

Parents and caregivers can support the appropriate and healthy use of social media

There are immediate steps that parents and caregivers can take to protect and support children, including the following:

1

Create a family media plan. Have a family discussion about expectations, time-limits, and rules to follow when using social media. For tips on creating a family media plan, visit www.healthychildren.org/MediaUsePlan



2

Create tech-free zones and encourage children to foster in-person relationships. Consider restricting use of all devices during mealtimes, at least one hour before bedtime, and throughout the night. Encourage and prioritize unstructured and offline connections with others.



3

Model responsible social media behavior. Be a good example of what responsible and healthy social media use looks like. You might explicitly show your kids how to monitor your time spent online, how to not disclose sensitive or private information, and how to interact appropriately with others online.



4

Teach kids about technology and empower them to be responsible online. Share both the benefits and risks of social media use with your kids and emphasize the importance of respecting the privacy of oneself and others. Encourage an open dialogue with your kids about who they are interacting with, how to manage privacy settings, and how they feel about experiences they've had online.



5

Report cyberbullying and online abuse and exploitation. Talk to your child about how to report a negative online interaction or inappropriate content. Visit [CyberTipline](#), [Take it Down](#), or contact your local law enforcement to report any instances of online exploitation.



6

Work with other parents to establish shared norms and practices. Setting norms among neighbors and friends can make it easier to set and maintain rules and boundaries for social media use among children in their social circles.



<https://studentbehaviorblog.org/>



Student Behavior Blog