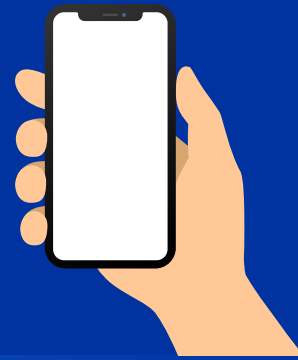


Is your child or teen always on their phone?

Learn more about positive phone practices and parental controls to keep them safe!



Establish Boundaries

1. Charge kids' phones in a common area at night, instead of their bedroom.
2. Establish consequences for problematic phone use, such as time limits.
3. Create a phone contract with your child to give clear guidelines for phone use.

Designate Phone-Free Times:

1. Consider putting away phones during meals, family activities, car rides, and public transportation.
2. Help your child find space for face-to-face conversations. Phone breaks are key!
3. Keeping phones out of the bedroom can improve sleep by reducing late-night screen time and exposure to blue light, which can interfere with sleep patterns.

Phone Safety:

1. Make sure your family understands the importance of online safety.
2. Teach your child to avoid sharing personal information or their location online.
3. Regularly discuss the potential risks of cyberbullying, privacy breaches, and inappropriate content online.

Establish Boundaries

1. Parental controls can help keep children and teens safer online by managing harmful content, limiting screen time, and regulating who your child can communicate with.
2. To be most effective, set up parental controls on all devices your child accesses.
3. Revisit and maintain the parental locks regularly.
4. Parental controls are most effective when used alongside supervision.

LEARN MORE:

[Cellphones and Devices: A Guide for Parents and Caregivers](#)
[How to Set Healthy Boundaries for Teen Smartphone Use](#)
[A Parents' Guide to Smart Phone Safety: Smart or Scary?](#)
[Learn How to Use Parental Controls to Maximize Online Safety](#)
[A Guide to Activate Parental Controls on Most Platforms](#)



Did you know that social media use can lead to declining youth mental health?

Impact of Social Media on Youth Mental Health:

- Although social media allows people to connect with others, it can lead to safety risks, loneliness, depression, anxiety, and declining mental health.
- Youth aged 12-17 are at an increased risk of developing depression and anxiety due to social media usage.

Risks of Human Trafficking:

- Human trafficking is a crime that involves forcing, defrauding, or coercing someone to provide labor or commercial sexual acts.
- Social media makes it easier for traffickers to prey on vulnerable children.
- There are currently 40.3 million human trafficking victims worldwide.
- The National Human Trafficking Hotline is 1-888-373-7888 or text HELP to 233733.

Risks of Suicide:

- The risk of teenage suicide has significantly increased over the last 10 years.
- Studies found connections between depression/suicidal thoughts and social media use.
- Call or text the National Suicide and Crisis Lifeline at 988, available 24/7.

Risks of Cyberbullying:

- Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets, including texts, apps, social media, forums, or gaming platforms.
- It includes sending, posting, or sharing negative, harmful, false, or cruel content about someone else, including personal or private information.
- 26.5% of American teenagers were the victims of cyberbullying in 2023, with 19.2% of teenagers missing days from school due to cyberbully.
- Cyberbullying significantly impacts mental health, leading to increased stress, anxiety, depression, suicidal thoughts, or lower self-esteem.

LEARN MORE:

[How to Keep Teens Safe on Social Media](#)

[Social Media and Adolescents' and Young Adults' Mental Health](#)

[What is Cyberbullying?](#)

[Cyberbullying Tips and Prevention](#)

[Suicide Prevention – National Institute of Mental Health](#)

[Suicide Prevention and Awareness – Kentucky Department of Education](#)

