



# SOCIAL MEDIA TIPS FOR PARENTS

CUSD School Counselors

## EDUCATE YOURSELF ABOUT SOCIAL MEDIA.



Start by finding out what kind of apps and sites your child is interested in. Read app reviews, age limits and the fine print.

**Get a head start.**

**Make an account on the social media site(s) your child wants to use & teach yourself the ins and outs. Make sure you know exactly what they can and cannot do so you can decide what they should and shouldn't do.**



## TEACH YOUR CHILD ABOUT POSTING ON SITES.

Deleting a post does not mean it's permanently gone. All online posts, comments, likes, and shares are a part of their digital footprint. Posting inappropriate content could impact their online reputation & potentially hurt them when they get older and enter college or the job market.



## LET YOUR KIDS KNOW THE IMPORTANCE OF PRIVACY.



**Many social media sites request names, dates of birth, school names, and hometown. Teach your children how much personal information is too much information online.**



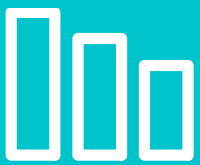
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## SET GROUND RULES FOR YOUR KIDS ON SOCIAL MEDIA

1. Keep the computer in a common area of your home – like your living room or kitchen. Have designated areas to use tablets and cell phones.
2. Only allow access to the internet for a limited, set time each day.
3. If your child wants to join a social media site, request that you have access to their account credentials.
4. If your child is an older teen, they may think giving you full access to their account is too invasive. Consider a compromise. Require them to add you as a friend so you can monitor their activities via your own account.
5. Stick with age-appropriate sites. Most social networking sites such as Facebook, Twitter, and Instagram have an age minimum of 13 years.



## QUICK TIPS

- Turn Auto Play button off while young kids are viewing YouTube
- Sign the Internet & Mobile Device Contract
- Remind your child not to keep online secrets
- Your child should understand they are not allowed to download anything or install apps or games without parental permission
- Parent MUST have access to all their child's usernames and passwords
- Use [Commonsensemedia.org](https://www.commonsensemedia.org) for trusted ratings of apps with families in mind

