

A GROWING CONCERN

SOCIAL MEDIA & **YOUNG CH**

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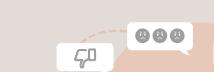
of children aged 7 to 9 in Singapore use smartphones every day



More than Facebook



Instagram





Risks of unsupervised social media use for young age











impressions of the society

The excessive use of social media interferes with a child's social, physical, and méntal development

Setting boundaries around social media usage is key



the overall amount of time spent on



Supervise

the content directly through parental



ground rules on social media usage



their presence on social media until older

Above all, establishing open communication with your child sets the foundation for healthy social media usage



Implement

active communication everyday about various topics



Listen actively



Respect children's feelings



Practice mindfulness of your tone of voice



Pay attention to their emotions