

# Printable Parent Checklist: Privacy & Safety Settings by Social Media Platform

## Before Any App....

- Confirm your child meets the platform's minimum age for your country
- Use the teen's real birthdate so age-based protections turn on correctly
- Review who can contact them, follow them, or message them
- Turn on the strongest available privacy settings first
- Set a daily time limit and a bedtime/no-notifications window
- Show your child how to block, mute, and report
- Agree on what to do if they see bullying, sexual content, scams, or pressure from strangers
- Re-check settings after app updates, since features and defaults can change AAP APA

## YouTube / YouTube Kids

- Use YouTube Kids or a supervised account instead of unrestricted YouTube for younger users
- Choose the correct content setting for the child's maturity level
- Review parental controls and settings in Family Link / YouTube parent settings
- Decide whether the child should use YouTube on a shared device or their own device
- Revisit content settings as the child gets older
- Talk about what to do if a recommended video feels upsetting, scary, or inappropriate

## Instagram

- Confirm the account is a Teen Account if your child is 13-17
- Make sure the account is private
- Review who can send messages
- Keep Hidden Words and message protections on
- Check tags, mentions, and remixing permissions
- Keep sleep mode on and review the daily time reminder
- If your teen is under 16, verify they cannot loosen protections without parent approval
- Review who can see profile details and posts



## Facebook

- Confirm the account uses Teen Account protections for ages 13-17
- Check who can see future posts, stories, reels, friends list, and followed pages
- Keep tag review on
- Keep reel remixing off unless there is a reason to enable it
- Review who can see birthday, birth year, phone number, and email
- Keep sensitive content set to "show less"
- Review who can see birthday, birth year, phone number, and email
- Review sleep mode and daily limit settings
- If the teen is under 16, confirm less-protective changes require parent approval

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## TikTok

- Turn on Family Pairing and link the parent and teen accounts
- Review daily screen time and use schedule time away if needed
- Keep or turn on Restricted Mode
- Review search permissions
- Check whether the account is private or public
- Review direct message settings
- Check who can see liked posts
- Review who can comment and who can Duet, Stitch, use Stickers, or post Stories with the teen's content
- Add keyword filters for topics you want excluded
- Review who the teen follows, who follows them, and blocked accounts

## Snapchat

- Confirm the account is private and only connects with real-life friends
- Review Family Center so you can see friends, chat contacts, and time spent
- Check location sharing on Snap Map and leave it off by default unless there is a clear reason to share
- Review who can contact the teen and whether they are only communicating with mutual friends
- For ages 16–17, discuss whether Public Profiles should stay off
- Make sure your child knows how to report concerning accounts

## WhatsApp

- Walk through privacy settings together
- Review what personal information should stay private
- Show your teen how to block and report users or suspicious messages
- Talk through how to handle bullying, harassment, or threatening messages
- Review scams, impersonation, and suspicious links
- Encourage your teen to come to you when something feels off
- Revisit privacy controls regularly as their contact list changes

## Discord

- Leave content filters on
- Confirm the teen cannot access age-restricted channels or servers
- Review the message request inbox for contacts they may not know
- Discuss friend request alerts and when to decline requests
- Review whether they are joining private friend servers or larger public communities
- Look at available parent resources like Family Center and the Guardians Guide
- Remind your teen not to share personal information in servers or DMs

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## Pinterest

- For ages 13–15, confirm the personal account is private
- For ages 16–17, decide whether the profile should remain private or be made public
- Review who can message the teen and who can add them to group chats
- Check whether comments on their content are appropriate for their age and settings
- Turn on two-factor authentication
- Review privacy and data settings
- Set a parental passcode to lock account, privacy, and social-permission settings
- Talk about blocking and reporting unsafe users or content

## X

- Confirm the teen account uses Protected posts if they are a known minor
- Review who can send DMs
- Discuss who should be allowed to reply to posts
- Review how to block, mute, and report
- Talk about public debate, harmful content, and why following strangers can increase risk
- Confirm the birthdate is accurate so minor protections apply correctly
- Consider whether the account should stay private rather than participating publicly

## Reddit

- Keep Safe Search ON
- Make sure Adult Content is not enabled on a teen account
- Review which communities the teen follows and whether those communities are age-appropriate
- Explain that Reddit is public and often anonymous
- Show how to avoid or leave upsetting communities quickly
- Discuss what Anonymous Browsing does and does not hide
- Remind your teen not to post identifying details, school information, or location

## Parent Sign-Off

Child's Name: \_\_\_\_\_

Date Reviewed: \_\_\_\_\_

Apps approved now: \_\_\_\_\_

Apps delayed until later: \_\_\_\_\_

### Family rules:

- No devices in bedroom after: \_\_\_\_\_
- If something scary/upsetting happens, tell: \_\_\_\_\_
- Weekly settings check day: \_\_\_\_\_