

Less favorable things about Social Media:

These are things like cyberbullying and other questionable activities. Kids can share more online than they should. For example:

- Post photos of themselves online or use their real names on their profiles
- Reveal their birthdates and interests
- Post their school name and the town where they live

This can make them easy targets for online predators and others who might mean them harm.

So considering the consequences of social media. What can parents do? This is what kidshealth.org suggests: “It’s important to be aware of what your kids do online. Stay involved in a way that your kids will understand but will respect their privacy.”

Tell your kids it's important to:

- Be nice and have a zero tolerance for mean behavior. Set expectations on how to treat others with respect. Instruct youth to never post harmful or embarrassing messages and to speak up if they see any harassing or bullying messages that others post.
- Think twice before hitting “send” or “enter.” Anything that is posted can be used against them so it’s important to think before doing.
- Along with thinking twice, teach kids to not share anything on social media that they wouldn’t want teachers, college admission officers, future bosses, and family members to see.
- Privacy settings are important and teaching your kids about each one is good. While it might seem harmless to share passwords to friends, let them know it’s important to not share to protect them against things like identity theft.
- Lastly, don’t “friend” strangers. While it may seem harmless at first, it is not safe. This is a plain, simple, and safe rule of thumb.

For information on this topic or other topics, visit: <https://kidshealth.org/>