

E-Safety and the Dangers of Social Media



Don't trust 'luck' to keep our young people safe.

Health and Safety



What is Social Media?



Mental Health?

- Stress
- Pressure to succeed
- Negative feedback
- Adverse online interactions
- Addictive game time



Why do children use Social Media?



Some of the many positive aspects of social media include,

Friendship and relationships

Music - watching videos and creating their own music

Games - playing and competing

YouTube watching something of interest skateboarding, fashion

Research, news, information, reading and critical thinking

Exploration of self identity, sexuality and self-expression





Areas of concern

- Sexting
- Grooming
- Inappropriate images
- Pornography
- Cyberbullying
- Sexual exploitation
- Online gaming
- Extremism/Radicalisation
- Criminal exploitation





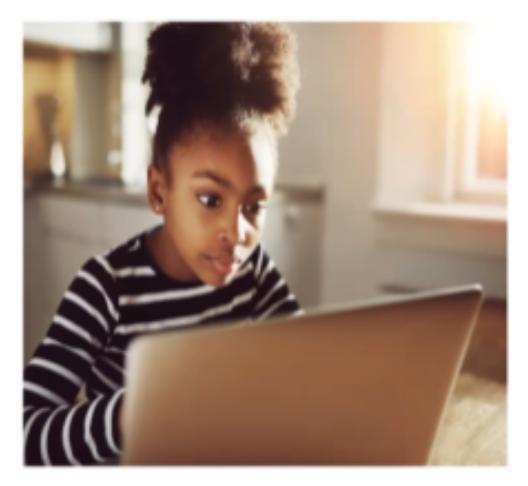
Screen Time





Safeguarding

"The action we take to promote the welfare of children and young people at risk and protect them from harm."



Sharing information online

- Don't share full name, contact details and real-time locations
- · Don't post photos of others without their express permission.
- Don't share intimate personal details including birthdates, phone numbers, addresses, schools or hometowns online to minimise risks of crime, vandalism or identity theft.
- Don't allow your child to share their location on social media as anyone who views their social media could find them in person which could put them at risk of unwanted contact from strangers.



Sharing information online

- Don't become obsessed where you are always checking on your child's activities and wanting updates, information and explanations.
- Don't be too strict or controlling about your child's use of social media. This can lead to unhealthy outcomes and cause family conflict.
- Don't expect your child to set up privacy settings and online security this is your job. If in doubt contact <u>www.internetmatters.org</u>



Do

- Do build a positive relationship with your child based on honesty and trust.
- Do answer awkward questions according to the age and level of maturity of that child or young
 person. If you don't know say so and tell the child, you will find out and get back to them.
- Do become a positive role model. Look at how you use social media, are you always giving good examples? Do you keep your information private?
- Do be aware of friendship groups and different influences. If your child has friends online do you
 know who they are? If they are known, arranging a meeting with an online friend may be OK.
 It's important to check.
- Do talk openly about healthy relationships so they can recognise unhealthy or abusive relationships (sexualised images and pornography are easily accessible and can give children a distorted view of sex and relationships)



Signs of concern

- Changes in behavior or personality
- Becoming withdrawn
- Seeming anxious
- Poor social skills and few friends



Knowledge of adult issues inappropriate for their age

When things go wrong!

- Do give your child time to talk and answer you.
- Do not blame your child. Remain calm and curious, not furious.
- · Do listen carefully and let your child express themselves. This may be very uneasy or embarrassing for them.
- Do thank them for telling you and let them know you understand this may have been difficult for them.
- Don't pressurise your child to speak, ask some broad questions to encourage them to talk to you.

T.R.U.S.T. a quick reminder of a positive approach to support your child or young people with social media Take ... TIME to build RELATIONSHIPS with your child or young person and UNDERSTAND what they are doing and why so you can keep them SAFE and they can TELL you if they need to.



