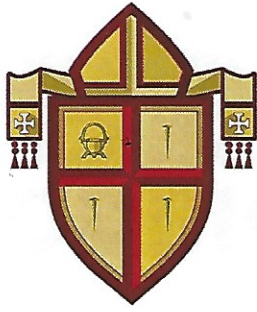THE ROMAN CATHOLIC
DIOCESE OF SAN DIEGO

Internet Safety Tips and Social Media Rules for Students

- **Rule 1**: Do not put any personal or identifiable information on Instagram, Snapchat, or any other social media channel (name, school name, home address, current location)
- **Rule 2**: Do not tag friends in a photo without their permission. Remember that photos stay online forever. If you do not want everyone to see, do not post.
- **Rule 3**: If someone you do not know asks to follow you or sends you a friend request, be careful! Do not chat with them and do not assume you can trust them.
- **Rule 4**: If someone is making you feel bad or bullying you on social media, talk to an adult right away.
- **Rule 5:** Be courteous respectful and kind when addressing your classmates.
- **Rule 6:** When writing comments or sending messages, ask yourself "if my parent/pastor/principal read this, would I feel embarrassed by what I have written?" If the answer is "yes", then do not send the message.

Media Safety Tips for Families

- **Keep Screens Visible**: If possible, set up your desktop and laptop computers in a family room or kitchen, so you can monitor what kids are viewing online.
- **Schedule a Family Evening:** Now that most children are at home, we encourage you to set aside time as a family to watch a movie together. Formed is offering families a **FREE** 40-day membership to a vast collection of Catholic movies and programs for all members of your family. Click the link above for more information.
- **Collect Passwords from Younger Children**: If your child does not want to share their passwords with you, discuss why. Young children do not need Internet privacy.
- **Clean your Electronic Devices and Do it Often:** COVID-19 has taught us that proper and frequent hygiene will keep the virus away! Now that most of the instruction is done online-it is important to clean all electronic devices frequently and keep them fully charged.
- **Set Parental Controls**: This will help to avoid any possibility of stumbling upon inappropriate sites. Here is how you can set parental controls.
- **Teach Kindness**: Let your child know that they do not need to be friends with everyone, but they also should never type something mean about someone online. That is the same as saying it to their face. Recognize the signs of cyber-bullying.
- **Discuss Stranger Safety**: Make sure children know not to share where they live, their name, where they go to school, or any other identifiable information.
- **Have an open-door policy**: Make sure your children know they can always come to you, even if they make a mistake.

Additional Resources

- https://www.focusonthefamily.com/parenting/a-parents-guide-to-screen-time-during-coronavirus/