

A calmer account check

Sit side by side and let your child drive. Pick one app, the one they use most, and work down the list. The goal is a shared understanding of how the account works, not a perfect lockdown.

Before you start

- Ask for a tour first: what do they like about it, and who do they talk to there?
- Menu names change often. If a setting has moved, search the app's help pages together.
- Keep passwords off this sheet.

1. Sign-in and recovery

- ☐ A password used nowhere else
- ☐ Two-step verification turned on
- ☐ Recovery email and phone are current and belong to your family
- ☐ Birth date on the account is accurate. Teen protections depend on it.

ASK *Has anyone else ever logged in to your account?*

2. Messages and requests

- ☐ Who can send direct messages
- ☐ Who can send friend or follow requests
- ☐ Who can invite them to groups, servers, or calls
- ☐ Go through the current friends list together

ASK *Is there anyone here you haven't met in person?*

3. What strangers can see

- ☐ Profile set to private or friends-only
- ☐ No school, team, town, or routine in the username or bio
- ☐ Location sharing and map features off, or family only
- ☐ Look at the profile while logged out, or from your own account

ASK *If a stranger read this, what could they work out about you?*

4. Spending and connected apps

- ☐ Purchases need approval, or a spending limit is set
- ☐ Saved cards removed where they aren't needed
- ☐ Connected apps and "sign in with" log-ins reviewed; unused ones removed

ASK *Has anyone offered you gifts, game currency, or skins?*

5. Blocking, reporting, and help

- ☐ Find the block and report buttons together, before they're needed
- ☐ Practice: show me how you'd block someone right now
- ☐ Agree on which grown-up they'll tell

ASK *What would make it easier to tell me if something went wrong?*

What we changed

APP	WHAT WE CHANGED	CHECK AGAIN ON

Step-by-step menus

Walkthroughs for iPhone and iPad, Android, YouTube, Roblox, Discord, Fortnite, and Snapchat, checked against each company's official instructions: safernotscared.org/parents/setup/

WHERE TO GET HELP

Danger right now Call 911	Online exploitation CyberTipline: 1-800-843-5678 report.cybertip.org	A child's nude image online Take It Down takeitdown.ncmec.org	Child abuse Childhelp hotline 1-800-422-4453	Your state's hotline Look it up at safernotscared.org/parents/state-help
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