

# October: Social Media Trends: What Parents Need to Know

PARENT AWARENESS FLYER • GRADES K-5 • 2026–2027

## WHAT FAMILIES SHOULD KNOW

Short videos, gaming communities, and online recommendations can introduce children to people and content they did not seek out.

## WARNING SIGNS TO RECOGNIZE

- Sudden fear or embarrassment after screen time
- New accounts or apps a child cannot explain
- Requests to keep online interactions secret

## TRY THESE CONVERSATION STARTERS

“What do you enjoy watching or playing most?”

“Has a video ever surprised or scared you?”

“Who would you tell if something online felt wrong?”

## THREE PRACTICAL STEPS

- Explore favorite apps together.
- Set device-free times and review privacy settings.
- Reassure children they can ask for help without getting in trouble.

**IF SOMETHING GOES WRONG:** Stay calm, support your child, save relevant messages or links (do not forward intimate images), and report urgent threats to law enforcement. Report suspected child sexual exploitation at [report.cybertip.org](https://report.cybertip.org). For immediate danger, call 911.

Family resources: [missingkids.org/netsmartz](https://missingkids.org/netsmartz) | [commonsensemedia.org](https://commonsensemedia.org) | [fbi.gov](https://fbi.gov)