about some of the common issues and digital dangers kids are up against — not only the ones discussed in the documentary, but also common issues like violence and anxiety. Each section includes a list of recommended actions families can take if they suspect their child needs help, along with a list of online links and resources as well as helpful prompts for starting those hard — but important — conversations.

The lengthy documentary professionally tells an important narrative and should be watched in its entirety but you may wish to focus on certain topics.

#### **Sections:**

- 00.00 Setting the scene
- 08.00 Evolution of mobile phones / social media
- 14.00 Time spent online
- 15.55 Science behind behaviour / addiction
- 20.00 Mental health
- 25.35 What gets more 'likes' on social media?
- 27.25 Cyber-bullying
- 34.10 Pornography
- 46.00 Sexting
- 53.00 Sextortion and Child Predation
- 1:06.30 Suicide (and cyber-bullying)
- 1:15.20 Personal safety
- 1:18.30 Parental child relationship summary

If you want to discuss any concerns you have about your child's welfare please feel free to contact Mr Milliken or Ms Wiltshire.