

Conversation starters

If they use social media:

- What is your favourite app or site? What do you like about it?
- What do you think are the positives and negatives of social media? What advice would you give a friend if they were experiencing something negative on social media?

If they don't use social media:

- What social media have you heard of?
- What do you think it means to be a good friend online? And how would you deal with a disagreement online?

Pick one action to do as a family

- Visit our [CEOP Education website](#) and look for tips on how to be safe when using social media.
- If your child wants to sign up to a social media account, make sure you check it out together, including the age requirements.
- If you or your child are on social media already, take some time to check 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 for permission from others if you have shared pictures of them?

Fun family activity

Suggest a Social. Write down names of social media platforms on sticky notes and give one to each family member to place on their foreheads. You can only ask yes or no questions to try to guess which social media platform you are. If the answer is yes, they can ask another question, if it's no, it skips to the next person.

You could ask questions such as: *is this platform used mainly for sharing photos? Or is the logo for the platform blue?*

For further information about this topic and more on how to keep your child safer online, visit www.thinkuknow.co.uk/parents