

# Supporting children with positive social media behaviour

## Key takeaways for parents & carers

- ✓ Social media is a major part of young people's social lives, so guidance is more effective than restriction alone.
- ✓ Open, regular conversations help children feel safe sharing their online experiences.
- ✓ Showing interest in what they enjoy online builds trust and encourages honesty.
- ✓ Positive online behaviour includes kindness, privacy awareness, and thinking before posting.
- ✓ Reassure children they won't be punished for reporting online problems.
- ✓ Changes in mood, behaviour or device use can signal they may need support.
- ✓ Clear boundaries, privacy checks and balanced screen time help build healthy digital habits.



Promoting safety, support and positivity on social media 🌟



