Social Media

About 90% of teens have used some form of social media and 75% have a profile on a social networking site, experts say. More than half of all American teens visit social networking sites every day. These numbers are way up from just a few years ago, and there's almost no chance of them ever coming down again.

There are plenty of good things about social media-but also many potential dangers and things that you want your kids and teens to avoid. They don't always make the smartest choices when they post something to a site like Facebook or YouTube, and sometimes this can lead to problems.

So it‘s important for parents to teach their kids how to use social media wisely.

The Good

Social media can help kids:

Stay connected with friends and family

Volunteer or get involved with a campaign, nonprofit, or charity

Enhance their creativity through the sharing of ideas, music, and art

Meet and interact with others who share similar interests

The Bad

The flipside is that social media can be a hub for things like cyberbullying and questionable activities. Without meaning to, kids can easily shale more online than they should.

One study showed that 9 out of 10 teens post photos of them online or use their real names on their profiles; 8 out of 10 reveal their birth dates and interests; and 7 out of 10 post their school name and the town where they live. Actions like this can make kids easy targets for online predators and others who might want to cause them harm.

Source: <http://kidshealth.org/en/parents/social-media-smarts.html>