



### What Teachers Need to Know About Teens & Social Media

Social media usage among teens has increased dramatically and most teenagers have a smartphone. Listen to a conversation between Connie White from *Woodward Academy* in Atlanta, GA, and Julia Osteen of the *College of Education at Lipscomb University* as they explore ways to help teachers understand how teens are using social media and how they can have a positive impact through education and awareness.

Podcast Episode 21 — Run Time 19:30

Horizontal lines for notes.

### Summary Points

#### Social Media Impact and Research

- Your students' social media lives
- Brain development

#### Social Media Trends and Issues

- Social-emotional learning
- Risk factors
- Sexting, cyberbullying, and digital footprint

### Suggestions

- Support digital citizenship in your school/classroom
- Teach what to look for and what to do

### Continue the Conversation

*“What steps can you and your school take to help students develop a positive digital footprint?”*



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## Food for Thought

### Social Media Impact and Research

- How might digital distraction affect homework completion?
- How might the long-term effect of screen time on language development eventually affect your students?

### Social Media Trends and Issues

- What are ways that we can integrate digital citizenship elements into our curriculum?

### Suggestions

- How might listening to students' perspectives give us insight or opportunities to offer suggestions?

## References & Recommended Resources

Boyd, D. (2015). *Its complicated: The social lives of networked teens*. New Haven, CT: Yale University Press.  
<https://yalebooks.yale.edu/book/9780300199000/its-complicated>

Common Sense: helping parents, teachers, and policymakers navigate the accelerating landscape of digital and social media.  
<https://www.commonsense.org/education/>

Connect Safely: educating users about safety, privacy and security.  
<https://www.connectsafely.org/quickguides/>

Pew Research Center for Internet and Technology.  
<https://www.pewinternet.org>

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