

How to support your child in using social media

- **Be interested in what your child does online.** Discuss the topic regularly.
- **Use and investigate** different kinds of media together.
- **Ask what services your child uses.** What things about them are good or interesting?
- **Value and listen to** your child's experiences and stories about how they use the internet.
- **Ask your child to talk about** what they do on social media: what kind of pictures or video do they publish, who do they interact with, what kind of groups have they joined?
- **Ask if your child could show you** what the services are like. You can also describe how you use social media.
- **Tell your child** that unpleasant things can sometimes happen on social media, such as unfair criticism or name-calling.
- **Make sure that your child knows** that they can tell you or other adults close to them about unpleasant and disturbing experiences.
- **Thank your child** for telling you about anything unpleasant or scary they found online. Think about what you could do about it together or how your child could avoid the unpleasant thing in the future.
- **Instruct your child to learn about** the rules of the service and its privacy settings. Check together that the child's privacy settings are in order.
- **Encourage your child to be** kind and take others into account online.
- **Remind your child** not to give their password to anyone.
- **Encourage your child to think about** which parts of using social media should be private and which ones should be public. Make sure that your child understands who they interact with when they use different social media channels.
- **In social media,** the same things apply to children as in all other social interaction: treat others with respect and act responsibly.
- **If you use social media** and share news about the family in the services you use, remember to respect the privacy of your child and your other family members. Adults are important examples for children on how to use the internet responsibly, considerately and while respecting others.