

# Teen Social Media & Internet Safety Quick Reference Guide

The [Teen Social Media and Internet Safety Guidance](#) was developed in accordance with Tenn. Code Ann. §§ 49-6-4601 - 4605 and known as the “*Teen Social Media and Internet Safety Act.*” This document is a quick-reference visual guide to help districts implement required instruction.

## Mandatory Lesson Topics

- ✓ **Time Management & Healthy Behaviors**  
*Balancing screen time with healthy daily routines*
- ✓ **Negative Effects of Social Media**  
*Understanding the risks and potential impact on mental health*
- ✓ **Distribution of Information**  
*Digital literacy: How content spreads quickly and widely online*
- ✓ **How Social Media Manipulates Behavior**  
*Addicting algorithms, engagement tactics, and influence*
- ✓ **Permanency of Sharing Materials Online**  
*Digital footprints and long-term consequences*
- ✓ **Safe Use of Social Media**  
*Protect privacy, data and location: Identify and report cyberbullying and predatory contact.*
- ✓ **Evaluating Information & Understanding AI-Generated Misinformation**  
*Identifying credible sources and false or AI-created content*



## Optional Lesson Topics

- Career & Academic Growth
- Sharing Information with Family & Friends
- Safely Connecting with Others

## For More Resources

