


A GROWING CONCERN

SOCIAL MEDIA & YOUNG CHILDREN

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2/3 of children aged 7 to 9 in Singapore use smartphones every day



More than **40%** have Facebook accounts



25% are on Instagram

Risks of unsupervised social media use for young age



- ➔ Online bullying
- ➔ Harmful and damaging content to self-esteem
- ➔ Content normalising self-harm
- ➔ Unrealistic impressions of the society

Setting boundaries around social media usage is key

The excessive use of social media interferes with a child's social, physical, and mental development



Restrict
the overall amount of time spent on social media



Supervise
the content directly through parental controls on devices



Set
ground rules on social media usage



Limit
their presence on social media until older

~~Above all,~~ **establishing open communication with your child sets the foundation for healthy social media usage**



Implement
active communication everyday about various topics



Listen
actively



Respect
children's feelings



Practice
mindfulness of your **tone of voice**



Pay attention
to their emotions