DIGITAL FOR LIFE
PLAY IT FORWARD

Set

Your Child's First Social Media: What To Look Out For

Learn about popular social media apps and the benefits and risks to help your child navigate social media use safely:

- Learn about popular social media apps
- Understand the risks and benefits of using social media

Popular Social Media Apps

Instagram (Min. age requirement: 13)
A content-sharing app that lets users send direct messages or post short videos or photos as a post, reel (short-form videos), or story (available for 24 hours only).

Tiktok (Min. age requirement: 13)
A short-form mobile video app that allows users to create and upload content and interact with other users' content.

Telegram (Min. age requirement: 16)
An instant messaging app that allows users to contact friends and family by sending and receiving messages, and to join public channels and group chats.

Discord (Min. age requirement: 13)
An instant messaging app that allows users to communicate over voice, videos, and text. Users can join different servers to form a community with similar interests.

Reddit (Min. age requirement: 13)
A social news website and forum that allows users to submit posts, videos, photos, and links to spark discussion.

Tellonym (Min. age requirement: 13)
A messaging platform where users can converse anonymously and non-anonymously. Users may use it to ask anonymous questions of their friends.

Twitch (Min. age requirement: 13)
A video live-streaming service where users can watch content creators (aka streamers) online.
(Popular among gamers!)

X (Min. age requirement: 13)
Formerly known as Twitter, X is a social media platform where users can share and discover real-time updates, opinions, and news through short posts called "posts" (previously tweets).

#NeedToKnow:
Most social media platforms require users to be at least 13.

Your Child Can Benefit from Social Media Use

Stay Connected:

Interacting with others online may lead to opportunities to collaborate and stay connected with friends and families.

Learning:

Reading and sharing educational content, which may prompt discussions, can help your child learn.

Creativity:

Engaging in online photo and video editing, as well as sharing thoughts, enables your child to express both creativity and personality.

Mental Health and Wellbeing:

Connecting with family and friends and taking part in online communities can give your child a sense of connection and belonging.

Your Child Can Get Hurt on Social Media Too

Social Media Addiction:

Watch out for **signs of addiction** like not getting enough sleep and know when you should step in to talk to your child or seek professional help.

Online Safety:

Teach your child to report or block users and assure them that they can always come to you if they face **inappropriate content,** or **cyberbullying.**

Think Before You Act:

Guide and remind your child to be respectful of differences and to treat others how they would like to be treated.

Support Your Child:

If your child is keeping their online activities a secret or shows behavioural changes, assure them that they are safe to come to you for help so you can take the right steps to protect them.

By staying informed and involved, you can help your child navigate social media use safely and responsibly.

Visit **www.digitalforlife.gov.sg** for simple tips and tools to keep your child safe online.