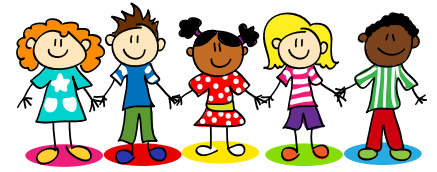


SUDDENLY IN CHARGE:

Social Media Safety



Safety

We all have social media. It is important to keep connected with friends and family, especially when they live far away or during COVID-19 while we physically distance ourselves. But there are people out there who use social media in negative ways. We want you to stay safe while using social media.

Below are some tips to stay safe:

- Once you have posted something, it is out there. Think twice before you hit the send button
- Know who you have accepted as friends and who is following you. Also question who might be wanting to know about the kids you are babysitting.
- Always ask the parents or guardians for permission before you post a picture with the kids in it on your social media.
- Don't post personal information on social media, especially things like when you are not home, addresses, phone numbers, or email addresses.
- Talk to an adult if you have any questions, if anyone on social media makes you uncomfortable, or you feel bullied.

Activity

Dance Act

Practice a dance and film it, take a funny Snapchat with filters, or do a fun TikTok. Save and send it to the parents or guardians. Remember, only post if you have parent or guardian permission.

Snack

Food Group Funny Face

Makes 1 serving

Ingredients: 1 tablespoon peanut butter, 1 large cracker (saltine or graham), 1 tablespoon shredded cheese, 3 or 4 raisins, 2 peas, and 1 grape cut in half.

Directions: Spread peanut butter on cracker, sprinkle cheese on the top for hair. Make a smile out of raisins, eyes out peas, and a nose from half a grape. (If you don't have all the supplies, you can make any parts of the face with other ingredients.)

Wash your hands first!



Scan the QR code for more "Suddenly in Charge" tip sheets and connect with your local K-State Research and Extension office.



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