



Media Guidelines For Teens

(Ages 13-17)

Media is everywhere. Here's how to make sure your teen has a healthy relationship with technology.

How should my teenager be using digital media?

- A.** Talk about risks in the real world, accompanied by real stories- then tell them about evolving risks online, and how to stay safe on the internet.

- B.** When you ask teens about their real world day, it's also a good idea to ask what's happening in their cyber life.

- C.** Talk about identity formation and what it means- distinguishing between the real world self and the "cyber self," the image of themselves that teenagers project on social media.

- D.** Tell your teen to check/update privacy settings, change passwords often, and not to accept friend requests from people they don't know in real life. Most importantly, think before they post.

- E.** Talk about body image and self esteem- and other ways technology may not be constructive.

- F.** Make sure your teen knows that nothing is ever truly deleted from the internet- inappropriate pictures of minors are illegal and future employers may view social media before hiring.