

Getting started with social media

Social media platforms (like Facebook, Tik Tok and Instagram) are great for connecting with family and friends through messages, images and even videos.

But there are also risks, like seeing harmful content, being treated badly, or being sent inappropriate messages.

Three questions to ask

Most platforms need you to be at least 13 years old to join. But a child also needs to be able to manage the risks. Three questions to ask your child are:

- What would you do if you saw something harmful online?
- How can you tell if an online message or person is safe?
- Who would you go to if something bad happened to you online?

Help your child

The [eSafety Guide](#) on the eSafety website can help you make your child's account safe.

It is also a good idea to supervise your child when they use social media because children are more likely to ask for help when adults are interested and nearby.

Using social media safely

Talk to your child about how they want to use their account. Encourage them to:

- be kind to themselves and respectful of others
- avoid sharing details that could make it easy for someone to find them (like their school uniform or home address)

- use app features to set limits on how much time they spend on social media
- learn more about being safe online using eSafety's information for [young people](#).

Dealing with issues on social media

It is never okay for someone to be pressured, bullied or harassed online. Use The eSafety Guide to find out how to report any problems to the social media platform. If the platform doesn't help, [contact eSafety](#) to help find the right support.



For more information about how to keep your family safe online, search for [eSafety Parents](#) on our website.