Online social media services aren’t new, but many of us are still learning how to use them without getting into trouble – especially children and teens. Use these tips to help your kids safely use any social media service from networking to image posting sites.

What they’re posting?
Check comments and images for personal information, like phone numbers and addresses, as well as inappropriate and illegal content such as hateful or threatening speech and nudity. Delete anything you think is too much information.

How they access social media?
Mobile devices, like cell phones and tablets, let children access social media apps away from adult supervision. Children may post content and even share their locations. Review app settings to help them keep information – like their location – private.

Who they’re talking to?
Your child’s online contact lists and followers may include people you don’t know, or even people your child only knows online. Even if you don’t know the contact, make sure you know what images, messages, and other content they’re sharing.

What account settings they’re using?
This is where you can control who has access to your child’s information. Each social media service has a different setup, so take a look at each one your child uses. Always ask yourself – what is on the profile and who can see it?

Who has access to their information?
Most social media services have ads and applications from 3rd parties, like games and fan pages. If children click on these or add them to their profiles, they are allowing access to their personal information. Have a discussion about what’s OK to add and what’s not.

Where to report?
If anyone talks to your child about sex, shares or asks them to share sexual images, or is a victim of sexual exploitation, make a report to the National Center for Missing & Exploited Children® at www.CyberTipline.com or 1-800-THE-LOST®.