

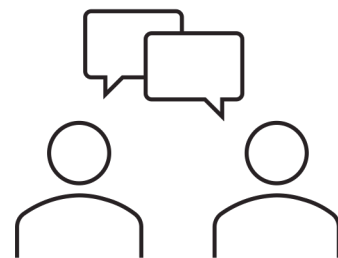


Safe Data
Safe Families

Advice for Parents:

Talk to Your Teen About Social Media

If you have a tween or teen, they likely have a social media account, maybe on a site you've never heard of. Here are some tips for talking to them about appropriate use of social media.



Set ground rules.

Which social media platforms can they use? Who can they connect with? What kinds of things should they never post.

Make sure everyone knows the rules.

Don't spy on your teen's account unless you tell them you will.

Listen to them.

Teens use social media as an outlet to express themselves and be more independent, which is especially important during high school.