

# What Parents and Caregivers Can Do



1

Create a family media plan. Agreed-upon expectations can help establish healthy technology boundaries at home – including social media use.

2

Create tech-free zones and encourage children to foster in-person friendships. Consider restricting the use of phones, tablets, and computers for at least 1 hour before bedtime and through the night.

3

Model responsible social media behavior. Parents can set a good example of what responsible and healthy social media use looks like and modeling positive behavior on your social media accounts.

4

Teach kids about technology and empower them to be responsible online participants at the appropriate age.

5

Report cyberbullying, online abuse and exploitation.

6

Work with other parents to help establish shared norms and practices and to support programs and policies around healthy social media use.