



Social Networking Safety Tips

Protecting yourself and tips for parents.

With so many teens and parents using social networking these days, everyone should know these ten great social networking safety tips. By following these safety tips you and those that use the computer in your house for social networking can be safer. Everyone who uses social networking should follow these social networking safety tips:



Protect yourself:

- Put everything behind password-protected walls
- Don't post anything your parents, spouse or friends couldn't see
- Check out what your friends are saying about you, make sure they are being safe about you too
- Only add friends that you personally know in real life



Tips for parents:

- Talk to your child about social networking and what is appropriate to put online
- Help your children to see and understand that not everyone on social networking is honest
- Know when to put a hold on social networking; as the parent, you have the ability to stop social networking within your house
- Social networking is best used by teens that are at least 16 years old

For more information visit thecapcenter.org or call 916-244-1906

