

Common Sense **Safety Rules** for Social Media:

1. **“PAUSE before you post!”** (Never send anything electronically you would not be okay with *everyone seeing*).
2. **“Never “FRIEND” anyone unless you are sure of who they really are!”** (It doesn't count if it's so-and-so's cousin or friend – you *really* have to know them).
3. **“Become very familiar with the PRIVACY SETTINGS for every social media application your child uses”** (Privacy settings can be reset them without the users permission... So, it's important to check your privacy settings regularly and be familiar with them).
4. **“Know the BLOCK feature on every app!”** (Don't allow your child to dwell on negative posts from others – block inappropriate or unkind users and remove opportunity for negativity).
5. **“DON'T RESPOND to unkind comments!”** (Response to negativity provides validation and promotes relevance – these things give power to wrongdoers. Instead, ignore or block).

## Good **Parent Guidelines** for Social Media:

6. **“Be ACCESSABLE as a parent!”**

(Trust and open-ness is paramount – children will make mistakes – they need to have an accessible adult for support when they encounter challenge).

7. **“It’s not unreasonable to have access to your children’s social media”**

(This can include usernames and passwords. Talk to your children about what you (and they) are seeing online).

8. **“Provide clear Expectations, Limitations, and Rules”**

(Don’t be afraid to take your child’s devices at night. Most student online activity takes place between the hours of 9 PM and 7 AM. It is OK to unplug).

9. **“As a parent, it’s okay to say no!”**

(The responsibilities with social media are a gradual release of independence).

10. **“Engage and Collaborate with other Parents”**

(Use other parents and adults as supports and resources; don’t be afraid to contact other parents and adults to work together as a team).