

Finally heard

“I think instead of rules, rules, rules, it’s important we invite kids to be part of the conversation.”

– Mrs. Gao
from *Finally Heard* by Kelly Yang

Dear Parents and Caregivers,

The digital world, especially within social media, can be a confusing place for young people. Inspired by themes within Simon & Schuster’s new release, *Finally Heard* by Kelly Yang, your child has been participating in activities that encourage them to consider the positive and negative feelings social media can evoke. Interpersonal relationships, safety, and the role of online kindness also come into play, as well as the importance of talking with a trusted adult about situations they may need help navigating.

The tips and discussion starters below are designed to help you have these conversations with your child and help them become safe and responsible digital citizens.

Tips for Guiding Your Child on Social Media

- Reinforce how to use social media safely and respectfully.
- Set and enforce screen time limits. Too much screen time has been linked to obesity, as well as learning, sleep, and behavior issues.*
- Supervise computer and cell phone activity. Making mistakes online can be a learning experience – with you there to help and support your child.
- Manage expectations. Children might hyperfocus on the number of “likes” or comments a post gets. Limit what your child can post and discuss how to best respond to negative comments.

♥ Conversation Starters

A relaxed, supportive dialogue between you and your child can help lead to meaningful connections. Use the following questions to open the pathway.

- How has someone been kind to you online? How were you kind to someone else?
- What are some of your favorite apps?
- If things don’t feel right online, do you feel comfortable reaching out to a trusted adult?
- If someone says something negative about a post or comment you make, what do you do?
- What would you do if someone made fun of a friend online?
- Do you know the difference between what’s true and what’s looking to sell you something?
- Is everyone in your contacts list someone you know personally?

About “Finally Heard”

From Kelly Yang, the *New York Times* bestselling author of *Front Desk*, comes the sequel to *Finally Seen* in which Lina gets a phone and tries to navigate social media, only to discover not everything online is what it seems.

When ten-year-old Lina Gao sees her mom’s video on social media take off, she’s captivated by the potential to be seen and heard. Maybe online she can finally find the confidence she craves. With the help of her two best friends, Carla and Finn, and her little sister, Millie, Lina sets off to go viral. Except there’s a lot more to social media than Lina ever imagined, like group chats, disappearing videos, and a bazillion stories about what to eat, wear, and put on her face. As Lina descends deeper and deeper into social media, it will take all her strength to break free from the likes and find the courage to be her authentic self in this fast-paced world.



*www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952#