

There are conflicts and war in the world. Social media has a new and important role to play in this. Social media such as Instagram and TikTok show films depicting acts of war. Both authentic and false films feature scenes of death and injured people.

Children and teenagers are frequent users of social media, and they are exposed to a lot of these images, to a much higher degree than what we adults realise.

Children and teenagers that view these films require an adult at home that can navigate the emotions and thoughts generated from these impressions of war. Children and teenagers need adult guidance.

There are several recommendations and guidelines that can help assist parents/caregivers on how to communicate with children or teenagers about war and conflict.

Examples of recommended websites:

<https://unric.org/no/hvordan-snakke-med-barna-om-konflikt-og-krig/>

<https://forskning.no/barn-og-ungdom-krig-og-fred-partner/nar-nyhetene-skremmer-barna/2267932>