A PARENT/CARER GUIDE TO SOCIAL NETWORKING

Inspiring minds through opportunity

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Contents...

E-Safety Introduction...

The internet is an amazing tool for us all to use to help communicate and find out information. It can have a fantastic impact on children's learning. In order to ensure children have a positive experience on the internet, it is important we take care to protect them from some of the dangers online.

Many children want to use social media, therefore it is important that we ensure the children in our care use social media responsibly and safely.

Remember: the vast majority of social networks are for those who are older than 13.

Common problems that can arise from social media:

- Mean behaviour among peers and inappropriate photos or videos being shared that can hurt a child's reputation or attract the wrong kind of attention.

- Your digital footprint: images and messages can be accessible online for a long time and seen by people they were not intended for.

- Weak passwords: make sure they are private and not easy to work out.

- The danger of children interacting with strangers online who may not be who they appear to be. Your child may think they are interacting with another child, however it may be an adult posing as a child. This is often how grooming and exploitation starts.

- There is limited means of enforcing age restrictions on social networking sites. Most social networking sites minimum age is 13: it is important that you monitor closely all the activities your child is participating in online and have meaningful conversations with them.

- Weak privacy settings: make sure every account is set to private and followers are only people known to your child in the real world.

- Children spending too much time online: they may be interacting in a responsible manner, however it is important that children do not have too much screen time - becoming obsessed with anything in the virtual world is unhealthy!

Social Networking Safety...

Protect passwords

Explain to your child that passwords should never be shared, not even with their friends. If the home computer is shared, remind them to always log out when they finish their online sessions to develop good online safety habits. It's important to log out of any websites they logged into on a shared computer (to stop other people accessing their information).

Use online safety to connect with your child

Children in particular may feel like parents are disconnected from their perspective and fear conversations about online safety will be awkward or embarrassing. Listen to how your child is using social media. Take their online relationships seriously.

Discuss what information it is appropriate to share online - and what isn't appropriate. Ask them about privacy settings, and suggest that you go over them together, regularly. Set ground rules, and enforce them.

Keep a healthy life balance

As a parent, you are a role model for your child. Demonstrate the importance of a balance between online and other activities by encouraging family activities online as well as offline.

Encourage critical thinking

Take the opportunity to learn about the sorts of situations your child is experiencing online, and use these to identify solutions and encourage critical thinking.

Ask them questions like:

Who *are you sharing this information with?*

Can you trust all the people that see the information on your profile?

How could your Tweet/post be interpreted?

Social Networking Safety cont...

Tweeting/posting

As parents, you may have seen children say or write things that were not meant to be hurtful but that others found offensive or upsetting.

Help your child evaluate whether or not something is okay to post by reminding them that if they wouldn't say it to the person's face or out loud, they shouldn't say it online either.

The nature of the Internet makes it difficult to completely erase content. Consider having a conversation about how what gets posted online can hurt feelings, affect offline relationships and even jeopardise future opportunities.

It's about respect

It's also important to talk about the Golden Rule: treating others the way you want to be treated. This also applies to using new technologies. Make sure your children know where to go for support if someone ever harasses them. Help them understand how to make responsible and safe choices about what they post - because anything they put online can be misinterpreted or taken out of context.

Spam

Some people take advantage of the fact they can send messages to lots of people in an online community. Users of social networks may find they receive confusing messages from strangers, perhaps trying to sell products or open communication. This is known as spam. If users receive spam, they should block that user so they can no longer communicate with them. If the messages continue, they should be reported to the specific site.

Common Social Media Platforms...

Facebook

Minimum age: 13

Online social media and social networking service.

Instagram

Minimum age: 13

Photo and video sharing social network. Users upload photos and videos of themselves and their friends.

Snapchat

Minimum age: 13

Photo and video sharing social network. Users upload photos and videos of themselves and their friends, but they disappear after 24 hours. They can also chat to each other

Tik Tok

Minimum age: 13

Tik Tok is a social network for sharing videos of yourself lip-synching to songs.

Children upload videos of themselves. They can also direct message each other.

Twitter

Minimum age: 13

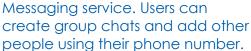Online news and social networking service on which users post and interact with messages known as "tweets".

Fortnite

Minimum age: 12

Fortnite is a battle game with up to 100 players in each battle, where the winner is the last player standing. Players can interact with others over headphones.

WhatsApp

Minimum age: 13

Messaging service. Users can create group chats and add other people using their phone number.

PlayStation Network / Xbox Live / Nintendo Network

Master accounts: 18+

Sub accounts: 7 – 17

Play and chat to other people playing games online. Users can chat both online and through headphones.

Kik

Minimum age: 13

Kik is similar to WhatsApp, however your groups are not linked to your phone, but to your username or a Kik code'. This makes it easier for people you do not know to chat to you.

YouTube

Minimum age: 18, however 13 year olds can set up an account with parental permission.

Upload, view and comment on videos.

Roblox / Minecraft

Minimum age: 8

An online game where users can create their own games and try out games other players have created.

Among Us

Minimum age: 9

An "online multiplayer social deduction game" ten players run around completing tasks while trying to figure out who the "Impostors" are before they kill everyone. Players chat privately to work out who the imposter is.

Dealing with problems...

When it has gone too far

Sometimes, people can use social networks to 'bully' other users. If unwanted online behaviour is persistent, it may be rooted in "real world" relationships. If your child is experiencing repetitive cyber-bullying or interpersonal conflicts that are also taking place online, consider taking the following actions:

⇒ Coordinate with the school
Many issues can be resolved by working with staff at Cyril Jackson or through another authority the school has contact with, such as Child Exploitation and Online Protection. If your child is experiencing repetitive cyber-bullying, please contact the school for support in taking action. If the perpetrators of the bullying are found to be pupils of the school, we will deal with the situation in the same way we would physical bullying.

⇒ Report a violation
Get to know the social media/online gaming rules and policies. After reviewing their policies, if you believe an account is violating their rules, you or your child can file a report.

⇒ Contact local law enforcement
Social media platforms will investigate every report received, but if something has gone beyond the point of a personal conflict and has turned into credible threats, whether it be online or offline, you should contact your local authorities as they are in the best position to assess the threat and intervene or assist as necessary.

Tips for parents/carers...

- It can be tough to keep up with technology. Do not be afraid to ask your child to explain it to you.

- If you are not already on social media, consider joining. That way you will understand what it is all about!

- Teach your child the online safety basics so they can keep their online accounts safe and make sure the privacy settings are correct to protect them from strangers.

- Talk about technology safety just like you talk about safety while out alone or playing sports.

Start a conversation with your child...

Some suggested ways of starting a conversation with your child about their social networking:

- Do you feel like you can tell me if you ever have a problem at school or online?

- Help me understand why social media/ online gaming is important to you?

- Can you help me set up an account online?

- Who are your friends online?

Glossary...

@
The @ sign is used to call out usernames in Tweets, like this: *Hello @Twitter!* When a username is preceded by the @ sign, it becomes a link to a Twitter profile.

Avatar or Profile Picture
The personal image uploaded to your Twitter profile in the *Settings* tab of your account.

Blog
A discussion or informational site published on the World Wide Web and consisting of discrete entries ('posts' typically displayed in reverse chronological order.

Chat
Chat is a feature that lets you send instant messages to online friends.

Follow
To follow someone on Twitter is to subscribe to their Tweets or updates on the site.

Follower
A follower is another Twitter user who has followed you.

Following
Your following number reflects the quantity of other Twitter users you have chosen to follow on the site.

Friends
Friends are people you connect and share with on Facebook.

Hashtag
The # symbol is used to mark keywords or topics in a Tweet. It was created organically by Twitter users.

Messages
Your messages and messages inbox house your on-going conversations with people on Facebook.

Poke
When you poke someone, they will receive a notification that you have poked them. People poke their friends on Facebook for a variety of reasons. For instance, you can poke your friend just to say 'hello'.

Timeline
Your timeline is your collection of the photos, stories and experiences that tell your story.

Trends
A subject algorithmically determined to be one of the most popular on Twitter at the moment.

Tweet
Tweet, tweeting, tweeted. The act of posting a message, often called a 'Tweet', on Twitter. A message posted via Twitter containing 140 characters or fewer.

Wall
Your Wall is the space on your profile where you and friends can post and share.

E-safety Links for Parents

Non Profit Organisations

- Child Alert Rescue - http://childrescuealert.org.uk/
- Childnet - http://www.childnet.com/resources/kia/
- Digizen - http://www.digizen.org/parents/
- Get Safe Online - http://www.getsafeonline.org/
- Safer Internet Centre - http://www.saferinternet.org.uk/
- Kid Smart - http://kidsmart.org.uk/
- Mumsnet - http://www.mumsnet.com/internet-safety
- Net Aware - http://www.net-aware.org.uk/
- Parent Info - http://parentinfo.org/
- Parent Protect - http://www.parentsprotect.co.uk/internet_safety.htm
- PEGI Serach a Game - http://www.pegi.info/en/index/id/509
- Phone Brain - http://www.phonebrain.org.uk/
- Think U Know - https://www.thinkuknow.co.uk/parents/
- NSPCC - http://www.nspcc.org.uk/

eSafety Videos

- Exposed - http://www.childline.org.uk/Videos/Pages/Exposed.aspx
- Jigsaw - http://pulsecsi.com/ceop/ceop-primary-ks2-jigsaw-suitable-for-8-yr
- The Parents' and Carers' Guide to the Internet - http://youtu.be/0nZzlhCsJpg

Commercial Organisations

- Apple - http://support.apple.com/en-us/HT201659
- Google Safety Centre - http://www.google.co.uk/safetycenter/families/start/
- Vodafone Parent Zone - http://www.theparentzone.co.uk/
- Pegi Scheme - http://www.pegi.info/en/index/
- Be Internet Aware: https://beinternetawesome.withgoogle.com/

Gaming Parental Setup Guides

- Xbox One - https://support.xbox.com/en-gb/browse/xbox-one/security
- Sony Playstation - https://goo.gl/e83YuJ
- Nintendo Switch - https://www.youtube.com/watch?v=03bAayBtcb0

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