



BlueResourceSM – Healthy Lifestyle – Helping Kids Be Safe on Social Media

Your Kids Are Digital Natives

Kids are wired for a tech-driven world. Texting, posting, swiping and chatting are as natural as breathing. Still, social media poses real risks. These rules can help you protect and guide them.

Think before you post. Make family rules about what's okay and not okay to post. Would you want your granny or favorite teacher to see certain photos or a post with alcohol?

Use good social manners. Be kind when sharing anything online. Using social media to bully, hurt or make fun of others is never okay and will result in the loss of devices.

Protect your personal info. Keep your last name, address, birthday, school and location out of posts. Dangerous people use this info to track and stalk kids and teens.

Don't talk to strangers online. Refuse to email, text, chat or DM with anyone you don't know. Block them and tell a parent or close adult any time a stranger tries to connect with you.



Make a social media contract with your kids to help the rules stick.

Sources: *Teaching Kids to Be Smart About Social Media.* Kids Health. 2022.
Safeguard Your Student's Future with Our Free Social Media Agreements. Smart Social. 2023.

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