



A Parent's Guide to Social Media

Our children are using social media and associated technology as part of their everyday lives; it's our responsibility to increase our own knowledge as to

How do we keep our children safe?

How do we know that we/they are using social media correctly?

And... how do we know we/they are using it legally?

As a very brief guide, we have put together the below checklist for you – together with useful links to websites to assist/guide you further with greater insight and knowledge.

- Be a good role model for your child. If you are constantly on the phone/social media, they will learn this from you.
- Set a time-limit for use of smart technology/gaming. No technology or devices 30mins-1hour before bed, with all devices being left downstairs.
- Ensure you set parental controls on ALL devices and apps.
- Be aware of, and share with your children, the legal implications of sharing information, photographs online through social media and/or gaming.
 - Are comments libellous?
 - Are photographs appropriate to share?
 - Are they cyber-bullying?Once items/chats have been shared or posted online they are forever in the public domain and can be used, kept, shared by others and companies as they see fit.
- Encourage children to seek consent from friends before posting any images on their pages. There may be a very valid (safeguarding) reason why a child might not want their photograph shared online.
- The sharing of indecent images could be classified as distribution of child pornography and, as such, would be referred on to the Police.

Here are some helpful links to help you with parental controls for smartphones:

<https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/>

Apple: <https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/apple-iphone-and-ipad-parental-control-guide/>

Samsung: <https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/samsung-smartphones/>

Android: <https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/android-smartphone/>

Secret Calculator

This app is used by young people to hide photo's that they don't want parents/guardians to see! They might be of interests and hobbies but they could also be inappropriate images, possibly of themselves.

The app appears on screen as a calculator but there are subtle differences. Look out for the '+' sign at the end of the word 'calculator'. If you go into the app, it will work just like a calculator until you add in a 4-digit number (pre-set code) – it will then unlock the 'back screen' and will show you everything stored behind. Please view the link below for further information:

<https://www.onlinesafetyuk.com/secret-calculator>

Minimum Age Requirements:

Most digital apps have minimum age requirements set within their terms of service or privacy policy. Minimum ages differ between Apps.

Facebook	- 13 years (<i>social networking, be aware of GPS feature</i>)
TikTok	- 13 years (<i>social networking, create & share musical clips/films</i>)
Instagram	- 13 years (<i>photo sharing</i>)
Pinterest	- 13 years (<i>image sharing</i>)
Tumblr	- 13 years (<i>blogs/vlogs, be aware of extreme content</i>)
Reddit	- 13 years (<i>social news/discussion, text/image based posts</i>)
Snapchat	- 13 years (<i>photo/image sharing</i>)
Secret	- 13 years (<i>share messages anonymously</i>)
Twitter	- 13 years (<i>live conversation, image sharing</i>)
MyLOL	- 13 years (<i>teen dating app</i>)
LinkedIn	- 14 years (<i>business/employment networking</i>)
Whatsapp	- 16 years (<i>real-time messaging, photo/image sharing</i>)
Vine	- 17 years (<i>video-sharing</i>)
YouTube	- 13 years (<i>video-sharing</i>)
WeChat	- 18 years (<i>voice, video, image & text sharing</i>)
MeowChat	- 18 years (<i>social networking – connect with strangers</i>)
Grindr	- 18 years (<i>dating app, aimed at bisexual/gay men</i>)
Tinder	- 18 years (<i>dating app</i>)

We would urge you to review details for all of the above via the following links:

<https://www.internetmatters.org/resources/apps-guide/social-networking-and-messaging-apps/>

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/490001/Social_Media_Guidance_UKCCIS_Final_18122015.pdf.pdf

<https://www.internetmatters.org/parental-controls/devices-computers/>

<https://www.internetmatters.org/>

<http://parentinfo.org/article/your-child-s-digital-footprint>