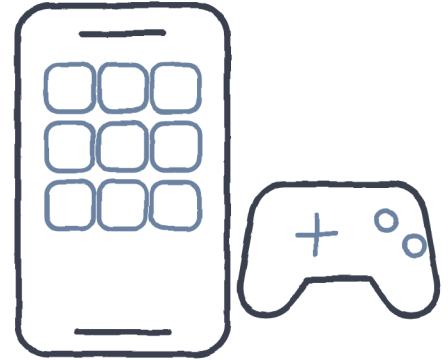


FACT SHEET • SECONDARY

Helping Your Adolescent Child Navigate Social Media

Social media arrives at exactly the age when a young person is most sensitive to what their peers think of them, which is why the number of "likes" they get can matter far more than adults think it should. The aim is to help young people understand what is happening and to cope with parental boundaries. Here's where to start.



TIP 1

Keep the phone out overnight

A charging point in the kitchen or hallway, for the whole family, stops the scroll that eats into sleep and stops it feeling like a punishment aimed at just one person.

TIP 2

Ask how it makes them feel

Rather than banning a platform outright, ask whether it leaves them feeling better or worse after twenty minutes on it. That question builds judgement they'll keep using long after you've stopped watching.

TIP 3

Talk about the filtered version

Remind them that a feed is a highlights reel, not real life, and that everyone they follow is doing the same editing. Comparing a whole life to someone's best five photos is an unfair comparison.

TIP 4

Agree the rules together

A screen agreement they helped write, covering when and where, holds better than a rule handed down with no discussion. Revisit it together as things change.

TIP 5

Stay curious, not just watchful

Ask what's funny, what's annoying people, who's saying what, the same way you'd ask about their day at school. It keeps the door open. Stick to age restrictions and boundaries when you can.