Teen Tech Check

Who follows your teen's social media?

Be aware of adults (and even other teens) that follow your teen on social media. Delete and block those that are not known in real life.

How can you monitor usage? If you think your teen is being less than honest with you regarding their online behavior there are programs that can help you monitor and know what is happening.

www.netnanny.com
https://www.qustodio.com
https://family.norton.com/web/
https://usa.Kaspersky.com

Most of these have a cost.

Hiding apps? What are those?
The best practice is to have open communication with your teen and be able to talk freely with what is going on online as well as in real life day to day. This does not mean that you should not be aware of what is on their phone. Here are some apps that allow the user to hide information:

lockmypix.com
getkeepsafe.com
vaultyapp.com
kyms-app.com (disguised as a calculator)

WHAT CAN I DO AS A PARENT TO PROTECT MY TEEN?

Tip #1 Be a role model for online behavior. Watch what you say and post on your social media. Teens see what adults do and learn from it.

Tip #2 Teach your teens to keep their passwords private. If you sign in using a friends phone make sure you sign out of your account. It takes one time to forget and then someone has access to your online world.