Social Media Safety

- Keep devices that provide access to social media out of children's bedrooms.
- Set limits for social media use: consider your child's age, set time limits, and also encourage activities that don't include online chatting.
- Parents should “friend” and “follow” their children on all social media sites for which they have accounts.
- Set a good example – don’t post angry or critical content, and set your own time limits.
- Parents should have all their children’s passwords; this includes electronic devices, email, and social media sites. Explain that you may not check every day, but you check in often.
- Talk with your children about what are considered social media appropriate content and images – help them understand that everything they post can become public and last forever.
- Help them understand that private information should be kept private, and discuss the risks of sharing personal information online.
- Set established consequences for when social media rules are broken, and enforce these rules. However, do understand that children make mistakes, and the consequences should be reasonable.

The National Exchange Club is proud to help spread the internet safety awareness through the experience and knowledge of expert Detective Rich Wistocki, Naperville Police Department. Learn more on our website and YouTube channel.

NationalExchangeClub.org
www.youtube.com/user/exchangeclub

Remember, Mom and Dad ...

Take Care of You, Too!

Many parents spend more time taking care of others!

- Friends are important! It is okay to ask a friend for help or advice.
- Get involved with a local church or faith-based community.
- Write in a journal; note what works best when you feel frustrated and stressed.
- Get enough sleep.
- Find fun activities to do with your children; try taking walks, reading together, or playing games.
- Look for family centers in your community that offer resources, information, and support.
- Know what to expect as your children grow – The National Exchange Club offers numerous resources on its website! NationalExchangeClub.org/cap
- Other resources includes: www.mumsnet.com/devcal and www.verywell.com/child-development-age-by-age-620728
- It’s okay to seek professional help, especially if you’re dealing with personal issues of violence, substance abuse, or mental health issues.

Taking time for yourself helps you cope when life gets rough, and it sets a good example for your child.
The Blue Ribbon Campaign originated in 1989 as a grandmother's tribute to her grandson, who died as a result of abuse. She wrapped a blue ribbon around her car antenna as a way to remember him and to alert her community to the dangers of child abuse. The campaign has spread across the nation and, each year The National Exchange Club observes National Child Abuse Prevention Month in April with its Believe in the Blue campaign.

Helping create strong, healthy families plays an important role in the prevention of child abuse.

For additional information, please contact The National Exchange Club:
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Get involved, find a club near you!
NationalExchangeClub.org