

Transcript for **Five social media musts for teens**

Presenter: Teens today are spending tons of time on social media. They are checking their friends' status updates, posting their own, IMing, video chatting, sharing photos and more.

Here are five social media musts to share with your teen before they post.

First, use privacy settings. Most websites and apps allow you to control who sees your posts and locations. It's a good idea to limit it to people you know.

Next, think before you post. Even the best privacy settings aren't foolproof. Friends can tag, copy, take a screenshot, forward and share what you post. And you never know where things will end up.

Third, be respectful. Never forward hurtful messages or embarrassing photos, and impersonating other people is a definite no-no.

Fourth, be careful about revealing your location. Although it might be tempting to use location capabilities to connect with friends or brag about where you are, it's not always a safe move.

And finally, watch the clock. Social media can be fun but it's also a real time suck. Hours and hours can go by, which isn't great for getting anything else done.

For more advice about social media, visit us at commonsense.org.