CYBERWELLNESS NEWSLETTER #2

TERM 2/2025 EDITION
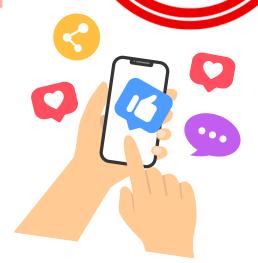
SENSE

CYBER WELLNESS PRINCIPLES

Respect for Self & Others
Safe & Responsible Use
Positive Peer Influence

ACT · **THINK**

What's the Right Age for Social Media?

- Most social media platforms require users to be at least 13 years old or above.
- This is because younger children might not be emotionally prepared to handle some of the risks and content on these platforms.

WHY MATURITY MATTERS?

Social media platforms allow people to connect, but constant exposure to social media content can lead to feelings of anxiety or overwhelm. It's essential for users to be emotionally mature enough to navigate these feelings and use these platforms responsibly.

Food for thought

Is age the only factor to consider when determining if your child is ready for social media?

IS YOUR CHILD READY FOR SOCIAL MEDIA?

Use this checklist to evaluate if your child is emotionally prepared for social media:

Criteria	Yes	No
Responsible Online Behaviour: Can your child make safe and responsible decisions online?	[ ]	[ ]
Managing Social Media Pressure: Is your child able to handle the pressure of social media, like comparing themselves to others or seeking validation?	[ ]	[ ]
Impulse Control: Can your child pause before posting or acting impulsively on social media?	[ ]	[ ]

⚠️ If you answered "No" to any of the questions, it may be worth waiting until your child is emotionally ready to handle the responsibilities and pressures of social media.

THE EFFECTS OF SOCIAL MEDIA

👎 Emotional Impact: Anxiety, low self-esteem, and depression from constant comparisons.

👎 Social Skills: Struggles with real-life communication and relationships.

👎 Academic Decline: Distraction from schoolwork and declining performance.

👎 Inappropriate Content: Exposure to harmful or explicit material.

👎 Sleep Disruption: Difficulty falling asleep due to screen time.

👎 Cyberbullying: Increased risk of online bullying and harassment.

THINGS YOU CAN DO

Before allowing your child access to social media, have **open conversations** with them on the risks of social media and establish clear ground rules on how to keep themselves safe when using it. Here are some suggested topics:

What are some potential dangers of oversharing personal information?

What does healthy social media use look like?

How do we keep ourselves safe on social media?

What are some ground rules we can establish as a family?

OTHER RESOURCES

For more content to support your parenting in the digital age and more, please scan the QR code to access the Parenting for Wellness Toolbox for Parents.

https://parentingforwellness.hpb.gov.sg/Resources