

Preparing Your Child for Social Media

For Parents of Primary School Children

There are age restrictions in place for all social media sites and these should be adhered to.

Here is a helpful list of things to address to maximise online protection and reduce online vulnerability, whilst protecting the wellbeing of your child.

Reviewing these conversations every 3-4 months as a minimum is highly recommended.

Things to raise	Add date here	Add date here	Add date here
Set privacy settings to PRIVATE - this is your NON-NEGOTIABLE as their parent. Do the same for games, apps and other platforms.			
Talk about who they are following and why. Talk to your child about algorithms - and how if you follow an account with a particular interest, you will be shown more of the same content.			
Ask if they 'chat' with people they don't know - ask them why and where the boundaries are. Discuss the importance of never sharing personal information.			
Tell your children that they are being exposed to images that have been altered by technology. This means they need to question the content they are viewing and why someone might be sharing 'altered images' (for likes, clickbait, exposure etc.).			
Tell them that every face and body has likely been through a filter and so often what they see is not real. It's important to teach children that real people do not look, or live, like they see on social media.			
Decide what your child would do when they encounter inappropriate content. Be clear that we leave a 'digital footprint' and that if inappropriate material is ever viewed, it needs reporting.			
Explain that some people have an 'unnatural interest in children' and they might try and make friends in order to get information or form 'friendships'.			
Explain to NEVER share images and videos online without your permission, even if they are asked repeatedly or threatened to do so.			
Say you will always be approachable when your child encounters something that makes them uncomfortable and that you will always work with them to help to solve ANY problem.			
Children learn through mimicking your screen behaviour, so it's a good idea to tidy up your own habits and social media interactivity to be a good role model for your child. Perhaps family rules include you too.			
If either your child or you do not feel comfortable with this scenario, or if you don't have time to regularly check your child's social media, say 'not yet' to these apps			