APRIL: SOCIAL MEDIA SAFETY
– What Caregivers Need to Know –

The Basics

What is Social Media? Forms of electronic communication through which users create online communities to share information, ideas, personal messages, and other content.

What can caregivers do to encourage social media safety?

- Learn about the social media applications (apps) and programs your child is using
- Ask questions about the apps and programs they are using to better understand
- If age-appropriate, keep tablets/computers/phones in common areas where you can monitor usage
- Discuss what is safe and okay to post online, and what is not safe
- Model good behavior and good social media use in the home
- Set screen limits as needed in the home
- Check your child's privacy settings to ensure they are not sharing too much of their personal information with people they do not know

Cyberbullying:

Cyberbullying is when people bully others online. It can happen in many ways including sending cruel messages via social media apps, posting pictures or information about them without their permission, or excluding them from an online group or conversation. Caregivers can support their children by:

Additional Resources

- Resource: Cyberbullying
- Website: Social Media Guide
- Article: Good Social Media Habits

- Having a conversation about cyberbullying, what it is, and what it might look like
- Encourage your child to seek support from an adult if they become the victim of cyberbullying
- Monitor your child's social media platforms if you suspect cyberbullying. Look at their social media platform together with them, to understand what is happening and how you can support

Mary's Center