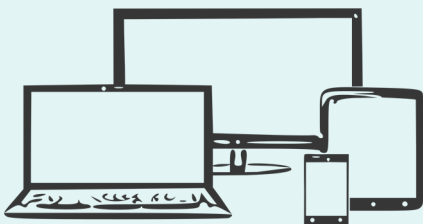


**Balksbury
Federation**

**Parent
ESafety**

Advice and
support for
families
2023



Social Media

What is social media?

A website or app that allows you to communicate and engage with others online.

You can share information such as posts, pictures or videos.

Other people can respond through varying levels of engagement such as comments, reactions or 'likes'.

Do you know your Social Media Apps?

Look at the logos below. How many do you know? Does your child know more than you?



Answers on the following pages.

TOP TIPS

- ♦ **Know what privacy features are available** - use privacy settings to stop unwanted contact from strangers
- ♦ **Review the location settings** - ensure the child's location can't be seen publically
- ♦ **Check the age ratings and features** - most have a minimum age of 13+. Some apps will need parental consent
- ♦ **Talk to your child** - about what they are doing online and how they can be safe

Reels, stories, snaps and DMs

Do you know the difference?

Reels - Short videos that can be created, edited and uploaded to share with followers

Stories - A way of posting photos and videos that usually vanishes after 24 hours

Snaps - A photo or video which is deleted automatically once it has been viewed. Usually only viewed for a few seconds before deleting

DMs - Direct message - used to describe private messages on social media



What are the risks of social media?



Some of the risks include:

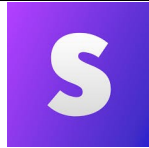
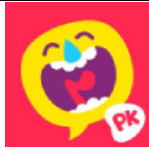



- **Oversharing** - Children can sometimes feel under pressure to share things online. This can lead to oversharing of personal information
- **Sharing locations** - Social media apps often encourage the user to share their location. If shared publically, locations can be seen by anyone. This can lead to someone building a picture of your daily routines etc.
- **Grooming** - Some social networking apps allow you to connect with people you don't know
- **Inappropriate content** - Anybody can post/share videos, pictures, or ideas. This means children may see things they don't want to, including sexual or violent content. Children can feel pressured into sharing nudes, sexting or sharing memes and images of others without their consent
- **Cyberbullying** - Children can feel more confident when they are online as they feel protected by the screen. This can lead to them, saying or doing something they are less likely to do offline
- **Content being shared** - If the app has a disappearing message feature where the text/image is only available for a certain amount of time, children may think it has gone. However, the recipient is able to screenshot the text/image and then send it on to others
- **Unrealistic ideas of body image** - Children can feel under pressure to conform to the 'ideal' body and lifestyle. Children can forget that images can be altered to create the 'ideal' image
- **Obsessive focus on likes and comments** - Children can become focused on getting 'likes' or comments on their posts. This can lead to them feeling they aren't good enough or not as popular

Apps for children

Although most social media sites and apps have a minimum age of 13+, there are a number of apps that are made for under 13s.

These apps can help to your child learn how to interact with their friends online in a safe way.

Below are some examples of safe sites for children under 13. However, it is important to remember that you will still need to monitor them.

 	 
Spotlite (formerly Kudos)	PlayKids Talk
Focuses on creating a safe, social experience for children. They can share videos, pictures, react to and comment on posts by friends and join groups for sharing with others with similar interests. The platform is 100% COPPA (Children's Online Privacy Protection Act) compliant.	A messenger for children which is fun and safe. They can chat with friends and family, play games, see photos and videos, read cartoons and books and much more. Only parents can manage contacts and authorise the camera and microphone access.
 	 
GoBubble	Grom Social
Built for children and also used by teachers. Children can chat, share photos and videos. The site is monitored and any inappropriate images, text, audio, videos or emojis are removed.	Allows children to meet other children by connecting via chat messaging, creating videos, watching socials and sharing posts. Parents can monitor their child's activity with the MamaBear companion app.





















Do you know your Social Media Apps?



























How many apps did you know/recognise?

Find the answers below.

There is also information on the minimum age for each app; a brief outline on what each app can be used for and links to websites that give advice on setting parental controls on each app.

Remember - if your child is using an app, please make sure your child knows what to do if they see something that upsets them or worries them.

  <p>Facebook</p> <p>Allows you to connect and share with family, friends online. It can be used to send photos, videos and comments.</p> <p>https://www.internetmatters.org/parental-controls/social-media/facebook/</p>	  <p>TikTok</p> <p>Allows you to create musical clips and short clips up to 60 seconds and add special affects to them.</p> <p>https://www.internetmatters.org/parental-controls/social-media/tiktok-privacy-and-safety-settings/</p>	  <p>Snapchat</p> <p>Where you can send photos or videos to your friends. These will display on screen for up to ten seconds before being deleted.</p> <p>https://www.internetmatters.org/parental-controls/social-media/snapchat/</p>	  <p>Instagram</p> <p>Where you can post photos and videos, and share them on other social networking sites. Photos or videos can be sent directly to friends.</p> <p>https://www.internetmatters.org/resources/instagram-safety-a-how-to-guide-for-parents/</p>	  <p>Twitter</p> <p>Allows you to post 140 character status updates, thoughts, messages etc. You can also post the location of where you are.</p> <p>https://www.internetmatters.org/parental-controls/social-media/tiktok-privacy-and-safety-settings/</p>
  <p>Wink</p> <p>An app used to help Snapchat users find new friends all over the world.</p> <p>https://nationalonlinesafety.com/guides/wink</p>	  <p>WhatsApp</p> <p>Where you can share images and videos, take part in 'group chats' and share locations. You can only message someone if you know their phone number.</p> <p>https://www.internetmatters.org/parental-controls/social-media/whatsapp/</p>	  <p>YouTube</p> <p>Allows you to watch videos and share comments about what you are watching.</p> <p>https://www.internetmatters.org/parental-controls/entertainment-search-engines/youtube-app/</p>	  <p>Messenger</p> <p>Connects with Facebook and allows you to share photos, videos, audio and can be used for group chats.</p> <p>https://www.internetmatters.org/parental-controls/social-media/facebook-messenger-privacy-and-security-settings/</p>	  <p>Discord</p> <p>Used to connect with others while gaming online. Known as 'skype of gamers' it helps players to communicate through private servers.</p> <p>https://www.internetmatters.org/hub/esafety-news/parents-guide-to-discord-on-how-your-kids-can-use-it-safely/</p>

  <p>Reddit</p> <p>Where you can create and share content. Some of the content is only suitable for those 18+</p> <p>https://www.internetmatters.org/hub/news-blogs/what-is-reddit-what-parents-need-to-know/#:~:text=Reddit%20is%20a%20social%20news,safe%20for%20use%20by%20teens.</p>	  <p>LinkIn</p> <p>For businesses. Where you can connect with people you know and trust professionally.</p> <p>https://www.linkedin.com/help/linkedin/answer/66?lang=en</p>	  <p>Tumblr</p> <p>Allows you to post and share text and image blogs. Many blogs contain inappropriate content.</p> <p>https://www.internetmatters.org/hub/news-blogs/what-is-tumblr/</p>	  <p>Pinterest</p> <p>Where you can collect and share images, videos and ideas of anything you find interesting.</p> <p>https://www.internetmatters.org/parental-controls/pinterest-privacy-and-safety-settings/</p>	  <p>Skype</p> <p>Where you can make free video and voice calls, share instant messages and files.</p> <p>https://www.internetmatters.org/parental-controls/social-media/skype-security-and-privacy-settings/</p>
  <p>Kik</p> <p>Allows you to exchange messages, photos, videos, GIFS and webpages. Use it without a phone number - message people via a username. No parental controls.</p> <p>https://nationalonlinesafety.com/guides/kik-online-safety-guide-for-parents</p>	  <p>Telegram Messenger</p> <p>Allows free and safe messages. Like WhatsApp, messages are encrypted and destroyed if unwanted.</p> <p>https://www.internetmatters.org/hub/esafety-news/is-the-telegram-messenger-app-safe-what-parents-need-to-know/</p>	  <p>Omegle</p> <p>Pairs random strangers for live text or video chats. Users choose 'text' or 'video' chat and the page states how many users are currently online.</p> <p>https://www.internetmatters.org/wp-content/uploads/2019/09/Omegle-Guide.pdf</p>	  <p>MeowChat</p> <p>Allows users to send texts, images or audio clips. It encourages chatting with 'like-minded' strangers based on the user's location at any time.</p> <p>https://www.webwise.ie/parents/explainers/meowchat-safety/</p>	  <p>MyLOL</p> <p>A 'teen dating app' aimed at 13-20 year olds.</p> <p>https://www.commonsensemedia.org/app-reviews/mylol</p>
  <p>Viber</p> <p>Where you can share images and videos, take part in 'group chats' and share locations. You can only message someone if you know their phone number.</p> <p>https://www.webwise.ie/parents/what-is-viber/</p>	  <p>Monkey</p> <p>Randomly pairs users together from across the world for a quick video call and if users like each other they can add time to their video call or connect on snapchat.</p> <p>https://smartsocial.com/post/monkey-app</p>	  <p>Yubo</p> <p>Allows you to send text, photos and live stream with friends, or 'Anyone' on the app. It's been called "Tinder for kids": Users are invited to swipe right on profiles they like and swipe left on profiles they don't.</p> <p>https://www.internetmatters.org/hub/news-blogs/yubo-formerly-yellow-social-media-app-parents-need-know/</p>		