





Tips for Parents: Social Media

How to talk to young kids about social media:

- Social media is an online community where people share photos and updates about themselves and talk with other people.
- There are a lot of social media sites out there! Popular ones include Facebook, Instagram, Twitter, Snapchat, and TikTok, but there are many more.
- When you post things online, it's out there for people to see. So always think before you post about whether your post could hurt someone's feelings or could make someone uncomfortable.
- When you post things online, make sure you're not sharing private information like secrets or your address because you don't know who might see that post.
- On some social media, people talk with their offline family and friends. On others, people make new friends and talk to people who like to do the same things, like play certain games.
- On some social media, anyone can respond to your posts, and sometimes people post mean things. You can make your account private so only friends and family can see your posts, or you can block mean people from seeing your posts.

Recommended actions you can do with your children:

- If you use social media, show your child your account and how you use it. This is also a good opportunity to talk about sharing posts about your child and getting their consent to do so. You can set up agreements, like not posting anything personal about your child on your social media without asking them first.
- Check out Common Sense Media's YouTube Channel, Common Sense Education (<https://www.youtube.com/c/CommonSenseEducators>) for videos you can watch with your child about online safety, being respectful online, and your digital footprint.
- If you have any questions or concerns about developmentally appropriate practices and media mentorship to support your children's social media use, ask your librarian for resources and guidance.