IS SOCIAL MEDIA REALLY BAD FOR CHILDREN ❓

ABCD
LEARNING NEVER ENDS
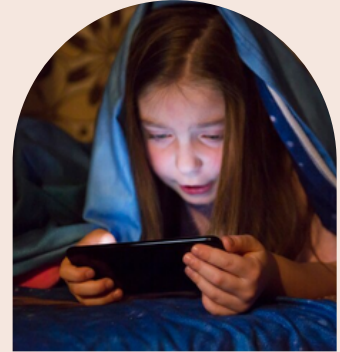
Today everyone is aware that social media is bad for children. But no one realizes the extent to which it affects a child. Let us understand the impact that social media has on a child ⟶

- Not enough sleep
- Obesity
- Delays in learning & social skills
- Negative effect on school performance
- Behavior problems
- Problematic internet use
- Risky behaviors
- Sexting, loss of privacy & predators
- Cyberbullying

How parents can help? ⟶

- Educate your child about the danger of oversharing on social media.
- Explain to them the difference between virtual life and real life.
- Ensure they spend limited time on social media.
- Encourage them to participate in extra-curricular activities.
- Create technology-free zones in your homes such as the dinner table.
- Collect mobile phones, tablets, and computers before bedtime.