We understand the complexities of navigating and supporting children with social media – the platforms and media change at such a quick rate, it is difficult to keep up. Below are links to sites which will hopefully support you with any questions you might have. However, in saying this, our first and best suggestion would be to speak to your child about their social media use.

<https://www.internetmatters.org/resources/social-media-advice-hub2/>

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/social-media/>

<https://www.internetmatters.org/resources/social-media-advice-hub2/>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/>

<https://saferinternet.org.uk/guide-and-resource/social-media-guides>

<https://www.thinkuknow.co.uk/parents/articles/parents-guide-being-social-online/>