



Accessing their First Social Media Account

Our children live in a digitally-connected world.
When should we say “yes” to social media?

At what age should I allow my child to have their own social media account?

#12 Resources on social media readiness are available at the end of the presentation.

Laws and Regulations

- Most social media platforms (including WhatsApp) **require users to be aged 12 years and above** (except Telegram and Discord, which requires users to be 17+).

Mental Health Concerns

- 27% of youth reported spending more than three hours on social media platforms daily, and were 1.5 times more likely to show symptoms of depression and anxiety. (*Institute of Mental Health, 2024*)

Maturity of the child

- **Constant exposure to social media content** can make us feel **anxious or overwhelmed**. It is important for **social media users to be mature enough** to navigate such feelings when using these platforms.
- Maturity can be assessed by observing your child's ability to
 - make responsible decisions to keep themselves safe online.
 - manage the pressures and feelings that come with social media use.
- **Have open conversations** with them on the risks of social media, and why they cannot access social media as they are not of age.

What are some considerations when I allow my child to have their own social media account?

After following age guidelines and having conversations with your child, **if both of you feel that your child is ready for a social media account...**

Co-create and establish clear ground rules on keeping themselves safe when using it

- Discuss with them their responsibilities and your expectations of their social media use.

Responsibilities and Expectations	Conversation Starters
Acceptable and unacceptable behaviours	“How do we keep ourselves safe on social media?”
	“What are some dangers of oversharing personal information?”
Clear rules on healthy social media use	“What does healthy social media use look like?”
Consequences for misuse of social media	“What are some ground rules we can establish as a family?”