

Social Media Challenges for Parents: Take Home

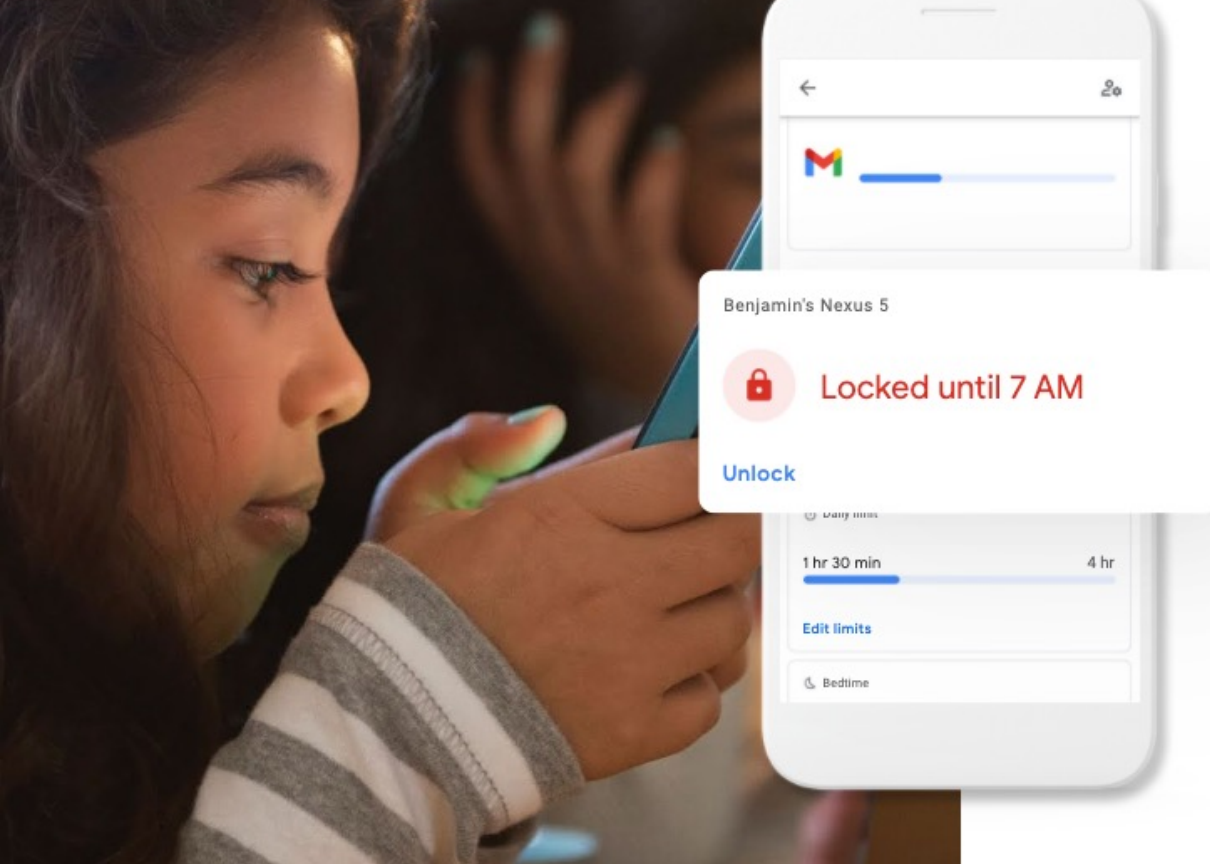
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What To Watch

- ✓ **Age of Use**
 - ✓ Digital Age of Consent Ireland -16 years
 - ✓ Parents should have password for all App Downloads <16 years
- ✓ Strong passwords & keep private;
- ✓ Enable Two Factor Authentication 2FA;
- ✓ **Privacy Settings** –default option?
 - ✓ Can change after update
- ✓ Terms and Conditions;
- ✓ Friends/Followers -do you know them?;
- ✓ Type & Volume of Content shared –set rules
 - ✓ Location/sharing on holidays etc.



Keep an eye on screen time

Set limits

Lock their device

Whether it's time to go play outside, have dinner, or just spend time together, you can remotely lock a device whenever it's time to take a break.

Action Plan –Take Homes

- Enable Family Sharing (Apple) Family Link (android) and/or download a Parental control App (e.g. Screen time)
- Family Sharing <https://www.apple.com/families/>
- Family Link <https://families.google.com/familylink/>
- Screen Time App <https://screentimelabs.com/>



MY SOCIAL MEDIA AUDIT

App I am using: _____ Date _____

WHAT I LIKE ABOUT THIS APP

WHAT I DON'T LIKE ABOUT THIS APP

Action Plan –Take Homes

WHAT CAN CHANGE

- ✓ Social Media Audit
- ✓ Internet Decisions –scenarios and how best to respond
- ✓ *Recommended Best Practice*” for parents
- ✓ Discuss what is unsafe to share online **“Do Not Share list”**
- ✓ **The Granny Rule**

NEXT STEPS –ACTION PLAN