Your student is very likely to see or use social media and they may encounter some negative experiences.

- 90% of teens have used some form of social media
- 75% of teens report having a profile on a social networking site.
- 87% of youth have reported witnessing cyberbullying based on appearance, race, religion or sexual identity.
- 49% of youth report regretting something they have posted.
- In 2013, 8% of 16-24 year-olds reported being rejected for a job based on pictures or comments on their social media accounts.

(http://mcafee.com/us/about /news/2014/q2/20140603-01.aspx and https://ondivceresearch.com/blog and www.growingwireless.com/get-the-facts/quick-facts)

Online Resources:

Online parent and student social media resources.

- A parent's guide to Facebook, detailed instructions on how to help your child set-up a Facebook account: **http://www.connectsafely.org/pdfs/fbparents.pdf**

- How to check your digital footprint: **http://www.theedublogger.com/2011/07/14/how -to-check-your-web-footprint/**

- Internet Safety.com Family Internet Gameplan agreement: **www.internetsafety.com/internet-monitoring-game-plan.php**

- Netsafe Utah: **www.netsafeutah.org**

- Webonauts internet Academy (2-5 grade): **pbskids.org/webonauts/about**

- Netsmartz: Content for Kids, tweens and teens. **www.netsmartz.org/Parents**

- Digital Compass, an online interactive, choose-your-own-adventure experiences. **https://www.commonsensemedia.org/educators/digital-compass**

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Digital Citizenship helps for parents

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What Should Parents Do?

- Closely monitor your children's computer and mobile device use.
- Help your child use privacy settings on their social media accounts.(see back of brochure for resources)
- Help your child to understand that social media posts are public, and oversharing their feelings can have negative results. Tell them to use the WWGS (What would Grandma Say?) rule, don't share anything that you would not want your grandmother, teachers, future bosses, or religious leaders to see.
- Help your child understands that online pranks and sarcasm, or irony do not always translate as such online.
- Make sure your child understands that there are real world consequences to creating a negative image online which can influence their future.
- If you suspect that your child is involved in cyber bullying, act.

Help your student to create a positive digital footprint

Do you worry about your kids and social media? We hope these tips help.

Your digital footprint is created with every post, submission, blog entry, or Facebook and Twitter comment. Anything that is shared can be copied by anyone who has access to your social media accounts. And anything that is accessed can be shared later without your permission.

Students and adults find an anonymity in social media that can lead to bad choices as they interact with others.

Cyberbullying can have devastating effects on the bullied, and on the bully (most states have criminal consequences for bullying that reaches the level of threats).

Use the tips to the left to teach your student about reputation management and help them create a Positive Digital Footprint.

The information on the right outlines safe, responsible actions for students who are being bullied.

Having a digital footprint is almost unavoidable, help your child build a positive footprint.

What should cyber bullied students do?

- Tell a trusted adult
- Save the evidence, don't delete it. If the bullying continues, you may need to show it to police.
- Do not respond to or repost the bullying comments
- Report the abuse to the website or application on which it occurred
- Delete the account you are being bullied on, and don't share your new profile except with trusted friends/family.
- Consider taking a break from social media, if you are not participating the bully's motivation disappears.
- Do not friend strangers.
- If bullying continues, report the issue to the police.