



How to Talk to Your Child About Social Media and The Internet

The internet offers huge opportunities. From a young age, children have the chance to learn, research, play games, have fun and connect with family who may not live nearby. But it's important to help them to use the online world in a way that's safe and positive for their mental health.

That's why it's good to have regular conversations about the internet and social media from a young age – it should be as ordinary as talking about the weather, the dog, or something you've watched on TV.

This guide gives ten tips for talking to your child about their use of social media and the internet. [Click here.](#)

Calderdale Emotional Health and Wellbeing Service Guide for Families. [Click here.](#)

Parents' and Carers' Guidance. [Click here.](#)