

WAYS TO SAFEGUARD YOUR TEENS ON SOCIAL MEDIA



1. TEACH YOUR TEEN NEVER TO USE HIS/HER FULL NAME OR PERSONAL INFORMATION ON SOCIAL MEDIA.

2. MAKE SURE YOUR TEEN KNOWS YOUR PHONE NUMBER BY HEART. PHONES CAN GET LOST OR CONFISCATED AND YOUR CHILD NEEDS TO KNOW HOW TO CONTACT YOU.

3. MANY TEENS COLLECT FOLLOWERS OR PAY FOR THEM TO INCREASE THEIR POPULARITY AMONG PEERS. TEACH YOUR CHILD TO ONLY ACCEPT FOLLOWERS HE/SHE KNOWS.

4. MAKE SURE YOUR TEEN KNOWS THAT ANYTHING POSTED TO THE INTERNET STAYS THERE FOREVER. THERE IS NO WAY TO PERMANENTLY DELETE A POSTING, PICTURE, OR VIDEO FROM SOCIAL MEDIA.

5. MAKE SURE YOUR TEEN KNOWS TO NEVER POST A NUDE OR RACY PHOTO ON SOCIAL MEDIA OR THROUGH A LIVE CHAT LIKE FACETIME. THESE CAN BE RECORDED AND USED FOR BLACKMAIL OR TO MANIPULATE YOUR TEEN INTO DOING SOMETHING TO AVOID THE IMAGE BEING CIRCULATED.

6. KNOW YOUR TEEN'S PASSWORDS FOR ALL DEVICES AND ACCOUNTS. MAKE THIS MANDATORY OR YOU WILL NO LONGER PROVIDE A CELL PHONE, COMPUTER, OR INTERNET ACCESS.

7. MONITOR YOUR TEEN'S ACCOUNTS BY CREATING YOUR OWN ACCOUNT FOR EACH TYPE OF SOCIAL MEDIA YOUR CHILD HAS. MAKE SURE YOUR TEEN DOES NOT BLOCK YOU OR ONLY ALLOW YOU PARTIAL ACCESS.

8. MAKE SURE YOUR CHILD IS INSTRUCTED NEVER TO ALLOW "LOCATION SERVICES" FUNCTIONS INSIDE GAMES, APPS, OR SOCIAL MEDIA. DISABLE LOCATION TRACKING THROUGH THE SETTINGS ON YOUR TEEN'S DEVICE.

9. TEACH YOUR TEEN NEVER TO POST SOMETHING THAT INDICATES TROUBLE, SUCH AS "I JUST RAN AWAY" OR "I HATE MY PARENTS." THESE ARE MESSAGES TRAFFICKERS MAY USE TO BECOME A PERSON WHO CAN "HELP."

10. ACTIVATE PHONE TRACKING DEVICES ON YOUR TEEN'S PHONE, SUCH AS LIFE 360 OR FIND MY FRIEND, AND TRACK YOUR TEEN'S LOCATION AT ALL TIMES.

11. CHECK THE APPS ON YOUR TEEN'S PHONE TO MAKE SURE HE/SHE ISN'T UTILIZING A LOCATION "SPOOFER" PROGRAM TO TRICK YOU INTO THINKING HE/SHE IS AT ONE LOCATION, BUT IS ACTUALLY IN ANOTHER PLACE.

For urgent or life-threatening situations, or if you suspect someone is in immediate danger, call 911. It is unsafe to attempt to rescue a human trafficking victim.

Errol D. Toulon Jr., Ed. D



Suffolk County Sheriff