Social Media Advice and Guidance



be savvy parents/carers

WHY ARE WE SENDING YOU THIS LEAFLET?

We live in a digital age where increasingly children know more and can access devices better than their parents, carers and sometimes even their teachers.

At Holy Family we take these concerns seriously and would like to offer some practical guidance to our parents and carers about how to be 'savvy' when it comes to protecting our children.

PRACTICAL TIPS TO HELP MINIMISE THE RISKS YOUR CHILD MIGHT FACE

It is good practice for apps and websites to have safety advice and well-designed safety features which can make a real difference to how safe your child will be when using them. Work through safety and privacy features on the apps that your child is using, or might use. Make sure they understand the point of these and how to use them.

Do not be put off by believing your child knows more than you: the tools are actually quite easy to manage.

- Ask them to show you which social media apps they use and what they like about them. Talk about how they use them and what makes them so engaging
- Explain how you can use privacy settings to make sure only approved friends can see posts & images
- Check if any of their apps have 'geo-location' enabled, sharing their location unintentionally
- Show them how to report offensive comments or block people who upset them
- Check 'tagging' settings so that when others are posting or sharing photos online, their identity is not revealed. Also, get consent before sharing photos of other people

Encourage your child to come and talk to you if they see anything that upsets them

KEEP TALKING AND STAY INVOLVED

In a mobile age, children cannot be completely protected, even by the best privacy controls; another child may use different settings. So it is important to keep talking to your child about the implications of social media. Getting a sense of what they think is a useful place to start; you may be surprised by how much thought they may have given to the issues.

Encourage your child to think carefully about the way they, and others behave online, and how they might deal with difficult situations.

- People may not always be who they say they are online: how can this create problems?
- Why is it unwise to meet anyone in the real world that you have only ever met online?
- Even if you think your messages are private, remember that words and images can always be captured and broadcast.
- People present themselves differently online – do they really look like that? Are they always having that good a time?
- Be aware that screens, and especially being anonymous, can lead people to say things they would not say directly to their face.
- What does being a good friend and a likeable person online look like?
- There can be pressure to be part of a particular group online or to be seen to be following a certain set of ideas, how can you take a step back and make your own decisions?

WHY IS IT IMPORTANT TO MINIMISE ONLINE RISKS FOR YOUR CHILD

It is important as parents and carers that we understand what our children might have to deal with online

What they might see or do:

- Seeing or sharing of violent, sexual and pornographic content
- Inaccurate or false information and extreme views
- Promotion of harmful behaviours including self-harm, anorexia and suicide
- Over-sharing of personal information
- Actively or unintentionally getting involved in bullying or hurtful behaviour

Who they might meet:

- People who might bully, intimidate or frighten
- People posing behind fake profiles for:
- Mischief-making
- Sexual grooming and stalking
- Blackmail and extortion
- Identity theft and hacking

How this could affect them:

- Fear of missing out leading to excessive use or exaggeration
- Getting upset by things they have seen and being uncertain about what to do
- Engaging, or being pressured into engaging in more risky behaviour either by accident or by design
- Developing unrealistic, and perhaps depressing ideals of body image and gender
- Becoming subject to peer pressure or interactions that are intense or too difficult to handle
- Creating an online reputation that may create problems for them in the future

4. FOR MORE INFORMATION:

You can find out more about how children use social media, the apps they use, the risks they face, how to use privacy settings, and advice and tips about how to talk to your children at:

- www.childnet.com/sns
- www.internetmatters.org
- www.nspcc.org.uk/onlinesafety
- www.parentzone.org.uk
- www.parentzone.org.uk
- www.askaboutgames.com

5. TO MAKE A REPORT

Concerned about online grooming or sexual behaviour online?

Contact CEOP: www.ceop.police.uk

If you stumble across criminal sexual or obscene content on the internet you should report it to the Internet Watch Foundation: www.iwf.org.uk

Supporting your child — Keeping them Safe!

ANDROID PHONES

CREATE A SECOND USER ACCOUNT FOR CHILDREN

If you have an Android phone or tablet running Android 4.2 or above, your device has the ability to quickly switch between a number of different user accounts. This means you can set up one user account for yourself and another, safer one for your children to use!
You can then restrict a user account to block access to apps, games and features which might be inappropriate for your children. Let's find out how to create a second user account and exercise parental control over the way it works:

1. Open your apps list and tap on the **Settings** icon.
2. Scroll down the settings page until you find **Users**, then press on it. On some devices, you might need to tap on the **General** tab at the top of the screen first.
3. Choose to add a new profile by tapping on the **Add user** button. You'll need to read the message which appears, then tap **OK** to confirm you'd still like to set up an account. The main thing to be aware of is that each user has their own environment to work in, so each user has an individual wallpaper picture, apps and Wi-Fi settings.
4. After the user account is created, it needs setting up with security and other options. tap **Set up now** to continue adding a user account.
5. You'll be logged out of your current user and be shown a welcome screen for the new user. This is very similar to the setup wizard you'll get when you first set up your smartphone.
6. If you want this new user to have internet access, make sure to pick your Wi-Fi network from the list and enter your wireless password when prompted.
7. After a couple of minutes your new user account will be ready to use! To switch between user accounts, drag your finger down from the top of the screen and tap on the **Users** button in the top-right corner of the notification panel.
8. You'll see your main account (Owner) and any other accounts you've added. Tap on the user account you want to switch to, then wait a couple of seconds for the phone to log in and out again. If you have a lock screen set up on the account you're switching to, you'll have to enter the code before you can access the account.

CREATE AN APPLE ID FOR YOUR CHILD

Use the steps below to create an Apple ID for your child, then add them to your family group. After you add your child to your family group, they will have their own Apple ID that they can use on any Apple device. Your email address is the rescue email address for your child's account, and you can use it with the security questions you provided to reset a forgotten password.

If the child already has a Game Centre account, but not an Apple ID, you don't need to create a new account for them. Just search for their nickname instead.

iPhone, iPad, or iPod touch

1. Go to Settings > [your name] > Family Sharing > Add Family Member, and tap Create an Apple ID for a child. If you're using iOS 10.2 or earlier, go to Settings > iCloud > Family.
2. Enter your child's birthday and tap Next. Be sure to enter the correct date.
   Review the Parent Privacy Disclosure and tap Agree.
3. Enter the requested information for your payment method and tap Next. If you don't have a payment method on file, you need to add one.
4. Enter your child's name, tap Next, then create their Apple ID (username@icloud.com) and tap Next.
5. Follow the onscreen instructions to set a password, choose security questions, and set up your child's account. Choose passwords and security questions that you can both remember.
   Manage your child's account

Children enjoy the same Family Sharing features as other family members and, by default, can access the same music, movies, TV shows, books, and apps. You can limit what content your child can access on the devices they use by setting Restrictions on an iOS device or Parental Controls on OS X and iTunes. Ask to Buy is enabled by default for children under 13. If you don't want to use Ask to Buy, you can turn it off:

- On your iPhone, iPad, or iPod touch, go to Settings > [your name] > Family Sharing, and tap the child's name. If you're using iOS 10.2 or earlier, go to Settings > iCloud > Family, and tap the child's name.
- On your Mac, go to Apple menu > System Preferences > iCloud > Manage Family, then click the childs name.

Your child must remain part of your family group until they turn 13. However, if necessary, you can transfer a child to a different family group.

How to Avoid Children Seeing Inappropriate Material

If you're a parent you must be aware that your child could easily come across adult content on a tablet or smartphone with an Android operating system. Apps in Google Play, Movies, and Google search can bring up images you do not want your children to see. Even searching for the word "Small" can bring up images and websites on the first page of the Google search. The good news is, you can restrict these.

Children always seem to be one step ahead of their parents when it comes to technology. Creating restriction controls blocks your child from websites and images they should not see.

How to block inappropriate websites and images on IPhone

1. Launch the Settings app from the Home screen.
2. Tap General.
3. Tap Restrictions.
4. Tap Enable Restrictions. ...
5. Type a 4-digit password that your children won't be able to guess.
6. Type your password again to confirm it.
7. Tap on Websites under Allowed Content

How to block in appropriate website and images on android

1. Firstly, head back into the Play Store app and press the **menu** button.
2. Choose **Settings**.
3. Scroll down to the *User controls* heading and press **Parental controls**.
4. Enter a PIN to protect your changes from being undone. You'll have to confirm it to make sure you know what it is!
5. Make sure the parental controls are turned **on**, then tap on a category to set the appropriate age rating.
6. Each category is set individually, meaning you could allow a higher age rating for TV than for games or movies. Tap on each one you'd like to restrict and choose an age rating. Press the **Home** button when you're finished configuring.

FINALLY, TOP TIPS

- Know your childs password
- Check their phone regularly, including their 'friends' list, do they know everyone personally?
- Keep up to date with the most popular apps (https://www.net-aware.org.uk/)
- Talk to your child about what they do on their phone/tablet
- Look for age appropriate versions of apps i.e. snapkidz instead of snapchat
- Restrict electronic use later in the evening, reports show this has a detrimental effect on sleeping habits

