



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 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 approaches them online. Remind them that you won’t be upset, 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 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 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 band-aid 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 footprint as they grow older