Children's Online Safety

Purpose of Workshop

- Identifying the positives and the dangers of Social Media
- Beware of Stranger Danger
- How can we keep our children safe online – practical tips

What are the main Social Media Platforms?

- YOUTUBE
- SNAPCHAT
- TIKTOK
- WHATSAPP
- INSTAGRAM
- ONLINE GAMING – Fortnite, MineCraft, GTA, FIFA

Why do children love Social Media?

- Fun to watch videos and make videos
- Information/Educational
- Connect with Friends

How much are your children on the internet?

What platforms are they on? Do you know?

How often are they on the internet?

Do they always have their phones (or your phone) in their hands?

Do they throw tantrums if they can’t be on a device?

Internet Dangers:

- Bullying
- Sexual Content
- Harmful Self-image
- Suicide
- Grooming
- Addiction
- False hope - internet sensations/influencers
- False Sense of Reality - how many followers, how many likes?
- Lack of sleep and poor concentration
- Anxiety and Depression

What images do they see?

What images do they see?

Messages from the Internet:

What are they watching?

- Funny jokes/pranks
- Challenges
- Influencers/personalities
- TikTok – 'For You' page
- You Tube – suggested content

60% of young people have an online profile – this allows them to:

- See what their friends are up to
- Comment on posts
- Follow celebrities/influencers/personalities

Dangers:

- If the account is not private – anyone can access it, save and send on pictures and videos
- Children will share personal information and content without realising this
- They will feel pressured to post more uploads as the more followers/likes = more popularity
- 9/10 children need to feel popular at least sometimes
- 1/10 children need to feel popular all of the time
- 1/3 of children have experienced cyberbullying – the most common is text/messaging apps (being excluded is just as upsetting as unkind messages)

Questions to ask about online behaviours:

- Would your child hand out photos of themselves to random people on the street?
- Would they dance in front of random people on the street?

If it would feel weird offline – don't do it online!

- Does your child have multiple accounts? One for a parent to see and one that is private?
- Has your child thought about the future and their digital footprint? Employers and Universities are starting to research social media profiles – it is their personal history online – people will make judgements about it!

Nothing ever really disappears in the internet!

WhatsApp – messaging app

- World's most popular messaging app – 2 billion users and 100 billion messages each day
- Encrypted – can only be seen by sender and receiver
- Share videos and messages – now they can disappear in 24hrs
- Download content from other platforms (EG: TikTok) and send as a message

RISKS:

- Group chats – might not know all of the people – they can see all of your info: number/profile pic/user name
- Any of your phone contacts can add you to a group – the group administrator has control of adding/removing you
- Messages taken out of context – can't read the tone/body language and it is easy to react impulsively/emotionally
- People can screenshot messages/images/videos (and even edit them) and forward them to other groups, even if it is set to disappear after 24hrs – this is how things can go viral!
- You will **not be notified if someone screenshots your post**
- Sharing by messaging is the most common way that bullying starts
- If you set up a group (administrator) and it gets reported – you are banned from the app – even if you didn't write the offensive content

Settings:

- User age 16

1

Control who sees your information

You can set your last seen, profile photo and/or status to the following options:
Everyone, My Contacts and Nobody:

1. Open WhatsApp and go to your Settings, tap Account, then tap Privacy.

2. Next, tap your selected option, then choose from either option: 'Everyone', 'My Contacts' or 'Nobody'.

3. The changes will be applied automatically.

Delete Sent Messages
WhatsApp lets you delete messages you've sent to groups and individuals for up to two days and 12 hours. Note that this doesn't prevent someone from taking screenshots of a message prior to deletion.

Tap and hold the message. You can also select multiple messages. Tap Delete, and then "Delete for everyone."

Send Photos and Videos That Can Be Viewed Only Once
WhatsApp allows you to send photos and videos that the recipients can only view once.

On an iPhone or an Android phone: Attach the photo or video and select the button that looks like a "1" with a circle around it, on the right side of the text box. Your screen will briefly say "Photo set to view once." Tap Send.

Change Group Message Settings
If you're an administrator in a group chat and you'd like to restrict who can send messages in a group or who can edit the group information, you can set it to "Admins Only."

On an iPhone or Android phone: Click on the name of the group chat, scroll down to Group settings, and click on "Send Messages" or "Edit Group Info" and select "Only Admins."

If you'd like to add or remove an administrator, click on "Edit Admins." There you can select or unselect a group member as an admin.

https://www.youtube.com/watch?v=cptBZjgbrXM

2

How to block contacts

You can stop receiving messages, calls and status updates from certain contacts by blocking them.

Open WhatsApp, choose the person you want to block either by searching or scrolling through your chat list.

2. Tap on their name, then scroll down and tap Block Contact.

3

How to report contacts

1. Open WhatsApp, choose the person you want to report either by searching or scrolling through your chat list.

2. Tap on their name, then scroll down and tap Report or Report and Block Contact.

Please note, if you report and block, your chat with this contact will also be deleted.

4

How to change group privacy settings

You can decide who can add you to groups by selecting your preferred option.

Open WhatsApp, go to **Settings**, tap **Account**, **Privacy** then **Groups**.

2. Next, choose from either option:'Everyone', 'My Contacts' or 'My Contacts Except...'

Admins who can't add you to a group will have the option of inviting you privately instead.

7

Disable Live Location

Live location requires background location which can be managed from your device settings:

Go to your device Settings, then scroll down to WhatsApp, tap this then tap Location. To turn off location select the Never or Ask Next Time option.

Go back to WhatsApp to check the location is switched off. Go to Settings, Account, Privacy then Live Location.

Snapchat – messaging app

- User decides how long the content can be seen and how many times it can be viewed before it disappears
- Very popular with young people – 71% of users are under 24yrs
- Snapchat stories – share what has happened in your day with all your snapchat contacts

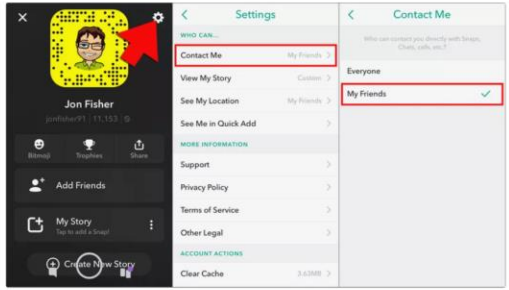
RISKS:

- Stories/streaks (how long you message back and forth) and challenges (to create content) can be addictive
- FOMO!
- You can be located easily on an online map
- Inappropriate images/videos
- People can screenshot images/videos but you will be notified
- **People can take a photo of it – you won't know!**
- Comparing culture – the perfect selfie – AR filters/editing

Settings:

- User age 13

02 Make Sure Only Your Friends Can Contact You
of 10

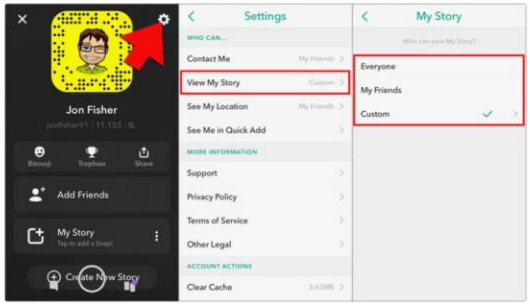


Snapchat makes it possible to send photos and videos to anyone in the world, but do you really want just anyone to contact you through Snapchat? Probably not.

You can choose to allow only your friends to contact you (a.k.a. the accounts you've actually added to your friend list) or everyone to contact you. And this goes for all methods of contact, including photo snaps, video snaps, text chats, and even calls.

Since anyone can randomly add your username just by chance or find your snapcode somewhere online if you previously took a screenshot of it, it's best to make sure that just your friends can contact you. To do this, go to **Settings**, look for the **Contact Me** option under the Who Can... heading, and tap **My Friends** so a checkmark appears next to it.

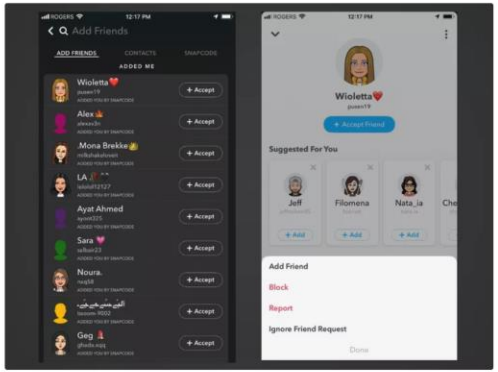
03 Select Who You Want to See Your Stories
of 10



Your Snapchat stories give your friends short but sweet glimpses of what you did over the past 24 hours. Unlike sending snaps to specific friends, stories are posted to your My Story section, which show up in other users' feeds depending on your settings.

For celebrities, and public figures, and brands on Snapchat with large followings, enabling everyone to view their stories helps them stay connected with their followers. You, however, may just want to your friends (the people you added) to see your stories. You also have the option to build a custom list of users who can view them. Like the previous tips, you can access this option under **Settings**. Scroll down to the **Who Can** section and tap **View My Story**. Then, you can select **Everyone, My Friends** or **Custom** to build a custom list.

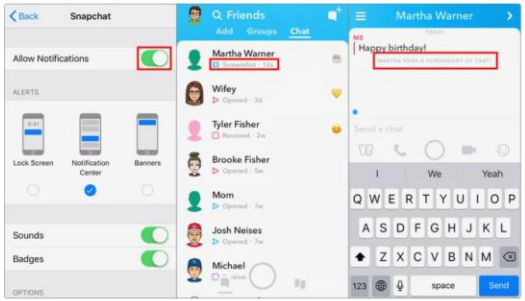
05 Ignore or Block Random Users Who Add You
of 10



It's not uncommon to experience random users adding you to their friend list, despite not knowing them at all or having no clue how they found your username. Even if you followed all of the above tips to ensure that only your friends can contact you and see your stories, you can still remove (or block) users who try to add you on Snapchat. To do this:

1. Tap **your profile picture/Bitmoji icon**.
2. Tap the **Add Friends** option beneath your snapcode.
3. Here you'll see a section at the top labeled Added Me. Tap **Show More** beneath it to see everyone who added you.
4. Tap the **profile picture/Bitmoji icon** of any user to pull up their profile.
5. Tap the **three dots** in the top right corner.
6. You can then choose **Block**, **Report** or **Ignore Friend Request** if you don't know them.

06 Pay Attention to Screenshot Notifications
of 10



When you send a snap to a friend and they happen to take a screenshot of it before their viewing time is up and the snap expires, you'll receive a notification from Snapchat saying, "[Username] took a screenshot!" This little notification is important feedback that should influence how you choose to continue snapping with that friend.

Anyone who takes a screenshot of your snaps could post it anywhere online or show it to anyone they want. While it's typically harmless to snap and see screenshot notifications from extremely close friends and relatives you trust, it never hurts to be extra conscious of what you're sending them, just in case.

Snapchat will notify you within the app itself if someone takes a screenshot, but you can also get them as instant phone notifications by keeping Snapchat notifications enabled within the main settings of your device.

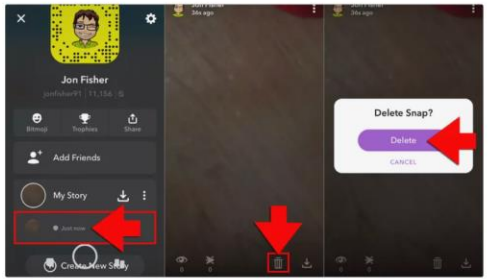
https://www.youtube.com/watch?v=IQqEpGb0yHU

07 Don't Share Your Username or Snapcode Freely Online
of 10

Many Snapchat users mention their usernamea in a post on Facebook, Twitter, Instagram or other place online to encourage others to add them as a friend. This is fine if you have all of the above privacy settings configured to your liking (such as who can contact you) and are happy to have lots of people viewing your snaps, but not if you want to keep your Snapchat activity and interaction more intimate.

In addition to sharing usernames, users will often post screenshots of their snapcodes, which are QR codes that other users can scan using their Snapchat cameras to automatically add them as a friend. If you don't want a bunch of random users adding you as a friend, don't publish a screenshot of your snapcode anywhere online.

10 Learn How to Delete Stories in Case You Regret Posting Something
of 10

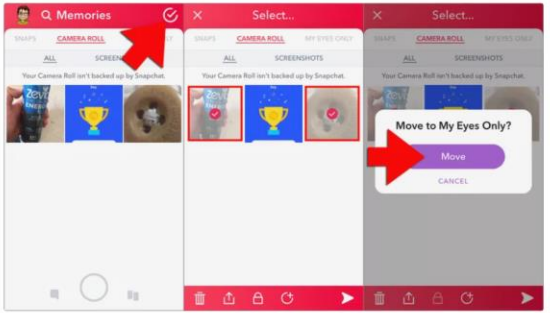


While you can't unsend snaps that you send to friends, but you can at least delete Snapchat stories that you post.

If you post a story that you immediately regret:

1. Navigate to your **Stories** tab.
2. Tap **Your Story** to view it.
3. Swipe up and tap the **Trash Can** icon at the top to instantly delete it.
4. Unfortunately, if you have a lot of stories to delete, you'll have to do it one by one since Snapchat currently doesn't have an option for deleting them in bulk.

08 Move Private Snaps Saved in Your Memories to My Eyes Only
of 10



Snapchat's Memories feature allows you to save snaps before you send them or save stories of your own that you already posted. All you have to do is tap the cards icon below the camera button to view a collage of all the snaps you saved, which is convenient for showing them to friends you're with in person.

But, you may want to keep some saved snaps private. So when you're showing friends your memories on your device, you can avoid quickly swiping through snaps you don't want them to see by moving them to your My Eyes Only section.

To do this:

1. Tap the checkmark option in the top right corner of your memories.
2. Select the snaps you want to make private and then tap the **lock icon** at the bottom of the screen.
3. Snapchat will walk you through the setup process for your **My Eyes Only** section.

TikTok – social media platform (sharing)

- The most downloaded app of all time
- Average user opens it 19 times a day
- 40% 5–16yr olds use it on a daily basis
- Most young people create content – not just watching it
- It is very exciting for young people – entertainment/music/trends
- Personalities – Charli D'Amelio – 18yrs old – 141 million followers
- 'For You' page – recommended content based on your searches/views

RISKS:

- It can be addictive – it keeps showing you what you like
- You can be sent inappropriate videos on the 'For You' page
- Trolling – posting comment to deliberately upset someone online – can lead to a 'pile on' others join in
- Inappropriate images/videos
- Influencers – can be anyone – their information may not be correct, they may be getting paid to promote something that is not good for you
- **33% of children trust influencers**
- Extreme content – some people will do anything to go viral

User age: 13

1

Family Pairing

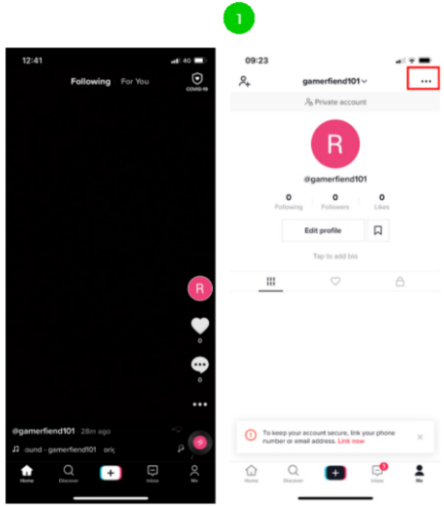
Family Pairing allows parents and teens to customise their safety settings based on their needs.

To manage or view Family Pairing controls, first, you need to link the parent and teen accounts:

Step 1 – Go to Me then tap the three dots located in the top right-hand corner.

Step 2
Go to Family Pairing then follow the on-screen instructions.

Step 3
Once you pair the accounts, simply select the account you want to manage and update the controls.



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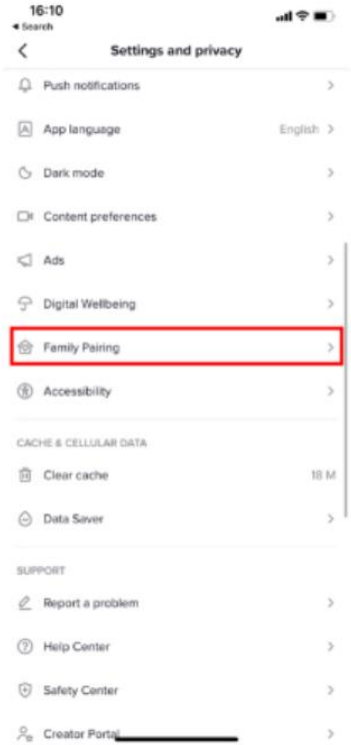
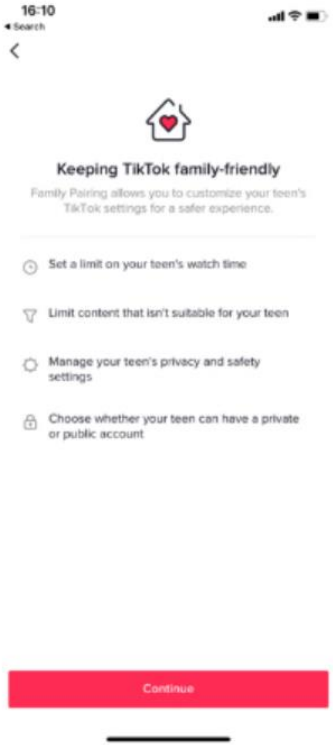
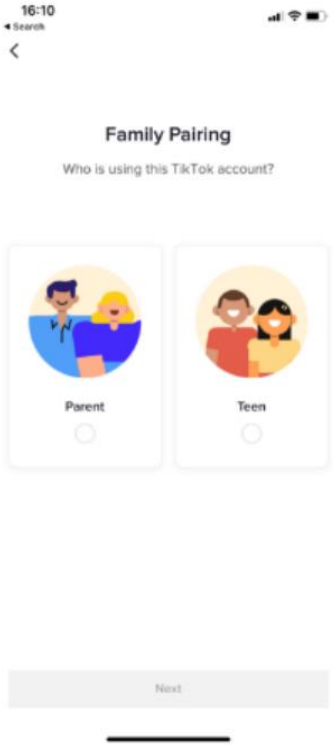






2

Digital wellbeing – Manage screen time

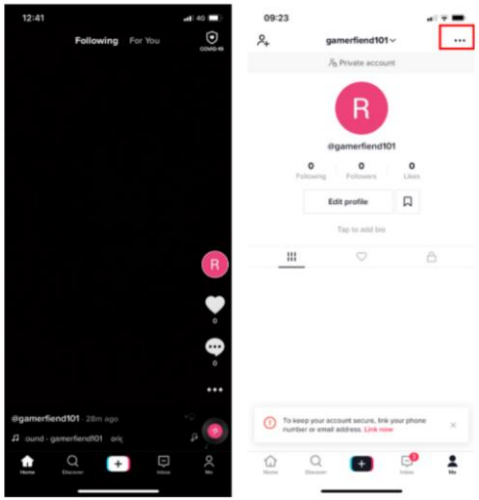
Turning on Screen Time means you can set your child's watch time by using a passcode.

Step 1 – Go to Me, then tap the three dots located in the top right-hand corner.

Step 2 – Go to Digital Wellbeing, then Screen Time.

Step 3 – Follow the steps in the app to turn on Screen Time Management.

1



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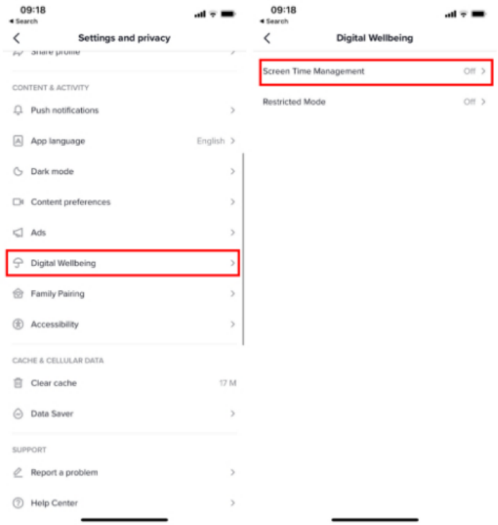

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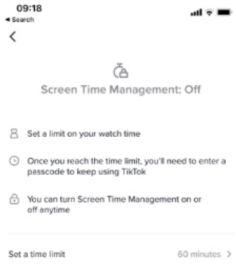


3

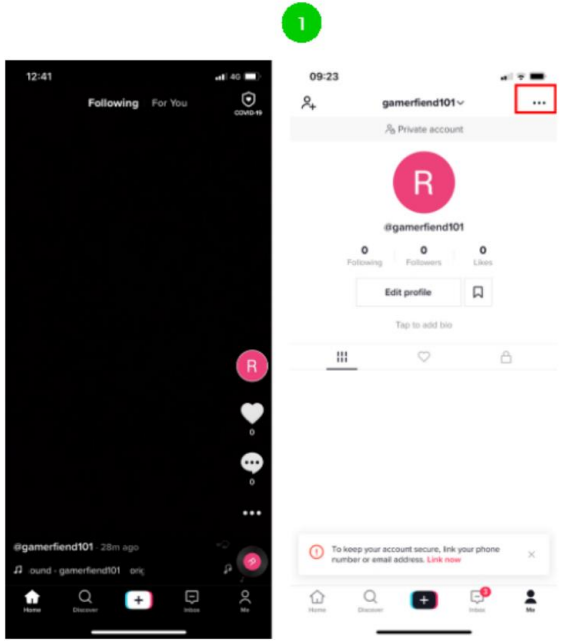
Digital wellbeing – Restricted mode

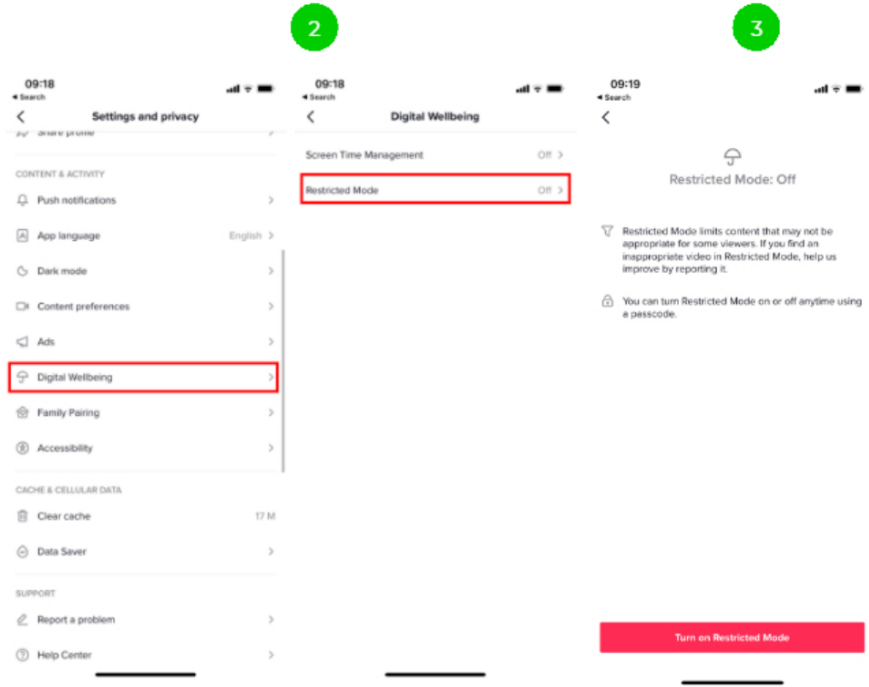
The Restricted Mode feature can help limit the appearance of content that may not be suitable for children.

Step 1 – Go to Me, then tap the three dots located in the top right-hand corner.

Step 2 – Go to Digital Wellbeing, then Restricted Mode.

Step 3 – Follow the steps in the app to turn on Restricted Mode.



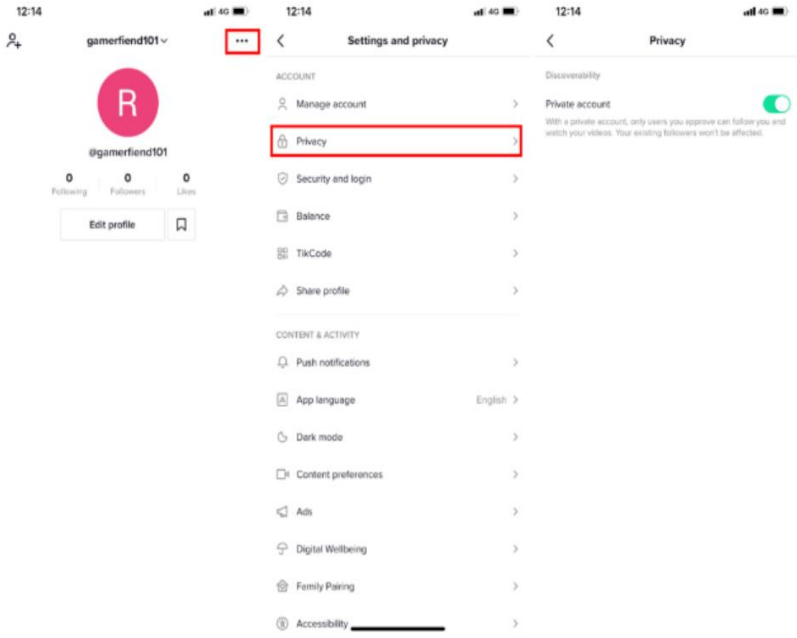


4 Make an account private

Please note that even with a private account your child's profile photo, username, and bio will be visible to all TikTok users. It is best to ensure no sensitive or personal information is included here.

Step 1 – From your profile page, tap the three dots located in the top right-hand corner.

Step 2 – Go to Privacy settings, then tap the toggle until it turns green.



5 Manage video comments

You can apply different privacy settings to each video you share, even if you have your account set to "Public".

To change video view settings for an existing video:

Step 1 – Go to the video.

Step 2 – Tap the three dots located in the top right-hand corner.

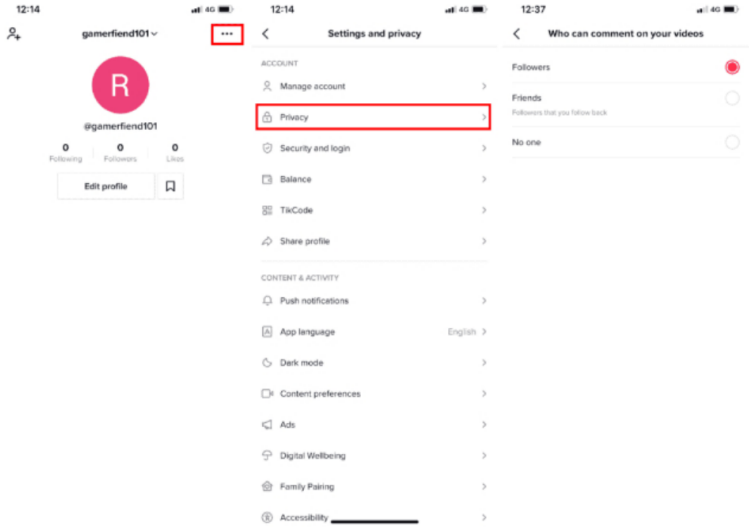
Step 3 – Go to Privacy settings, then Who can view this view.

Step 4 – Choose the relevant privacy settings.

To change video view settings before uploading a video:

Step 1 – On the post page, tap Who can view this video.

Step 2 – Choose the relevant privacy settings.



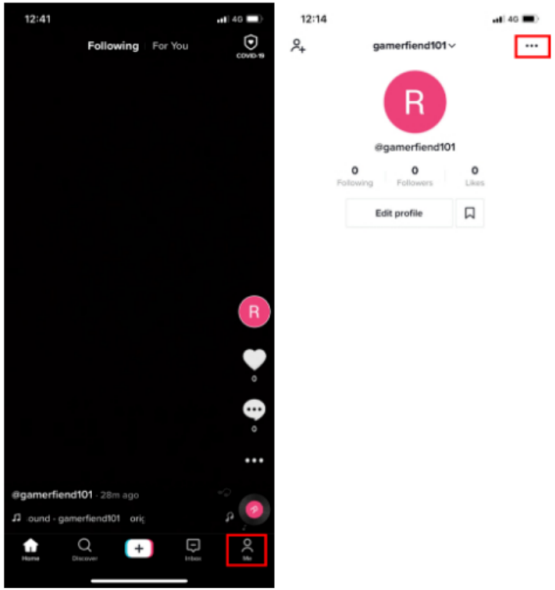
6

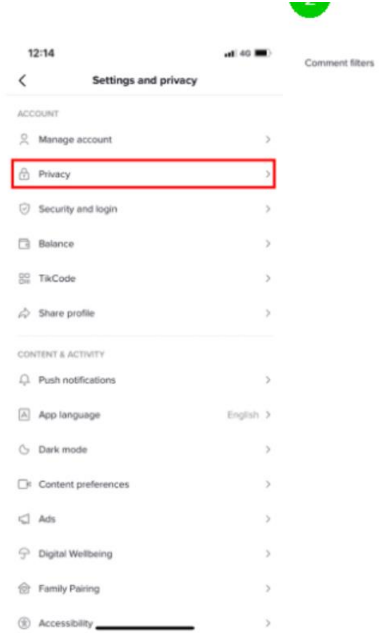
Filter comments

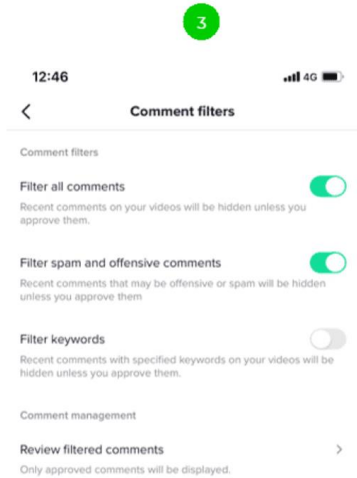
If you select Filter all comments, all comments will be hidden unless you approve them.

Step 1 – Go to Me, then tap the three dots located in the top right-hand corner.
Step 2 – Select Privacy then Comment filters.
Step 3 – Turn on Filter all comments.

This will also automatically filter offensive comments and you can also enter specific keywords to filter.







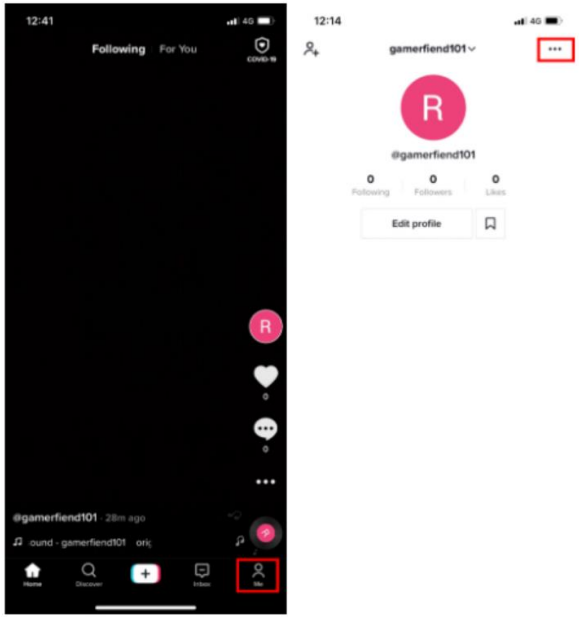
7

Choose who can DM you

To change your default direct message (DM) settings:

Step 1 – Go to Me, then tap the three dots located in the top right-hand corner.
Step 2 – Go to Privacy then Who can send you direct messages then select a setting.

1



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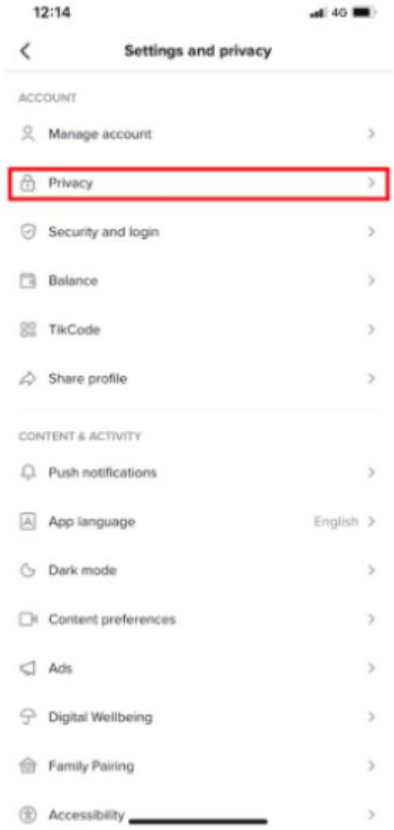
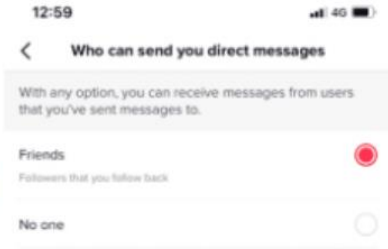




9

Report a problem

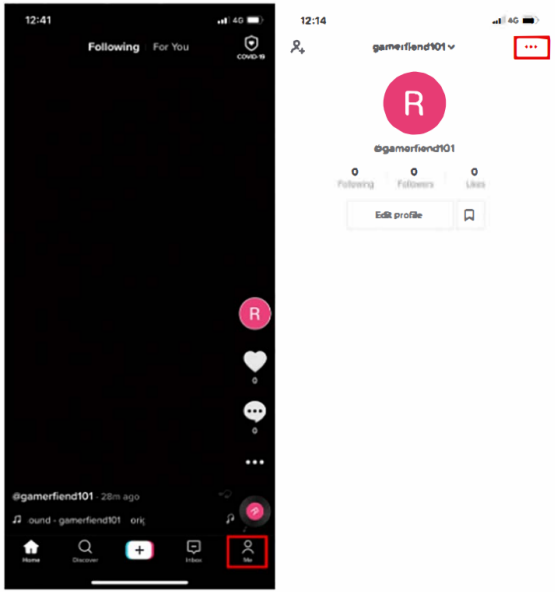
You can report a live video, comment, video, DM, user, sound, hashtag, or anything else.

Step 1 – Go to Me, then tap the three dots located in the top right-hand corner.

Step 2 – Tap Report a problem then Privacy/Report abuse.

Step 3 – Follow the on-screen prompts.

1



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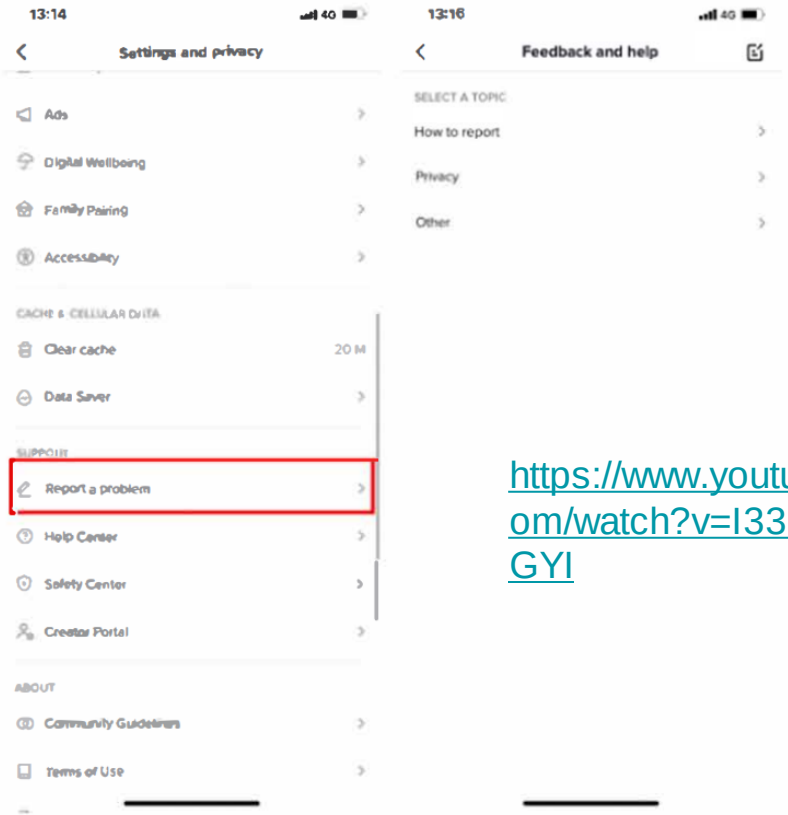


https://www.youtube.com/watch?v=I333YLAfGYI

Instagram

- **User Age** – 13 years

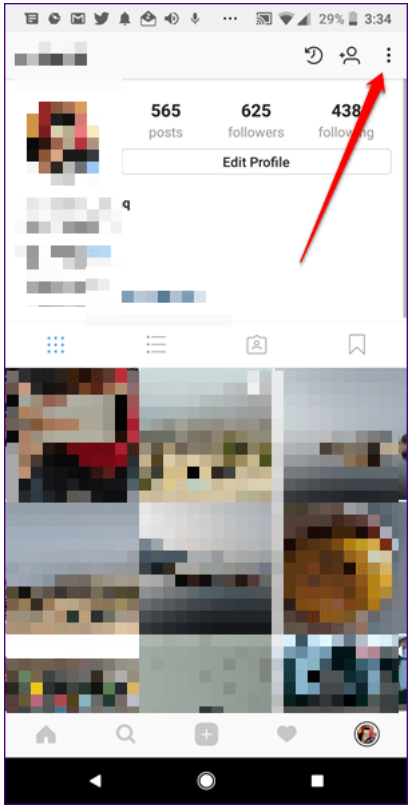
Why Popular?

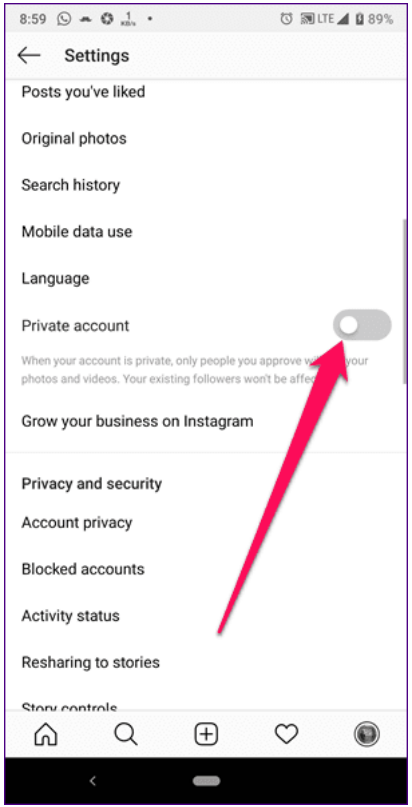
- Can share pictures and videos
- Can have Followers and Follow people including Celebrites
- Can connect with friends

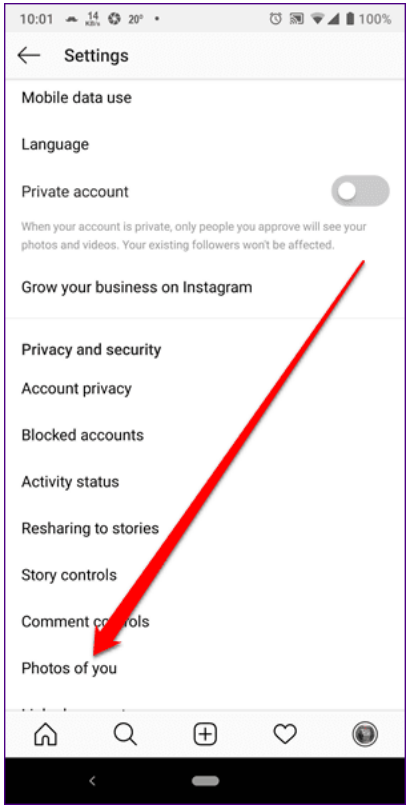
Risks

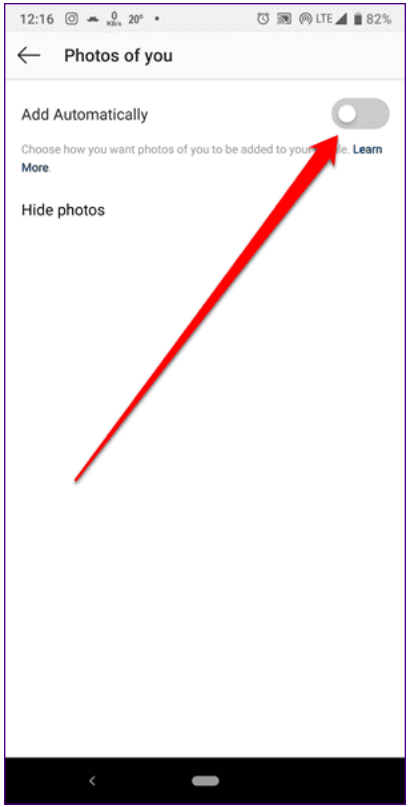
- Addictive
- Pressure to look perfect
- Innapropriate content and Ads
- Stranger Danger
- Data collection
- Trolling

Privacy Settings

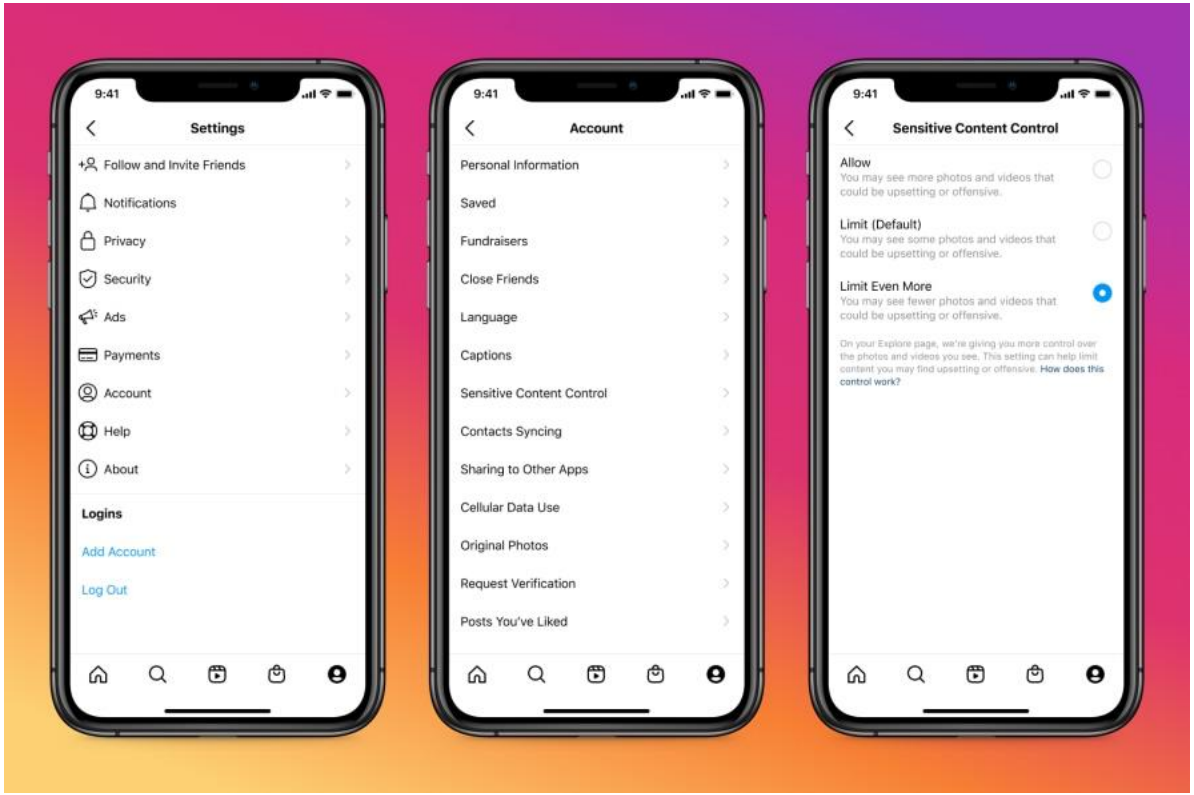




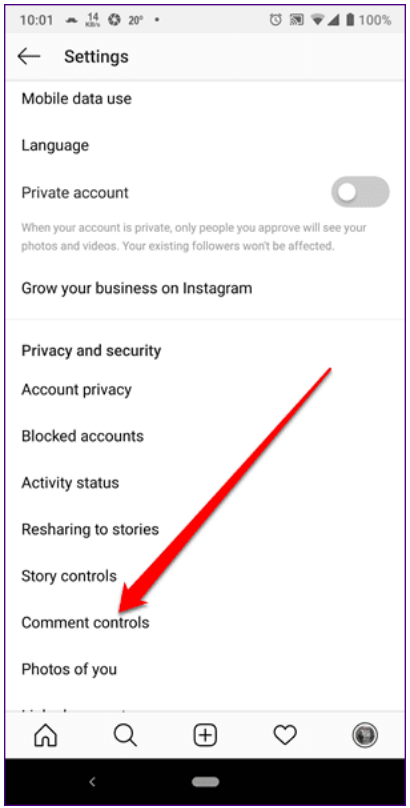


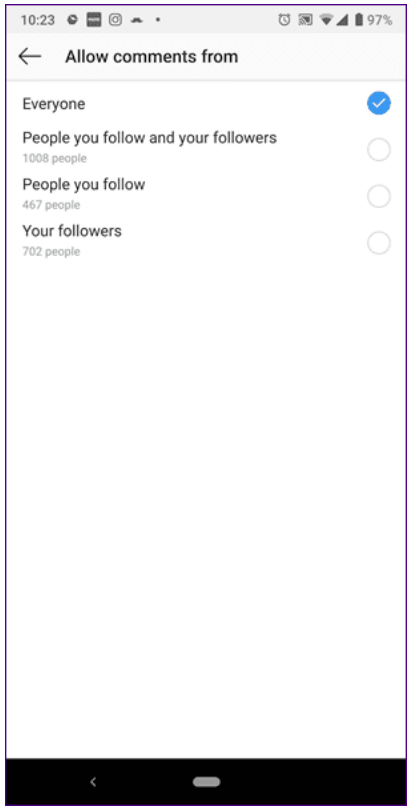


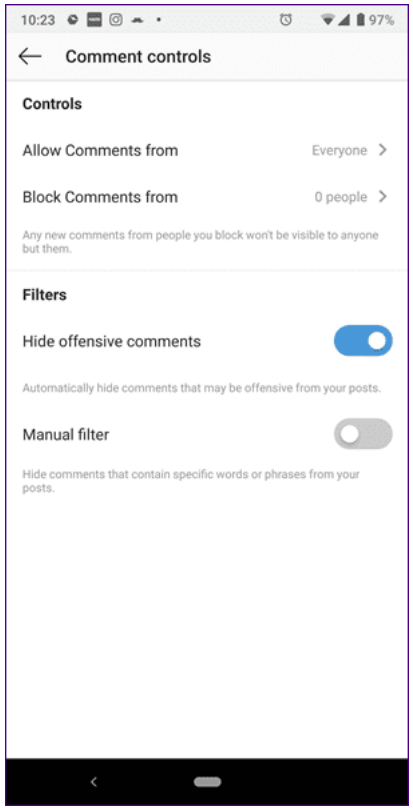
Sensitive Content



Sharing Comments







Talk with your child

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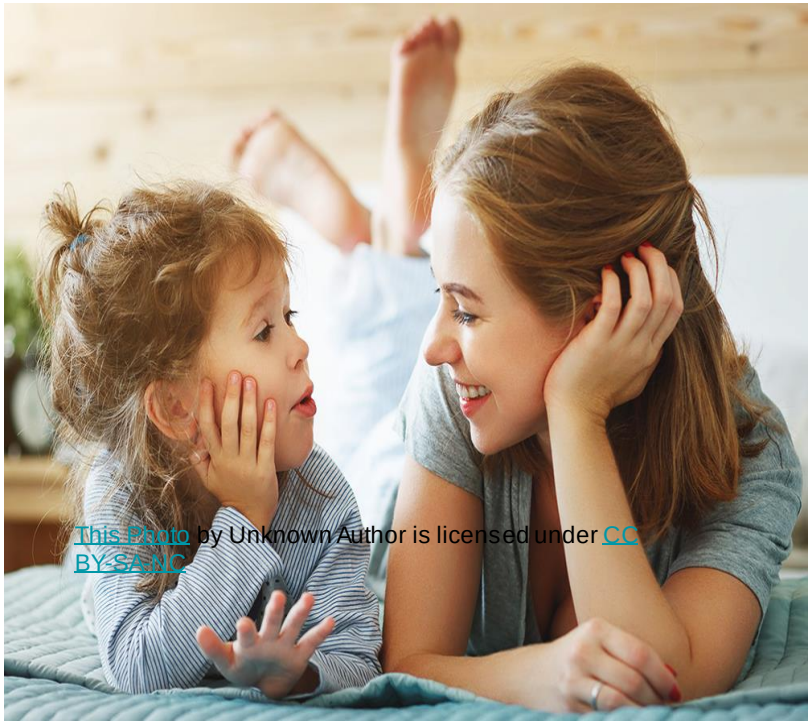

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How to Keep them safe - some tips

- Do they **need** to have a phone or a device?

- Link account with your account or get a monitoring APP
- Be aware of the legal age for each platform.
- Parental Controls
- Passwords – update regularly
- Are you a friend or follower?
- Older Siblings
- How often are they on their phone or device? Set limits
- Are they on the internet during the night?

Setting Rules and Boundaries:

- No gadgets after a certain time.
- No device time until homework is completed.
- Set Time Limits
- Do not use it as a reward for chores
- 'No gadget days or evenings' - including you!!

SMS
Social Media