DIGITAL FOR LIFE
PLAY IT FORWARD

Beyond Like, Share, Comment:

What You Need to Know About Your Child's First Social Media Account

An Introduction to Social Media

Social media is like an online playground for connection, learning, and creativity and can be a big part of your child's life. Learn about popular social media apps your child might use and the benefits and risks of social media use to help your child navigate social media use safely and responsibly.

Popular Social Media Apps Among Youths:

Instagram (Min. age requirement: 13)
A content-sharing app that lets users send direct messages or post short videos or photos as a post, reel (short-form videos) or story (available for 24 hours only).

Tiktok (Min. age requirement: 13)
A short-form mobile video app that allows users to create and upload content and interact with other users' content.

Telegram (Min. age requirement: 16)
An instant messaging app that allows users to contact friends and family by sending and receiving messages, and to join public channels and group chats.

Discord (Min. age requirement: 13)
An instant messaging app that allows users to communicate over voice, videos, and text. Users can join different servers to form a community with similar interests.

Reddit (Min. age requirement: 13)
A social news website and forum that allows users to submit posts, videos, photos and links to spark discussion.

Tellonym (Min. age requirement: 13)
A messaging platform where users can converse anonymously and non-anonymously. Users may use it to ask anonymous questions of their friends.

Twitch (Min. age requirement: 13)
A video live-streaming service where users can watch content creators (aka streamers) online.
(Popular among gamers!)

#NeedToKnow:
Most platforms need you to be at least 13 years old to join

Yes! Your Child Can Benefit from Social Media Use

Stay Connected:
Interacting with others online may lead to opportunities to collaborate and stay connected with friends and families.

Learning:
Reading and sharing educational content, which may prompt discussions, can help your child learn.

Creativity:
Engaging in online photo and video editing, as well as sharing thoughts, enables your child to express both creativity and personality.

Mental Health and Wellbeing:
Connecting with family and friends and taking part in online communities can give your child a sense of connection and belonging.

KEEP IT UP!

Your Child Can Get Hurt on Social Media Too

Social Media Addiction:
Watch out for **signs of addiction** like not getting enough sleep and know when you should step in to talk to your child or seek professional help.

Online Safety:
Teach your child to report or block users and assure them that they can always come to you if they face inappropriate content, cyberbullying or offensive language.

Think Before You Post:
Guide and remind your child to be respectful of differences and to treat others how they would like to be treated.

Red Flags:
If your child is keeping their online activities a secret, or shows behavioural changes, assure them that they are safe to come to you for help so you can take the right steps to protect them.

By staying informed and involved, you can help your child navigate social media use safely and responsibly. Get tips to guide your child to a positive and safe experience on social media.

Visit **www.digitalforlife.gov.sg** for more tips on parenting in the digital age.