



# Media Literacy for Parents

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## Media Literacy 101: Connections You Might Make

 Meta + **NAMLE** National  
Association  
for Media  
Literacy  
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# Connections You Might Make

Social media is all about connection.



Social media is all about connection—keeping in touch with far away family and friends, learning about a community event just down the street, or understanding a global issue happening oceans away.

But it's not just about connecting with people and ideas beyond ourselves or our homes. Sometimes, social media presents important opportunities for us to connect with those directly in our lives and even under our roof.

The digital world is an integral part of teen's lives, so there's never a better time than right now to start talking with them about their online experiences. With a focus on empathy, curiosity, open-mindedness and collaboration, these tips are a reminder that as our teens grow and learn about themselves in these spaces, how we both encourage and protect them is paramount. In doing so, you might just be surprised at the connections you can make for your own family.

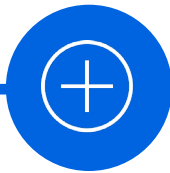


Learn more: [meta.com/familycenter](https://meta.com/familycenter)

# Talk It Out

- ➔ **Guide the discussion:** Building healthy relationships with your teens around social media requires open-minded discussion that is aimed first at understanding and learning about their online worlds.

Consider these starting points for conversation:



Discuss what role you want social media to play in your overall family life. Are there places or spaces where social media use is encouraged, and times when you expect each other to disconnect? How much time spent online—both together and in individual moments—works for your family? Establish this “Family Social Media Plan” together.



Chat with your teen about how often they feel like they “observe” on social media versus create or participate. In other words, are they spending their online time scrolling and liking, or are they also publishing, commenting, or learning? Brainstorm intentional ways they could use social media as a creative and participatory tool instead of only as a window to the world.



Ask your teen how they could share with you more about their online experiences in ways that are comfortable for them. Could they share their favorite account each week? Could they tag you in posts they really like so you’ll see them, too?

# Action Steps



After establishing your family social media plan (see discussion point above), let each member of your family suggest ways to be more intentional about how everyone connects online and offline. Maybe one person wants more family video game time, and someone else wants to play disc golf. Set aside time to be together for these moments.



Learn more about the role social media plays in your day to day life by conducting a family experiment. Have each person in your family keep track of their social media use for a few days, making note of how often they're online, the type of activities they engage in, and any observations about mood or emotions related to going online. After the deadline has passed, share your findings and discuss your observations and what you learned together. What did family members learn about how they use social media? How does this experiment impact how you might use social media in the future? What level and kind of social media use felt like a positive addition to each person's life, and what kind of social media use felt like a net loss?



Choose a cause or mission your family feels strongly about, and use social media to strengthen your advocacy for this issue together. You could create a fundraiser, share event information, or use your social media accounts to educate others.

