

# IS YOUR TEEN READY FOR SOCIAL MEDIA?

Prepare your teen for social media with these four key actions. Scan the QR code for a plethora of resources to keep your child safe online!



**37%**  
Only 37% of parents feel confident in their ability to guide their child's digital habits

MDDI, "Digital Parenting Survey", 2025

## 3 Common Online Risks on Social Media



Unwanted Contact



Inappropriate or Harmful Content



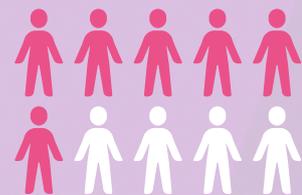
Cyberbullying

### Set



**Set up social media accounts with your teen's correct age.**

Platforms like TikTok and Instagram apply stricter safety defaults automatically - but only if the correct age is entered.



60% of children encountered violent content on social media platforms

Internet Matters, "Protecting children from online violence", 2025

### Think



**Talk about digital footprints early and often.**

What your teen posts today can be seen by future admissions officers and employers. Model positive behaviours by avoiding oversharing your child's private life online

### Report

**Learn to block and report online harms and inappropriate content together.**



### Engage & Support

**Start the conversation today, and check in regularly.**

Ask: "If you get DMs or follow requests from people you don't know, what should you do?" and "Did you know that you can block or report someone anonymously?"