

THE DANGERS AND RISKS OF SOCIAL NETWORKS FOR YOUNG PEOPLE

SAFETY TIPS AND RULES

20% OF YOUNG PEOPLE SAY THEY HAVE ALREADY BEEN CONFRONTED WITH CYBER-BULLYING.

63% OF 8 TO 18 YEAR OLDS ARE REGISTERED ON SOCIAL NETWORKS

83% OF PARENTS ADMIT THAT THEY "DON'T KNOW EXACTLY" WHAT THEIR CHILDREN ARE DOING ON THE INTERNET.

1) RESPECT THE AGE LIMIT

CHILDREN UNDER 15 MUST HAVE PARENTAL CONSENT TO REGISTER ON A SOCIAL NETWORK, SO ENFORCE THIS AGE LIMIT.

3) LIMIT YOUR SCREEN TIME

SETTING A LIMIT ON SCREEN TIME IS ESSENTIAL TO LIMIT THE DANGERS OF SCREEN ADDICTION.

5) PARENTAL CONTROLS

USE PARENTAL CONTROL SOFTWARE ON YOUR CHILDREN'S DEVICES, THIS IS THE BASIS OF CHILD SAFETY ON THE INTERNET.

7) MONITOR YOUR ACTIVITY

YOU CAN REGULARLY CHECK THE HISTORY OF SITES VISITED. AND BLOCK AGE-INAPPROPRIATE CONTENT.

2) STAYING IN CONTROL

IT IS IMPORTANT TO HAVE ACCESS TO YOUR CHILD'S SOCIAL MEDIA ACCOUNTS. THIS WILL ALLOW YOU TO KEEP AN EYE ON THE CONTENT THEY ARE VIEWING

4) RAISE AWARENESS OF THE DANGERS

TAKE THE TIME TO EXPLAIN THE RISKS OF SOCIAL NETWORKING AND TEACH THEM WHAT THEY CAN AND CANNOT DO ON SOCIAL NETWORKS.

6) COMMUNICATE

TAKE AN INTEREST IN YOUR CHILD'S EXPERIENCE AND INFORM THEM OF POTENTIAL DANGERS ONLINE. SUPPORTING AND QUESTIONING THEM ABOUT THEIR DIGITAL EXPERIENCE IS ESSENTIAL.

CONTACT 3018, THE NATIONAL NUMBER AGAINST DIGITAL VIOLENCE

