



Social Media Parents Checklist



- Call a Digital Family Meeting - Set rules and expectations for behavior with technology
- Draft a Social Media Contract – see examples
- Have a central charging station (e.g. your room, kitchen table) – Keep devices out their bedrooms!
- Have your child write a paragraph about why they should have a phone or be able to download an “app”.
Set up the accounts WITH them
- Know their passwords! Sealed envelope of passwords on the fridge if applicable
- Set technology limits on use – if you meet resistance, remind them who pays for the phone or device
- Buy, Use and Teach your child how to use a physical old fashioned alarm clock
- Set parental controls: Phone, Tablet, Computer
- Google yourself and your child. What is out there about you and your family?
- Review privacy settings on all social media accounts. Set Instagram as private!
- Check Instagram “DIRECT” mailbox and read the comment section of pictures and posts
- Explore strategies of what to do when a stranger talks to them online. Remind them that you won't be upset and you are just looking out for their safety
- Ask your child what social media platforms are popular and why – take a keen interest with curiosity to help open up dialogue
- Actually, read the privacy policies and terms of service with your child
- Discuss the difference between a healthy and unhealthy relationship
- Discuss both the positives and negative uses of social media
- Remind them of the permanence and public nature of all things shared electronically
- Discuss with your child the dangers of sharing intimate (sexting) photos
- Are location services turned OFF for camera and social media apps – do any of their posts have a geo-tag attached?
- Be mindful of and know what VAULT apps look like
- Put tape or band-aid on the laptop camera when not in use
- Make strong passwords for all accounts and emails – That includes YOU!
Letters, numbers, and special characters !@#%&*
- Set up and be ready to use Find my iPhone or Android Device Manager
- Educate Yourself - Search online for anything you don't understand
- Remember that your kids are growing up online! Help guide them
- Encourage your kids to create a positive digital footprint as they grow older