

Obsessive focus on likes and comments

Children may be very focused on how many likes or comments their posts get, which can leave them feeling that they aren't good enough, or not as popular as someone else. Try to help them remember that likes aren't everything. Instagram has an option to turn off likes on posts – that may help to ease the pressure.



TIPS TO KEEP CHILDREN SAFE ON SOCIAL MEDIA

Review Location Settings

Sometimes it might be appropriate for your child to share their location with a trusted adult or friend. For example, if they're travelling home alone or arranging to meet a group of friends outside school, then it can be a good way to help keep them safe.

Get to know the safety and privacy settings

Explore the safety and privacy settings on any app, to decide which are right to use for your child. Each app has slightly different ways to set up an account, but most have the option to set an account to private, to not allow friend requests, and to hide the user's location. Explain these settings to your child and the reasons for having them in place.

Age ratings and features

Get to know the age ratings of the apps that your child uses. Many have a minimum age of 13 years old to be able to sign up, but you should check the age rating of individual apps to make sure.



SOCIAL MEDIA APPS

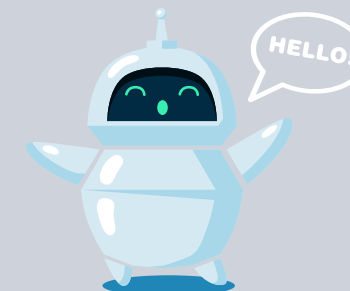
App	Age Rating	Main Features
Facebook	13	Newsfeed to share text, photos & videos, instant messaging, marketplace, friends, likes and comments.
Instagram	13	Photo & video sharing, livestreaming, stories, DMs, hashtags.
Snap Chat	13	Photo & video messaging, snaps, location sharing
Tik Tok	13	making & sharing short videos, lip-syncing.
Twitter	13	tweets (text with restricted character count), photo and video sharing, hashtags.

Need more help?

Call the NSPCC on 0808 800 5000, email help@nspcc.org.uk or fill in their online form to get advice and support from safeguarding experts.



INTERNET SAFETY SOCIAL MEDIA





SOCIAL MEDIA

Children and young people use many different social media apps and sites. The most popular are Facebook and Instagram, with many others such as Snapchat, TikTok and Twitter.

There are lots of benefits to social networking. They can allow users to stay connected with friends and family. They can also learn many different things, from gaming tutorials to making slime, or how to create their own videos.

Like most things, there can be negatives too. For children and young people there are risks that you should be aware of, to help keep your child safe on social media.

THE RISKS

Oversharing

Children and young people can sometimes feel pressure to overshare online. Remind them that they shouldn't share private things, such as:

- personal information, like names, phone numbers, links to other social media accounts or their school
- live or frequent locations
- other people's personal information
- links to join private group chats
- photos of themselves
- photos of their body, such as sexual photos or videos.

Explain to your child that, if someone starts asking them other questions, or suggests that they speak on a different messaging platform, then they should come and tell you.#

Sharing their location

Many apps and games give you the option to share your location. You should help children think about how and when they're sharing it. Some of the ways they may be likely to share location include:

- tagging photos with the geo-location
- checking into venues
- sharing journeys
- location settings on your child's device
- sharing images or videos that contain street names etc.

If shared publicly, their location could be seen by someone they don't know. People could find out where they live or go to school, allowing an accurate picture of their daily routine to be built up.

All these things increase risk to children, of cyberbullying, stalking, unwanted contact or becoming a target.

Talking to people they don't know

Some social networking such as Omegle and Kidschat.net promote connecting you to chat with people you don't know.

This puts young people at risk of grooming or online forms of abuse, along with the risk of moving the conversation to other platforms or meeting up offline. You should be aware of this across all social media.

Sending or receiving inappropriate content

Young people can feel pressured into sharing content that could be harmful to themselves or others. This could be in the form of inappropriate texts/ photos, or it might be sharing memes and images of others without their consent – which can be a form of cyberbullying.

DMs (direct messages) can be used to share very quickly and they have no control over how the image is shared further. Some social platforms have features such as disappearing messages – where an image or text will only show for a certain amount of time for the recipient before deleting. This might make users feel they can share more, but the recipient can still screenshot and forward the content to others.

Unrealistic sense of body image and reality

With so many influencers and users sharing photos, children can feel under pressure to conform to the 'ideal' body and lifestyle. It's important to talk about positive body image and help children see that what others post is a curated version of their life, and to question what they see online.