



European Commission
@EUCommission@ec.social-network.europa.eu

Young Europeans spend an average of 4.5 hours online on school days and 6.1 hours on weekends.

Social media offers many opportunities to learn, connect, participate, and create. Yet, it also presents risks. Nearly 60% of young people have experienced emotional or psychosocial harm online.

Yesterday, we received the recommendations from our expert panel on how to better protect and empower young people online.

Find out more: link.europa.eu/3FY84y

Hide



Children should see this.
Not addictive algorithms.



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Simon Zerafa
@simonzerafa@infosec.exchange
[@EUCommission](#)

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