

Teens, Facebook, Txting and Time Management

Facebook Safety tips

- Accounts
 - Privacy Settings
 - Basic Directory Information
 - This information is INTERNAL to Facebook and somewhat safer.
 - Sharing on Facebook
 - All of these options should be set to Friends only.
 - Your contact information SHOULD NOT be on Facebook! So don't put your cell # on!
 - Photo Album Privacy
 - Photos should be set to friends only!
 - Mobile uploads default to everyone – change that the next time you're on Facebook!
 - The quickest way to change photo privacy settings is to click *Account* -> *Privacy Settings* -> *Customize Settings* -> *Edit Album privacy for existing photos*. Select Friends Only!
 - Applications, Games and Websites
 - Applications You Use: keep these to a minimum. This is where the security leaks happen in Facebook.
 - Info accessible through your friends: click all of these off!!!! When a friend starts playing a game or something your information might be available to the application (again, applications are where the security leaks happen in Facebook!)
 - Instant personalization: this one you can leave on if you like and are careful about how to use Facebook. Given that the current list of companies, it's not so bad.
 - Public Search: if you want someone to be able to find your Facebook page if they type your name into Goggle...

Making a Technology Contract

Every family is going to have different rules about technology use in the home. Here are a few ideas to get you started.

1. Video Games
 - a. Video games can be played after homework is done.
 - b. Set a time limit for each day. If a child goes over time to finish a level deduct that time from tomorrow's time.
 - c. If it matters to your family, set a ratings limit on video and computer games.
2. Texting
 - a. To avoid A-MAH-ZING overage charges, get an unlimited texting plan.
 - b. Be sure to set a txtng bed time – no txtng after a certain time.
 - c. Have the conversation about texting photos!
3. Facebook
 - a. Parents must have access to teen's (under 16) Facebook page, either as a friend or parents have email and password.
 - b. Don't post about future activities – only past ones!
 - c. Keep photos clean and untag from inappropriate photos.
 - d. ABSOLUTELY NO CONTACT INFORMATION ON FACEBOOK!!!!!!!
4. TV, ipods and other handhelds
 - a. Homework first.
 - b. No multitasking during homework time – that can include no txtng during homework.