

How to use Facebook

A Mustang Minutes Extra

What is Facebook?

Facebook is the largest social networking site in the world. It allows users to communicate, connect, share interests, and join groups.

How do I sign up?

Go to www.facebook.com and you will see the sign-up section right on their main page. You can't miss it! Once you have signed up and created a password, a confirmation link will be sent to your email. Click on the link to complete the registration process.

I've signed up, now what?

You can verify your account by adding a mobile number. This gives you access to more of Facebook's features. Login to your account at www.facebook.com and choose your privacy settings (more about this later).

How do I find friends?

Once you have created an account and logged in, you can find friends by searching for them by name or email address in the search bar at the top of the page, import contacts from your email account, or invite friends individually. See Facebook's help center for more information.

What is timeline, news feed, etc. I don't get the lingo!

Timeline (a.k.a. profile page) is Facebook's new profile template. It allows you to individualize your page and post what you are doing or thinking, add pictures or activities. It arranges your postings chronologically so others can view the timeline of your online presence. Your friends can post comments or leave messages to you on your Timeline.

News Feed (a.k.a. home page) displays your "friends" posts, pictures, and activities. Whenever your friends post an update, their new status shows up in your news feed which constantly evolves.

What are the basics of privacy?

To get to your privacy settings, go to the account menu (arrow) at the top right of any Facebook page and choose “privacy settings”. To control the privacy for content you share on your timeline, you can choose your audience when you post. If you post something on another page, it will be shared based on the settings of the page on which you post.

General suggestions:

- Limit your contact information.
- Set the basic privacy setting to “Friends Only”.
- In the customized settings disable anything that checks you in or allows others to check you in to a location.
- Do not write about, post or tag pictures of other people without their permission.
- Friend your children! It is a great way to learn more about them while helping them make safe choices. At the same time, if you publicly comment on all their postings or embarrass them online, they may block you from seeing their profile.

The information below is copied from the Facebook Safety Center at

<https://www.facebook.com/safety/groups/parents/>

Start a Conversation

Parents don’t need to be social media experts in order to ask questions and begin an ongoing dialog with teens. Have conversations about safety and technology early and often, in the same way that you talk to your kids about being safe at school, in the car, riding public transportation, or playing sports.

You might also ask them to show you how to set up your own Facebook timeline, so you can see what it’s all about. Discuss what’s appropriate information to share online—and what isn’t. Ask them about privacy settings, and suggest that you go over them together, regularly.

Learn from Your Teen

Today’s teens have grown up with the internet, cell phones and text messaging. Most don’t distinguish between being online or off. New technology has always been a part

of their lives, so when we write it off as trivial or a waste of time, we criticize a big part of their social interaction. You probably know this already, but unless you're really on top of social media, your teenager most likely knows more about it than you do. That's OK. Don't be afraid to ask your child to show you the ropes!

It's About Respect

It's also important to talk about the Golden Rule: treating others the way you want to be treated. This also applies to using new technologies. Make sure your teens know where to go for support if someone ever harasses them. Help them understand how to make responsible and safe choices about what they post—because anything they put online can be misinterpreted or taken out of context.

Tips for Parents

1. It can be tough to keep up with technology. Don't be afraid to ask your kids to explain it to you.
2. If you're not already on Facebook, consider joining. That way you'll understand what it's all about!
3. Create a Facebook group for your family so you will have a private space to share photos and keep in touch.
4. Teach your teens the online safety basics so they can keep their Facebook timeline (and other online accounts) private and safe.
5. Talk about technology safety just like you talk about safety while driving and playing sports.

Start a Conversation with Your Teen

1. Do you feel like you can tell me if you ever have a problem at school or online?
2. Help me understand why Facebook is important to you.
3. Can you help me set up a Facebook timeline?
4. Who are your friends on Facebook?
5. I want to be your friend on Facebook. Would that be OK with you? What would make it OK?