

Social media and your child



Cyber and Digital Crime Unit
Cumbria Constabulary

Agenda

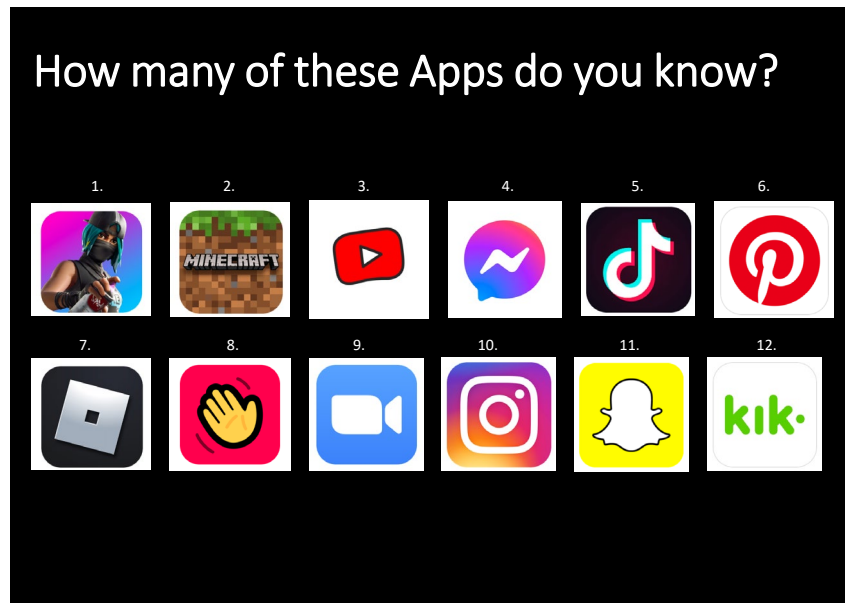
- Tips for managing social media with your child
- Things your child should know
- Helpful resources
- Controls and Settings Consideration

Why are our Children using Technology?

- **Peer pressure** – all their friends have access, not wanting to miss out
- **Keeping in touch** with what's happening – gossip, meeting up, events
- See how many **likes/followers** you can get – status/self-esteem
- Gives you a platform to **air your views and opinions** on things you care about
- **Fun to play games** – make new friends, people who are like you

Why are our Children using Technology?

- **Blogs** – entertaining – can become famous/rich
- **Easy way to communicate** with others especially if this is hard in real life – *rural Cumbria!*
- **Stops you ever being bored** – always something to look at / escape into
- Allows you to **portray yourself** in a way that is important to you



Facilitator asks parents/carers if they can name any of the apps on the screen and what they're for? Also ask parents what the age restrictions are or if they know what they are

1. Fortnite: Battle Royale 12+
2. Minecraft 7+
3. YouTube Kids 0-12+
4. Facebook Messenger 13+
5. TikTok 13+
6. Pinterest 13+
7. Roblox 7+
8. Houseparty 13+
9. Zoom 16+
10. Instagram 13+
11. Snapchat 13+
12. Kik 13+

<https://www.internetmatters.org/resources/what-age-can-my-child-start-social-networking/>

<https://www.net-aware.org.uk/networks/?page=2>



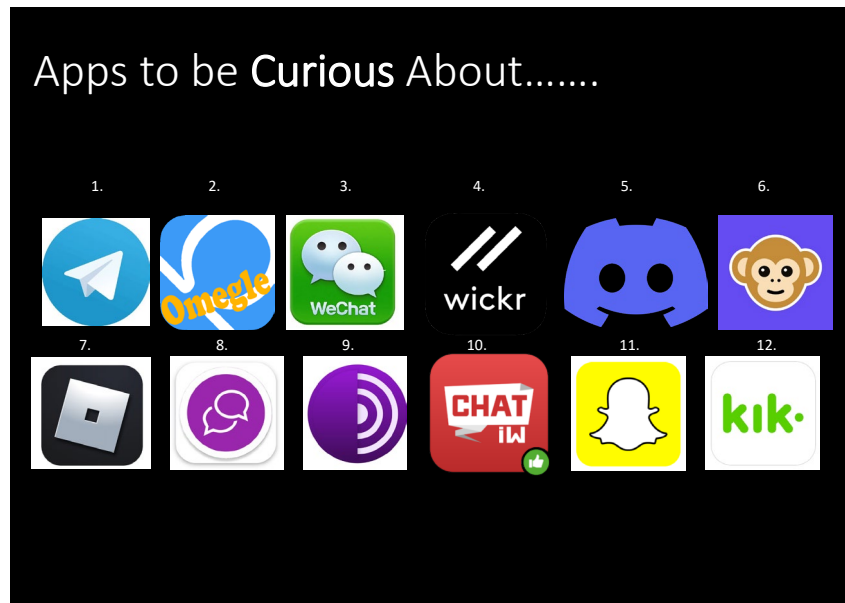
34% of 5 – 7yr olds play online, Roblox is favourite
67% of 8 – 11yr olds play online, use of Roblox changes

ask parents if they recognise any of the symbols and what they mean?

Signpost to Pegi website

<https://pegi.info/what-do-the-labels-mean>

Fist – violence
Speech bubble – bad language
Spider – fear
Dice – gambling
Female/male – sex
Needle – drugs
People – discrimination
Bank card – in game purchase



1. Telegram
2. Omegle
3. WeChat
4. Wickr
5. Discord
6. Monkey
7. Roblox
8. Randochat
9. TOR Browser
10. Chat IW
11. Snapchat
12. Kik

<https://www.internetmatters.org/resources/apps-guide/>

Tips for managing social media with your child

- **Explore**

- Explore the platforms your child uses (or wants to use) with them.
Opportunity to talk with them and **build up understanding and trust**

- **Minimum Age Restrictions**

- Make sure you know the [minimum age restrictions for social media platforms](#)
- If you think something isn't appropriate for their age, talk through the reasons why

- **Ground Rules**

- Have some ground rules from the beginning – whether that's no phones at mealtimes, phones off at bedtime, or time limits on devices. Most importantly, **lead by example** and stick to the rules too!

Tips for managing social media with your child

- **Respect**

- Teach your child to respect other people's privacy too, and to think about the effect that their posts may have on other people

- **Reassurance**

- Reassure your child that they can always come to you with a problem – no matter how big or small. It's always much better to talk about it rather than keeping it to themselves

Questions to Think About

- What are your favourite sites / game / apps?
- What do you like about them?
- What sort of things do you do on these sites / how does it work?
- Who do you talk to online? (Followers)
- Do you know who they all are?

Questions to Think About

- What would you do if someone makes you feel uncomfortable?
- Who would you turn to for help? (It may be a friend)
- Have you ever had anything happen to you or a friend that you felt unhappy about?

Explore the websites together to help start positive conversations

Things your child should know

- **Footprint**

- Anything you post has the potential to be shared far more widely than you intended. And once something has been shared online, it's difficult – if not impossible – to delete it. *Think before you post!*

- **Fake Reflection**

- People's online presence isn't always a true reflection of their lives offline. What might seem perfect rarely is

- **Okay to Not Respond**

- It's okay to take a break. You don't have to be part of every conversation or respond to every message or post

Things your child should know

- **Who are They?**

- Beware of connecting with people on forums or group chats that you don't know in 'real life'. They may not be who they claim to be. Avoid sharing personal details online, especially with anyone you don't know

- **Trolls**

- Also be aware of 'trolls' – people who intentionally set out to upset people, or post something controversial. Don't engage with anyone posting offensive content, and if possible, report it on the site or app you're using

- **Speak Up**

- If someone is sending you nasty messages or posting upsetting things about you, it's important to speak up and tell a trusted adult. You can also block people, or limit what others can see using privacy settings

Work as a TEAM

- **Talk** – Have a positive conversation about their online world, discuss the apps, social networks, games and websites they use
- **Explore** – Make sure you know the apps, games, websites. Use Net aware to explore these
- **Agree** – Agree a common ground, set rules and boundaries together. Say why you are doing this. *Be a good role model!*
- **Manage** – Make use of privacy settings, filters, passwords, safe search. Use **Internet Matters** for setting controls and privacy settings

Helpful resources

- **Social Media**
 - Social media platforms themselves offer guidance for parents. These include the [Facebook parents portal](#), [Snapchat guidance for parents and teachers](#), and [Instagram tips for parents](#)
- **Young Minds**
 - [Young Minds](#) is a young people's mental health charity that features a downloadable parent's guide to social media on its website
- **Internet Matters**
 - [Internet Matters](#) is a non-profit organisation that has lots of tips and guidance for parents on its social media advice hub

<https://www.facebook.com/safety/parents>

<https://snap.com/en-GB/safety/safety-education>

https://help.instagram.com/154475974694511/?helpref=hc_fnav&bc%5b0%5d=Instagram%20Help&bc%5b1%5d=Privacy%20and%20Safety%20Center

<https://www.youngminds.org.uk/>

<https://www.internetmatters.org/resources/social-media-advice-hub/>

cyber@cumbria.police.uk



Extra Content

Controls and Settings Considerations

- Restrictions
 - Chatting
 - Cyberbullying
 - Inappropriate content
 - Privacy
 - Location sharing
 - Social networking
 - Privacy and identity theft

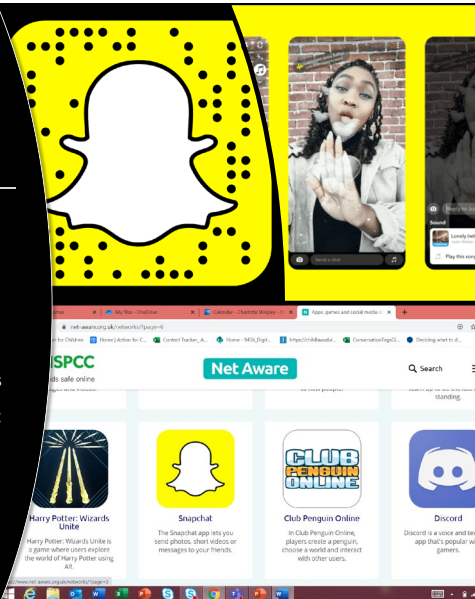


<https://www.internetmatters.org/parental-controls/social-media/>

<https://www.internetmatters.org/parental-controls/social-media/>

Snapchat

- Popular social media messaging app
- Send and receive pictures and videos (called a Snap) to users
- It is available for both Android and iOS users and is free
- Features now include short videos, games, video chat, messaging, a place to store photos
- Each Snap shared with your followers is temporary and is available for 24 hours unless you delete it or set a different limit
- Can add different filters, lenses, emojis and text to your Snap
- Can create a group chat to talk with friends or message individual friends



Snapchat



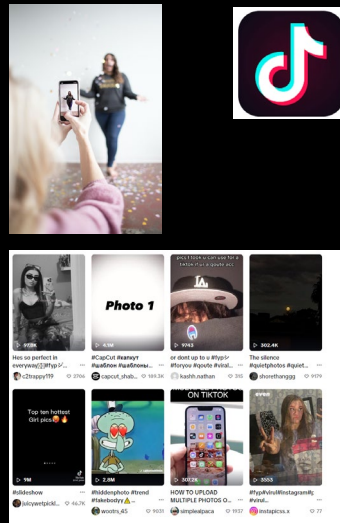
- Manage notifications
- Choose who can contact you
- Manage chat settings
- Choose who can see your story
- Location sharing
- How to report, block or remove someone
- How to report content
- Set up 2FA
- Using Family Centre

<https://www.internetmatters.org/parental-controls/social-media/snapchat/>

<https://www.internetmatters.org/parental-controls/social-media/snapchat/>

TikTok

- Popular social networking app that allows users to create, musical clips and short clips up to 60 seconds and add special affects to them
- Used as Search engine and for News!

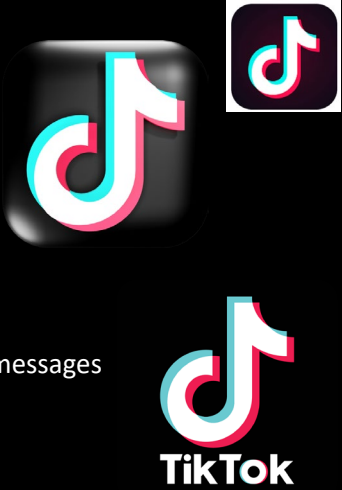


<https://www.internetmatters.org/parental-controls/social-media/tiktok-privacy-and-safety-settings/>

<https://www.internetmatters.org/parental-controls/social-media/tiktok-privacy-and-safety-settings/>

TikTok

- Family Pairing on TikTok
- Manage screen time
- Restricted mode
- Make an account private
- Manage video comments
- Filter comments
- Choose who can send direct messages
- Manage Duet and Stitch
- Report content or users
- How to delete videos





<https://www.internetmatters.org/parental-controls/social-media/tiktok-privacy-and-safety-settings/>

<https://www.internetmatters.org/parental-controls/social-media/tiktok-privacy-and-safety-settings/>

WhatsApp

- Free-of-charge, real-time messaging
- Text, photo & video sharing, one to one and group chats
- Disappearing messages
- End to end encrypted
- Live location sharing
- 16+ age rating
 - 32% of 8 – 11yr olds
 - 80% of 12 – 15yr olds



<https://www.internetmatters.org/parental-controls/social-media/whatsapp/>

<https://www.internetmatters.org/parental-controls/social-media/whatsapp/>

WhatsApp

- Manage your privacy
- How to block and report contacts
- Change group privacy settings
- Disable automatic downloads
- Enable screen or fingerprint lock
- Disable live location
- What is WhatsApp Web?



<https://www.internetmatters.org/parental-controls/social-media/whatsapp/>

<https://www.internetmatters.org/parental-controls/social-media/whatsapp/>