

# 4 ways for parents to teach their children to use the Internet and social networks safely

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## **Before I use the Internet, social networks talk about technology with them**

According to Facebook, many children have access to phones or tablets when they are only 6 years old. Therefore, it is necessary for parents to talk and share with children about early technology. Parents can choose important times like the first time they use their mobile phones to set their rules of use, the first time they use the Internet or social networks to talk about sharing information safely. .



Equally important is that parents themselves must strictly implement the rules they set up to be good models for their children. Children will see what parents do to follow, not sure what they have to say. For example, parents themselves have to make restrictions on online time or use the social network they have set for their children.

## **Teach your children to take responsibility for their actions in the online environment**

Whether it's a real environment or a network environment, parents teach their children to take responsibility for their actions. Parents should talk to their children to think, ask questions before sharing any content. Questions may be: Can this content be misunderstood or harmed? Does that content offend or bully others? If someone shares that content with others, are you sad?



## Teach children how to control content on social networks

Parents themselves should know how to protect their privacy in the online environment such as using strong passwords, double-layer security for accounts . and instructions for children.

Parents should explain to their children what they share, like, comment on social networks is their second child. So when you are angry, frustrated or excited, you should not share on social networks, instead share with family, friends or impulse people for help.

With Facebook, parents can show them how to control the messages that appear on the Message Board by clicking on the dot at the top right of the post. You can hide it if you don't want to see it or you can skip or temporarily hide someone you don't want to see the post from. When you see a post with bullying / abusive content, your child may respond or report it.

## Use technology to make friends with children

When you want to learn a new social platform or a new technology, you can ask your own children. And this is also an opportunity for parents to talk with their children about safety, privacy and information security.

Parents can visit the link below to get more useful information about social networking, which can help, share with children positive experiences on this platform. <https://www.facebook.com/safety/parents>.

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