



Could you be any more savvy?

As parents, how much do you know about children's social media usage?

How much time do they spend on it and what is the legal age to go on it?

Take the quiz to find out more!



GUIDING YOUR CHILD ON SOCIAL MEDIA



In this age of social media, how much is too much? What is appropriate? And how can parents help?

Dr Twenge, a mother of three, has this blanket rule: "Children 12 and under should not be on social media," she said. "The answer is no, and the law is behind you."



NOT GETTING THE NECESSARY 'LIKE' FROM YOUR CHILD?

Read on for some tips on how to initiate the conversation on social validation with your child skillfully, with minimal resistance.



Media Literacy Council and Families for life has released a social media guide. [Click on the link here to access.](#)