

Social Media Safety Checklist

Helping parents stay ahead as platforms change.

Social media helps kids stay connected—but it can also expose them to strangers, scams, and unsafe interactions. Regularly reviewing accounts and privacy settings can greatly reduce online risks.

Start with Privacy Settings

For every platform:

- Set accounts to Private
- Limit who can send messages
- Restrict who can comment or tag
- Turn off location sharing
- Disable contact syncing when possible

Review What's Being Shared

Children should never post:

- Home address
- School name/location
- Phone number
- Daily routines or schedules
- Live location updates
- Personal photos with identifying details

Remind kids: once something is posted online, it can be difficult to remove completely.

Audit Followers & Friends

Regularly review:

- Followers they don't know personally
- Fake or suspicious profiles
- Older inactive accounts
- Requests from strangers

If something feels off, remove or block the account.

Check Messages & Interactions

Watch for:

- Strangers trying to move conversations private
- Excessive compliments or gifts
- Requests for secrecy
- Pressure to share photos or personal information

These can be grooming warning signs.

Set Healthy Social Media Habits

Encourage:

- Screen-free times
- Open conversations about online experiences
- Asking for help when something feels uncomfortable
- Thinking before posting or responding

Quick Parent Checklist

- Accounts set to private
- Location sharing disabled
- Followers reviewed regularly
- Messaging settings restricted
- Personal information removed
- Conversations about online safety ongoing

Remember: Social media safety isn't a one-time setup. Platforms change constantly - and ongoing involvement matters.

Helping parents stay ahead in a fast-changing digital world.

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