

# ◆ What Kids Wish You Knew Before You Posted

Five powerful truths they might not have the  
words to say ~ yet

Behind every smile is a story. Behind every post is a child growing into a person who remembers. These five reflections come from the child's point of view ~ honest, vulnerable, and true.

1. **"I'm more than your caption."**  
I'm not a joke or a trend. Please don't turn my real life into social media content.
2. **"When you post me crying, I don't feel safe."**  
Even if you think it's funny or relatable, I feel exposed.
3. **"Likes don't equal love. Your presence does."**  
Put the phone down. Look me in the eyes. That's the moment I'll remember.
4. **"Every post adds up. I'll remember what you chose to share."**  
Someday, I'll scroll through your feed and see the story you told about me. Will I feel proud or hurt?
5. **"I want a chance to tell my story ~ on my terms."**  
Please save some of my life just for me. I'll grow up soon enough.

It's not too late to share less and protect more.  
Start the change today.

#Don't Tag Me: Why Sharenting Could Be the Biggest  
Parenting Mistake of the Digital Age! Social Media  
Posting and the Digital Footprint You Leave Behind.  
[Link to book available here...](#)

