

SOCIAL MEDIA

Tips for Parents:

- Be present as a parent
- Spend quality time with your children doing things that interest them
- Help your child find offline activities that suit their interests
- Have technology-free zones / times
- Suggest positive role models for them to follow.
- Include your child in the conversation & be vulnerable share your fears and concerns. Make them part of the solution.
- Be the other voice to your children
- Allow them to be experts and teach you what they know from social media.
- It's all about balance

Consider 2 Questions when posting:

- Would I want mum and dad to see this?
- Would I say this to their face?

Benefits of social media

- develop better social skills
- feel less isolated
- Organise events and get together
- Informed about teams and sports commitments
- learn about new cultural and societal ideas and issues
- bond with their friends
- have fun
- be creative and share their own ideas
- be better equipped to be active citizens in society
- develop real world skills to help them become more independent
- learn about world events and current affairs outside of their immediate environment
- learn facts - trivia, news, current events

Risks of using social media

- spending too much time online and being disconnected from the real world
- being the victim of online bullying
- damaging your online reputation
- having your personal information shared online
- being harassed or annoyed by someone you do not want attention from
- being the victim of an online scam
- having reduced self-esteem (for some teenagers)

MINDSET: It is critical to model a growth mindset for children and changing the language you use will demonstrate this concept.

EMOTIONAL WELLBEING

IT'S THE EFFORT NOT THE RESULTS THAT MATTER

Failure is simply feedback – how we provide that feedback decides how a child sees failure.
The Power of YET!!

Refrain from saying:

- You are so smart!
- You are good at math!
- You are very intelligent!
- You are clever!

Instead say:

- You worked so hard!
- You are a very hard worker!
- You showed a lot of grit!
- I like how you persevered with that problem

Students may say:

- I can't do it!
- This is hard!
- I don't know how to do this!

Your response:

- I can't do it...YET
- You can do hard things
- We can learn how. You have already learned to do many things.

Tips for Parents:

- To nurture a growth mindset in others, it is important for parents and guardians to have a growth mindset themselves.
- It's also critical to praise children for their effort rather than their ability or intelligence, however, avoid *Toxic Positivity*
- Parents can infuse a growth mindset into their everyday language
- Allow children a moment of "struggle time."
- Remind children of a time when they couldn't do something at first but learned how, or when they overcame a challenge.