



# 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





**TikTok**



## 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 [www.internetmatters.org](http://www.internetmatters.org)

# 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.

# Key messages to share with your child

"You can always talk to me if you need help"

Important to let your child know and give them confidence to speak to you when they need support

"Keep your personal information safe"

Remind your child always to tell an adult if someone makes them feel uncomfortable or asks to meet up or share personal information or images

"Think before you post"

Help your child be aware that online actions can have consequences and impact on themselves and others

"Remember, not everyone's who they say they are online"

Do not share full name, contact details and real-time locations