

Employee Assistance Program (EAP) Newsletter Article

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“As part of our commitment to supporting your well-being both at work and at home, this month’s newsletter explores the complex but essential task of parenting in the digital age. Navigating the world of social media can feel overwhelming, yet by staying informed and maintaining open lines of communication, you can help your children harness the benefits of connectivity while staying safe from potential risks. Drawing on expert guidance from our Employee Assistance Program resources, we provide practical strategies for setting healthy boundaries, understanding privacy settings, and fostering responsible digital citizenship. We encourage you to use these insights to empower your family, ensuring that technology remains a tool for growth and positive connection in your household.”

Chuck Clark, LMHC
Clinical Account Executive | FCH EAP

Social Media 101 for Parents

Adapted from The StayWell Company, LLC

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Educate yourself about social media apps that appeal to kids.

YouTube, Facebook, Instagram. You may think that you know your way around social media. But how much do you really know about YouTube Kids, Snapchat, and TikTok? Below are some tips on helping your child use social media safely and appropriately.

Are “child-friendly” social media apps OK?

The American Academy of Pediatrics says that preteens should not have their own social media accounts.

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As an alternative, there are apps designed for kids ages 12 and younger where you sign in with your account and then add a profile for your child. If you go that route:

- Learn about and actively use the parental control features
- Monitor what your child is doing, even with the controls activated
- Consider not only the content, but also the ads when choosing an app

YouTube Kids is one example. Its “Approved Content Only” mode limits your child to watching videos and collections that you have hand-picked. But be aware that your child may still be exposed to advertising or branded content.

When are teens ready for regular social media?

Many social media apps that are popular with teens have content and features that may be inappropriate for some. Regardless of age, your teen needs to be mature enough to use social media responsibly.

That means they should:

- Follow your rules about phone use (for example, turning it off at bedtime)
- Manage time well (for example, getting their homework and chores done)
- Show good judgment (for example, being savvy enough to tell a friend from a predator)

Read up on an app’s features and privacy settings, and discuss them with your teen. Setting limits, reinforcing rules, and staying involved in their social media use helps protect their well-being.

What are the warning signs of online bullying?

About 16% of high school students are cyberbullied each year. Many are targeted on social media with mean comments or embarrassing images.

Be alert for these red flags:

- A sharp increase or decrease in time spent on social media
- Hiding the screen on a phone or device when you’re around
- Shutting down an active social media account
- Becoming withdrawn or losing interest in offline activities
- Learn more about [dealing with social media bullies](#)

Call us at 800-777-4114.

FCH EAP is available for immediate, confidential phone support and consultation 24/7. Connect with us for counseling referral, in-the-moment counseling, support program referrals, and more.

If you or someone you know needs the Suicide and Crisis Lifeline, call or text 988 or use the chat function online at [988lifeline.org](https://www.988lifeline.org).