



PROJECT SAFE CHILDHOOD: Keeping Kids Safe and Secure Online

Social Media 101

Social media platforms are sites that allow kids to create and share content as well as communicate and engage with each other on the internet. While social media can be a great way for kids to keep in contact with each other, for parents it can be overwhelming to try and learn about all the social media platforms your children are using. The best way to educate yourself is to start a conversation with them and keep it going!

- Sit down with your kids and review the apps they have downloaded onto their devices
- If you aren't already, consider making a rule that your child cannot download a new app without first getting your permission
- Find out what online profiles they maintain
- Know their usernames and passwords
- Look at what they are posting
- Know who they are sharing information with
- Check social media ratings – even though something says age appropriate – it may not be for your child – so use their apps to make sure it passes your personal parental rating!

If you know of a child in immediate risk or danger, **notify law enforcement right away.** Online child exploitation can be reported to your **local police department** or to the **National Center for Missing and Exploited Children's** CyberTipline: www.CyberTipline.com or by calling 1-800-843-5678

Resources:

www.common sense media.org/social-media

www.consumer.ftc.gov/topics/protecting-kids-online

www.healthychildren.org/English/media/Pages/default.aspx

www.fosi.org/topics/what-parents-need-to-know-about-screen-time

