



SOCIAL MEDIA RULES

Suggested rules for use of social media by teens.

1. You may not download an app or program without asking a parent/guardian first. If they think it's appropriate—they'll give you permission to download it.
2. For an online or "user" name, you may use your real first name or a made-up name. You may not use your last name or any other identifying information.
3. You may not give out your age, your birthday, your phone number, email address, the name of your school, your home address, the city you live in, or any other identifying information to any person online.
4. You may not engage in online chat (using text or voice) with any grown-up without our permission. If you discover a grown-up has messaged you or is on the same chat "channel," you will leave the chat immediately and tell a parent/guardian.
5. If any person you are chatting with online uses inappropriate language or sends you an inappropriate picture, you will tell a parent and show them the message or image right away.
6. "Inappropriate" means anything your parent/guardian wouldn't approve of. If you have a question and don't know if your parent/guardian would approve, then assume they would *not* approve.
7. You may not send pictures of yourself to anyone without a parent/guardian's permission.
8. You may not add any contacts (i.e., names and telephone numbers or email addresses) to your cell phone or email contact list without your parent/guardian's approval.
9. You may not use any inappropriate language when chatting, messaging or e-mailing online. This includes any profanity or discussions of a sexual nature.
10. Online acquaintances are not friends. Friends are people you know and like in person.
11. If you don't know for certain what a word means, don't use it until you ask us to explain it or you look it up in the dictionary.
12. If any person sends you rude, abusive, or angry messages (i.e., "cyberbullying"), stop chatting with them and show a parent right away.
13. You may use *YouTubeKids*, which filters out content that's inappropriate for kids. You may not use standard *YouTube* without our specific permission for specific videos. You never have blanket permission to use adult *YouTube* (it's too easy to accidentally find inappropriate content.)
14. You may not have your own social media accounts (*Facebook, Twitter, Instagram, etc.*) until you are 13 years old. We will have access to and monitor all social media accounts. You must give us your password, and if you change it without telling us you will lose your account.
15. You may not have an account on any social media platform that does not record and save its messages, pictures, or videos. (For example, you are not allowed to use *Snapchat*.)