



PRACTICAL HELP FOR PARENTS AND "CARING ADULTS":

- Don't live in fear but be wise
- Be the parent before the best friend
- Monitor social media
 - <http://www.covenanteyes.com/>
- Don't ever think/say "Not my kid"
- Student surveys on a national level indicate students are afraid/nervous/hesitant to ask parents for help after encountering tough issues online
- Provide your child the "X-Plan": they text you an "x" and you immediately respond with a call informing them you need to know where they are as there's a situation at home you need them to be there for...arrive quickly and listen to your student without "how did you get into this mess," "I told you not to hang out with them," "how could you be so stupid" etc...the goal is to appreciate the fact they sent you an "x" admitting they need your help so provide them that help because the immediate goal is to keep them safe
- Be careful with your own social media posts especially pictures of your children
- Do understand you are going against culture
- Do understand every family will deal with this issue differently
- Do be consistent in your plan after discussing it clearly with your student(s)
- Remember – you own their devices and have the right to know all the passwords and should check their devices as often as you feel it's necessary
- Remember – it's not IF your child will encounter challenges via social media it's WHEN and you need to be ready
- Easier to teach than un-teach to teach them well and teach them early and lead by example
- You are only as safe as your stupidest friend(s) online = applies to adults too
- Ready to get radical?
 - Controlled text groups only
 - No technology in any bedroom ever (an alarm clock can wake you up)
 - Be sure your student knows you are willing to trust them until they give you a reason not to
 - Continue to educate yourself on recent social media apps and ways to stay SAFER
 - Start a parent discussion group
- Never forget you can make a difference when you truly understand...
 - It's all about the EXPLOITATION OF VULNERABILITY! Anything and everything you can do to lessen the vulnerability in your student to being exploited is a win! WIN BIG WITH YOUR STUDENT(S)!