

# PROMOTING HEALTHY SOCIAL MEDIA HABITS FOR KIDS

## Helping Kids Build a Positive Social Media Experience

It's tough to shield kids from social media, but parents can guide them toward safe and healthy online habits.

**Let's create a better digital environment!**



## Start the Conversation

- Talk openly about social media.
- Ask kids how they feel when they use different platforms.
- Set clear expectations for online behavior.



## Teach Digital Responsibility

- Discuss online safety, privacy settings, and avoiding strangers.
- Encourage kindness and discourage comparing themselves to others online.





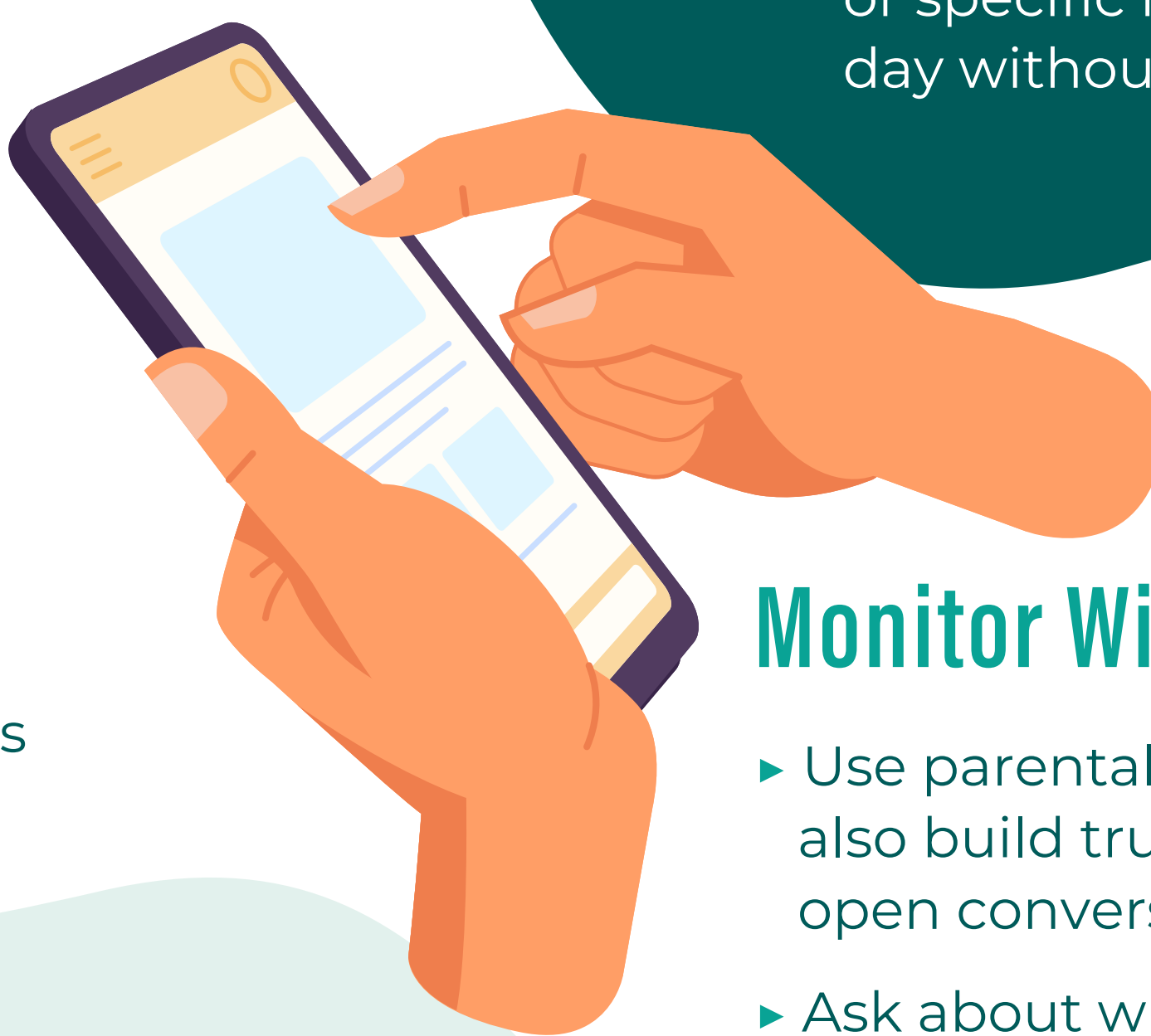
## Prioritize Real-Life Connections

- Encourage hobbies, outdoor play, and in-person activities with friends.
- Plan family activities that don't involve screens (game nights, sports, crafts).



## Promote Healthy Habits

-  Establish screen time limits (e.g., 1–2 hours per day, depending on age).
-  Create phone-free zones, such as during meals, homework, and bedtime.
-  Encourage breaks, like “tech-free Sundays” or specific hours of the day without screens.



## Monitor Without Spying

- Use parental controls but also build trust by having open conversations.
- Ask about what they enjoy online rather than just restricting it.

## Encourage Critical Thinking

- Teach kids to question what they see (e.g., unrealistic beauty standards, fake news).
- Discuss how social media can impact mental health and self-esteem.



**START** THE CONVERSATION  
WITH YOUR CHILD TODAY—  
small steps can lead to a *healthier, more positive* online world.

Learn about parental controls  
on your child's phone:  
» [Android](#) » [iPhone](#)

  
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