

Youth online: the frame to set together

The 5 support practices and the 4 warning signs — for parents and educators.

THE 5 PRACTICES

1

Configure privacy together

At account creation, then regularly: Instagram set to private, Snapchat "Friends only", TikTok suggestions off.

2

Set the stranger filter

The question to pass on: could a complete stranger know this? Never public: address, phone, school, schedule.

3

Teach the 4 warning signs

See the box below — known by heart, they detect what no parental control detects.

4

Talk about the footprint, without dramatizing

The question before posting: parents, future employer, school? And reciprocity: your photos of them count too.

5

The golden rule: react without punishing

"Come tell me, you won't be punished, we won't take your phone." Said before the incident, kept during it.

The 4 warning signs of a contact

1. Insistent personal questions (school, address, when alone) — 2. Requests for photos
3. Wanting to move the conversation to a private channel
4. Asking to keep the contact secret — the maximum signal, always

One sign → stop replying, delete nothing, come tell someone.

In a worrying situation

Keep the messages (evidence), block, report on the platform — no severity threshold.

Free helplines for youth AND parents: FR 3018 · ES 017 · BG safenet.bg — check your country's.

Cyberbullying between young people: dedicated sheet coming in this track