

## Did you know?

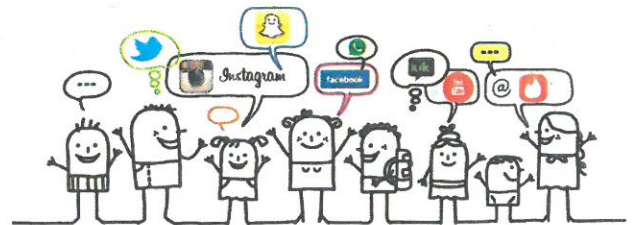
Studies have shown that there is a **direct link** between **use of social media in children** and developing **negative self esteem, depression and loneliness?**



"Social media has a **very strong impact on the self-esteem of individuals**. Students use these social networking sites for information...but the majority of the people end up making **upward and downward comparisons** with others. The upward comparisons make people **envy others** and their lifestyles and also **feel less obliged and ungrateful**. As a result the self-esteem of such people gets negatively affected.. **Parents should limit the access of their children on these sites plus raise awareness** in their children regarding the negative repercussions of social media."

*(Impact of Social Media on Self-Esteem, European Scientific Journal, August 2017)*

# Why is it a problem if my child is using social media?



## Is there an age limit for kids on social media?

**13**

Most social media services and apps require users to be 13 years old to join.

**WHAT ABOUT APPS?** App stores set their own age ratings based on the app's content.

**WHY 13?**

This is usually to comply with the Children's Online Privacy Protection Act of 1998 (COPPA)—a US law preventing the collection and storage of personal information from a child under 13.

### Age Guide to Social Media



SOCIAL MEDIA	TERMS OF USE - MINIMUM AGE REQUIREMENTS	APP STORE RATING	GOOGLE PLAY RATING
<b>ASKfm</b> ASK.fm	13+	12+	12+
<b>CLUB PENGUIN</b> Club Penguin	All ages (Directed at 6-14 year olds)	4+	G-General
<b>EA</b> EA (Electronic Arts)	18+ (With parental permission up to 17yrs)	n/a	G-General
<b>f</b> Facebook	13+	4+	12+
<b>messenger</b> Facebook Messenger	13+	4+	3+
<b>o</b> Flickr	13+	12+	12+
<b>l</b> Foursquare	13+	4+	12+
<b>G+</b> Google+	13+	17+	12+
<b>Instagram</b> Instagram	13+	12+	12+
<b>keek</b> Keek	13+ (With parental permission up to 17yrs)	12+	12+
<b>k</b> Kik	13+ (With parental permission up to 17yrs)	12+	12+
<b>in</b> LinkedIn	14+	4+	3+
<b>Minecraft</b> Minecraft	All ages (Parental permission required to create mojang account; if user is under 13)	n/a	M-Mature (Pocket Edition)
<b>Moshi Monsters</b> Moshi Monsters	All ages (Directed at 6-12 year olds; if user is under 13, parent's email is required)	4+	G-General
<b>P</b> Pinterest	13+	12+	12+

## Did you know?

The vast majority of social media websites and apps require users to be **at least 13 years old**.

This means that the **online safety and reporting features** are not designed with the best interests of primary children in mind.

<b>S</b> Skype	18+ (With parental permission up to 17yrs)	4+	3+
<b>SN</b> Snapchat	13+	12+	12+
<b>S</b> Spotafriend	13-19 yrs only	17+	16+
<b>Steam</b> Steam	13+	17+	12+
<b>T</b> Tinder	18+ (Facebook account required to register)	17+	18+
<b>t</b> Tumblr	13+	17+	12+
<b>Twitter</b> Twitter	13+	4+	12+
<b>V</b> Vimeo	13+ (With parental permission up to 17yrs)	17+	12+
<b>V</b> Vine	13+	17+	12+
<b>WhatsApp</b> WhatsApp	16+	4+	3+
<b>Y</b> Yellow	13+ (With parental permission up to 17yrs)	12+	12+
<b>YouTube</b> YouTube	13+	17+	12+