

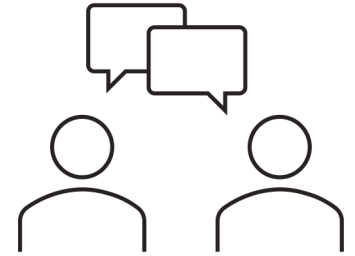


Safe Data  
Safe Families

# Advice for Parents:

## *Talk to Your Teen About Social Media*

*If you have a tween or teen, they likely have a social media account, maybe on a site you've never heard of. Here are some tips for talking to them about appropriate use of social media.*



### ***Set ground rules.***

Which social media platforms can they use? Who can they connect with? What kinds of things should they never post.

### ***Make sure everyone knows the rules.***

Don't spy on your teen's account unless you tell them you will.

### ***Listen to them.***

Teens use social media as an outlet to express themselves and be more independent, which is especially important during high school.

For more information, visit <https://safedata.umd.edu>

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