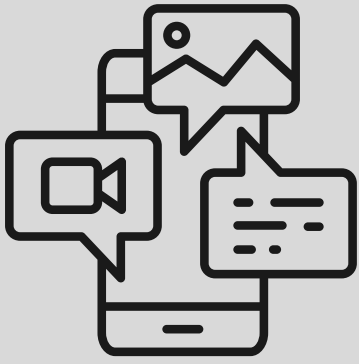
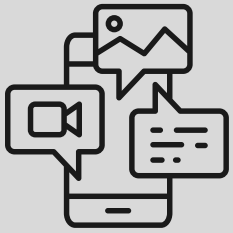




Social Media Safety Guidelines for Parents



**Social Media Best Practices for
Parents**

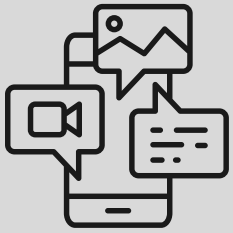


Why We Made This Guide

Social media is a big part of how dancers share their progress, celebrate performances, and stay connected with friends.

As exciting as it is to share these moments, it's also important to be mindful of how information is shared online - especially for younger performers.

A few simple habits can help keep your dancer safe while still allowing you to celebrate everything they're working so hard to achieve.



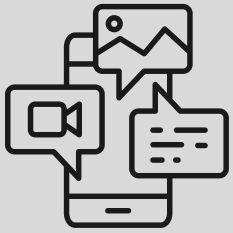
1. Be Mindful of What You Share

It's natural to want to share proud moments, but try to avoid including details that could identify where your dancer will be or where they regularly spend time.

Consider limiting:

- exact schedules or rehearsal times
- frequent locations
- school or daily routine details

Keeping posts focused on the moment—not the logistics—helps protect your dancer's privacy.



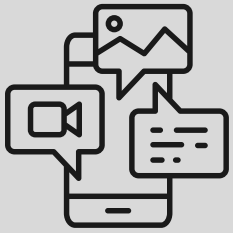
2. Think About Timing

Posting during an event can feel exciting, but sharing in real time can also reveal where your dancer currently is.

Many families choose to:

- post after rehearsals or competitions
- share highlights later in the day
- avoid tagging live locations

If you do post same day/live updates be mind of what's in the background. Competition circuit branding is better than convention center/location branding. It helps reduce the possibility of inadvertently sharing your location. This simple shift helps reduce risk while still capturing the moment.



3. Be Selective With Tags and Accounts

Tagging can help friends and family see posts, but it also connects accounts publicly. Even if you're careful about what you post on your account - also consider what's be shared on the accounts you tag. Sometimes you can accidentally connect a stranger to more personal information than you realize.

A few things to consider:

- only tag accounts you know and trust
- be mindful of tagging younger dancers' personal accounts
- avoid linking to accounts that share a lot of personal information

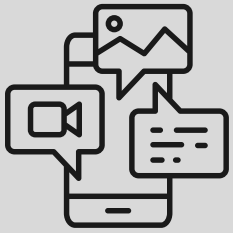
Keeping tags intentional helps maintain a safe online environment.



Periodically review posts others tag you in

Most social platforms allow users to review tagged photos and choose whether they appear publicly on their profile. Including tags from: parents, photographers, brands, other dancers, dance circuits. Some of those posts may include information you wouldn't normally share.

Checking tagged content occasionally helps ensure that posts associated with your account reflect the same standards you maintain on your own page.



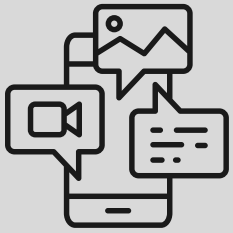
4. Encourage Private Accounts for Younger Dancers

If your dancer manages their own social media, consider setting their account to private.

This allows them to:

- approve who follows them
- control who sees their posts
- reduce unwanted messages from unknown accounts

It's a simple setting that adds an important layer of protection.



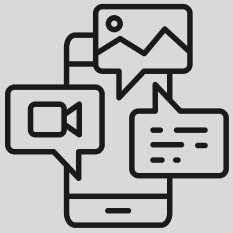
5. Remind Dancers to Be Thoughtful Online

Social media is often part of how dancers are seen by peers, teachers, and even future opportunities.

Encourage your dancer to:

- share positive, supportive content
- celebrate their progress and teammates
- think before posting

A thoughtful online presence reflects the same discipline and character they bring to their training.



6. Final Thoughts

Sharing your dancer's journey is something to be proud of. With just a few mindful habits, you can celebrate those moments while helping keep your dancer safe and supported.

