



# Parenting and Social Media



## Social Media Tips for Parents:

Communicate with your child about the risks of social media and encourage responsible behavior.

Determine if your child needs a camera or texting capabilities on his or her cell phone. If the child's cell phone has a camera or texting capabilities, speak with the cell phone company about how you may monitor or limit their use.

Many cell phone companies offer phones for young teens or children that are only able to place and receive calls from a few numbers, such as "Home," "Parent," and "Grandparent." Consider a restrictive cell phone plan for young teens and children.

Consider parental controls you may set on your child's internet use, such as passwords and other tools that prohibit your child from visiting certain websites.

Place the family computer in an open, well traveled room such as the family room or kitchen, rather than the child's bedroom. Discourage children from having computers in their bedrooms.

Charge the family's cell phones at night in a well traveled room, such as the kitchen. This will discourage your child from sending text messages in his or her room at night when you cannot monitor the child's cell phone use.

If your child has a social networking page, such as MySpace or Facebook, talk to your child about the dangers of posting personal information like full name, address, and phone number. Help your child set the privacy settings on his or her page to protect the page from unauthorized viewers. Consider monitoring your child's social networking pages.

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