

Educator/Counselor Tip Sheet

What Can Counselors Do?

- Understand and educate yourself on Social Media
- Realize social media is the platform not the problem, The problem is in how the use it, not that it is just being used
- Teach self-regulation, resilience and etiquette
- Lesson plans on social media usage and how it makes one feel
- Dissidence and how it relates on social media usage
- We have to make students aware of this reality, remind them that what they're seeing is tailored, manipulated, that it's curated by the person posting it, so that you see what they want you to.
- We need to reframe our approach. Rather than focusing on the very latest app, we should recognize that, regardless of the medium, young people are facing challenges we know about and are well versed in: social pressures, making good choices, creating healthy boundaries
- Promote character education diversity and curriculum
- Start early in the learning process/PreK
- Consistency within the district on reporting and procedures
- Tools/technology to assist in reporting can only help

Tips for Teachers and Counselors

Regardless of the age, there are steps schools can take right now to ensure their students' safety and happiness. For starters, counselors and teachers should talk about the issues in a forthright way and provide them the tools that truly empower them to "say something if they see something" -- especially when it comes to their mental health. Schools should also dedicate as many resources as they can toward effectively training school personnel to identify signs of trouble among their students. In addition, counselors and educators can:

- Teach students self-regulation, resilience and etiquette in their online communications.
- Create lesson plans on social media usage, character education and diversity. Start early.
- Make students aware that what they're seeing is tailored, and often manipulated, by the person posting it -- especially with celebrity feeds -- so you only see what they want you to.
- Realize social media is the platform, not the problem; the problem is in how we use it. Rather than focusing on the very latest app, recognize that, regardless of the medium, young people are facing challenges we know about and are well versed in: social pressures, making good choices, and creating healthy boundaries.