



Social Media Tip Sheet for Parents

Today, we're more connected than ever. And all this access can also bring added danger. It's easy for young adults to connect with strangers on social media, and suffer deadly consequences. Especially if your child or teen is also struggling with their mental health.

But there are a few simple things you can do to help protect your child online.

- **Approve apps** before your child downloads them. If you aren't familiar with the app, download it yourself to do research.
- Set their social media profiles to "**private**."
- Stress the importance of **protecting personal information**. Go over what NOT to share with strangers.
- Make sure they know what to do if they see something inappropriate. Show your child how to **report negative messaging** and how to block offensive users on social media.
- **Turn off geo-location** services on your camera and most apps. Unless you turn off this service, metadata in any photo file taken on the phone includes your exact longitude and latitude.
- Create a "**Family Media Agreement**" to establish clear guidelines for time spent online.
- **Use strong passwords** and don't share them with others.

And you can always book a presentation with our office:

Audiences will learn how to make informed decisions to better protect themselves and their families. Programming addresses the Intersection of Rx Drugs and Social Media, Cyber Bullying, Mental Health and Online Safety, as well as the dangers that Opioids and Drug Diversion presents to students.

To book a presentation, visit www.attorneygeneral.gov/ope or call **800-525-7642**.



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