



Technology and Social Media Resources

The big ideas

1. There's no one size fits all approach or answer.
2. Set clear communication and boundaries.
3. Set parental controls or utilize other tools that you can control.
4. Model healthy relationships.
5. Stay calm.
6. Practice what you will say.
7. Know that there is support for you and your child/teen.
8. Keep the lines of communication open, get informed and be proactive.

If you need support:

Women's Resource Center:

24 hour confidential hotlines:

Lackawanna County 570-346-4671

Susquehanna County: 570-278-1800

National Center for Missing and Exploited Children-Report Online Child Sexual Exploitation

www.report.cybertip.org (online reporting form)

1-800-THE-LOST

We can build safer online spaces together by:

- ✓ Creating healthy online/digital relationships
- ✓ Communicating openly
- ✓ Identifying trusted adults who can help
- ✓ Spending time with your family online
- ✓ Implementing tech fixes

RESOURCES

For more information, here are some useful websites to help you stay informed. Remember, tech is constantly changing and we cannot know everything there is to know. These are just a few sites, many more exist too.

10 Sites for More On Online Safety & Social Media Safety Tips

1. Connect Safely: <https://www.connectsafely.org/parentguides/>
2. Kids Helpline: <https://kidshelpline.com.au/parents/issues/social-media-and-safety>
3. Maryville University: <https://online.maryville.edu/blog/social-media-safety-guide-parents/>
4. Media Smarts: <https://mediasmarts.ca/digital-media-literacy>
5. National Cyber Security Alliance: <https://staysafeonline.org/stay-safe-online/online-safety-basics/>
6. Organization for Social Media Safety: <https://www.socialmediasafety.org/>
7. PCADV: <https://www.pcadv.org/about-abuse/prevention/parents/the-impact-of-social-media-on-teen-relationships/>
8. PCAR: <https://pcar.org/online-safety-children-and-teenagers>
9. Safety Net Project: <https://www.techsafety.org/teens-and-tech-abuse>
10. Stop It Now: <https://www.stopitnow.org/ohc-content/internet-and-digital-media-safety-prevention>

Tech Fixes: User friendly, hands on tips for specific apps

HeartMob (iheartmob.org)

User-friendly information on how to use different platforms' reporting and privacy tools – all gathered in one location.

Manage Your Privacy Settings - Stay Safe Online (staysafeonline.org)

Use these direct links to update your privacy settings on popular devices and online services or read about your platforms' privacy policies and statements.

Tech Safety | Tech Safety (techsafetyapp.org):

Information that can help someone identify technology-facilitated harassment, stalking, or abuse and includes tips on what can be done. In English and Spanish.

Best Apps for Kids | Common Sense Media (commonsensemedia.org)

Offers reviews and recommendations for age appropriate apps and games.