

Social Media for Parents

Social Media apps like Instagram, Snapchat, and TikTok can be fun and are designed to appeal to teenagers. They can be good places for creative expression, connection with friends, accessing support spaces, and learning. There are also negative social media spaces to be found as well. It is important to instill healthy social media habits and build a plan for use with your teenager.

Keep the Conversation Flowing

First and foremost, keep an open dialogue with your child about their social media use. If they feel that they cannot trust you to be understanding, they may not let you know if they are victims of harassment or cyberbullying. You can teach them safety tips and they can teach you about the latest social media trends.

Compromise When You Can

Talk to your child about what rules they believe should be set surrounding social media use. This can include discussing the amount of time spent on social media, who they interact with, and which apps they use. When children feel part of the decision making process, they may be more likely to follow the rules.

Privacy is Key

Educate yourself and your child on key privacy and security settings within their applications. By turning off location services, third parties will not be able to track the device. A private profile setting only allows approved friends and family to view your child's account. Content filters can help to filter out inappropriate media. Reviewing these settings can help keep your child safe online.

Monitor Their Language

Make sure your child is treating people appropriately online as well as receiving proper treatment. A fun acronym to teach your child is THINK. Is what you have to say True, Helpful, Inspiring, Necessary, and Kind? This can help distinguish between productive language and hurtful behaviors. If your child uses poor language, allow them to rethink it. If they receive hurtful comments, help them recognize and shut down the negativity.