

Digitally-Aware

*Parents can't monitor their children's social media behavior 100% of the time,
but there are still ways to help protect kids from harmful digital behavior.*

Review Phone Location & Privacy Settings

This includes knowing your child's user names and passwords for social media.

Monitor Sites

Check your teen's social media sites, apps, and browsing history if you are concerned about cyberbullying. For more tips visit stopbullying.gov.

Follow or "Friend" Your Teen

You, or another trusted adult, can help ensure their digital safety on popular social media sites.

Set Rules

Discuss what's appropriate when it comes to your kids' digital behavior, content, and apps.



Check out free software and apps for parents to restrict content, block domains, or view kids' social media activities.