

Social Media Parents Checklist

- ✓ Call a Digital Family Meeting – set rules and expectations for behavior with technology.
- ✓ Draft a Social Media Contract (see Common Sense Media resource)
- ✓ Have a Central Charging Station (e.g. your room, kitchen table, living room, etc.) – keep devices out of their bedrooms!
- ✓ Have your child write a paragraph about why they should have a phone or be able to download an app.
- ✓ Set up their accounts with them.
- ✓ Know their passwords! Sealed envelope of passwords kept in a secure place 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 accounts as private!
- ✓ Check Instagram/TikTok “Activity Center” and read the comments created by the account and interactions made with other accounts.
- ✓ Develop strategies of what to do if they are approached by strangers online.
- ✓ Ask your child what social media platforms are popular and why – take a keen interest with curiosity to help open dialogue.
- ✓ Read the privacy policies and terms of service with your child.
- ✓ Discuss the difference between a healthy and unhealthy relationship.
- ✓ Discuss both the positive 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 photos (sexting).
- ✓ 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 a sticker on the laptop camera when not in use.
- ✓ Make strong passwords for all accounts and emails – this includes YOU!
- ✓ 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 tattoo as they grow older.