



Family Activity Sheet – Social media

This activity sheet has been created to help you to learn more about social media and how to help your child be safer when chatting and sharing online.

Conversation starters

Here some questions you can ask to start a conversation:

If they use social media:

- Ask about their favourite app or site. What do they like about it?
- What are the positive and negatives of social media? What advice would they give to one of their friends if they were experiencing something negative on social media?

If they don't use social media:

- Ask what social media sites they have heard of.
- Ask about what it means to be a good friend online. How would they deal with disagreements or what they would do if one of their friends was mean to them.?

Online safety action

Pick one of these actions to do as a family:

- Visit our [Thinkuknow website](https://www.thinkuknow.co.uk) and search for tips on how be safe when playing games for different ages, by typing 'live stream' into the search box.
- If your child wants to sign up to a social media account, make sure you check it out together, including the age requirements. O2 and NSPCC's [Net Aware](https://www.net-aware.org/) can help with this.
- If you and your child are on social media already, take some time to check your friendships, privacy settings and the things you have posted. Are you happy that only the people you want to see your stuff – can see it, and have you asked permission from others if you have shared pictures of them?

Fun family task

Social media charades.

Act out things you can do on social media and the names of some of the most popular apps. The person who guesses the most – wins!

More information for parents and carers

For more information about this and other ways to help your child stay safe online, you can visit www.thinkuknow.co.uk/parents.

You can also read our article : [Is your child ready for social media?](#)

