

Reality Check

LET'S TALK

TEENS

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Social Media + Cyber Safety Health Check-Up Checklist

REALITY CHECK

SOCIAL MEDIA + CYBER SAFETY HEALTH CHECK-UP CHECKLIST

We recommend you go through this list with your child and communicate the why behind the what along the way. What devices does your child use- ie devices of their own, at home devices/ computers, shared family devices, friends, friends houses etc.?

- List each device + what safeties you have on them.
- Go through each device and list what apps your child is using ie, snapchat, Instagram, kik, etc.. List any apps that seem suspicious that you need to look up, what they are or you need to contact us so we can help you.
- Go through computer and device internet search history to see what your teen is looking at and what chat rooms they are on.
- Scroll through your child's texts, DM's on socials and messaging apps to see what group chats they are involved in and what people are saying to them, as well as how they are communicating.
- Do some investigating to see if your child has any secret social media accounts under a different name. You can search nick names or things they are interested in. The easiest way is to scroll through your child's friends' list of who they follow and see if your child comes up. It's very popular for kids to have multiple accounts where they can be and act differently.

- Look into the gaming communities they are part of on all devices and consoles.
What safeties do you have on them? Who are they communicating with?
- What areas do you feel need focused attention to get healthier?
- What areas do you feel you need support and education with keeping your child safe on their devices?
- After you watch the next segment on how to set up privacy setting + safety tools, go back and do the steps to set up safeties.

Questions? Contact Us
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