



6 TIPS FOR PARENTS

To Help Address Your Social Media Concerns



1

Create a Family Media Plan. Meet as a group to discuss your family's social media usage: **Who** should know their personal information. **What** content is permitted. **Where** devices will be used and charged. **When** devices will be turned off. **How** many hours of use will be allotted per day.

2

Designate a Tech FREE Zone. Possible boundaries include the dinner table, restaurants, in-person gatherings, and their bed. Consider charging phones overnight outside of their bedroom and set expectations for a balance of technology and human interactions.

3

Model Appropriate Use. How parents behave is even more important than what they say. Be mindful of your own social media habits. Is your phone a distraction when you are with family? Do you share personal information about your kids? Do you use appropriate language in your posts and comments?

4

Teach Digital Citizenship. Discuss the risks and benefits of social media. Explain how to protect their personal information and check their privacy settings. Define digital footprint and learn from positive and negative experiences online.

5

Report. If your child shares that they are a victim of harassment, cyberbullying, abuse, or exploitation, listen without judgement. Then discuss reporting options such as a school counselor, digital platform, or local law enforcement agency.

6

Create Collective Action. Collaborate with other parents to establish common expectations for social media use. There can be strength in numbers when implementing new structure and boundaries for our children's wellness and safety.

Inspired by *The 2023 Social Media & Youth Mental Health: U.S. Surgeon General's Advisory*



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