In This Guide . . .

— It’s driver’s ed, but for social media.

— The big question: Do the experts think social media is good or bad?

— What’s different about how Gen Z uses social media?

— What do teens think about their social media use?

— Is social media neutral then? Does it all depend on how a person uses it?

— Why does this matter?

— What’s good about social media?

— What’s bad about it?

— How else does it shape us?
So based on what you’ve said, when should I let my kids get on it?

How do I help my kids not be exposed to social media through their friends?

What can I do to encourage healthy social media use in my kids?

What are important conversations to have with my kids about social media once they’ve started using it?

Conclusion

Additional Resources

Axis.org