

QUALITY CARE
RESIDENTIAL HOMES,
INC.

SPECIAL
POINTS OF
INTEREST:

- Social Media
Tips

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Quarterly Newsletter

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Fall Edition: Social media tips for families and youth!

Simple ways families can encourage confidence, connection, and healthier online habits

Social media can support connection and creativity, but it can also make likes, comments, and comparisons feel like measures of self-worth. Families can help children build confidence offline and use digital spaces more intentionally.

Five Ways Families Can Help:

- 1. Start with conversation.** Ask how social media makes your child feel, and listen without judgment.
- 2. Praise effort and character.** Notice persistence, courage, kindness, and problem-solving—not just appearance or popularity.
- 3. Shape a healthier feed.** Mute accounts that cause stress, follow positive voices, and review privacy settings together.
- 4. Build confidence offline.** Encourage hobbies, friendships, and regular device-free family time.
- 5. Model balance.** Put phones away during conversations and avoid harsh self-comparisons.



When to Step In:

Watch for withdrawal, sleep changes, frequent self-criticism, secrecy, or intense distress after social media use. If concerns persist or disrupt daily life, contact your child's pediatrician, school counselor, or a qualified mental health professional.

Remember: A child's value is not a number on a screen. Steady support, healthy boundaries, and meaningful offline experiences help confidence grow.

For more information on the agency contact:

Quality Care Residential Homes

www.qcrhome.org