**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.**

HIGH **IMPACT**

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* **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**