A positive start

Start off on a positive with your child, so you can make the most out of social media.

5 things to consider before they start

All social media apps have rules about the age of users. Your child may have a different emotional or cognitive age from their physical age.

1. How robust are they emotionally?
2. Are they easily upset or very trusting?
3. Their emotional maturity may be different from their physical age.
4. How well does your child remember what they have learned?
5. You may need to repeat the message, reward them for following it and reinforce the message frequently.

Activities to try

- Draw and send a thank you note using social media
- Skype family members
- Bake a showstopper cake and share a photo of it
- Send birthday wishes to a special someone
- Share photos of a day out
- Share a video you both find funny
- Sing a song together in a short video and share with someone
- Share funny gifs

www.internetmatters.org/connecting-safely-online

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