

# Why Banning Social Media Is Not the Best Answer for Kids

## 禁止社群網站使用對小孩並不是最好的答案

10 guidelines for having fun with technology and minimizing the risks.  
讓使用科技更多樂趣並降低風險至最小的 10 條指導方針

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As a school counselor, one of the questions I am most commonly asked by parents is, “What is the 'right' age for my child to begin texting and using social media?”

身為學校的諮商師，其中一個我最常被父母們問到的問題就是：對我的小孩而言，什麼是「對」的年紀可以開始使用簡訊以及社群網站？

As with most aspects of child-rearing, there isn't a simple one-age-fits-all guideline, so rather than making a recommendation based on chronological age or even a young person's grade in school, what I find most helpful is to talk with parents about how to best prepare kids to use technology—at whatever age they deem necessary and appropriate—in ways that respect the dignity of others and reflect the positive values of most schools, organizations, and families.

對於育兒這件事，絕沒有一種年紀可以適用所有情況；所以與其根據小孩年紀及學校的年級來做出建議，我發現最有幫助的就是和父母親會談，讓他們了解當他們認為科技是必須且適當時，如何協助小孩準備使用科技，無論小孩在幾歲。以這樣的方式能尊重其他人也可反映多數學校、機構及家庭的正向價值

What I have come to know with certainty in recent years that it is not just the adults who are concerned about the impact of screen time on kids. The young people with whom I work have an endless number of questions for me on the subject of how to use social media safely. They beg me to tell them the real-life stories about kids using social media and don't make a peep (other than the noise from vigorously waving their hands in the air to signal that they want me to call on them next) while I share strategies on what they can do to enjoy technology and stay safe at the same time.

但我確定的事情就是近年來，不僅僅是大人會擔憂小朋友盯著螢幕的時間對他們的影響，那些我一起工作的年輕人也對我提出無數的問題關於如何安全使用社群

網站。當我和他們分享如何享受科技並安全使用網路的策略時，他們請我分享在生活中的真實案例

To be clear, I believe that kids expose themselves to significant risks when they use social media and other forms of screen time. Yet I also believe that adults do kids a frightening dis-service by banning the use of technology outright. At best, this head-in-the-sand approach ill-prepares kids to deal with the world in which they live and at worst, it creates a fervor among these young people to get their hands on social media in sneaky, risky ways.

我相信小孩使用社群網站會暴露在某些風險中。然而，我也相信大人若是禁止科技使用是在幫倒忙；因為最好的狀況是這種將頭埋在沙堆裡的方式能讓尚未準備好的小孩應付他們所生存的世界，最糟的狀況是這些年輕人會狂熱的、偷偷的冒險使用社群網站

Am I saying that five-year-olds ought to be allowed to post selfies on Instagram? Of course not. Ideally, I think kids should be introduced to the responsible use of technology in gradual, maturity-appropriate intervals, with social media use being among the last things that young people are allowed to access. There are dozens of compelling reasons to delay social media use (that are beyond the scope of this article, but here's a [great post](#) on the topic) but for the time when parents DO decide to let their kids enter this world, here are 10 guidelines that speak to young people directly and respectfully about how to be safe and behave well online:

我這樣說是表示五歲小孩就可以被允許放上他們的自拍照在社群網站 Instagram 上嗎？我當然不是這個意思。理想狀況是我認為小孩應當被逐步介紹如何成熟、負責任的使用科技；而社群網站則是最後一步年輕人被允許使用。有相當多令人信服的理由說明延遲使用社群網站；但在此之前，當父母決定讓他們的小孩進入這個世界時，這裡有十條指導方針你可以直接和他們聊，讓他們了解如何在線上安全並表現良好

## 1. Choose Your Words Carefully

If you wouldn't say something to a person's face, don't send it via text or the internet. Technology makes it too easy to say things that are impulsive or unkind. Also, the person reading your message can't see your facial expressions or hear your tone of voice. Sarcasm and humor often get lost in translation online, so avoid their use. Type carefully as well; avoid using ALL CAPS since they make it look like you are angry or YELLING.

## 1. 小心選擇你在網路上的用字遣詞

假如你無法當面說一些事情，不要透過簡訊或網路傳送訊息。科技進步使的傳送訊息變的太容易，容易變得衝動且不客氣；此外，讀你訊息的人也無法辨別你的臉部表情或聽到你的聲音口氣。訊息中的嘲諷或幽默在線上翻譯時都不見了，所以盡量避免使用。也要小心打字：避免使用全部大寫，因為那會讓人覺得你很生氣或你正在大吼

## 2. The Internet is Not a Weapon

Don't gossip about other people while you are online. Your words can be misinterpreted, manipulated, and forwarded without your permission. Plus, it's not fair to talk about people when they can't defend themselves. Likewise, social media sites should never be used to strategically exclude peers who are "on the outs" of a peer group or to "de-friend" a person after a fight.

## 2. 勿把網路當作武器

不要在線上說八卦，你的用字遣詞有可能被誤解、被竄改並在未經允許下轉寄。此外，在線上八卦別人也並不公平，因為那些人無法替他們自己辯解。同樣的，當你和朋友有爭吵時，社群網站不應當成為排擠同儕的工具去刪掉朋友

## 3. What You Post is Permanent

Once you share something online, you lose control of where it goes, who can forward it, who will see it, and how it can potentially be used. As much as you might believe right now that you can trust your boyfriend with intimate photos or your best friend with secrets, you should still refrain from sending either of them any personal information online. You can't imagine it now, but someday, that information could be distorted and used against you.

## 3. 你張貼在網路上的一切都是永久的

一旦你在網路上張貼某個資訊，你就失去對它的控制權，包括它流向何方，誰轉寄它，誰閱讀過它，以及它如何被用。你信任你男友有你的親密照，你最好的朋

友有你的秘密，但你仍要避免藉由網路傳送給他們你的任何個人資料。你現在無法想像，但也許在某一天，這些資訊會被扭曲並被使用來不利於你

#### 4. Who Is This Message For?

What happens in cyberspace stays in cyberspace—forever! Though you may intend to send your private message or photo to a single recipient, keep in mind that it can be cut, pasted, and forwarded to an infinite number of people. Never post a photo or message that you wouldn't want "everyone" to be able to view.

While on the subject, be thoughtful about the photos and videos that you allow your peers to take of you. Sometimes, these images start off as fun but can be used in embarrassing ways later on. Always have all of your clothes on and don't engage in any kind of "joking" behavior on film that can be taken out of context or used against you later on.

#### 4. 這則訊息是給誰？

在網路上發生的一切都會留底，而且是永遠的。儘管你打算只送你的私人訊息或照片給某個人，但你要記住，它有可能會被重新編排並轉寄到無數人手中。若你不想“每個人”看到這照片或訊息，永遠不要張貼它們在網路上

對於你允許你的同儕拿你的照片或影片去使用也要深思熟慮。有時候，這些事情剛開始是有趣的，卻有可能最後變成令人覺得尷尬的。切記不要在網路線上露點裸體，也不要再影片中牽扯任何的玩笑行為，因為那很有可能會被斷章取義的拿來使用，並對你不利

#### 5. There Are No "Do Overs."

Once you put something out there online, it's almost impossible to take it back. Therefore, always be kind and do not ever use email to say ugly, nasty, or mean things about anyone or to anyone. Stop and ask yourself, "What would Mom think if she read this?" Post accordingly.

#### 5. 網路上沒有“重來”這件事

一旦你在網路上張貼某個訊息，你幾乎不可能再收回來。因此，在網路上總是要表現親切且不要用電郵對別人說些醜陋、骯髒及卑鄙的事情或八卦別人。停止這樣的事情並問問自己：「假如自己媽媽看到這樣卑鄙的訊息，她會怎麼想？」

## 6. Take It Slow

In this immediate world of instant messaging and constant contact, you may be tempted to say whatever comes to your mind in a given moment. Don't give in to the temptation. Slow down and think before you post whatever thought, comeback, or reaction is on your mind—especially if you are feeling an intense emotion like anger or sadness. Wait until you have had a chance to think things through and cool your head before you post a message that can't be taken back.

## 6. 慢下來想一想，再張貼訊息

在這個即時通訊及頻繁聯繫的世界，當你內心有什麼想法時，你也許會想說什麼就說什麼；但請抵抗這樣的誘惑。慢下來並且想一想，在你想張貼任何想法或反應在網路上之前，尤其是當你情緒高漲，感覺生氣或悲傷時。請等待直到你有機會將整件事情想通並且讓自己冷靜下來，因為你張貼訊息在網路上是無法被收回來的

## 7. Unplug Every Once in a While.

It is important to be able to walk away from toxic friendships. A first line of defense in stopping cyberbullying is logging off from an account temporarily. You have the ability to instantly end a digital conversation and should plan to do so the minute you recognize that cruelty has begun. In cases where the harassment is repeated, block the aggressor altogether.

## 7. 遇紛爭時，暫時下線

能從一段有害的友誼中走開是很重要的。開始保護自己並停止網路霸凌的做法就是暫時下線。當你意識到刻毒傷人的言語開始時，你是有能力即刻終止網路對話並且也必須這樣做。假如網路騷擾持續重複發生，就要連同挑釁者一起封鎖

## 8. Don't Talk to Strangers

Remember that message your parents gave you when you were little? It still applies today and is very important to remember when you are online. Predators lurk in cyberspace and have clever, hidden ways of soliciting personal information from young people. Never share private information online, including your full name, home address, personal photos, school name, or phone number.

The same is true for online “Followers.” Please know that there is a very, very, VERY big difference between real friends and online followers. Go for quality over quantity and be sure to invest the majority of your time and energy into your real life friendships rather than in anonymous cyber-followers.

## 8. 別在線上和陌生人交談

記得你還小時，父母親叮嚀你這個原則嗎？這在今天依然適用，且當你在網路上時，這是很重要的。加害者潛伏在網路世界，且他們很聰明，會包裝他們引誘年輕人交出個資的招式；請絕對不要在網路上分享個資，包括你的全名、住家地址、個人照片、學校名稱及個人電話

同樣的原則也適用在網路追隨者(粉絲)。請明白真正的朋友和網路粉絲有相當、相當、相當大的不同。友誼的品質重於友誼人數多寡，且也要確認投資你多數的時間和精力在你真實生活中的朋友，而非網路上的匿名粉絲

## 9. Set Strong Passwords

Set strong passwords on all of your accounts to protect your identity and make sure that the only person who is speaking for you is YOU.

## 9. 設定堅固的密碼

你的所有帳號都需要設定堅固的密碼，以保護你的身分，且也確認那個唯一可以替你發聲的人就是你本人

## 10. It' s (NOT!) Nice to Share

For most of your life, you' ve been told that it' s nice to share with others, but when it comes to your passwords, just (DON' T!) do it! Your accounts are your accounts. It is in

your best interests not to let any friend—even a best friend—post or text from your account. Ever.

The exception to this rule is your parents. DO share your passwords with them. Seriously. Don't think of it as a violating of your privacy. Know that this is the best way for your parents to keep you safe from physical, emotional, and even legal harm.

## 10. 網路分享(一點也不好)

你大部分的生活，總是被告知網路分享是很好的；但是當說到你的密碼時，請不要和別人分享。你的帳號就是你的帳號；不要讓任何朋友，甚至是最好的朋友，用你的帳號張貼或傳送訊息，這是對你最好的。

在這原則中，唯一例外的是你的父母。請和你的父母分享你的帳號；嚴格來說，別認為這個舉動是侵犯你的個人隱私。你必須了解這對你父母是最好的方式來保護你遠離身體、情感、甚至是法律上的傷害

*References :*

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