



GCAPP PARENT TOOLKIT:

Share, But Be Aware: Helping Your Child Stay Safe Online

Why It Matters

Today's youth are constantly online through social media, gaming, messaging, and apps. While these platforms offer connection and creativity, sharing **too much personal information** can put them at risk for identity theft, scams, cyberbullying, or unsafe contact with strangers. Parents play a key role in helping their children build safe online habits.

Identity Theft



Posting full names, birthdays, or addresses can allow others to steal or misuse personal data.

Location Tracking



Geotags or "checking in" can expose where your child lives, goes to school, or hangs out.

Scams & Phishing



Hackers use information like emails or phone numbers to trick teens into giving access to accounts.

Targeted Harassment



Sharing too many details makes youth easier targets for cyberbullying or online predators.

Long-Term Impact



Once shared, photos and posts can resurface later, affecting college or job opportunities.

What You Can Say to Your Child

1. "I want you to enjoy being online, but protecting your personal information is how you stay safe."
2. "Before you post, ask yourself: would I be okay if everyone saw this even years from now?"
3. "Your safety is more important than likes or followers."

SOURCE:

- https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Social-Media-and-Teens-100.aspx
- https://www.aecf.org/blog/internet-safety-for-teens?gad_source=1&gad_campaignid=11154517408&gbraid=0AAAAAD3xzvHKT4Zlo3U67jrBB904p8dJo&gclid=EAlaQobChMIL_3DpM70jwMVnCvUAR3ukALAEAYASAAEgLMafD_BwE



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Parent Actions to Support Safe Sharing

1. SET CLEAR RULES

Talk about what's okay (hobbies, interests) and what's not (home address, phone number, passwords).

2. CHECK PRIVACY SETTINGS

Review social media and app settings together; keep accounts private when possible.

3. DISABLE GEOLOCATION

Turn off location-sharing features on apps and photos.

4. ENCOURAGE CRITICAL THINKING

Remind your child that once something is posted, it may never fully disappear.

5. BE A ROLE MODEL

Show good habits by protecting your own personal information online.

6. KEEP COMMUNICATION OPEN

Encourage your child to come to you if they feel pressured to share or if something online makes them uncomfortable.