



# STOP SUICIDE ICT

a community collaborative

## Tips for Social Media Safety

### 1. Educate yourself

- a. Familiarize yourself with popular social media sites and know the minimum age to use each site.
- b. Be aware of social media “trends” which may have harmful effects on your child.

### 2. Monitor access

- a. Know what your child is doing if they are utilizing social media sites.

### 3. Ask about experiences

- a. Ask your child if they have ever experienced bullying via social media.
- b. Ask what they look at – monitor for violent content.

### 4. Manage and monitor privacy settings

- a. Make sure your child’s account is private (only friends of the child can see their profile content).
- b. Ensure the child is not giving out personal details (phone number, address, etc.).

### 5. Educate them on their “friend list”

- a. Ensure they only “friend” people that they personally know!

### 6. Set guidelines and rules

- a. Establish an age at which they will be allowed to use social media.
- b. Set time limits (Example: No social media during school hours, no social media after 8 pm, etc.).

### 7. Be aware of Parental Control Tools

- a. Phone apps such as Qustodio, SaferKid Text Monitoring app, and others can allow you to monitor what your child is sending and receiving.

### 8. Search for additional resources!

- a. Conduct your own search and find reputable websites (Example: ending in “.org” or “.gov”).
- b. A good start is Internet Safety 101:  
<https://internetsafety101.org/socialmedia>