

# Thrive 365

## Dragonfly: Impact Education



### Did you know?

Despite the fact most social networks do not officially allow children under 13 to register, a 2019 Ofcom poll revealed that 18 per cent of eight to 11-year-olds had a social media profile of their own. Research also shows that 92% of two-year olds have an online record as there are pictures of them on social media. Therefore, children and young people, more than ever before, may see the internet as a normal and desirable part of their lives. For this reason, technology dependency has been described as a 'socially acceptable' addiction. Ofcom found that more than half of youngsters say their devices interrupt face-to-face conversations.

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### Phone checks

If your child is using social media and they are under 13, we strongly recommend parents monitor their activity. If your teen is using social media, then this is something parents need to weigh up in their own minds. Whichever decision you make, the ideal time to establish rules around how the phone will be monitored is at the very beginning. It's easier to relax your rules as you go along, rather than suddenly introduce new ones. If you need to change things, be very clear when you speak to your child and present your reasons for the new rules.

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### Tips for Children

Social media is simply a way of being social for lots of young people. So here are a few guidelines to help them socialise safely:

1. Adopt the 'would I show this to my grandma?' test.
2. Use social media to be kind and do good.
3. Make sure you know how to set privacy levels, block and report.
4. Consider safe social apps that support young people such as MeeTwo.
5. Use the 'inside/outside' reminder –we are comparing how we feel on the inside with what someone else seems like on the outside.

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### Tips for Parents

Although monitoring social media use can be difficult with older children there are things parents can do:

1. Encourage offline activities and talking face to face.
2. Model the behaviour by having screen-free time and considering carefully what you post.
3. Restrict mobile phone use in bedrooms and after a certain time.
4. Establish ground rules as soon as possible.
5. If you are worried, talk to your GP, child's school, a professional (counsellor, coach, mentor) or contact the links below.

**Our training:** [www.dragonflyimpact.com/link-tree](http://www.dragonflyimpact.com/link-tree)

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### Resources:

- Common Sense Media: <https://www.commonsensemedia.org/>
- Internet Matters: [www.internetmatters.org/](http://www.internetmatters.org/)
- Child Exploitation and Online Protection Command: <https://www.ceop.police.uk/safety-centre/>