

## HOW TO HELP YOUR LITTLE NAVIGATE SOCIAL MEDIA

### KNOW THE BENEFITS AND RISKS OF SOCIAL MEDIA

- **BENEFITS:** Connection, a source of information, enhance creativity, meet people with similar interests
- **RISKS:** Reveal personal information to strangers, comparison to peers, being exposed to inappropriate upsetting content, cyberbullying

Instruct your Little on how to keep their privacy on the internet

- Don't post your address
- Don't post inappropriate photos
- Keep Instagram/Facebook/Twitter private so only close friends can see - not strangers
- Use secret passwords, don't share them, and don't overuse them

Encourage your Little to confide in someone if they are experiencing cyberbullying. If your little is dealing with cyberbullying:

- Reassure your Little that you support them.
- Help your Little step away from the computer or device and take a break.
- Contact your Littles parent/Guardian. If bullying is happening online, it might be happening offline, too. Recommend the parent/guardian to contact the bully's parent/guardian.

### HELPFUL RESOURCES:

Teaching Kids to Be Smart About Social Media

<https://kidshealth.org/en/parents/social-media-smarts.html>

Professionals from the Internet Security World Explain the Advice They Give to Their Own Offspring

<https://www.theguardian.com/technology/2014/aug/11/how-to-keep-kids-safe-online-children-advice>

How to Help Kids Deal with Cyberbullying <https://childmind.org/article/help-kids-deal-cyberbullying/> -