Adolescents and Social Media Safety: A Guide for Nurse Practitioners
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Purpose
Examine the existing literature on social media safety, risks, predictors and mitigating strategies for adolescents.

Background
- The American Academy of Pediatrics recommends assessing and educating social media use and safety as part of the adolescent assessment.
- 76% of teens used a social media site and 71% used more than one site.

Methods
Keywords and phrases: Social media, social networking sites, cyber, online, safety, victimization, crime, education, teaching, prevention, intervention, adolescent, teen, teenager, youth, parent, adult, mediation, and prediction.
Databases searched: Google Scholar and EBSCO. Completed in August 2018.
Inclusion criteria: Peer reviewed research in English, no older than five years, addressing one of the following:
- Risks to adolescents using social media
- Number victimized online
- Predictors of online victimization
- Effective mitigation strategies

Search Strategy
2921 non-duplicate records identified through database search
2853 records excluded after title and abstract review
81 full text studies assessed for eligibility
36 excluded due to weak methodology or failure to address key questions
45 full-text studies included in the literature review

Results
Cyber victimization can occur if all three of these elements are present.

- Proximity to an offender
- Suitable target
- Lack of guardianship

The two strongest predictors were lack of guardianship and being a suitable target.

Most Effective Strategies
- Parental mediation by co-viewing social media accounts
- Limit personal information visible online
- Parent and adolescent jointly developing rules for internet behavior and use
- Strengthen privacy settings online
- Ask about what adolescents see online

Conclusions
- Target education towards parents
- Most research exists outside of nursing
- Knowledge gap on effective methods to educate parents about social media safety

References