

How to talk to patrons about: *Advice for Parents (Talk to Your Teen About Social Media)*

- Social media can be a scary place, but they can also help children connect with their friends and learn about new things.
- Open communication with your child about the challenges they are facing and the enjoyment they get out of social media can yield joint problem-solving if problems arise.
- Come up with a set of rules or guidelines for using social media together, as well as consequences for when those rules are broken. Write them down so no one can claim to have forgotten.


“One of the most important things you can do as a parent is have open conversations with your children about social media and encourage them to share their experiences with you and come to you if they have a problem.”

**Safe Data
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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.

For more information, visit <https://safedata.umd.edu>