



The Roman Catholic Diocese of
BATON ROUGE
CHILD AND YOUTH PROTECTION

Concerns for Minors on Social Media

Cyberbullying

- 59% of U.S. teens have experienced it
- Can cause anxiety, depression, and withdrawal
- Often happens through anonymous accounts or group chats

Predatory Behavior

- Apps like Instagram, Snapchat, and Discord can be used for grooming
- Predators often pose as peers to gain trust
- Children may be reluctant to report

Mental Health Struggles

- Comparison culture can lead to low self-esteem
- Social media is linked to increased rates of anxiety and depression
- FOMO (Fear of Missing Out) increases screen time and stress

Exposure to Inappropriate Content

- Pornography, violence, and self-harm content can appear in feeds or suggested videos
- Algorithms don't filter as well as we think
- Private messaging can be a gateway to explicit content

Privacy & Data Risks

- Personal information is often overshared
- Photos, location, and identity can be used by scammers or identity thieves

What Parents Can Do

✓ Talk Early & Often

Open conversations build trust. Ask about their favorite apps and how they use them.

✓ Set Boundaries

Limit screen time. No phones at bedtime. Use parental controls.

✓ Follow & Monitor

Be present on their platforms. Use parental control software to monitor use. **Who are they texting? Who is texting them? What is the purpose of the communication?**

✓ Teach Digital Literacy

Help kids recognize red flags and unhealthy comparisons.

✓ Model Healthy Habits

Be a digital role model by limiting your own screen time.

