

## Family Tips

### Help Kids Post, Comment, and Upload Responsibly

As tweens and teens start sharing content and engaging with others online, it's important for them to understand the tracks they're leaving behind and what those tracks might reveal. Parents can help guide kids toward creating the kind of footprint they can be proud of.

#### **Check out these 4 tips**

**1. *Be a role model.***

Before you post a photo of your tween or teen on social media, ask them if it's OK to share. Not only will you give them control over their own digital footprint, you'll be showing them what you expect them to do with others' photos.

**2. *Use privacy settings.***

Sit down with tweens and teens to show the privacy settings you use on your apps and devices. Talk about why you keep certain information private or limited to a small group. Ask them what information they feel comfortable sharing and why.

**3. *Look to the stars.***

Scroll through the Twitter or Instagram feed of a famous celebrity, artist, or politician. Discuss the image they project based on their posts. Ask your kid what kind of image they would like to create -- and what kinds of things (funny stories, silly memes, heartfelt videos) add or detract

**4. *Search yourself.***

Take turns looking up your name and your kid's name on a search engine and a social platform. Discuss the results. Are you both comfortable with what information and images are available to strangers? Is there anyone whom you wouldn't want to see those results?