



5 Gr8fully Unplugged Quick Tips

- 1) **Know your children's passcodes** – this is not only to be able to periodically check text and social media usage, but if something happens to your child and they are unable/unwilling to tell you their passcode, phone carriers and manufacturers will not help you get into your child's phone.
- 2) **It is a violation of social media service agreements for a child under 13 to have a social media account** including, but not limited to, Snapchat, Instagram, Twitter and Tik Tok.
- 3) **Have a central charging station** in an area that children will not access during the night.
- 4) **Set a Technology curfew** for ALL devices, including parents.
- 5) **Know the parental controls provided by your service provider** – every service provider has parental controls where you can limit and monitor screen time. Ask yours for information.