

# **Electronics and Social Media:**

## **What Do Parents Need to Know?**

### **Age Restrictions**

**Due to the Children's Online Privacy Protection Act, websites that collect personal information are not able to collect information from a child under the age of 13. Thirteen is the minimum age required for all social media sites.**

### **Tips and Recommendations**

- **Just because you “friend” or “follow” your child does not mean that you have access to everything they see. You may see what they post but may not see what their friends are posting.**
- **Knowing your child's passwords should be mandatory. Let your child know that you may be accessing their accounts.**
- **Consider being the “keeper” of your child's apple ID. If they have to ask you to add an app, you'll always know what apps and social media sites they are using.**
- **Always keep open communication about electronics and social media.**
- **Set aside certain times during the day as “electronic free” times. No phones or tablets during dinner.**
- **Have an electronic turn-in routine at bed time. Electronics too close to bed time can cause problems with sleep!**
- **If your child wants an app that you don't know much about, check it out for yourself first.**
- **Teach Netiquette: Consider the “Grandma Rule.” Encourage your child to always think about how their Grandma (teacher, principal, etc.) would feel if they saw the post.**
- **Talk about Cyberbullying and what to do if it happens.**
- **Posts on the internet can last FOREVER!**
- **Parents should know the lingo.**
- **Phones/Tablets are a privilege and not a right.**
- **Don't skip out on face-to-face time in order to spend time online.**
- **If you allow a social media site, set privacy settings together.**

- **Talk about internet safety**

- **Kids should only “friend” people they know in real life.**
- **Kids should never meet someone they only met online.**
- **Don’t share personal information.**
- **Use the privacy settings!**
- **Identify trusted adults they can talk to about internet safety concerns.**

## **Resources**

**CommonSenseMedia.org**

**Ratings on books, movies, apps, and games**

**InternetSafetyProject.org**

**How-to articles**

**netlingo.com/acronyms.php**

**Common internet acronyms**

**Netsmartz.org**

**Information for parents, teens, and kids**

**Your cellular provider (AT&T, Verizon...)**

**Apple**

