

## 5 Ways to Navigate Life in a Social Media Infused World

### The Struggle

- Hours on Screen Media
  - 6% - 0 hours
  - 17% - 2 or less hours
  - 20% - 2 to 4 hours
  - 31% - 4 to 8 hours
  - 26% - 8 or more hours
- 40% of parents say electronic devices interrupt family time significantly.
- 80% of teens say that what they see on social media helps them feel connected to what's going on in their friends' lives.
- 67% say these platforms make them feel as if they have people who can support them through tough times.
- 38% of teens say they feel overwhelmed by all of the drama they see on social media.
- 31% say these platforms have made them feel like their friends are leaving them out of things. FOMO.
- 29% have felt pressure to post content that will get lots of likes or comments.
- 23% say these platforms make them feel worse about their own life.
- More teens say social media has had a negative effect on people their own age than on them personally.
  - People their age:
    - Mostly positive: 24%
    - Neutral: 45%
    - Mostly negative: 32%
  - Them Personally:
    - Mostly positive: 32%

- Neutral: 59%
  - Mostly negative: 9%
- **Top Social Media Platforms for Teens in 2024**
  - Instagram – 65%
  - YouTube – 63%
  - TikTok – 58%
  - Snapchat – 55%
- 1. **Have a plan.**
  - “Again, training is key! You’d never let your kids drive a car without teaching them how first. In the same way that you prepare your kids to drive a car, teach them to use social media before they get on to it.” –Axis Social Media Parent Guide
- 2. **Communicate with your student.**
  - You can’t have a “fire and forget” type of mindset, you must seek to be active.
- 3. **Set boundaries and guardrails, because they won’t**
  - “Anytime we don’t pay for a product, we are the product.” – Geoffrey Fowler
- 4. **Understand the positives and the negatives of social media.**
  - “We suggest making learning about a platform’s goals and agendas a prerequisite for your teen joining a platform.” – Axis Social Media Parent Guide
- 5. **Always look through the lens of the Gospel.**
  - So, whether you eat or drink, or whatever you do, do all to the glory of God. – 1 Cor. 10:31 (ESV)