

Social Media Advice for Parents

The following is advice issued by Netsafe New Zealand. More information can be obtained from their web site www.netsafe.org.nz/online-safety-for-parents

Before signing up

What are the Age Restrictions? Most social media platforms have an age restriction of 13+ think carefully about signing your child up on social media as they may not have developed the skills needed to deal with all that could go wrong on social media.

What do you know about the App or Platform? Learn about the platform and use it to get a feel for how it works and what the online community is like. All social media platforms offer detailed advice and guides for parents. ***If you don't understand it try it.***

What are the platform's data and sharing policies? All social media platforms collect data about their users and may share that information with others. Ensure you are comfortable with the type of information that is being collected and shared.

Top 5 tips for signing your child up to social media

1. Make sure your child knows the online safety basics.
2. Help them set up a social media account: set up their profile with them, configure privacy and security settings so that their location, photos and information are as private as possible.
3. Set boundaries and expectations. Talk about potential challenges.
4. Give them the tools they need to stay safe.
5. Check in OFTEN

Suggestions for things to do at home

Set a good example

- How often do you have device at the dinner table?
- How many angry posts have you published?
- How good is your knowledge of online safety?
- Have you gone through the basics?
- Set a technology curfew
- Only allow technology in public places at home
- Be "friends" with your child on social media

Your child will be using computers and technology for the rest of their lives - you are in a great position of being able to get them off to a safe and positive start.

Discuss with your child the implications of their very permanent "Digital Footprint" .