The minimum age to create an account on the following sites is 13 years old.

As children and teens spend more time on social media, it's important for parents to understand the potential dangers they may face online. Being aware of these risks is the first step in helping kids navigate social media safely.

Risk Associated with Social Media

- *Cyberbullying:* Children may experience online harassment or abuse.
- *Predators:* Online strangers may attempt to manipulate or exploit kids.
- *Privacy Risks:* Personal information can be shared and misused.
- *Mental Health:* Social media can affect self-esteem and contribute to anxiety or depression.
- *Addiction:* Excessive screen time can interfere with daily life and sleep.
- *Inappropriate Content:* Kids may encounter harmful material.
- *Peer Pressure:* Social media can encourage risky behaviors to fit in.
- *Scams:* Kids can fall victim to online scams or phishing attempts.
- *Unrealistic Influencer Culture:* Kids may develop distorted views on beauty, success, and materialism.

Privacy Setting Assistance

Click here to learn more on how you can set privacy settings on youth social media including Instagram, Facebook, YouTube, TikTok, Twitch, and Snapchat.
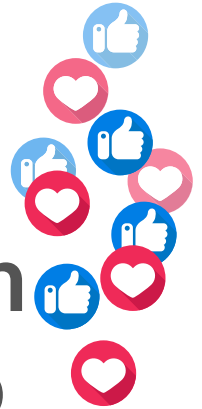
By taking proactive steps and maintaining open communication, parents can help their children navigate social media safely. Regularly revisit settings and agreements as your child grows and technology evolves.

Guardian Guide to Social Media

Navigating Parental Controls

Prevention Coalition of Monmouth County
AN AFFILIATE OF prevention first

Social Media

To help protect children from the risks of social media, it's important for parents to stay informed and actively engage with their kids about their online experiences. Here are some practical tips to guide parents in keeping their children safe and promoting healthy social media use.

General Preparations

- *Talk to Your Child:* Discuss why parental controls are being set up. This fosters trust and transparency.
- *Determine Age-Appropriate Settings:* Decide what level of access is suitable for your child.
- *Create a Family Agreement:* Outline clear rules for social media use, including screen time limits and acceptable behavior.
- *Education:* Teach children about online safety, the importance of privacy, and how to identify and report harmful content or interactions.

Facebook

Facebook is a social networking platform where users can connect with others, share updates, photos, videos, and join groups based on interests. It's used for staying in touch, event planning, and following pages for news, brands, and entertainment.
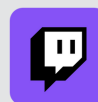
Instagram

Instagram is a visual platform where users share photos, videos, and short-lived "Stories." It's popular for lifestyle content, personal updates, and brand interactions.
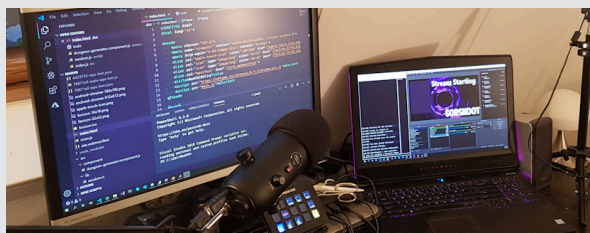
TikTok

TikTok is a short-video platform for creating and sharing 15- to 60-second videos. It's popular for viral trends, challenges, and creative content, with a personalized feed based on user interests.

Twitch

Twitch is a live-streaming platform focused on gaming, music, and creative content. Viewers watch streams and interact in real-time through chat, supporting creators by subscribing or donating.

YouTube

YouTube is a video-sharing platform where users upload and watch videos on any topic. It's a go-to for entertainment, tutorials, and educational content, with channels that users can subscribe to for updates.
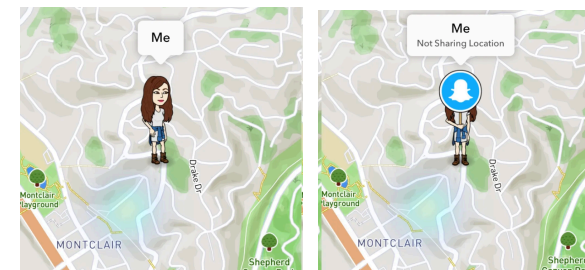
X (Twitter)

Twitter is a microblogging platform for quick, 280-character posts (tweets). It's ideal for real-time updates, news, and public discussions. Users can follow accounts, join conversations, and share thoughts through retweets and replies.

Snapchat

Snapchat is a messaging app where photos and videos disappear after being viewed. It's known for fun filters and "Stories" that last 24 hours, along with content from brands and celebrities in the "Discover" section.

They took a screenshot of your photo or video without sound

They took a screenshot of your video with sound

They took a screenshot of your chat