aye mind

Digital youth mental health news, research, resources, and developments.

Parents/Carers

If you are a parent/carer who is worried about social media's impact on your child's mental health, you're not alone.

With social media, there's so much to navigate and keep track of that it can feel overwhelming, and you might not be sure where to start.

This resource shares some hints and tips for things you could do to help your child have a safe online experience alongside useful resources, websites, and supports.

Things you could do

Here are some tips that you could try. The resources/supports that follow can help with these suggestions:

- **Talk about their online lives** regularly & openly
- **Look for red flags** something might be wrong
- **Promote healthy, balanced & positive use**
- **Learn together** about the online environment's benefits and risks & how to keep safe online
- **Encourage good sleep hygiene** such as no phones an hour before bed
- **Tailor your response** to your child's age, gender, and other characteristics that could impact their online experiences.

Supports

- **Parent Support Line** - Call 08000 282 233 or email: supportline@childrenfirst.org.uk. Mon-Fri, 9am to 9pm, 9am to noon on weekends.
- **Childline** - Free and confidential service for children and young people. Phone 0800 11 11.
- **NSPCC** - Call the NSPCC helpline on 0808 800 5000 or visit their website.
- **Online Harms** – Useful websites & helplines for a range of harms (cyberbullying, online sexual exploitation).
- **Fearless** – Crimestoppers' youth service for 11-17 year olds to get and give information about crime.

Resources

- **Digital Wellbeing Conversation Starters** – A toolkit that can be used by parents/carers to start conversations with children and young people about their online lives.

- **Mind Yer Time** – Tips to help support people to manage their screens and social media healthily.

- **Social Media Guides** – Guides from the UK Safer Internet Centre for parents/carers on key social media platforms and apps.

- **Center for Countering Digital Hate** – A guide for on how to navigate social media safely with kids.

- **Young Minds** – A guide for parents/carers on the impact of social media on mental health.

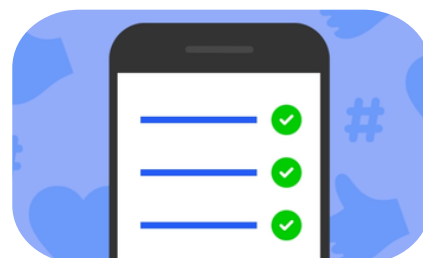- **NSPCC** - Online safety tips, advice, and resources for parents and carers.

Websites

ParentZone
Information and programmes for parents to create a safer online world.

Parent Club Scotland
Tips and advice for parents, including online safety.

Internet Matters
Support and tips to help children benefit from the internet safely.

UK Safer Internet Centre
Online safety tips, advice, and resources.

Common Sense Media
Age-based ratings and reviews on movies, TV, games, and apps.

Childnet
Help, advice and resources for parents/carers on the online environment.