



Parents and Social Media

Understanding Social Media

Social media can be tricky waters for parents. Just like any other topics like safe driving, the birds and the bees, or appropriate use of drugs and alcohol- parents should be having conversations about social media with their children. How much and what style of parental management is needed will depend on the child's age, behavior and responsibilities. It is important for parents to understand how their child utilizes social media, as it may differ from how they use it themselves.

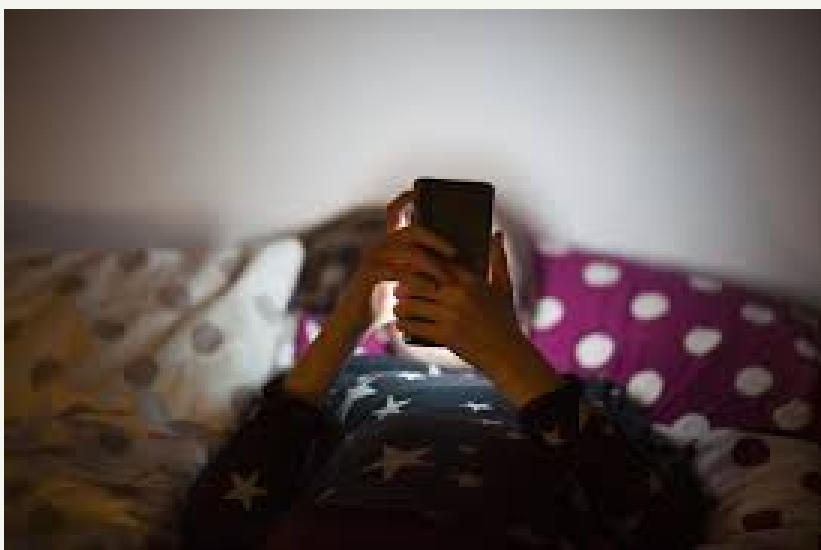
Monitoring Social Media

When discussing social media with an adolescent, keep in mind that although it is very public- some may see their social media pages similar to a diary, and having parents view that content feels like an invasion of privacy. If a child becomes defensive about sharing their social media, do not assume it means they have something to hide and rather have a conversation about boundaries and safety.



Social Media Pros

Children and adolescents use social media to connect with friends, express themselves and engage with their hobbies and interests. Role model athletes have grown beyond the back of a Wheaties box. A student-athlete can "follow" their role model, review games and impressive plays, and connect with others in a fan base. Although online, do not underestimate the connectedness a child can feel to a group or hobby through social media. When used appropriately, social media can enhance an athlete's awareness and embolden their drive and goals by exposing them to other skill sets.





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Personal Use

Every person has a choice as to how they use their social media. Being a parent or guardian may influence how some use theirs. If parents "follow" their child on social media, they should be sure to check-in with themselves to ensure they aren't trying to avoid difficult or uncomfortable conversations with their child by hoping to find what they want to know through social media.

Social Media to Connect

Connecting with other parents on social media is a great way to enhance a parent's experience at games and create opportunities for social interaction on and offline. Staying in touch with other parents can provide more eyes and ears on what's happening within the team, therefore strengthening the connection with a student-athlete.



Social Media Conflict

If a parent notices inappropriate posts from another player or harmful posts regarding the team from another parent, it is important to consider the depth of the post and move forward with a conversation with the player or parent of the student-athlete. If a parent is uncomfortable reaching out but feels it must be addressed, they can always reach out to the team's coach.