INTERNET SAFETY CONCEPTS
— EDUCATE. EMPOWER. PROTECT. —

Empowering Smart Online Choices

A Parent and Educator Guide to Facebook



Stay connected. Make informed choices. Understand the benefits. Recognize the risks. Support safe and responsible use.

What is Facebook?

Facebook is a social networking platform where people can connect with friends and family, share updates, photos and videos, join groups, and follow pages about news, interests, and community events. It is popular with teens and adults and can be a helpful tool when used in a safe and responsible way.

Minimum Age 13 years old

Users must be at least 13 years old to create a Facebook account (per Meta's Terms of Service).

Age requirements and features may vary by country.

Positive Aspects

Stay connected with friends and family.

- Join communities and groups with similar interests.
- Find local news, events, and opportunities.
- Share interests, hobbies, and accomplishments.
- Can be a positive tool for learning, support, and staying informed.

Potential Risks

Oversharing personal information.

- Fake profiles and online scams.
- Cyberbullying and negative comments.
- Exposure to inappropriate content.
- Location sharing and privacy concerns.
- Friend requests from strangers.
- Misinformation and harmful content.
- Account hacking and theft.

Important to Know

- Facebook accounts can be public or private, but content you share can still be saved, copied, or shared.
- Privacy settings can reduce risks, but they do not prevent someone from taking a screenshot or sharing content.
- Be thoughtful about what you post, comment on, and share.
- Think before you accept friend requests — only connect with people you know.

What Parents and Caregivers Can Do

Have Open Conversations

Talk regularly about online experiences, including both the positive and negative.

Set Clear Expectations

Discuss rules for posting, sharing, friend requests, and appropriate content.

Use Parental Tools

Review privacy settings together and explore tools to monitor activity and manage screen time.

Encourage Positive Use

Support healthy habits, balance online and offline time, and promote positive interactions.

Stay Informed

Learn about new features, trends, and changes so you can have meaningful conversations.

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Privacy Settings
Control Who Can See Your Information

- Set your account to Private.
- Choose who can see your posts, photos, and stories.
- Limit who can send you friend requests.
- Review who can see your friends list, email address, and phone number.
- Manage tagging and timeline review.
- Review and adjust your privacy settings regularly.

Account Security
Keeps Your Account Safe

- Use a strong, unique password.
- Turn on two-factor authentication when available.
- Keep your recovery information up to date.
- Be cautious of suspicious links, messages, and account takeovers.
- Log out from shared devices.
- Review your account security settings regularly.

Good to Know

- Facebook offers additional protections for users under 18, including default privacy settings.
- Even with privacy settings, content you share may still be copied or shared by others.
- Safety tools and features may change over time, so check current settings regularly.

Practical Tips for Using Facebook Safely



1 Think Before You Post
Be mindful that what you share today can have a lasting impact. Once it is online, it can be saved and shared by others.



2 Manage Friend Requests
Accept friend requests only from people you know. Be cautious of fake profiles and people you do not know.



3 Use Audience Controls
Choose who can see your posts, photos, and stories. Use the "Friends" or custom audience options instead of "Public."



4 Be Aware of Scams and Fake Profiles
Watch for suspicious messages, giveaways, or requests for personal information. If something seems too good to be true, it probably is.



5 Limit Personal Information
Avoid sharing your full name, address, phone number, school, daily routines, or location in posts and photos.



6 Report and Get Help
Report fake profiles, harassment, and inappropriate content. Use Facebook's reporting tools and talk to a trusted adult if something makes you uncomfortable.

Official Facebook Resources

Facebook Safety Center
Guides, tools, and resources for a safer experience.
https://www.facebook.com/safety

Family Center for Parents
Tools and resources to help parents and caregivers.
https://familycenter.meta.com

Help Center
Privacy settings, security, and reporting options.
https://www.facebook.com/help

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