



# STAY SAFE USING SOCIAL MEDIA



## SET CLEAR RULES AND GUIDELINES

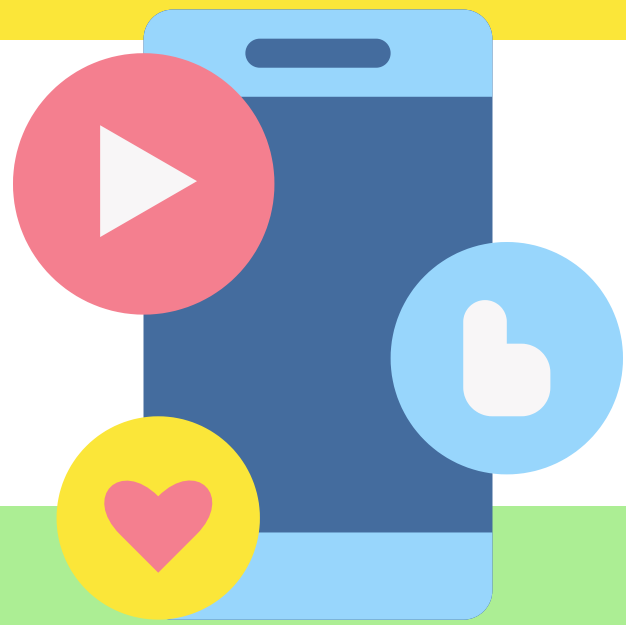
E.g. Set time limits and monitor their activity.

## EDUCATE

Teach children about the potential risks of social media, such as cyberbullying, online predators, and privacy concerns.

## MONITOR ACTIVITY

Be aware of who children are interacting with and what they are posting online.



## MANAGE PRIVACY SETTINGS

Show children how to adjust their privacy settings on social media platforms to limit who can see their posts and personal information.

## ENCOURAGE OPEN COMMUNICATION

Talk to children about their online experiences and encourage them to come to you if they encounter any problems.



## BE A GOOD ROLE MODEL

Children learn by example, so be mindful of your own social media habits.

## VISIBILITY

Keep the computer in a common area of your house, so that you can monitor your child's activity more easily.



## PARENTAL CONTROL SOFTWARE

Use parental control software to monitor your children's internet activity and to block access to inappropriate websites.