

YOU ARE A TEENAGER

Social networks : facebook / twitter

Number of times you use it : 5 x /day

Time you spend on it : 2H / day

PROS :

- chatting with lost friends
- exchanging photos and music
- learning things

HOW YOU USE THEM

Activities : chatting / posting photos / watching your friends' photos

Personal details : telephone number / no address

Language : depends—not always polite

Photos : 1 selfie / day

Protection : your friends and your friends' friends

Friends : + than 150

New friends : always accepted, when known

Trolls : ignored

What you could do : use them less

What you couldn't do : stop using them

You could / couldn't live without your social network : a week

ADVICE TO PARENT

- read information about social networks
- spend time on a social network with you
- open an account on facebook to try it

YOU ARE A PARENT

Social networks : no / Internet

Number of times you use it : 1 x / day

Time you spend on it : 15mn / day

When you were young :

You could : go out and meet your friends at the week end / watch TV / read books and comic strips

You couldn't : take photos everyday / meet your friends everyday

CONS :

- dangerous : mean people, rapists...
- too much time on a screen = bad for learning
- no physical activity
- stupid

Your advice to your child

Number of times : 1 x / day

Personal details : hide them (no address, no telephone number)

Language : always polite (netiquette!)

Protection : friends only

Photos : no photo

Friends : only good friends and family, – than 50

New friends : rarely, only if you know them

Trolls : no chatting / reporting to adults and webmasters

YOU ARE A TEENAGER

Social networks : facebook / instagram

Number of times you use it : 10 x /day

Time you spend on it : 3-4H / day

PROS :

- chatting with people, meeting new friends
- exchanging photos , videos and music
- sharing things you like

HOW YOU USE THEM

Activities : chatting / posting photos / watching your friends' photos
posting music / listening to your friends' music

Personal details : no address

Language : not very polite

Photos : 1-2 selfies / day ; holiday photos ; many videos

Protection : everyone

Friends : + than 350

New friends : always accepted, known or unknown

Trolls : always answered

What you could do : use them a little less

What you couldn't do : stop using them

You could live without your social network : a day, maybe...

ADVICE TO PARENT

- share information with their friends
- find lost friends ; organise meetings with family members

YOU ARE A PARENT

Social networks : facebook

Number of times you use it : 2x / day

Time you spend on it : 30mn / day

When you were young :

You could : go out and meet your friends / call them 2-3 x / week /
watch TV / read books and comic strips

You couldn't : take photos everyday / call your friends everyday

CONS :

- dangerous : mean people, rapists...
- too much time on a screen = bad for learning
- no physical activity

Your advice to your child

Number of times : less than 3 x / day

Personal details : hide them (no address, no telephone number)

Language : polite (netiquette!)

Protection : friends only

Photos : not everyday

Friends : only good friends, – than 100

New friends : only people you know and like

Trolls : no chatting / reporting to adults and webmasters