



# Social Media Safety Tips for Parents

# Snapchat



**Snapchat** is a popular messaging app that lets users exchange pictures and videos that are meant to disappear after they're viewed.

**Tip #1: Limit who can contact your child:** Go to the settings menu and look for Who can – Contact Me and select my friends. Only people your child has added can send them a snap.

**Tip #2: Turn off location services:** Your child can share their location with friends, however keeping location services on could allow your child to connect with total strangers who happen to be in the vicinity.





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# Instagram



**Instagram** (IG) is a free photo and video sharing app. People can upload photos or videos and share them with their followers or with a select group of friends.

**Tip #1 Enable “private” mode:** Instagram’s private mode locks the account so only people your child approves as a follower can follow them.

**Tip #2 Location Sharing:** Your child should avoid posting their exact location when they upload a photo or video. Advise them not to use hashtags that reveal their location.





## Social Media Safety Tips for Parents

# Twitter



**Twitter:** A service for individuals to communicate and stay connected through the exchange of quick, frequent messages. Users can post **Tweets**, which may contain photos, videos, links, and text.

**Tip #1: Enable “Protect my tweets”**, Twitter has a built in search engine that allows the user to scroll the network for tweets. Anything your child posts can pop up in one of these searches. By enabling the “Protect My Tweets” option users can make sure these posts stay off-limits to search queries and are only seen by approved users.

**Tips #2: Tweet wisely:** A seemingly harmless tweet can inflict a lot of damage when it insults someone or puts someone in danger. This is often the case even when the message is later deleted. Parents can help their children understand the power of their words and the importance of thinking before tweeting.



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# TikTok

**TikTok** is a video-sharing app. Users can shoot, edit, and share up to 60 second videos jazzed up with filters, music, animation, and special effects.

**Tip #1: Turn on “Family safety mode”:** This feature includes screen-time management controls, limits on direct messages and a restricted mode that limits the appearance of inappropriate content.

**Tip #2: Monitor your child:** Users do not have to create a TikTok account to see content that is posted. If your child has **TikTok** don't forget to monitor what they are watching.





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# Facebook

**Facebook** is a website/app which allows users, who sign up for free profiles, to connect with family, friends, or people they don't know, online.

**Tip #1: Set Strong Privacy Settings:** This will allow only make your profile available to people you have already accepted as your friends.

**Tip #2: Don't Post Any Contact Information on Your Profile:** Don't make your email or your phone number viewable on your profile. A rogue Facebook application or a hacker could use this information to spam or torment you.



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## Calculator and Vault Apps.

**The Secret Calculator App** looks like an innocent **calculator app** on your child's **Iphone** or **Android** device. Actually, this **app** is used to hide files, photos and videos. Parents should look and see if their child has more than one calculator app on the phone.



A **Vault app** is one that can keep your private photos, videos, and messages safe from prying eyes. To access the trove, the user must input a password. Teens commonly use vault apps to hide sexting.







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With the ever increasing use of social media amongst youths, parents should be aware of some risks associated with social media.

- Cyberbullying
- Exposure to inappropriate or adult content
- Sexting
- Sextortion
- Increased feelings of social isolation and reduced social skills
- Distraction and procrastination
- Developing decreased self-esteem
- Peer pressure