

# Parenting Kids on Social Media



## **Things You Can Do RIGHT NOW to Parent Your Kids on Social Media (even if you aren't on social media yet)**

- **Model and/or expect polite cell phone use** -Keep cell phones away from the dinner table \* *NEVER USE IT WHEN DRIVING* \* put your phone down when you talk with someone \* don't accept calls or texts when talking with someone \* create other boundaries for your family
- **Move cell phone chargers to a public space so cell phones "go to sleep" at a certain time** -Teens (adolescents) need uninterrupted, "unplugged" sleep -and adults do, too!
- **Find a way to connect with your child about media** -Surf through their Instagram stream *together* \* watch funny youtube videos *together* \* listen to an entertaining podcast *together* \* look at an intriguing board on pinterest *together*
- **If your child is new to social media, know their passwords on their accounts** -You may not know how snapchat works, but if your child knows you can tune in at any time, this increases their accountability. This creates "training wheels" as your child begins their exploration into the Social Media world.
- **If your child is on social media already, know what platforms they use** -Just knowing where your child is walking on Social Media creates accountability.
- **Talk with your child about ways they see Social Media being used for good** -Kids see positivity and connection on Social Media all the time. Ask them who they helped today on Social Media or who they saw do something kind in a virtual way.
- **Talk with your child about ways they see people behaving badly on Social Media** -Talking about negative behavior offers opportunities to discuss what could be done differently. Looking at why someone may behave a certain way creates empathy.