



Parent Guidelines for Social Media and Cell Phone Use

- 1. Follow/Friend your child on ANY social media sites they use.**
 - ☒ Check these sites on a regular basis.
 - ☒ Be careful about how and what you comment on- parent comments are not always welcome
 - ☒ Be aware that kids may have two profiles- one for family, and then their “real” page
- 2. Go over on a regular basis what information should NOT be shared online/over text.**
 - ☒ Never give out full name, phone number, address, or e-mail address
 - ☒ Pictures, posts and statuses can last forever online- even if “deleted”
 - ☒ Rule of thumb- if you wouldn’t want grandma, future bosses or a college recruiter to see it, or you wouldn’t say it to someone’s face, don’t post or text it
- 3. Know your child’s passwords on all devices and all social media accounts (don’t forget that iPods, tablets, and gaming consoles can all be used to access the internet).**
 - ☒ Help your child choose “safer” passwords
 - ☒ Teach them not to give their passwords out to anyone, even friends
- 4. Monitor your child’s mobile phone use and text messages on a regular basis.**
 - ☒ Do surprise text/social media checks- don’t give them warning
 - ☒ You are liable if something illegal occurs over phone, text, or on social media apps on a cell phone, because you pay the bill, not your child- i.e. inappropriate pictures, harassment, etc.
 - ☒ Put limits on usage- have designated tech free times each day. Have a house rule that there are no cell phones in bedrooms at night
- 5. Check the privacy, security and GPS settings on your child’s phone and social media accounts.**
 - ☒ Posting pictures or “checking in” can be an invitation for a criminal to enter your home, and or a way for someone online to find out where your child lives or hangs out
 - ☒ Make sure social media profiles are set to private
- 6. Talk to your child about who they friend on social media.**
 - ☒ “Online friends” are just as influential as real friends
 - ☒ Emphasize quality, not quantity- not everyone is a friend
 - ☒ Un-friending someone is ok to do- let your child know the person does not even know you did it
- 7. Talk about what a negative or inappropriate comment, picture, or post is.**
 - ☒ Show your child how to delete these items
 - ☒ Discuss reporting inappropriate posts and teach them how to do it on each social media site they are on (or have them show you!)
- 8. Explain to them that not everyone uses social media for fun.**
 - ☒ Anything that makes them feel uneasy, uncomfortable, that is inappropriate, or threatening to them or others MUST be reported
 - ☒ Social media can be the first place to catch signs of bullying, suicidal thoughts, violent acts, sexual predators, etc.
 - ☒ Explain to them that they should NEVER agree to meet with someone they met online

Questions for Your Teen About



1. What social media networks do you use? What is your favorite app you use?
2. How are your privacy settings set? Who can see your posts? Do you know how to change them?
3. Have you physically met or do you know everyone you follow? If not, how did you end up following them?
4. How often do you use: Instagram? SnapChat? Twitter? Kik?
5. What kind of Snapchats do you post? Can I see your Snapchat story? What kind of photos do you snap to other people?
6. Have you ever taken a post down? Why?
7. Do you feel pressure to like or favor your friends/classmates posts? Why?
8. Have you ever seen a post or ad that made you feel uncomfortable? If so, what did you do?
9. Is there anything on your phone you would feel uncomfortable if your teacher saw? If so, what?
10. Do you trust the people you send photos to? Does it concern you that once you send something you don't have control over how it is used?
11. Do you have your GPS locator turned on on your social media sites? Do you know what this setting does? Do you know how to turn it off?
12. Have you ever seen any posts from people who want to harm themselves? If so, how did you react or how do you think you would react?
13. Have you ever seen any pictures where someone was overly exposed? How did/ would you respond?
14. Have you ever seen an embarrassing picture that someone else posted of another person of which they were not aware? What should you do if this happens?
15. Have you ever posted a picture or tweeted something you were uncomfortable with because you wanted to fit in or felt pressured? Why/why not? Have you ever liked something that you probably shouldn't have?

#iCANHELP
delete negativity on social media