

Kelly Goldberg's

Be Here Now:  
Showing Up for Our Teens in  
a Social Media World

Part II of BJBE's Fall Adult Ed Series, 5777  
*Cultivating Self-Esteem in a Social Media World*



A Yom Kippur prayer  
that anchors us in the  
work we do as parents  
of teens and young  
adults...

*From Mishkan Hanefesh,  
Machzor for the Days of Awe*

**Pure** heart  
Clear mind  
Generous vision  
Gentle words  
The courage to say yes  
The strength to say no  
Steadiness in Your work  
Purpose every day

*I set You before me always;  
Mindful of You, may I never be shaken.*

*(Psalm 16:8)*

Judaism teaches us that  
**children** and their **parents** are  
inextricably bound together as:

\***Family** members  
who have responsibilities to one another (**mitzvot**),

\***Children of God**  
who honor God through **loving, respectful relationships**.

Our **relationships** with our children,  
whatever their age,  
are nothing less than **SACRED**.



When we see these **relationships** as a way of honoring **God**,  
that we are truly doing **God's work**, as  
we support our children through *teenaged-dom* and into adulthood,  
it both elevates our relationships and grounds us when  
we feel lost, alone, confused, helpless, overwhelmed.



With every breath of

LOVE

PATIENCE

DEVOTION

FORGIVENESS

OPEN-MINDEDNESS

OPEN-HEARTEDNESS we give to our children,  
we honor God,  
we honor our parents,  
we honor our children.

God-willing, our relationships with our children are decades and decades long.

During these years with our teens and young adults, we are laying the foundation for our shared adult relationships.

This is a beautiful, bumpy, fun, difficult marathon we are all in *together.*



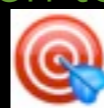




In order to explore the topic of helping our teens and young adult children cultivate self-esteem in a social media world, let's review some conventional wisdom about the **building blocks of self-esteem...**

# Building blocks for cultivating your teens' self-esteem..

- \***Love** unconditionally
- \*Model **self-esteem**
- \*Honor your child's **uniqueness**
- \*Help them find their **passions**
- \*Show **enthusiasm** about what matters to *them*
- \**Establish mutual respect*
- \***Avoid empty praising**
- \*Applaud **healthy risk-taking**
- \*Teach **gratitude**
- \*Teach **compassion and empathy**
- \*Teach **moderation and self-discipline**
- \*Create an environment of **self-expression**
- \*Help them to **learn from mistakes**
- \*Be **humble, avoid arrogance**
- \*Value **honesty and cultivate trust**
- \*Encourage **mindfulness**
- \*Model **open-mindedness**
- \***Discourage over-comparing**
- \***Converse** every day
- \*Expose them to **nature**
- \***Tikkun Olam** - repairing the world
- \*Have **fun** as a family
- \***Don't hover**
- \*Remember that you are project managing your teen to put yourself out of your job, with an eye on becoming a long-term consultant, at best...:)



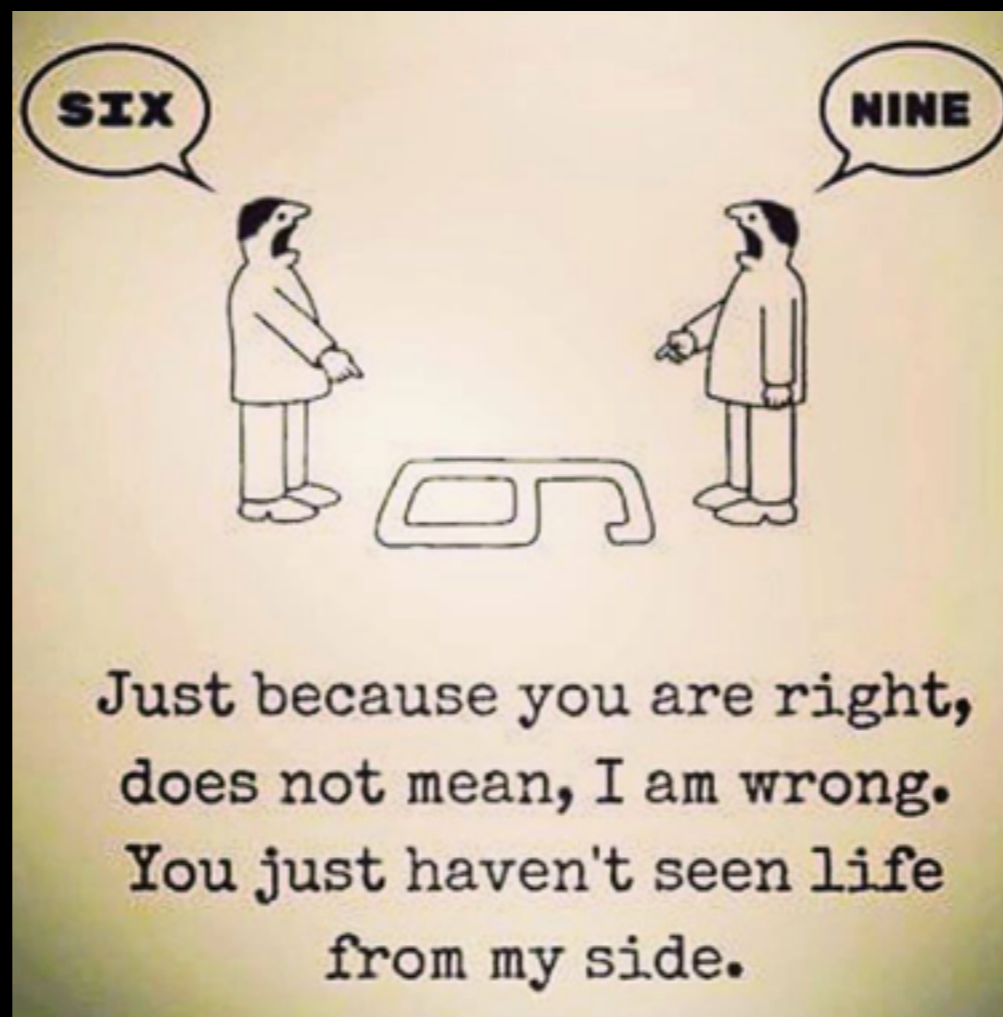
How do all of these apply to  
parenting in a social media world?

It *seems* like there's no easy answer about  
how to navigate this newish world...

It's a whole new world for  
we digital immigrants...

It's a world into which our digital natives are born  
at an advantage in grasping it all so quickly.

But, like the age-old challenge of parents and teens befuddled by one another, we just have to look at things from both sides.



And we have to be patient with ourselves...

We are learning how  
to navigate this social media world for  
ourselves,

in real time,

as we are simultaneously  
trying to navigate parenting in a social  
media world.



There's no time-tested research to consider.

Nor are there prior generations of experience to consult.

Oy.

But, social media is here to stay.

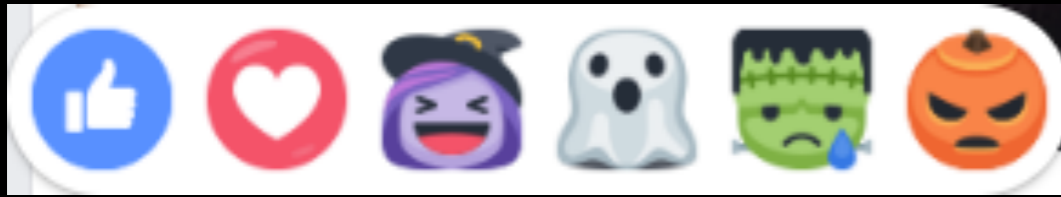
Understanding the good, the bad, the ugly and the beautiful (*yes, beautiful*) of social media, helps to set us up as parents to *be here now* with our teens and young adults, *at each and every* stage of their development (*middle school, high school, college and beyond*).

While many would say that we help our children build self-esteem IN SPITE OF social media, we have the power to uncomplicate the social media quagmire by adopting 2 principles:

1. Understanding the culture of their social media provides context so that we can support our teens in their social media world.
2. Social media is a tool that can enhance or detract from their self-esteem. Adapting the parenting philosophies and self-esteem building blocks we've already established helps our children manage the complicated world of social media.

1. Understanding the culture of their social media provides context so that we can support our teens in their social media world.

\*Learn the ebb and flow of FB posts and users' reactions (*Like, Love,, Haha, Wow, Sad, Angry*).



\*Familiarize yourself with the healthy and unhealthy discourse on FB, as expressed in the *comments*. Learn what it means to be a *troll*.

\*Educate yourself about privacy options and digital foot prints.

\*Revel at the unbelievable amount of information you can gather about topics of interest (based on who you follow) as well about your family and friends.

1. Understanding the culture of their social media provides context so that we can support our teens in their social media world.

\*Notice the difference between a FB post and an Instagram post.

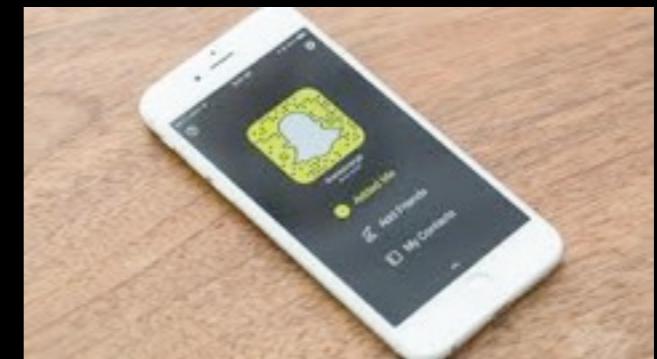


\*Learn what a *friend* on FB is vs. a *follower* on Instagram.

\*Experience how enjoyable Instagram can be from both an aesthetic and frivolous point of view

1. Understanding the culture of their social media provides context so that we can support our teens in their social media world.

\*Understand how Snapchat's content seems less permanent but can actually be saved. It runs on smartphones, NOT on tablets or laptops.



\*Learn how to navigate the platform. Note: It's not intuitive and is the first SM created by and for digital natives.

\*Discover how silly, fun and satisfying Snapchat can be as a creative outlet.



*"Looks like another case of someone over forty trying to understand Snapchat."*

CN  
COLLECTION



1. Understanding the culture of their social media provides context so that we can support our teens in their social media world.

\*Comprehend that the potential of the depth and breadth of information gathering on Twitter is profound.



\*Know that privacy, like with the all the others, is especially tenuous. But, unlike with the other platforms, the users cannot control who *follows* the them. Yikes.

\*Be prepared to get lost in the limitlessness of information you can find on Twitter. Fascinating!

1. Understanding the **culture** of their social media provides context so that we can support our teens in their social media world.

TV was always about the ads.

Promoters are taking this to the next level with social media stars: <http://www.cbsnews.com/news/60-minutes-kim-kardashian-logan-paul-social-media-influencers/>

60  
MINUTES



2. Social media is a tool that can enhance or detract from their self-esteem. **Adapting the parenting philosophies and self-esteem building blocks we've already established** can help us assist our children in managing the complicated world of social media.

The same parenting rules of building self esteem apply to social media parenting.

Adapt your parenting approach accordingly....

# Encourage Mindfulness

Thanks to social media and 24-hour news cycles,  
The inundation of information about all of the challenges people are facing,  
whether they are friends or family, distant or far,  
people navigating hunger or war or unfair governments or poverty or ...

It can all be overwhelming.

Opportunities to teach about Mindfulness

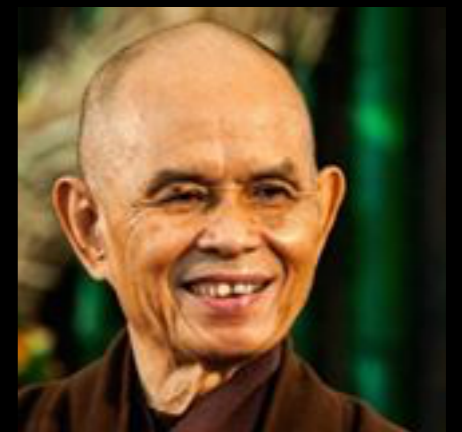
## Encourage Mindfulness

*Someone asked me, "Aren't you worried about the state of the world?" I allowed myself to breathe and then I said, "What is most important is not to allow your anxiety about what happens in the world to fill your heart. If your heart is filled with anxiety, you will get sick, and you will not be able to help."*

*Yes, there is tremendous suffering all over the world, but knowing this need not paralyze us. If we practice mindful breathing, mindful walking, mindful sitting, and working in mindfulness, we can try our best to help.*

-Thich Nhat Hanh (tick-nyat-hahn)

Vietnamese Buddhist Monk who has written over 100 books



# Converse Daily

News stories, family and friends' updates, videos posted all provide opportunities for light and serious conversation starters.

# Nature

Family members can tag each other in:

FB Illinois hiking trails posts

Beautiful places to visit (Earthporn on FB and Instagram)

Weather updates announcing eclipses or snowy days to  
come...

Show **enthusiasm** about what matters to *them*

Learn more about your teen's special interests, by following people or organizations related to their interests on Instagram, FB or Twitter.

On all forms of social media, I follow everyone related to our son and adopted son's colleges, including the Hillels and sports teams and college presidents, etc..



# Communication Trust Respect

**You have a new baby yourself. How do you plan to address his engagement with social media? Any direct advice for parents?**

I'm really glad that I did this research project before having a child because it made me realize that the most important thing I could do is try to relax and try to be present. Very, very physical things. But in the long run my response as a parent is going to be to try to learn from him and ask him things so I can understand why he is doing what he does.

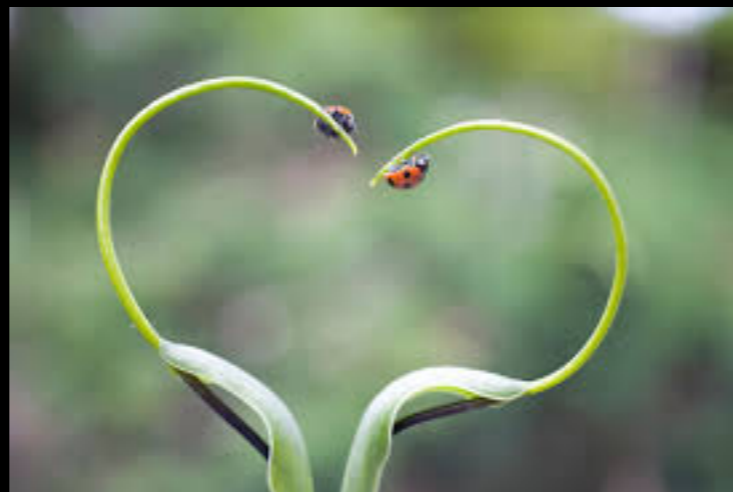
We should always approach technology with curiosity — not with fear or anxiety. We should approach our kids, not in terms of telling them how to operate, but in terms of helping them think critically about what they are doing. I'm a big supporter of asking questions. You don't teach students by telling them, you teach them by getting them to think about what it is they are feeling.

It all comes down to communication, trust and respect.



Teens go to social media, mostly because they crave a space where they can go and be teens.

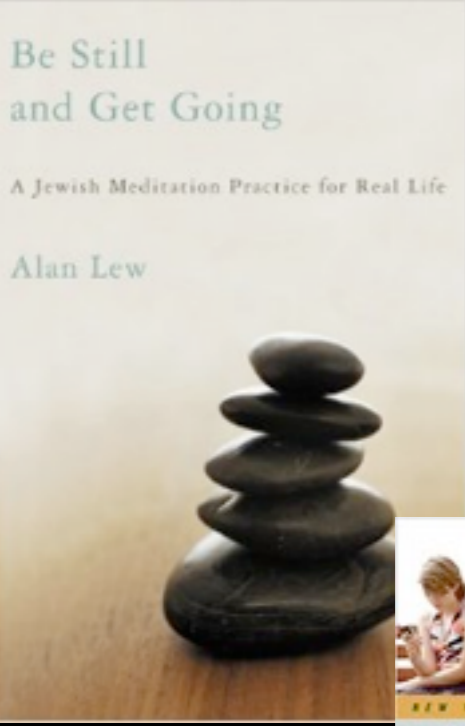
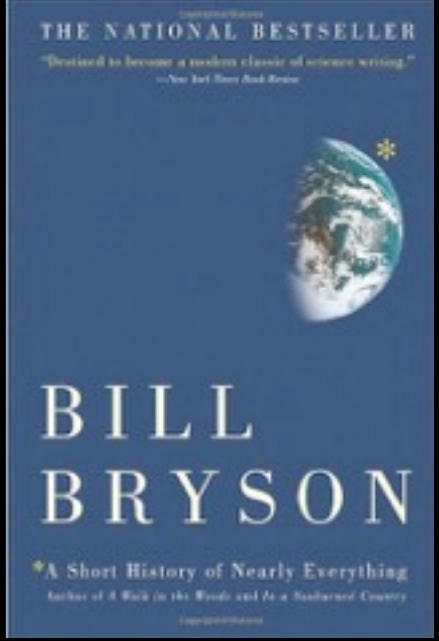
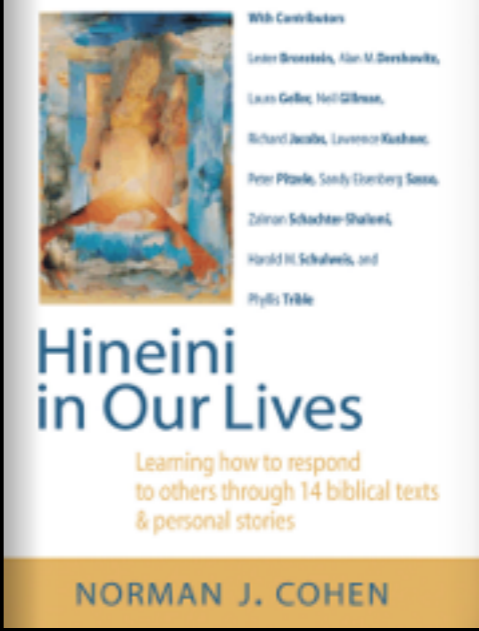
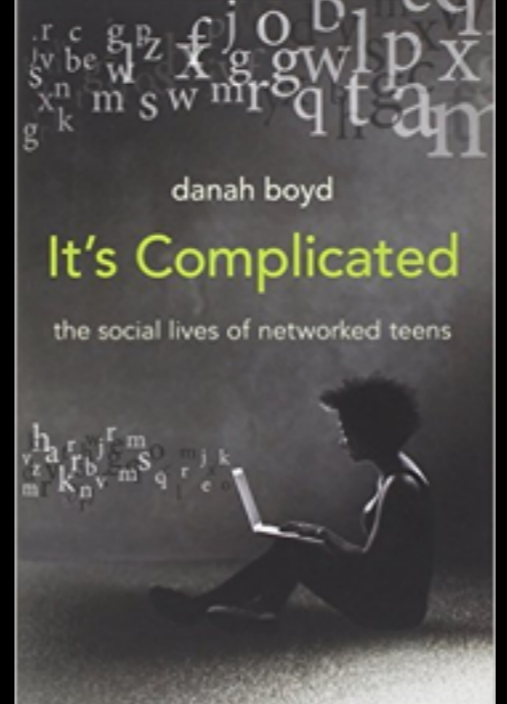
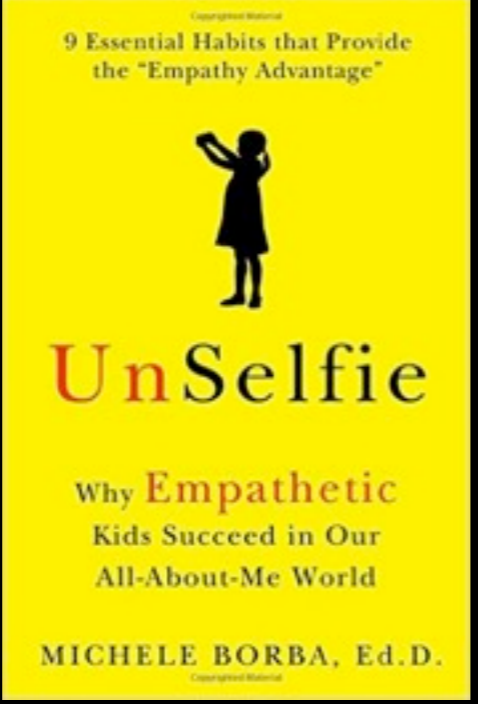
This means that social media  
in its purest form  
offers us an invitation to  
**connect with our teens**  
on another plane of existence.



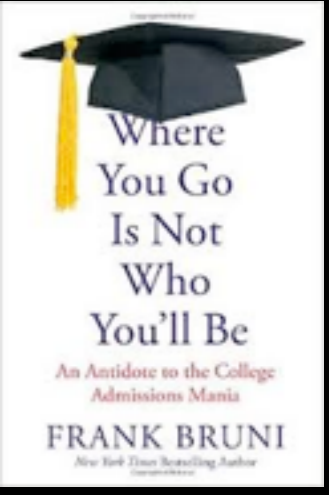
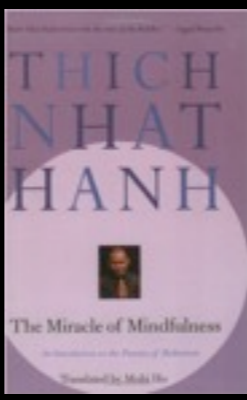
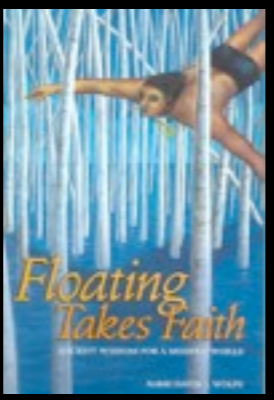
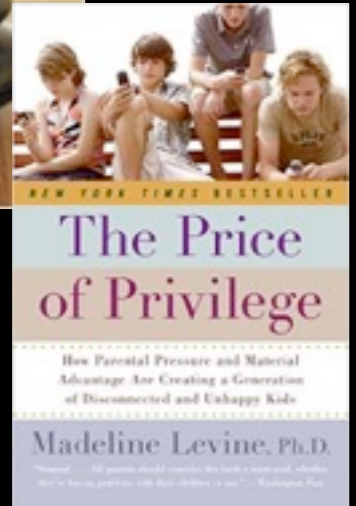
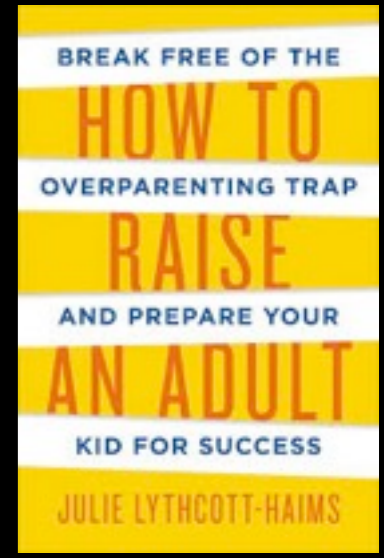
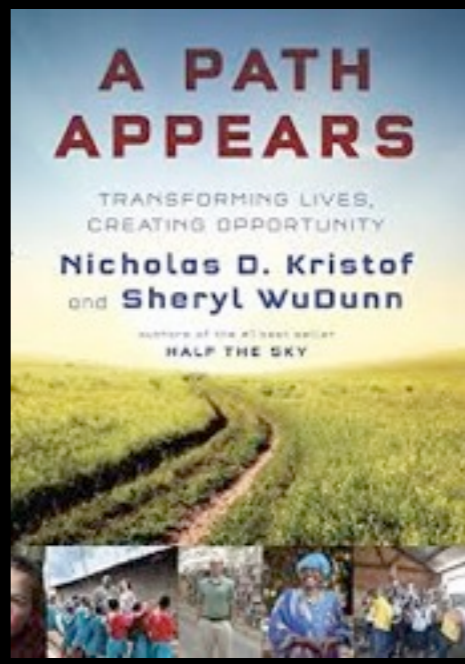
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**SOME** Personal FAVS to help us show up for our teens in a social media world



Excellent SPEAKERS visit our community!



Essential to keep laughing!

# Questions?!



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