

SOCIAL MEDIA



ONLINE SAFETY GUIDE FOR PARENTS & CARERS

- **Research the “age restrictions” of apps.**

The information given in app stores is not always correct.

- **Apps are set to public by default once downloaded.**

Remind young people to set social media accounts to private.

- **Do your children understand what is safe and unsafe to post online?**

Have a conversation to assess their level of understanding.

- **Educate young people on how they can report their concerns online, and who can help.**

Explain how to contact CEOP to report concerns

<https://www.ceop.police.uk/safety-centre/>

- **Set aside some time to discuss social media platforms and instant messenger apps.**

Some apps may even have a family safety mode.

- **Support young people in making safe connections online, and building healthy relationships.**

Keep an eye on who your child is friends with online, make sure they choose wisely when considering new friend requests, do they really know who they are talking to?

- **Not all children and young people use the internet and apps the same the same way.**

Ask where they are going online, and how they are using it.

- **Explain the importance of not sharing your location with everyone.**

Only share their location with selected family and friends.





- **Support children and young people to have a positive presence online**

Encourage them to think before they post, once something is posted online it stays posted. Explain the importance of not being influenced by others to post negative hurtful comments.

- **Have a conversation about who your children are following, speaking to and/or engaging with online.**

Ask how these people make your children feel?

For example, does the person they are following make them feel good or bad about themselves? Encourage them to look for positive role models online, someone who will inspire them to do better, someone who will help them to build self-esteem and self-confidence.

- **Sleep is important and regular breaks from online activity is good for well-being**

Agree on a realistic time limit for gadgets and use of social media and encourage young people to come away from technology an hour before bedtime, research shows that online activity before bedtime can have a negative impact on sleep patterns.



Some sites that offer great advice & tips:



Altogether Better Policing