ANTI-BULLYING FRIENDSHIP UNITED
ADVANCEMENT
CASEN LLC

The CASEN Family Social Media Readiness Checklist™

Is Your Child Ready for Social Media?



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Social media readiness isn't just about age.

Before children begin navigating social media more independently, they need skills to build healthy relationships, recognize unsafe situations, speak up when something doesn't feel right, and make thoughtful decisions online.

Children build those skills at home, through conversation and practice with the adults they trust. The **CASEN Family Social Media Readiness Checklist™** gives parents and caregivers a simple way to see what your family has already put in place and what to do next, whether your child is already online or getting ready to be.

This checklist is **not a test**. You don't need to check every box today. Each empty box is a next step your family can take together.

❤️ CONNECTION

Build Healthy Relationships

As a family, we have...

- ☐ Talked about what a healthy friendship looks like, online and in person.
- ☐ Talked about the difference between a friend we know in person and someone we only know online
- ☐ Decided together who our child can connect with online, including friends, followers, group chats, and gaming partners.
- ☐ Explored together the apps, games, and group chats our child uses or wants to use.
- ☐ Talked about how likes, followers, views, and comments do not determine anyone's worth.
- ☐ Set device-free times, such as meals and bedtime, that the adults follow too.

Talk About It

Ask your child:
"What would a healthy friendship look like online?"

SAFETY

Protect Yourself and Others

As a family, we have...

- [ ] Written a list together of the personal information that stays private.
- [ ] Checked the privacy settings and parental controls on every device, app, and game our child uses.
- [ ] Turned off location sharing, or decided together who can see it.
- [ ] Set a password rule: private from friends, shared with a parent or caregiver.
- [ ] Agreed that our child will not meet someone they first met online without a parent or trusted adult.
- [ ] Made a plan for what our child will do if someone asks for a photo, asks them to keep a secret, or asks them to move to a different app.

Talk About It

Ask your child:

"If something happened online that made you uncomfortable or scared, who would you tell?"

📣 ADVOCACY

Use Your Voice to Help Yourself and Others

As a family, we have...

- ☐ Named at least three trusted adults our child can go to, and written them down below.
- ☐ Shown our child how to block, mute, and report on each app and game they use.
- ☐ Talked about the difference between trying to get someone in trouble and reporting something to keep someone safe.
- ☐ Promised our child they will not be in trouble for telling us about something that happened online.
- ☐ Practiced out loud what to say when someone crosses a boundary.
- ☐ Talked about how to support a friend who is being mistreated online without putting themselves in danger.

Need help with these steps? *Speak Up, I've Got You: The CASEN Family Speak-Up Plan*, a free guide in the CASEN Resource Library, walks your family through each one

Talk About It

Ask your child:
"If something happened online that made you uncomfortable or scared, who would you tell?"

NAVIGATION

Make Wise Choices

As a family, we have...

- [ ] Written a family media agreement that covers which apps, when, where, and for how long.
- [ ] Talked about how screenshots can preserve messages, photos, and posts even after something is deleted.
- [ ] Agreed on what our child will do when emotions are high: step away and come to us.
- [ ] Agreed on a pause rule before posting, commenting, sharing, or forwarding: stop, think, then send.
- [ ] Practiced checking whether something online is accurate before believing or sharing it.
- [ ] Set a regular time to check in about how things are going online.

Talk About It

Ask your child:

"Before you post or send something, what should you stop and think about?"

FAMILY READINESS CHECK-IN

After completing the checklist, talk about what you noticed together.

Our Strengths

Which steps has your family already taken?

Steps We're Still Working On

Which boxes are still empty?

One Step We'll Take This Week

Our Trusted Adults

Who can your child talk to when they need help?

Remember: Readiness Is Built Through Practice

A child doesn't become socially or digitally prepared after one conversation.

Readiness develops through **education, conversation, guided practice, and support**.

The goal isn't to prepare children for every situation they might encounter online. It's to help them develop skills they can use when new situations arise.

That's where the **CASEN Compass™** can help them remember:

❤️ **Connection** — Build healthy relationships.
🛡️ **Safety** — Protect yourself and others.
📣 **Advocacy** — Use your voice to help yourself and others.
🧭 **Navigation** — Make wise choices.

Want to Know Where Your Child Stands?

This checklist shows what your family has put in place. It does not show what your child can do on their own.

Take the **FREE CASEN Social Media Readiness Assessment** to see how your child is doing in Connection, Safety, Advocacy, and Navigation when you are not there. You will get a score in each direction of the CASEN Compass™, your child's strongest area, and one next skill to work on.

TAKE THE FREE ASSESSMENT: *www.mothersofexceptionalkids.com*

Your Child Doesn't Need to Navigate the Digital World Alone.
CASEN — Collaborative Advancement for Social-Emotional Needs

Preparing children with the social-emotional and digital readiness skills they need for school, online spaces, and everyday life.

Parent/Caregiver Note:

The CASEN Family Social Media Readiness Checklist™ is an educational resource intended to support family conversations about social and digital readiness. It is not a clinical, psychological, developmental, or diagnostic assessment and should not be used as a substitute for individualized professional guidance.