Understanding Social Media and Parental Controls

Content

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Navigating Cyberspace as a Teen

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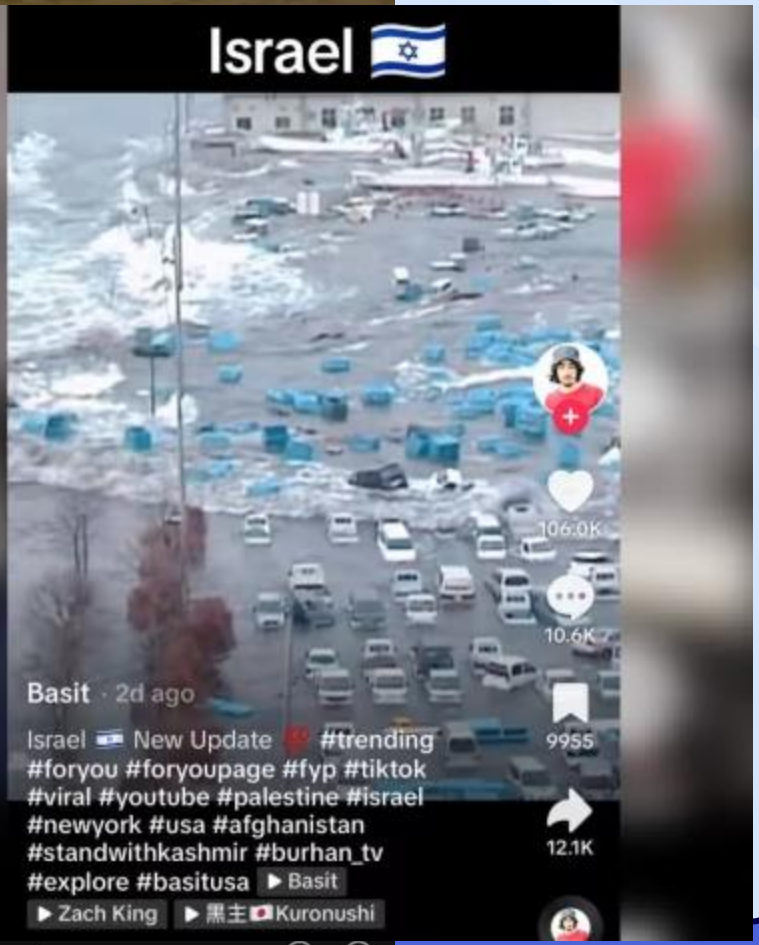
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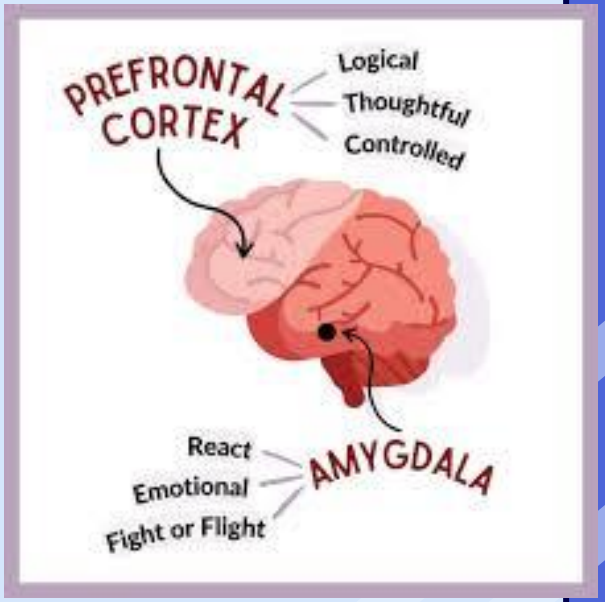
Navigating Cyberspace as a Teen

Why are they drawn to such content?

- Teens are ruled by their amygdala aka lizard brain (first part to develop)
  - Associated with emotions, impulses, aggression & instinctive behaviour

- Prefrontal cortex (last to develop: mid-20s)
  - Linked to reasoning, decision-making

- Prone to social pressure



Navigating Cyberspace as a Teen

How do they find such content?

- Algorithms by social media platforms
- Attention economy: the more time you spend on social media, the more ads can be shown to you

The New York Times
For Gen Z, TikTok Is the New Search Engine
Need to find a restaurant or figure out how to do something? Young people are turning to TikTok to search for answers. Google has noticed.

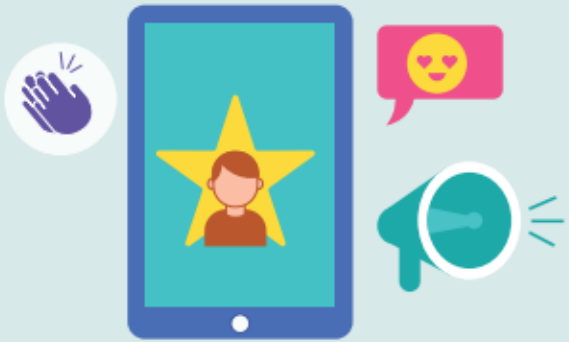
Social Connections and Support

Social media allows youths to connect with others who share common interests and experiences from all over the world. Online social support can also buffer against stress and anxiety for youths while fostering their social and emotional resilience.

Learn More About the World

Social media can be a valuable source of information and provide platforms to share a variety of views on a wide range of topics and social issues. This can offer opportunities for youths to develop greater awareness of viewpoints beyond their own.

Creativity and Self-Expression



Social media allows youths to express themselves freely. This empowers them to develop their skills, receive validation and gain recognition for their talents, which build confidence and develop their self-identity.

Entertainment

Social media is full of creative and engaging content which can be a good source of entertainment and relaxation.

What are Some Issues that Arise?

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Doomscrolling and Its Consequences

Doomscrolling means **reading large amounts of distressing news** online. It may result in:

- Increased anxiety and stress
- Worsened emotional well-being
- Poor sleep quality

Created by IvyPanda®

Lower Self-Esteem

On social media, people usually show highly curated and idealised photos or videos of themselves, which may not be a true reflection of their daily lives. Constant exposure to such content can make youths feel bad about themselves as they struggle to meet such unrealistic standards.

Limited Perspectives

With social media's algorithms, youths are often fed content that matches their interests in order to keep them engaged online. As such, they may not be exposed to multiple perspectives and information that could broaden their understanding and help them develop more balanced viewpoints.

Insufficient Sleep

Youths may find it difficult to disengage from social media at night due to anxiety about missing out on something interesting or exciting that others might be experiencing.

Risk of Exposure to Cyberbullying

Cyberbullying may be more common on social media due to anonymity, resulting in significant distress and potentially poorer mental health in affected youths.

What can I Do as a Parent?

If your child isn't on social media yet

Consider the following before deciding if he/she is ready:

- Is my child especially vulnerable to online harms?
- Does my child have the required maturity and resilience to manage potentially negative online social interactions?
- Does my child listen to advice and follow rules?
- Is my child aware of the risks, and does he/she have strategies for managing them?
- Will my child come to me with any problems they encounter online?

https://www.channelnewsasia.com/commentary/tiktok-instagram-age-too-young-social-media-risk-3269166

If your child is already on social media

Ensure the following steps:

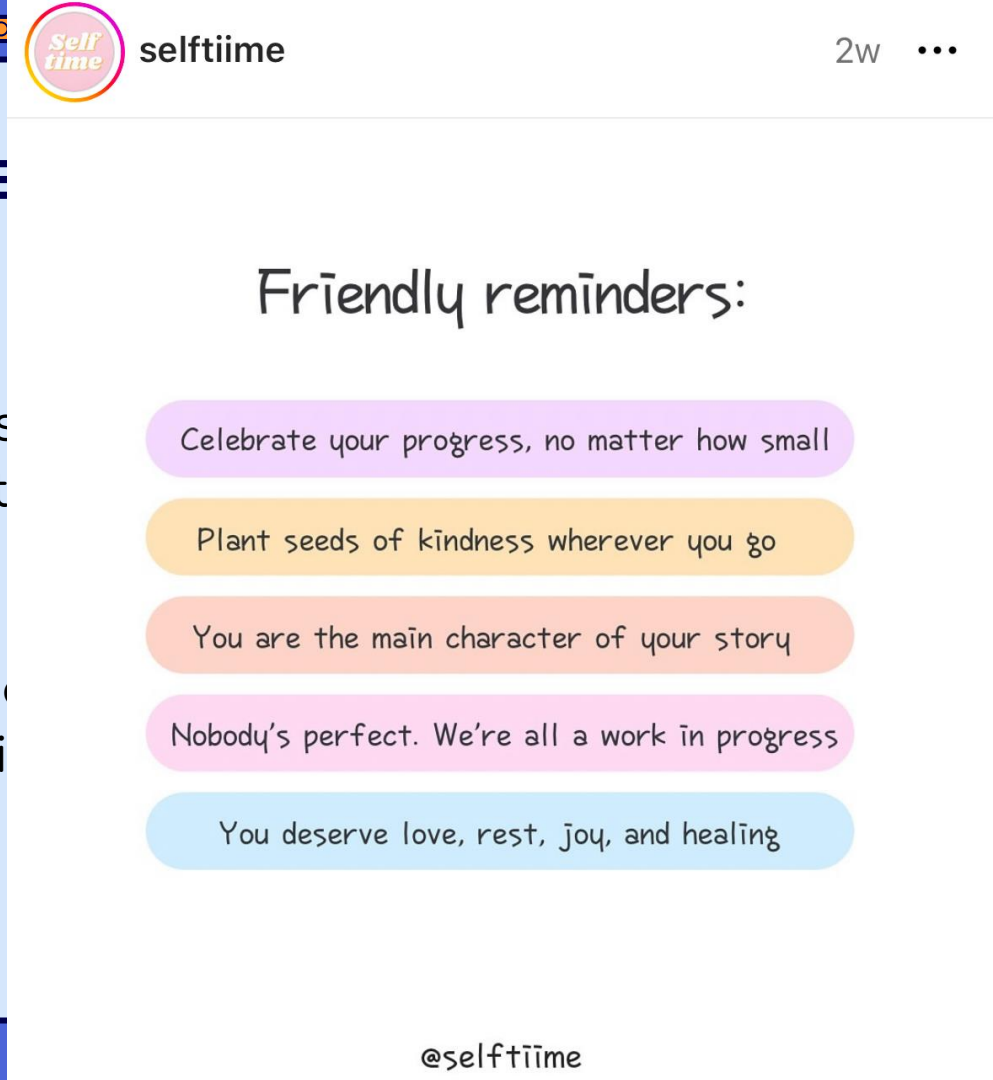
- Have frequent conversations with your child about what he/she is viewing
- Educate him/her about online safety
- Learn parental control tools you can use to keep track of your child's usage of social media
- Discuss boundaries with your child

If your child is alre

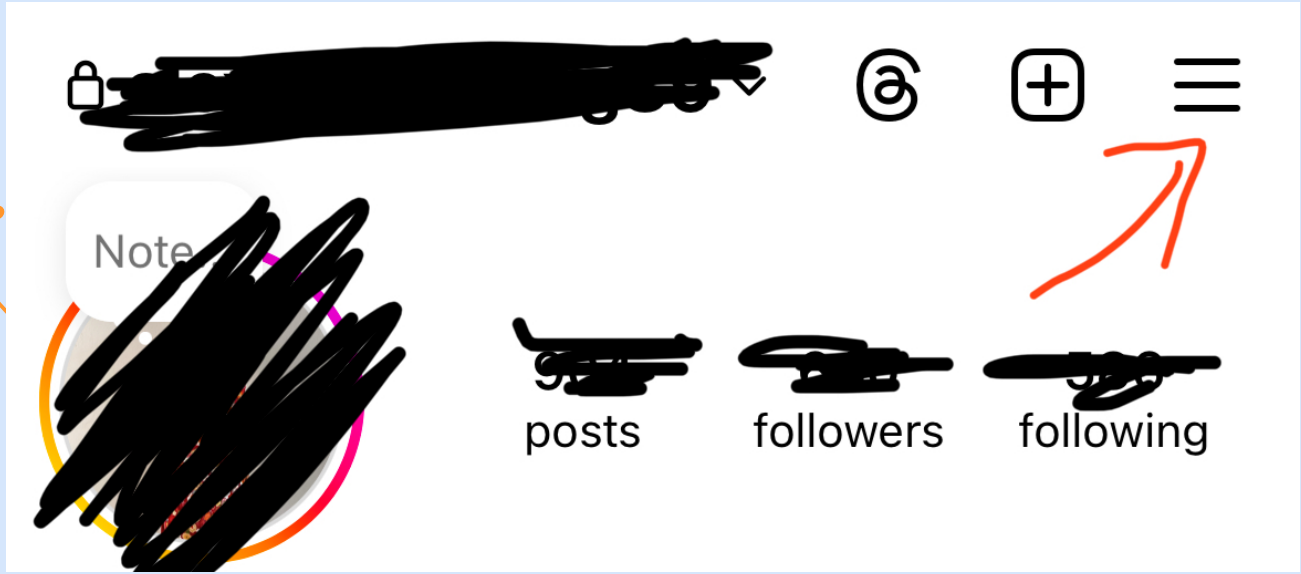
Try the following:

- Change the algorithm by s
  about positive messages t
  media

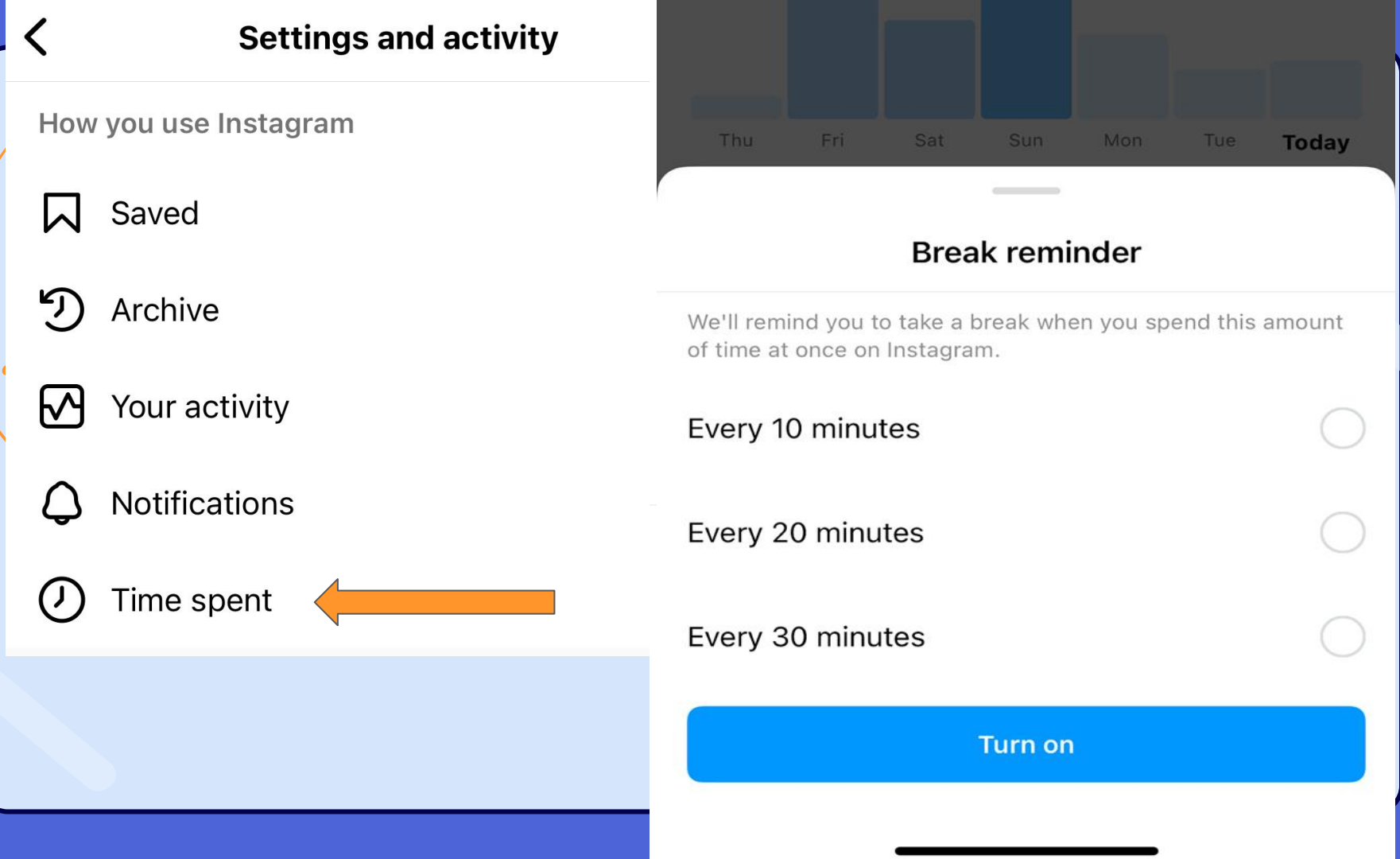
- Introduce them to other a
  doing, e.g. outdoor activiti



Parental Controls for Instagram



Settings and Activity


Settings and activity
How you use Instagram
Saved
Archive
Your activity
Notifications
Time spent
Thu
Fri
Sat
Sun
Mon
Tue
Today
Break reminder
We'll remind you to take a break when you spend this amount of time at once on Instagram.
Every 10 minutes
Every 20 minutes
Every 30 minutes
Turn on

How others can interact with you

- Messages and story replies
- Tags and mentions
- Comments
- Sharing
- Restricted
- Limited interactions
- Aa Hidden words
- Follow and invite friends

Hidden words

Instagram will automatically move a variety of comments, such as those that are potentially offensive or spam, to a separate section. Anyone can see these comments and you can unhide them anytime.

Advanced comment filtering

Even more comments that meet our criteria will automatically be hidden.

Hide message requests

Message requests that may be offensive, spam or scams will be moved to the Hidden requests folder. We'll also filter notifications for these messages.

Custom words for messages and comments

How others can interact with you

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notifications for these messages.

Custom words for messages and comments

Hide other comments and messages you don't want to see by creating a custom list of words, phrases and emojis.

Manage custom words and phrases

Hide comments

Comments that contain words on your custom list and similar misspellings will be filtered out so they are only visible to the authors.

Hide message requests

Message requests that contain words, phrases and emojis on your custom list will be hidden.

Supervision on Instagram

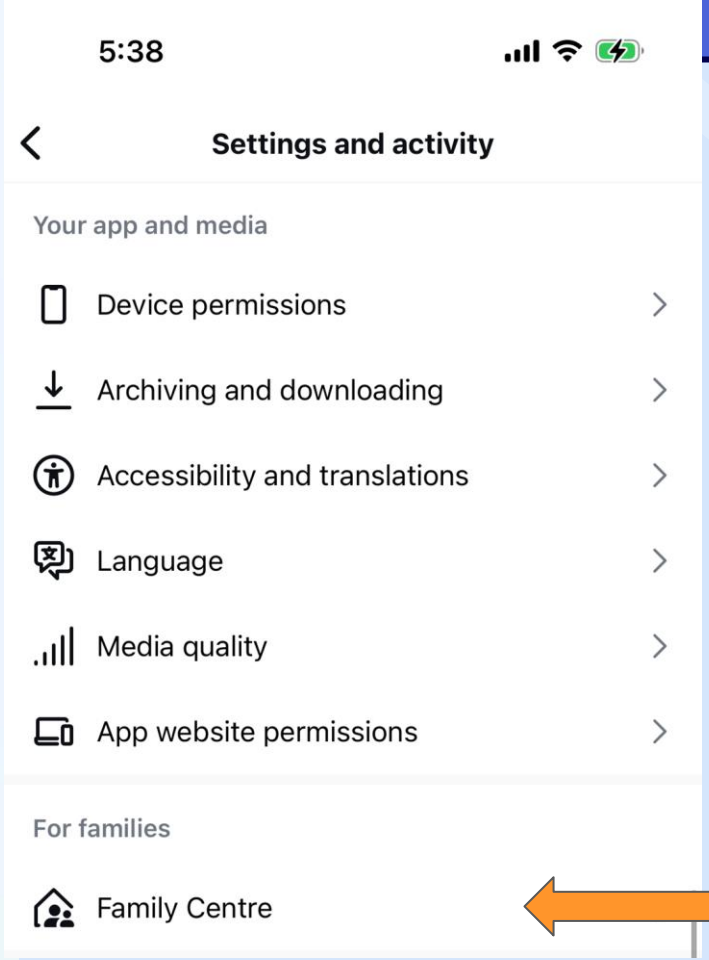
Invite your teen to supervision so that you can give them extra support on Instagram.

Set li
they

You won't see their search history, messages or posts unless they have a public account or you follow them.

Parents or teens can remove supervision at any time and it's automatically removed when the teen turns 18.

Learn more about supervision



Resources

https://go.gov.sg/pfw-landing-page

https://go.gov.sg/parents-day-ict-resources

#BeSmart

Be Aware Of What You Share

1 CLICK AWAY

MEDIA LITERACY COUNCIL

Supported by:

INFOCOMM MEDIA DEVELOPMENT AUTHORITY

TOUCH Cyber Wellness

In Support of:

SG:D | GET READY!

Q&A