



# Building a Healthy Self Image in the Age of “Selfies”

PATHWAYS FOR CHILDREN AND  
YOUTH

# Agenda

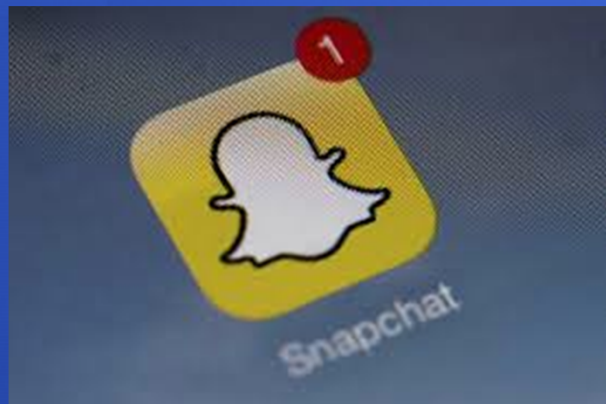
- Media Exposure and Self Image
- A Child's Sense of Self
- What Parents Can Do



# On boys

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- [http://youtu.be/\\_l17cK1ltY](http://youtu.be/_l17cK1ltY)







- SELFIE: (also selfy) NOUN (PLURAL SELFIES) • *informal photograph that one has taken of oneself, typically one taken with a smartphone or webcam and uploaded to a social media website*
  - Oxford Dictionaries

# Social Media

- Social media plays a huge role in people's lives
- There are positive and negative effects to social media
- Adults play a large role in how social media is used
- Our following generations are using social media to redefine how we communicate with each other and how we see ourselves and the world around us



# Media Exposure and Self Image

- **Positives to Social Media Exposure**

- Increased communication
- Networking
- Individualizing
- Exploration of interests

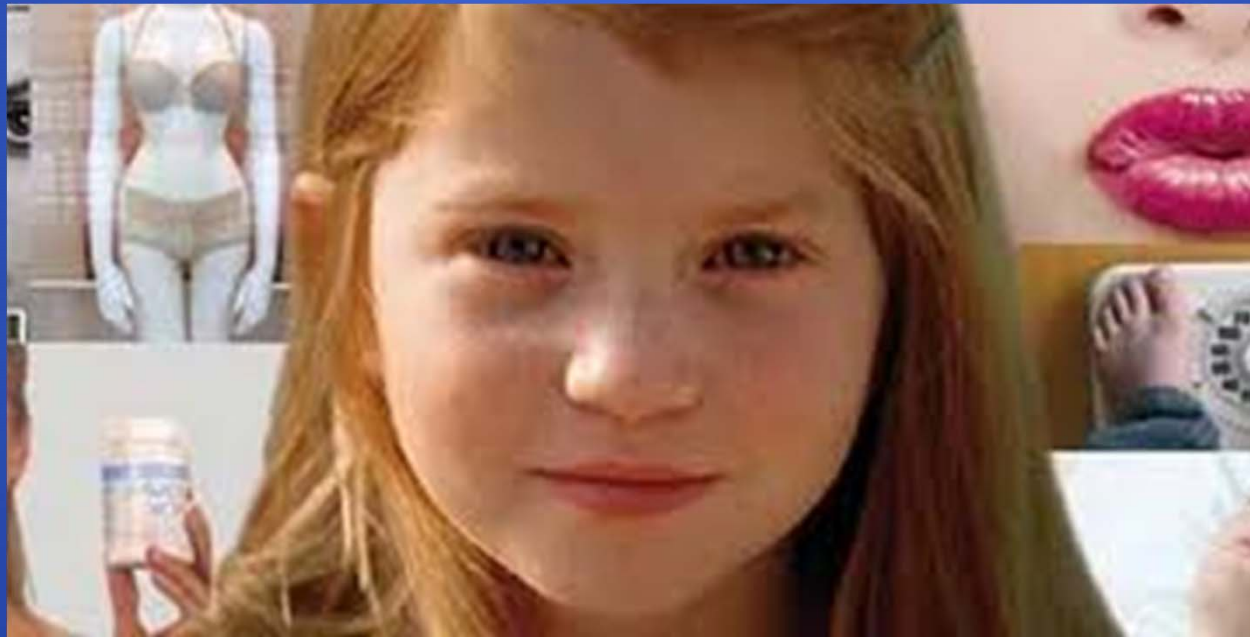
- **Risks to Social Media Exposure**

- Low Self Esteem
- Bullying, shame, exploitation
- Loss of privacy and boundaries
- Safety issues
- Unrealistic view of self and others
- Aggravation of mental health issues such as anxiety and depression



# Through the Eyes of a Child

- <http://www.youtube.com/watch?v=Ei6JvKoW6oI>





# Fostering a Healthy Sense of Self

- Contributing factors to a child's sense of self:
  - Environment
  - Temperament
  - Attachment/Attunement
  - Experiences
- How do children measure their sense of self?
  - Family
  - Peers
  - Social Media
- Building filters to a healthy self concept



# Parental Control

- Parents have a lot more control than they possibly think they do
  - Internet/Social Media Control at a practical level
  - Relationship with your child
- Peer orientation promotes division and isolation from the family
- Parents need to help their children return to them as a compass point and a secure attachment base



# Parenting in the world of Social Media

- How you see yourself and your experiences, as a parent, will be greatly reflected in your child
- Modeling for your child is one of the most important tools that you have
- Providing your child with an accurate reflection of who they are, both positives and negatives, is crucial for self development



# What Parents Need to Know

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- Attunement with your child – ‘getting’ your child
- Understanding each child differently
- Understanding social media
- Parental control
- Educating your children
- The world beyond social media

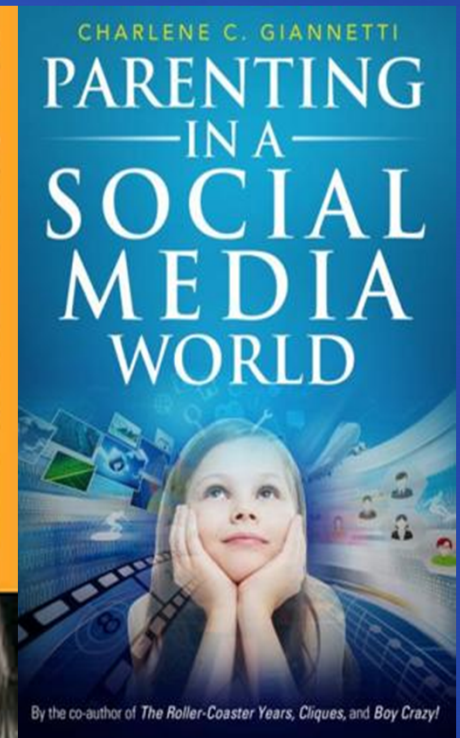
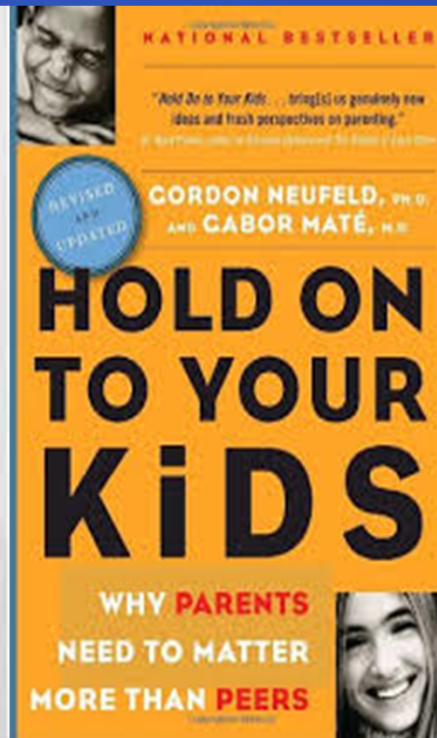
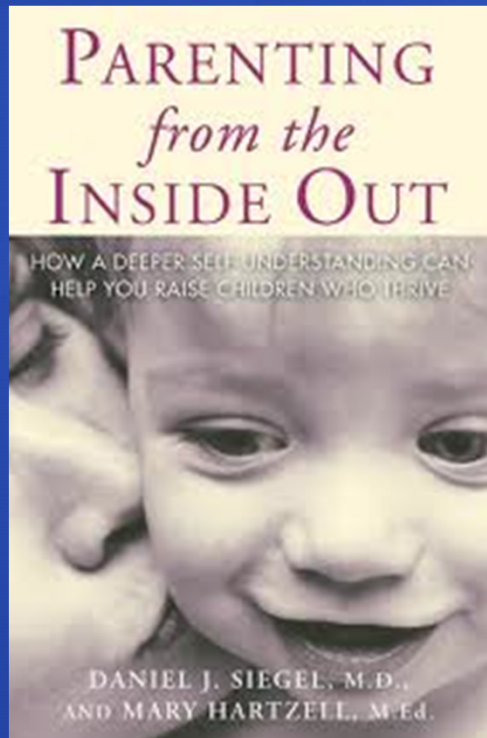


# Redefining the 'Selfie'

- <http://www.geeksugar.com/Dove-Selfie-Video-33699690>



# Resources



# Other Resources

- Kahneman , D: The Riddle of Experience V Memeory (Ted Talk 2010, and Thinking, Fast and Slow (pub 2011)
- Seligman, M, The Optimistic Child (pub 2007)
- Dr Crill Russell on Temperament (invest in Kids) – YouTube
- <http://youtu.be/gp3LmoAcfPA>
- Boyd, Danah Boyd , Its complicated, the social lives of Networked Teens pub. 2013
- (listen to the BOYD Podcast as well on Spark, CBC Feb 16, 2014.)