



## ***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 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, 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 pay the phone bill, not your child
  - ☒ You are liable if something illegal occurs over phone, text, or on social media apps on a cell phone- i.e. inappropriate pictures, harassment, etc.
  
- 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
  
- 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
  
- 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