

Dealing with Difficult issues with Social media

Many parents find it difficult to talk about teenagers use of the internet and social media. Its not realistic to think that we control every aspect of their digital life, but nor is it helpful to bury our head in the sand.

Like other aspects of parenting it is good to understand the part social media plays in their lives, talking about the risks and opportunities it presents.



Talk to them about being safe

Talk to your teen about staying safe online and when posting pictures and messages. There are some excellent sites you can look at together. See our list below.



Show an interest

Show an interest in what they are doing, playing, listening, posting or creating online. Their digital world is an important part of their lives and they will want you to be interested in it.



Allow Privacy

Allow privacy, once safety rules are established, messages and conversations with friends should be private. Your teen will appreciate some trust.



Passwords

Talk about passwords and if possible agree a safe place where they can be stored and found in case of an emergency.

Parent tip

Ask your teen how things work and to teach you new skills.



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