

# Social Media

information such as age. Facebook for example has a range of important safety settings as the 'default' when the account holder is 13—17 years. Many parents are misguided and tell their children to set up the account with an older age for 'safety'. This is NOT a guarantee of safety, sets a poor example and puts the child outside the secure part of the site. Remember it is harder to continually ban access after your child has attained the legal age requirement. You are far better to set up an account with your child together, with clear rules and guidelines, rather than have them set one up at a friend's house behind your back.

Social networking is certainly not all bad, although the media can focus on negative aspects. Embrace social technology with your child and ensure that you have an account on all sites your child does.

## What are some ways to assist children and young people in social networking?

Please remember that to assist your child to be safe on social networking sites you must:

- Ensure that they comply with the age restrictions (DO NOT let them on Facebook under 13 years of age)
- Ensure that they understand how the privacy and security settings work
- Ensure that they can change their passwords and they know how to report a problem
- Ensure that they understand the house 'rules' about where they can go, who they talk to and what they post
- Ensure that they know where to go if they have an online issue
- Set up an account yourself and be your child's friend (this is not going to ensure safety but is part of what is expected of you as a parent)
- Know your child's password
- Have house rules about what your child can post and when they can add new 'friends' (must ask you first).

