Social Media and Relationships

The Good, The Bad, The Ugly

Good

- ★ Stay connected with friends and family
- ★ Volunteer, get involved with a non-profit, charity or campaign
- ★ Enhance creativity by sharing of ideas, music, art
- ★ Meet and interact with others with similar interests
- ★ Freedom and autonomy
- ★ Develop technology skills
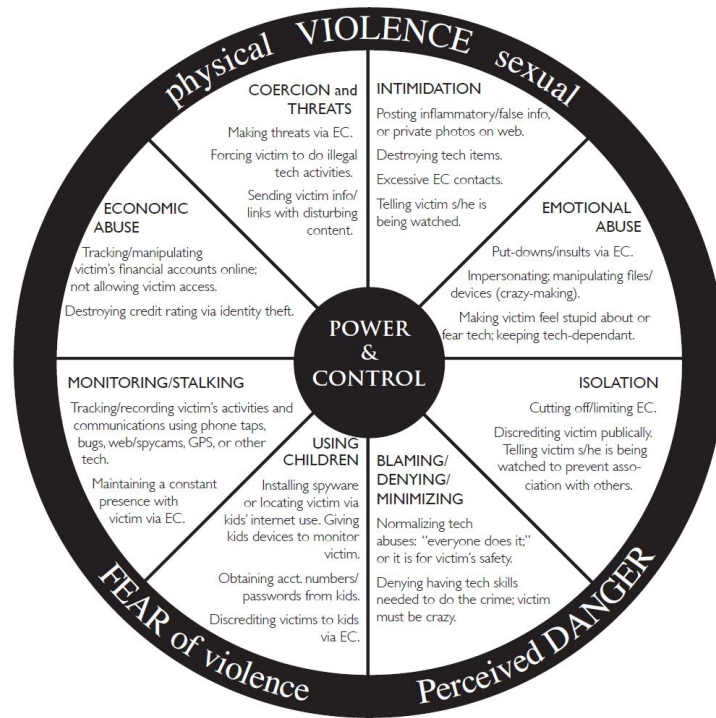- ★ Not constrained by geography

Bad

- ★ Loss of sleep
- ★ Increase of anxiety
- ★ Increase of depression
- ★ Addiction to Social Media
- ★ Unhappy, unsatisfied, restless
- ★ Unrealistic views of the world-difficulty in judging validity
- ★ Writing skills diminished

Ugly

- ★ Electronic Footprint
- ★ Sexting-legal problems
- ★ Suicide
- ★ Bullying-Mob mentality
  - ○ Ok if everyone else does it
  - ○ Hide in the crowd
- ★ Power and control
  - ○ Stalking
  - ○ Intimidation
  - ○ Coercion
  - ○ Threats

Technology Power and Control Wheel

Technology Power and Control Wheel

VIOLENCE — physical · sexual

COERCION and THREATS
Making threats via EC.
Forcing victim to do illegal tech activities.
Sending victim info/links with disturbing content.

INTIMIDATION
Posting inflammatory/false info, or private photos on web.
Destroying tech items.
Excessive EC contacts.
Telling victim s/he is being watched.

ECONOMIC ABUSE
Tracking/manipulating victim's financial accounts online; not allowing victim access.
Destroying credit rating via identity theft.

EMOTIONAL ABUSE
Put-downs/insults via EC.
Impersonating; manipulating files/devices (crazy-making).
Making victim feel stupid about or fear tech; keeping tech-dependant.

POWER & CONTROL

MONITORING/STALKING
Tracking/recording victim's activities and communications using phone taps, bugs, web/spycams, GPS, or other tech.
Maintaining a constant presence with victim via EC.

ISOLATION
Cutting off/limiting EC.
Discrediting victim publically.
Telling victim s/he is being watched to prevent association with others.

USING CHILDREN
Installing spyware or locating victim via kids' internet use. Giving kids devices to monitor victim.
Obtaining acct. numbers/passwords from kids.
Discrediting victims to kids via EC.

BLAMING/DENYING/MINIMIZING
Normalizing tech abuses: "everyone does it;" or it is for victim's safety.
Denying having tech skills needed to do the crime; victim must be crazy.

FEAR of violence · **Perceived DANGER**

DEFINITIONS:
EC (Electronic communications)—

Developed at the 2006 National Safety Net Training of Trainers Conference.
Adapted from original Power and Control Wheel of the Domestic Abuse Intervention Project, Duluth, MN.

What do we do?

★ **Protect them from themselves!**

★ **Establish clear rules about technology use-have a plan!**

★ **Set Limits-limit use for young children**

★ **Know what Social Media, chat rooms, apps, websites your child is using-do your homework**

★ **Keep Passwords private**

★ **Be a good role model**

★ **Know the value of face to face communication-"phone free time"**

Resources

- ★ Loveisrespect.org

- ★ techsafety.org/resources/

- ★ staysafeonline.org

- ★ teensafe.com/pta
  - ○ *The TeenSafe Parenting Guide to Tech Safety*
- ★ Childmind.org
  - ○ *How Tech Changes Families*
- ★ Healthychildren.org
  - ○ *Kids & Tech: Tips for Parents in the Digital Age*

Sources

- ★ Bustle.com
  - ○ Bergan Facebook Addiction Scalehttp://psychcentral.com/quizzes/facebook-addict.htm
- ★ Dannybrown.me
  - ○ *Social Media, Bullying, and the Growing Lynch Mob Mentality*
- ★ Familyshare.com
  - ○ *Cyberbullies and Mob Mentality: Are You a Hero or Just One of the Pack?* -Symonds, Shannon
- ★ Kidshealth.org
- ★ Meganmeierfoundation.org