



How to talk to your child about social media



A definition

If we want teenagers to be safe on social networks, the best way is to talk to them about social media, including positive aspects and potential pitfalls.



Why is this important?

[Eurostat](#) stated that in 2021, in 14 EU States, 9 out of 10 young people used social media, while a further 10 Member States reported that 80-89 % of youth participated in these kinds of networking activities. Other Eurostat sources show that the EU average for adults possessing 'above basic' digital skills is just 31%.



Tips and tricks

- ➔ It is very likely that children know more than you on social media, as they are more exposed to new trends that you do not know. Talking with them will help you discover these new social networks and be aware of the platforms they are in.
- ➔ Don't forget to have a positive approach: there are many advantages to social media. Don't act as an enemy of social media; otherwise, students won't follow your suggestions.
- ➔ List the potential dangers of social media, explaining what they are with real examples (potential predators, fake accounts, fake news and so on). To know more, please read chapter 7 of our [SubscribEd booklet](#).



Useful resources and tools



EU Commission, "[New EU strategy to protect and empower children in the online world](#)", launched the strategy for a better Internet for kids.



Internet Matters, [Talking with your child about social media | Internet Matters](#), and KidsHealth, [Teaching Kids to Be Smart About Social Media \(for Parents\) - Nemours KidsHealth](#), provide advice to parents to support children to stay online safely.



[Eukidsonline](#) is a European portal for researching EU children's online opportunities, risks and safety.





SAFETY RESOURCES



WebMD contributors reviewed by Dan Brennan, [6 Tips on How to Talk to Your Kids About Social Media \(webmd.com\)](#), shared 6 interesting tips on how to talk to kids on social media.