

Helping children stay safer online



# Social media: What parents and carers need to know

Social media is a big part of many children's lives. Get expert advice and practical tips from NSPCC to help your child enjoy social media safely and confidently.



## On this webpage you'll find:



### Expert advice

Practical tips to help your child use social media safely.



### Platform guides

Information about popular platforms, settings and age guidance.



### Conversation tips

How to talk about social media and listen to your child.



### Safety and support

How to report concerns and where to get even more help.

## Key topics include:

- ✓ Managing privacy and settings
- ✓ Understanding risks like inappropriate content, contact and misinformation
- ✓ Healthy screen time and online balance
- ✓ What to do if something goes wrong



Because every conversation helps keep children safe.



Find all the advice you need in one place.

Scan the QR code or visit:

[nspcc.org.uk/keeping-children-safe/online-safety/social-media/](https://nspcc.org.uk/keeping-children-safe/online-safety/social-media/)

**Remember:**  
You don't need to know all the answers. Being curious, listening and talking regularly makes a big difference.

**NSPCC** Visit [nspcc.org.uk](https://nspcc.org.uk) for more support and advice.