

# Advice for Year 7 Parents regarding Mobile Phones/Social Media

Some tips and hints are below which you may find helpful:

1. Set age appropriate rules about what apps can be used and when.
2. Monitor usage to ensure that your child is not accessing inappropriate content or engaging in harmful chats or activities. See the information below about age restrictions for popular apps.
3. Educate your child about the potential risks of using a mobile phone such as cyberbullying, stranger danger and talk about staying safe online. We will also cover this in school.
4. Use parental controls (see links below) which allow parents to restrict access to certain apps, set times limits and monitor usage.
5. Limit screen time. If you are concerned that your child is spending too much time on their phone, use parental controls to help you limit this.
6. Use location tracking if you wish to monitor your child's journey to and from school, for example.
7. Have some "phone free" time at least one hour before your child's bedtime.
8. Have open and honest communication with your child about mobile phone safety and work together to set up rules and guidelines which are age and maturity appropriate.

## Further Information CEOP

<https://www.thinkuknow.co.uk/parents/articles/is-my-child-ready-for-social-media/#:~:text=The%20age%20requirements%20are%20there,online%20services%20without%20parental%20permission.>

## How to set parental controls on devices

<https://support.apple.com/en-gb/HT201304>

<https://www.techradar.com/how-to/how-to-set-parental-controls-on-android>

<https://www.ofcom.org.uk/tv-radio-and-on-demand/advice-for-consumers/television/protecting-children/advice-guides-for-parents/parental-controls-for-games-consoles>

## Social Media Platform Age Restrictions

**Age Restrictions on Social Media**

13	13+	16	18
Facebook Twitter Instagram Snapchat TikTok Kik Ask.fm Houseparty Periscope	Tumblr Pinterest Reddit	YouTube WeChat Whisper Yubo	LinkedIn Whatsapp Tinder Bumble Hinge
	(13+ means with parental consent)		