

***Social Media Guidelines to Consider  
Cindy Pierce - 2021***

***Things parents can do:***

- No phone zones (car, meals, in bedroom)
- Unplugged times and spaces
- Limit double screen
- Homework done in common area
- Charge monthly fee
- Required viewing before they can have a phone (“Yes, as soon as...”)
- Filters give false sense of safety – have the challenging conversations

***First Phone:***

- Wait till 8<sup>th</sup> grade for phone
- Have them pay at least part of monthly fees
- Middle school – start account together and ease them into independence
- Make a contract, including clear consequences
- Telephone conversation etiquette first
- Avoid “fitting in” as the reason to allow them to have a phone (for you or your kid)
- Use privacy settings to permission needs to be granted

***Ask questions***

***Without using names...***

- What social media behavior annoys you?
- What do you like about what people do on Insta? SnapChat? Tik Tok?
- What works in group chats? What doesn't?
- How much is too much texting? How do you handle it?
- Has anyone shared your texts or photos without permission?
- Have you ever been surprised when you meet someone you follow in person?
- What happened on your phone today that was interesting? Boring? Funny? Irritating?