



## Parenting in a Social Media World

### PRACTICAL TIPS AND TOOLS

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#### Basic Social Media Safety Tips *for you and your kids*

- Use an online nickname when possible on social sites (for kids).
- Change your passwords often (know your kid's social media account passwords and check in on them in ways that respect their privacy). Don't share them with others.
- Do not accept friend requests from people you don't know in real life.
- Remember that everything online, stays forever - including Snapchat and text messages.
- Always ask permission before sharing information, pictures or videos online.
- If you ever see or experience something that makes you feel uncomfortable, tell someone! Like all things in family, there should be no secrets, only surprises.
- Follow your kids and have them follow you.
- Be interested in your child's social media presence. Ignorance is not bliss and it is definitely not good parenting.
- Adjust your involvement as your children grow up, giving more freedom as they do.

#### Practice Wise, Age Appropriate, Boundaries *for you and your kids*

- Use the parental controls on your Router (DNS) - [opendns.com](http://opendns.com)
- *Circle by Disney* (VPN) for all devices - [meetcircle.com](http://meetcircle.com)
- Set up your Phone, Google Family Accounts, etc. using parental controls

#### As You Parent, Remember...

- Practice What You Preach
- Be Honest and Authentic
- Have Regular Conversations.