

PARENT TIPS TO SUPPORT YOUTH SAFETY ON SOCIAL MEDIA

1) TALK ABOUT ONLINE SAFETY

2) ENSURE PRIVACY SETTINGS ARE IN PLACE.

3) COLLECT NAME OF ALL APPS AND SCREEN NAMES

4) FOR CHILDREN UNDER 13, PARENTS CAN INSTALL CHILD SPECIFIC WEB BROWSERS

5) DON'T ALLOW COOKIES OR LOCATION SERVICES

6) DISABLE DATA SHARING CAPABILITIES

7) SET LIMITS OF WHO, WHEN, HOW LONG

8) TALK WITH THEM ABOUT HOW TO USE SOCIAL MEDIA AS TO HEALTHY TO MAINTAIN FRIENDSHIP, BUT NOT TO GOSSIP AND ATTENTION SEEK.

EHMKE, R. (2020). "HOW USING SOCIAL MEDIA AFFECTS TEENAGERS". CHILD MIND INSTITUTE. [HTTPS://CHILDMIND.ORG/ARTICLE/HOW-USING-SOCIAL-MEDIA-AFFECTS-TEENAGERS/](https://childmind.org/article/how-using-social-media-affects-teenagers/)



PARENT TIPS TO SUPPORT YOUTH SAFETY ON SOCIAL MEDIA

- 9) BE A GOOD ROLE MODEL-
GIVE FULL ATTENTION WHEN BEING SPOKEN TO
- 10) ESTABLISH TECHNOLOGY-FREE ZONES AND
TECHNOLOGY-FREE HOURS WHEN NO ONE USES
THE PHONE, INCLUDING PARENT.
- 11) DELAY THE AGE OF FIRST USE AS
MUCH AS POSSIBLE
- 12) HELP KIDS BUILD HEALTHY SELF-ESTEEM BY
SUPPORTING THEM IN GETTING INVOLVED IN
THINGS THAT SPARK THEIR INTEREST. WHEN KIDS
LEARN TO FEEL GOOD ABOUT WHAT THEY CAN DO
INSTEAD OF HOW THEY LOOK AND WHAT THEY
OWN, THEY'RE HAPPIER AND BETTER PREPARED
FOR SUCCESS IN REAL LIFE.

EHMKE, R. (2020). "HOW USING SOCIAL MEDIA AFFECTS TEENAGERS".
CHILD MIND INSTITUTE. [HTTPS://CHILD MIND.ORG/ARTICLE/HOW-USING-
SOCIAL-MEDIA-AFFECTS-TEENAGERS/](https://childmind.org/article/how-using-social-media-affects-teenagers/)

