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Are there any online trends I should be aware of?

Did you see anything online today that made you go, "Huh, I wonder if that's true?" Can you show me?

Based on what you saw online today, what do you think social media algorithms will show you next?



Do you ever feel tired and frazzled after you've looked at your phone for too long? That happens to me sometimes. Why do you think that is?

6

Ideas to begin a conversation:

Discuss AI and social media with teens



5

Encourage teens to slow down, verify information with medical professionals or discuss it with adults they trust.

HOW TO HELP:



4

To be smart and safe online, it's important for teens to understand how misinformation spreads on social media.

THE REALITY:



Watch out for misinformation



Use the QR code below to access a poster with more SAFETY TIPS for FAMILIES & TEENS.



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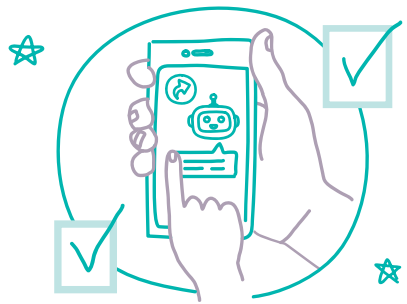


AMERICAN PSYCHOLOGICAL ASSOCIATION

News Literacy Project

# Teen safety:

Tips for using AI and social media



Here are steps any family can take to help keep teens healthy, safe and well-informed in today's digital environment.



# Prioritize in-person relationships



THE REALITY:

Some teens may develop strong attachments to AI chatbots, turning to them for companionship instead of building authentic relationships with other people.

2



HOW TO HELP:

Help teens build and prioritize relationships within their communities outside of screentime.

3

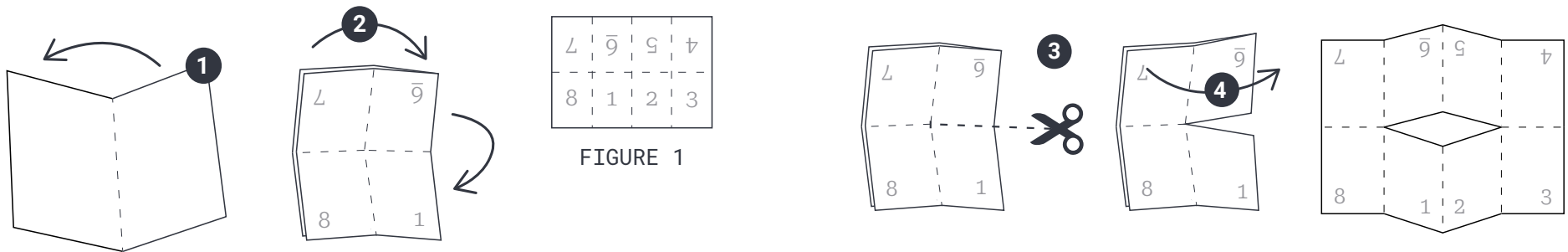
# ZINE FOLDING INSTRUCTIONS



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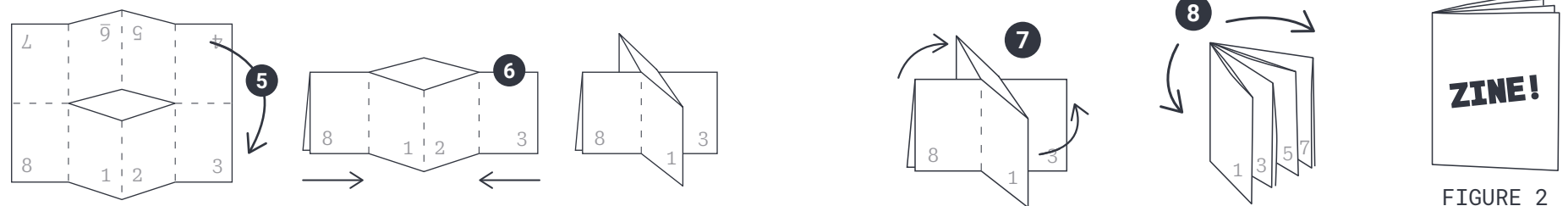


This zine is sized for standard U.S. letter paper (8.5 x 11 inches). For best results **on a desktop printer**, print at “Actual Size” or 100% scale and select “Choose paper source by PDF page size.” **DO NOT** select “Fit to page” or “Shrink oversized pages.”



1. Fold the paper in half, short end to short end, with printed side facing out.
2. Then fold that half-page in half both ways, unfolding between the horizontal and vertical folds. If completely unfolded, your paper should have crease marks as in Figure 1.

3. With your paper still folded in half short end to short end, cut into the folded edge, stopping halfway.
4. Unfold your paper completely.



5. Fold your paper in half, long end to long end.
6. Push the two folded ends inward, toward each other, creating an “X” shape.

7. Take the two pages that contain the front and back covers (they should be next to each other) and close over the other pages.
8. Fold the booklet flat at the spine. Your finished zine should resemble Figure 2. Enjoy your zine!