

# Oversharing & Privacy: A Guide for Families

Your teen took part in a lesson on what posts can reveal, and how to share online more safely.

## What your teen learned

Small details in a post, like a school logo, a street sign or a regular posting time, can combine to show where someone goes and when. Screenshots mean “private” content can spread, and live posts show where someone is right now. The goal is not to stop sharing, but to share smarter: **Think, Check, Delay, Protect.**

## Conversation starters

- “If a stranger saw your last three posts, what could they work out about you?”
- “Has anything you sent privately ever been screenshotted?”
- “Who can see your location right now?”

## Tips for parents and caregivers

- **Model it.** Ask before posting photos of your teen, and avoid sharing their school, location or schedule.
- **Check settings together.** Review privacy settings and location sharing side by side, without judging.
- **Post later as a family habit.** Share holiday photos after you get home.
- **Never blame.** If something your teen shared was spread, the people who spread it are responsible. Help them report it, save evidence and get support.

## Before you post

### 1 Think

Notice what the post reveals: place, school, routine.

### 2 Check

Look at the background, timing and audience.

### 3 Delay

Post later, after you leave.

### 4 Protect

Review privacy settings and your follower list.

## Where to get help

### 1564

National Lifeline for emotional support, open 24/7

### LARA

Email for support and guidance:  
laraa@laraa.org

### 112

Internal Security Forces, if someone is in danger or threatening you

**Take It Down** (takeitdown.ncmec.org): Free help to remove private images taken before you turned 18. The image never leaves your device.