

What is sharenting?

Sharenting: parents sharing their children's photos, videos, and personal information online without considering the potential consequences.

What are the risks associated with sharing information and images about my children on social media?

Sharing information and images about your children on social media, while a common practice, comes with several risks and considerations. It's crucial to be aware of these to make informed decisions about your family's online presence:



Implications of oversharing online:



Posting about your children can compromise their privacy. It creates a digital footprint that is difficult to erase and can be accessible to a wide audience, including future employers or schools.

Sharing personal information and images can inadvertently expose your children to safety risks. This can include revealing their location, routines, or personal details that could be used by ill-intentioned individuals.

Constant exposure on social media can lead to a culture of surveillance and self-censorship in children, impacting their behavior and development.

Growing up with a significant online presence can affect children's self-esteem and self-image. They might feel pressure to maintain a certain image or struggle with the public nature of their private lives.

Best practices for sharing online:

- **Limit** the amount of personal information and the number of images shared.
- **Use** privacy settings to control who can see your posts.
- **Regularly review** and update your social media settings.
- **Educate** yourself and your family about safe online practices.
- **Consider** your child's perspective and potential future opinions about their online presence.



Dealing with a "sharent"?

If you're not comfortable with what your parent is sharing online about you, it's important to talk to them about it. Here's how you can do it:

- **Use "I" Statements:** Instead of saying, "You shouldn't post that!" try saying, "I feel uncomfortable when my pictures are posted online without asking me first."
- **Find Solutions Together:** Work together to find a solution that respects your feelings. One important solution is for your sharent to always ask for your consent before posting anything about you online. You have the right to decide what gets shared about you.

