

# SOCIAL MEDIA & YOUR MENTEE

## BE OPEN TO LEARNING



Invite your mentee to show you how they navigate the internet. Asking about the apps and websites they use will help you understand their perspective. Don't judge or jump to conclusions about what they are experiencing.

## SHARE POSITIVITY ONLINE



Model for your mentee how others should be treated when communicating online. Remind your mentee that just because the internet is not a physical place, words still hurt and there is a real person behind the screen.

## BE AN ONLINE ROLE MODEL



It is critical that mentees understand that whatever they share on the internet will become public, even if they feel it is a safe place for them to express themselves privately. Discuss with your mentee that even if they think their post is private, it's not. Example: Snapchat

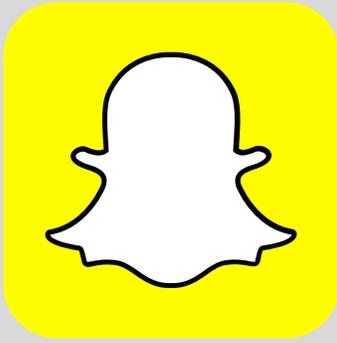
## CHECK IN



Having a conversation with your mentee about being online will be an ongoing process. If your mentee brings up any situation, give them room to talk. You may be the only person they choose to share their online experiences with. If you find yourself with a gut check, remember you're not alone; we are here to help.

# SOCIAL MEDIA PLATFORMS

## Snapchat



- The new way of texting for youth.
- Exchange pictures and videos (called snaps) that are **meant to disappear after they're viewed.**
- Take pictures or videos, add filters, lenses, or other effects and share with friends.

## Facebook

- Share status updates, photos, and videos with your friends list which can be liked, commented on, and shared.
- Post photos and videos with captions. Includes a private messaging feature called Messenger.
- Most youth don't use it or have an account because they consider it to be their grandparent's platform.



## Instagram



- Similar to Facebook, post photos and videos with captions.
- Most teens use this as their main platform.**
- Can post "stories" on your profile that go away after 24 hours.
- Likes and comments often feed or deplete youth's self-worth and social status.

## TikTok

- An app for creating and sharing short videos.
- Includes a wide variety of videos like singing, dancing, comedy, lip-syncing, fashion, cooking, fitness, makeup, etc
- Videos range from 15 seconds to 3 minutes, can like, comment, share, and save videos.
- This is where teens go to connect with culture and trends.**

