



Social Media Safety Tips for Teens

Stay smart online. Use these simple tips to protect your privacy and keep your social media experience safe, positive and in your control.

Lock down your settings



- Check your privacy settings on all your apps. Make sure only people you trust can see your posts.
- Watch out for connected apps. Some apps will allow you to log into one app using account information from another. Some games or quizzes might access your profile information. Review what you've linked.
- Update your phone and apps regularly to stay protected from bugs and hackers.

Be smart about passwords



- Use strong passwords with uppercase and lowercase letters, numbers and symbols.
- Don't use the same password everywhere.
- Never share your passwords with anyone besides your parents.

Do not share your location



- Some apps share your location when you post or check in. Turn off location sharing in all your apps, with the exception of ones like Life360 that you use with your family.

Be careful with public Wi-Fi



- Free Wi-Fi at places like coffee shops or malls isn't always safe.
- Avoid logging into important accounts on public networks, especially those that deal with money.

Know your followers



- Only accept friend requests or follows from people you actually know.
- Block or report anyone who's being creepy, rude or threatening.
- Your followers can see, comment on and share your posts. Make sure they're people you trust.

Think before you post



- Ask yourself: "Who can see this? Would I be okay with a parent, teacher, coach or future employer seeing it?"
- Once something's online, it can be copied or shared, even if you delete it.
- If you're not sure about posting something, don't post. Run it by a trusted adult.



Your information is valuable

- Your likes, searches and favorites say a lot about you, and companies want that information.
- Be picky about what you share and who you share it with.



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