



weLL BEING therapy center

Tips for Parents: The Impact of Social Media on Your Teen

1. Teens have a brain that is not fully developed yet. Therefore they have:
Poor Judgment + Lack of Impulse Control

(And Social Media is addicting!)
2. Parents must teach and protect your children. Therefore parents need to :

→ Teach responsible use of social media
→ Set guidelines for use
→ **Monitor** Social Media use
3. The most used apps by teens currently:
 - a. Instagram
 - b. Snapchat
 - c. Twitter
 - d. More to know:
 - i. Tumblr
 - ii. Goggle hangouts
 - iii. Vsco
 - iv. AskFM
 - v. Kik
 - vi. What's app
 - vii. Tinder
 - viii. Wattpad
 - ix. Facebook
 - x. Facetime
4. Monitoring Websites and Apps
 - a. Teen Safe <http://www.teensafe.com>
 - b. Mama Bear App <http://mamabearapp.com>
 - c. Net Nanny <https://www.netnanny.com/>