



SOCIAL MEDIA SAFETY CHECKLIST

The Chapter 4 lockdown. Contact first, location second, content third.

- ☐ Real birthday on every account (every protection keys off it)

- ☐ Private account on every platform; "suggest my account" off

- ☐ DMs: friends or contacts only, or off (TikTok, Instagram, Snapchat Contact Me, Discord requests, Reddit)

- ☐ Snap Map on Ghost Mode; WhatsApp Live Location off

- ☐ WhatsApp and Telegram group adds: My Contacts only

- ☐ Parent tool linked: Family Pairing, Meta supervision, Snapchat Family Center, Discord Family Center, YouTube supervision

- ☐ Content filters on: Restricted Mode, 13 plus or Limited Content, Snapchat restrictions, YouTube content level

- ☐ WhatsApp media visibility off; Instagram DM nudity protection confirmed on

- ☐ YouTube Shorts limit set (zero is an option)

- ☐ Two factor authentication on every account

- ☐ Follower lists reviewed monthly: the question is never the number, it is "who is this?"

- ☐ Anonymous apps: I suggest no for under 16s; random video chat: I suggest blocking it

Date: _____