



High School

Home Connection

Navigating Social Media

Dear _____,

Today in class, we learned that teens spend nearly 9 hours a day on **Social Media**. We talked about the benefits of social media, such as how to learn something new and to stay connected. However we also learned that it can be addictive and we must learn to navigate the risks and rewards.

After tracking our social media usage for the week, we reviewed a guideline to help make informed decisions about social media use.

Please encourage your student to share the guidelines we talked about and their social media usage tracking.

Please do not hesitate to reach out with any questions or concerns.

Best,
