



# Heads Up: Here are some simple mobile safety tips that parents can put into action today.

## Know When (and When Not) to Share Your Location

It can be confusing to understand how different apps use location-sharing services, and when to turn them on or off. Some parents use location sharing for good, relying on family safety apps like Life360 to see their child's location. Other apps – like popular social media apps – can share your exact location, publicly and in real-time, to your story or feed. [Here are guides](#) to today's most used social media apps to help you understand the risks and benefits of each.



## Protect Against Cyberbullying

You are your child's most important advocate against cyberbullying. If your child is dealing with a cyberbully, start by helping your child save the evidence and block the bully. Then file a detailed report of the incident, whether it's to the social media app itself, their school, sports organization, or law enforcement. [Here are 5 ways to help stop cyberbullying.](#)



## Know Your Parental Control Options

There are many parental control options, so it's important to do your research to determine which works best for you and your family. [This guide can help you](#) decide which tools are best for managing your family's devices.



## Pause Before You Post, Leave Out Your Location

Because today's popular apps have automatic location-sharing capabilities, your children may not realize they're publicly sharing information – like their location – that can put them in danger. Encourage your kids to pause before they post, and ask themselves – Does my post contain private information I don't want a stranger to know? [Click here for resources to help inform your conversations.](#)



## Always Check Your Sources

Kids prefer to get their news from many different sources, especially social media. Unfortunately, it can be hard for them to determine what's factual and what's not. Help your child understand that just because something is online doesn't mean it's true, and teach them how to fact-check their news. [Here are helpful questions they can ask.](#)



## Create a Safer Space for Open, Honest Conversations

Create an opportunity for your children to discuss the ways they use their phones. We know this can be difficult, but understanding your child's perspective and experience without judgment is the first step toward guiding them to safer, healthy online experiences. With two-way communication, it's easier to tackle topics like digital safety, emotional well-being, and online threats. [Click here for some conversation starters.](#)



## Lead By Example

It's important to consider the role your screentime habits can play in forming the habits of your kids. Take a personal inventory of your entire household's mobile phone use and model the behavior you want to see from your child. [Here are great tips to get started.](#)