

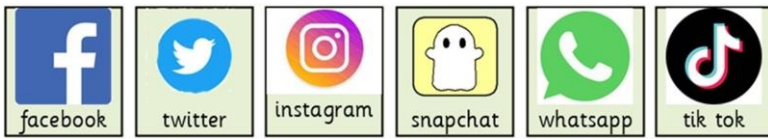
NEWSLETTER

THERAPEUTIC SUPPORT FOR PARENTS AND CARERS.

How can we teach our children about social media and how to stay safe?



Social media has become an important part of everyday life. It comes in many different platforms.

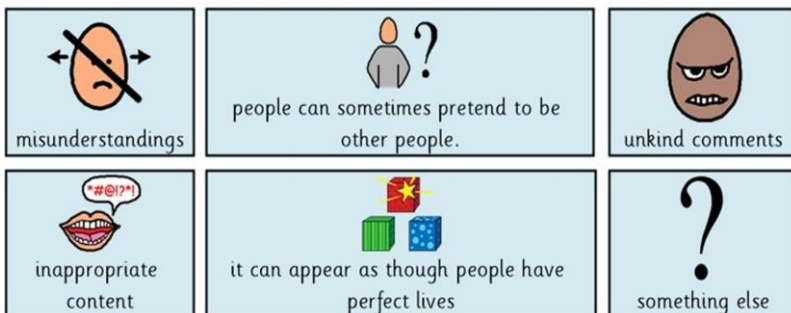


It is important to constantly remind our children of the positives and negatives that come with social media and what to do and what not to on social media. We think the following visuals give very clear instructions to children and young people on how to use social media safely.

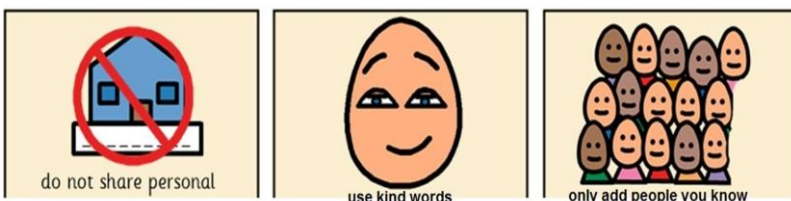
What is good about social media?



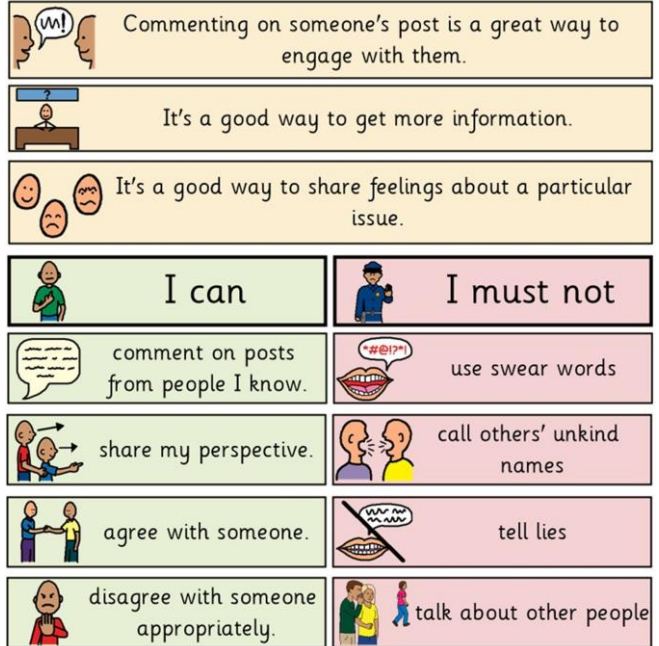
What is not good about social media?



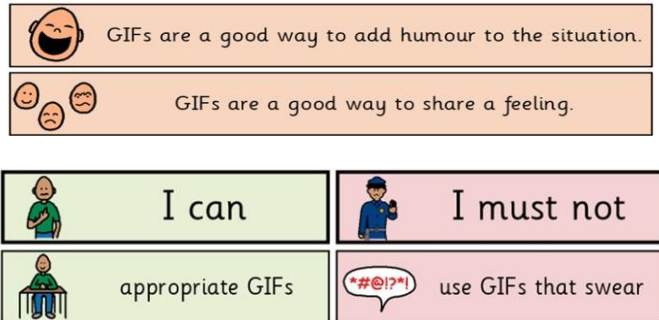
What can we do to stay safe?



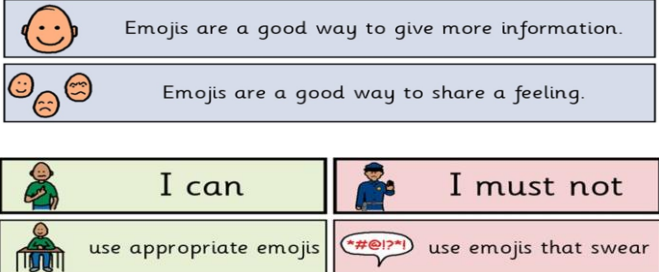
Leaving comments



Using GIFs



Using Emojis



For more support see *Parents Guide To Support - Social Media and the Internet*: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-social-media-and-the-internet/>

Please email us any questions/feedback that you may have to help support you and your family;
therapy@chaigeleyschool.org

See our Twitter page for more info, news and activity ideas; [@TChaigeley](https://twitter.com/TChaigeley)