

Social media safety tips for kids and teens



Social media is a normal part of daily life for most teens. And whilst there are benefits to social media, there are also risks that kids and teenagers should avoid. This therefore poses a challenge for parents, not least because the social media landscape is always evolving, with new platforms and features emerging regularly, but also due to the ever-changing risks and challenges this presents.

Understand why your child wants to use social media

Encourage your child to talk to you about how they use the internet and show you what they do

Learn about which social media platforms teens use

It's a good idea to keep up to date with any social media your child uses. Have a conversation

Talk about the dangers of over-sharing on social media

It may seem harmless to post details about being home alone, but such information could put them in danger.