

Digital wellness tips for parents

Quick tips, guidance and products to help you support positive online experiences for your family.



1. Talk with your teen early and often about being online.

Have regular conversations with your teens about how they use connected technology, but don't make them lectures or inquisitions. It's important to listen to them too. **Conversations can be short and casual, but regular communication is important.**

Ask about your teen's

- Interests and favorite activities and apps
- How they communicate with their friends and others
- What they need and how you can support them


2. Supervision: Talk to your teen about setting up supervision or parental controls.

Remember that you're not just raising children and teens but preparing your teens to be adults. If you are thinking about setting up supervision tools on your teen's device, talk to them about it before setting it up so that you can share your intentions and set ground rules for supervision together. Whether or not you use parental supervision tools, **the goal should be to teach your teens the critical thinking and media literacy skills**


they'll need to continue having positive experiences online or offline.


Keep in mind that there are different types of supervision tools available across your teen's devices and apps. Have a conversation with your teen and determine which tools make the most sense given your family's needs.

Learn more about different tools and apps to help support your parenting needs:

 [Family Center: supervision tools on Instagram](#)

 [Parent guides to technology](#)

 [Family Center: supervision tools on Meta Quest](#)

 [Family guide to parental controls](#)

3. Safety: Talk about online safety and when to ask for help or support.

Don't just talk with your teens — listen to them. Ask what they like about their online experiences and what they don't like. How do they protect their privacy and security, and what steps do they take to stay safe? You might be surprised how much they know and might learn some things to help you navigate the online world.

If your teen is more experienced with tech, ask them to show you what you can do to improve your own safety and security


practices. It's a great way for them to show you what they know.

If your teen is newer to tech, here are a few points to cover:

Explore safety and privacy tools available and discuss when to use them. An example is the block and reporting feature.

Talk about how to best protect your information online with strong passwords and private profiles.

Learn more about the safety tools across Meta technologies:

 [Reporting, sharing reports with parents with supervision accounts](#)

 [Learn more: meta.com/familycenter](https://meta.com/familycenter)

 Meta

 Connect Safely


4. Digital wellness: Find balance online and offline during school nights


What you do is often more important than what you say. Don't just tell your kids to put away their devices during dinner, but [model it in your own behavior](#). "Do as I say, not as I do" doesn't work.

A good place to start is by kicking off a conversation about screen time during the school week versus the weekend or free time.

Looking for tools to help you positively manage your time spent online?
Learn more:

 Set [daily time limits](#) on apps.

 Parents: [Set time limits or scheduled breaks](#) on Instagram via Family Center.

 Enable [quiet mode](#) on Instagram to help manage time and focus.


5. Communication: Healthy and mindful ways to encourage communication online between friends, families, others

Social conversations happen online and offline for everyone. Talk to your teen about their digital footprint. It's best to be positive and mindful of what's being shared because once it's posted online, it can live digitally for a long time.

Start your conversation today with a guide to help [talk with teens about healthy online interactions](#) or about [managing online relationships](#).

Communication tools for your family

 [Instagram](#)

 For families with younger children
[Messenger Kids](#)

 [Messenger](#)



6. Online bullying

Don't overreact if your teen comes to you with a problem they've encountered online, including cyberbullying, hate speech or other concerning content. You don't want to discourage them from seeking your help and advice.

Talk to your teen about tools they can use and actions they can take to protect their online safety, well-being, and how to navigate through negative behavior, content or interactions.

Learn more about tools to help address online bullying:



Block



Hidden Words



Report

7. Creativity: Encourage your teen to explore their interests and learn to best express themselves in a fun and positive way.

Social media can be a force for good. Team up with your teen and explore their interests or have fun creating something together like capturing a moment, a cooking session, a dance or fun activity through photos and video.

Learn how to best support your teen as they explore ways to express themselves online.

Product proof points:



Instagram: Reels, Stories, photos