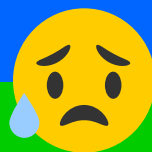


How to use technology to tackle loneliness in teenage children

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Top tips for parents

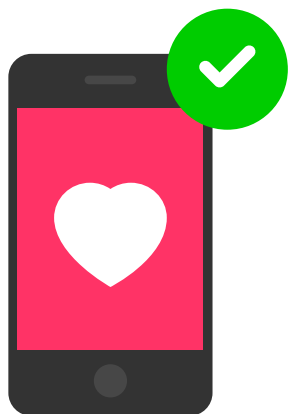
Advice to help teenagers navigate the online world and tackle the complex issue of loneliness.



1

Tackling the issue of isolation with smart use of tech

- Encourage teenage children to **develop a healthy balance** between screen time and face-to-face time doing activities with family and friends.
- **Create moments of shared experiences** that can be with or without tech, but always shared with others.
- Guide children to use tech in ways that **supports their passions**, helps them learn new skills and removes barriers to finding their voice, their identity and their community.



2

Creating connections for support

- **Help teenage children be critical** about the relationships they form online through social media or gaming platforms as bonds made online are not necessarily as real as In-Real-Life relationships.
- It's important to encourage teenage children to have a **good balance between trusted friends on and offline** to help them navigate issues that they may face.
- Promote the idea that real connections, even if a few are **better than lots of illusory connections**.



3

Managing expectations of social media 'only' friends

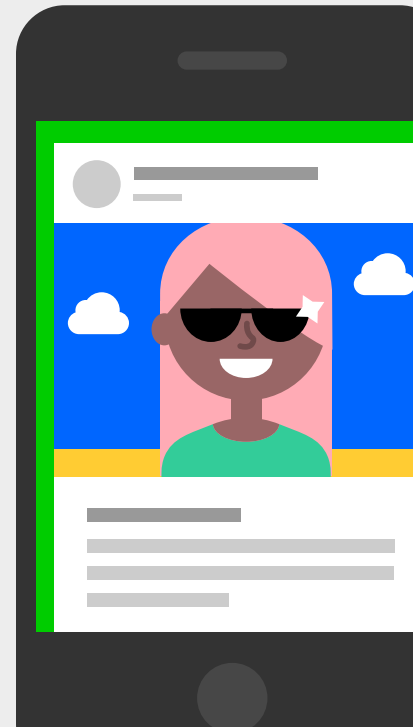
- Social media can provide meaningful networking where teenage children can connect with, comment on and discuss things with others, but your teenage children should **avoid using social media 'only' as a substitute for real connections.**
- Teenage children may believe that they are truly connected with everyone they have a social media 'connection' with, which **may lead to feelings of loneliness and disconnection** if those 'connections' do not respond in the same manner.



4

Being critical about what they see online

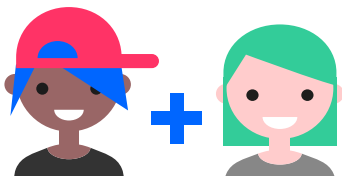
- **Technology can expose teenage children to a vast world of vibrancy and energy** where children can scroll feeds or watch videos of other teenage children doing innovative and exciting things
- **Encourage teenage children to challenge** what they see online to put it into perspective so that they understand that not everyone has a better, more exciting life.
- **Help them build their self-esteem** by identifying the positive aspects of their own realities.



5

Striking a balance between on and offline activities

- Scrolling social media feeds, looking for likes or comments, checking emails can be a fun activity, but **when those activities border on the obsessive**, it might be helpful to change routines.
- **Suggest new ways for your teenage children to foster friendships offline** so that they can engage in different activities and can get involved in diverse communities offline.



6

Using tech to give back and do good

- **Changing routines may help change their perspective.** You may want to encourage children to explore the physical world around them, by volunteering for community activities or supporting a cause on or offline. Your teenage children may find like-minded peers with whom they have many things in common, both online and In-Real-Life, thus promoting a real sense of belonging.

