



Be Safe

Watchful Eye



Learn as a Family

What is Parental Control?

If you are worried about the effects of social media on your child, consider using parental control applications. These are tools that allow parents to set rules, monitor and regulate contents on their child's internet activity and block unwanted content online.

Why is it important?

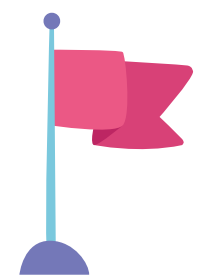
Social Media has many positive outcomes, but also some adverse effects including cyberbullying, social isolation or identity theft. By monitoring what your child is doing online, you will know what they are up to online, you can facilitate their safety online and keep open and honest discussions around digital wellness.

How do I keep a watchful eye on my child's social media activity?

Know what media your child is using, and research what monitoring options exist! Always stay connected while maintaining trust and respecting privacy, while also encouraging their independence. What it will look like will depend on their age and social media platforms.

Goal

Consider how you can effectively monitor and mentor your child in their social media interaction

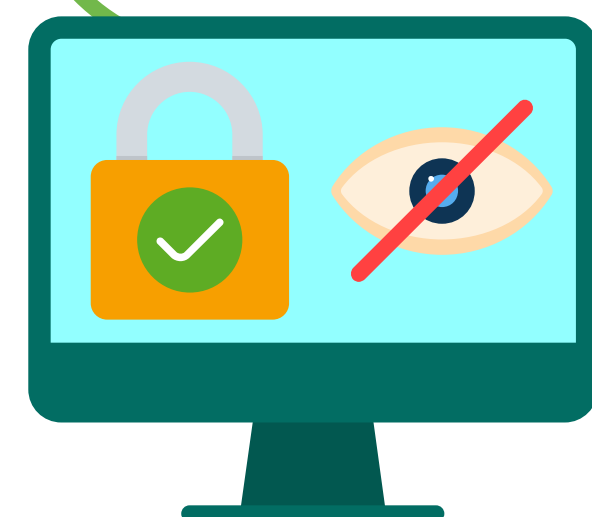


Action Plan

- Talk with your child about the social media platform they would like to join and ask questions about it ([Handout 3](#)).
- Do some research about it using [Common Sense](#) and this social Network checklist ([Handout 2](#)).
- Decide together if they are ready to use it in a safe way. If not, explain the reasons why it is not an option!
- Co-construct rules on how to use that platform ahead of time. Here are some [tips from Media Smarts](#).
- Decide on appropriate parental control. Check these resources:
 - [Ultimate guide to parental control](#) by Common Sense
 - [Tip Sheet on Using Parental Controls](#) by MediaSmarts
- Co-create their account with a strong password and show them how to control their privacy settings at the same time.
- Establish trust and keep the discussion open. Show interest in their online community and ask questions.

Consider

- Following your child's social media account and doing this overtly (don't secretly monitor your child, let them know you are doing so to help keep them safe).
- Checking their history on social media.



Debrief as a family

- ➡ What went well?
- ➡ What was tricky?
- ➡ What are our next steps?

Go further

- As they get older, children will naturally want more freedom and privacy, but you still need to make sure they are safe.
- Discuss what is okay and safe to post online and what is not. Check the tips from this article from [KidsHealth on Teaching Kids to Be Smart About Social Media](#), including the "What Would Grandma Say" rule.