

Employee Assistance Program

Limiting Your Child's Use of Social Media and the Internet

Setting rules and guidelines for your child's social media and Internet use is responsible parenting.

Social media is an essential part of life for most kids and teens. And using the Internet is a given for students, even in elementary classrooms. As a parent, what can you do to teach your child about online safety and responsible use of social media? How much screen time should you allow?

Parents may find the following suggestions useful for children and teens:

- Talk with your children about online safety and what they choose to post on social media sites.
- Set rules on the daily amount of time your children can spend on social media.
- Use parental control tools to filter web content and block navigation to undesirable websites.
- Keep the family computer in a common area of the home.
- Stay current with your child's privacy settings on social networks to ensure that his/her profile is secure.
- Educate yourself on the types of social media platforms that your child likes to use.
- Be a good role model when it comes to social media and Internet use.



Employee Assistance Program
1-866-EAP-4SOC (1-866-327-4762)
TTY users should call 1-800-424-6117
Visit us online: www.eap.calhr.ca.gov



Warning Signs

Parents should heed these signs that their child may be at risk of being exposed to the wrong people or content online:

- The child is being secretive about what he/she is doing on the computer.
- He/she receives phone calls, gifts, or packages from people you don't know.
- You find inappropriate content on the child's devices.
- He/she becomes withdrawn from the family.



Log on to www.eap.calhr.ca.gov today!

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