

ICT Newsletter Submission Term 3 2017

Social Media Tips

If you are a parent who is afraid of the trouble your child can get into on social media, you might want to consider how the environment for communication and entertainment has changed over the last decade.



Young people spend a lot of time online and on their phones. That isn't going to change. When was the last time your child called someone on the phone? It probably doesn't happen very often because they *don't want* to talk on the phone. They prefer texting or messaging over a platform or social network.

The importance of social skills has not changed - in fact, they are probably even more important in the digital world. But as parents and educators, should we be dictating how they socialise online? To an extent, the answer is yes.

Let's take a look at the major social networks and messaging platforms. The age restrictions might surprise a few.

- Facebook – 13 years old
- Twitter – no age limit but Twitter says it is not intended for users under 13 years old
- Instagram – 13 years old
- YouTube – 13 years old
- Snapchat – 13 years old

There are restrictions for a number of good reasons - too many to go into here. It is worth the time and effort to investigate and make informed decisions together with your child. Here are some useful links that may help to look at the issue from different perspectives.

<http://www.stuff.co.nz/technology/digital-living/92809326/Instagram-is-the-worst-social-network-for-young-peoples-mental-health>

<http://www.stuff.co.nz/life-style/parenting/80749727/Teens-had-brain-scans-while-using-social-media-here-is-what-experts-found>

<http://www.teenshield.com/blog/2016/06/28/positive-effects-of-social-media/>