



SOCIAL MEDIA GUIDANCE

"See then that ye walk circumspectly, not as fools, but as wise, redeeming the time, because the days are evil." Ephesians 5:15-16

1. Talk to Children / Youth about Social Media

- a. Encourage Open Conversations about Social Media Accounts and Usage
- b. Instruct Them to Inform A Trusted Adult if they Encounter Issues or Dangerous Behaviors
- c. Discuss the Benefits and Risks of Social Media
 - 1) Benefits: Fellowship, Encouragement, Ministry Opportunities
 - 2) Risks: Cyberbullying, Sexting, Privacy Concerns, Exposure to Inappropriate Content

2. Set Healthy Boundaries for Social Media

- a. Which Applications are Acceptable to Use (Many have Age Limits)
 - i. Many are Designed for Secrecy
- b. Time Limits (Consider how the Time Could Be Used Wisely. Be Intentional with Usage)
- c. Privacy Settings (Keep Friends Lists Private. Do Not Share Personal Information)
- d. Discourage Young People from Keeping their Phone in the bedroom

3. Parents Should Check Devices to Monitor their Activity on Social Media

- a. Have an Account on the Same Application
- b. Be Aware of All of the Functionality Available (e.g., Most Support Texting)
- c. Track Online Purchases
- d. Review Web Browser History

4. Model Proper Social Media Usage

- a. Critical Thinking — Not Everything Posted is True
- b. Digital Literacy — Be Aware of How Social Media Works
 - 1) Social Media is Designed to Keep Them Online
 - 2) Algorithms Serve Up Content that Users Engage With, Good or Bad
 - 3) Social Media Influencers are Paid to Promote Items
- c. Install Protective Software for Blocking, Monitoring, or Filtering Content
- d. Abstain from Sharing Content You Would Not Want Young People to See

5. Watch for Warning Signs of Improper Social Media Usage

- a. No Longer Enjoying Offline Activities
- b. Hiding or Lying about Social Media Usage



For additional technology resources, scan this QR code with your phone or visit ETJ.Bible