Social Media

HANNAH DYSON – SCHOOL COUNSELLOR

'Every generation's experience of youth is different and ours is framed by social media.' (childnet.org)

Social Media – Friend or Foe?

Benefits of Social Media

- Connection with others and a sense of belonging

- Finding communities with shared interests

- Exploring and expressing thoughts, ideas and opinions

- Spreads social awareness

- Offers emotional support through tough times

- Source of knowledge

- Multiple sources of learning

Negatives of Social Media

* Exposure to harmful or inappropriate content

* Cyberbullying

* Impact to self-esteem caused by comparisons

* Overuse interfering with sleep, personal life, relationships

* Extreme editing and manipulated images causing unrealistic beauty standards

TELIGENCIA ARTIFICIAL

HATGPT

ARTIFICIAL INTELLIGENCE
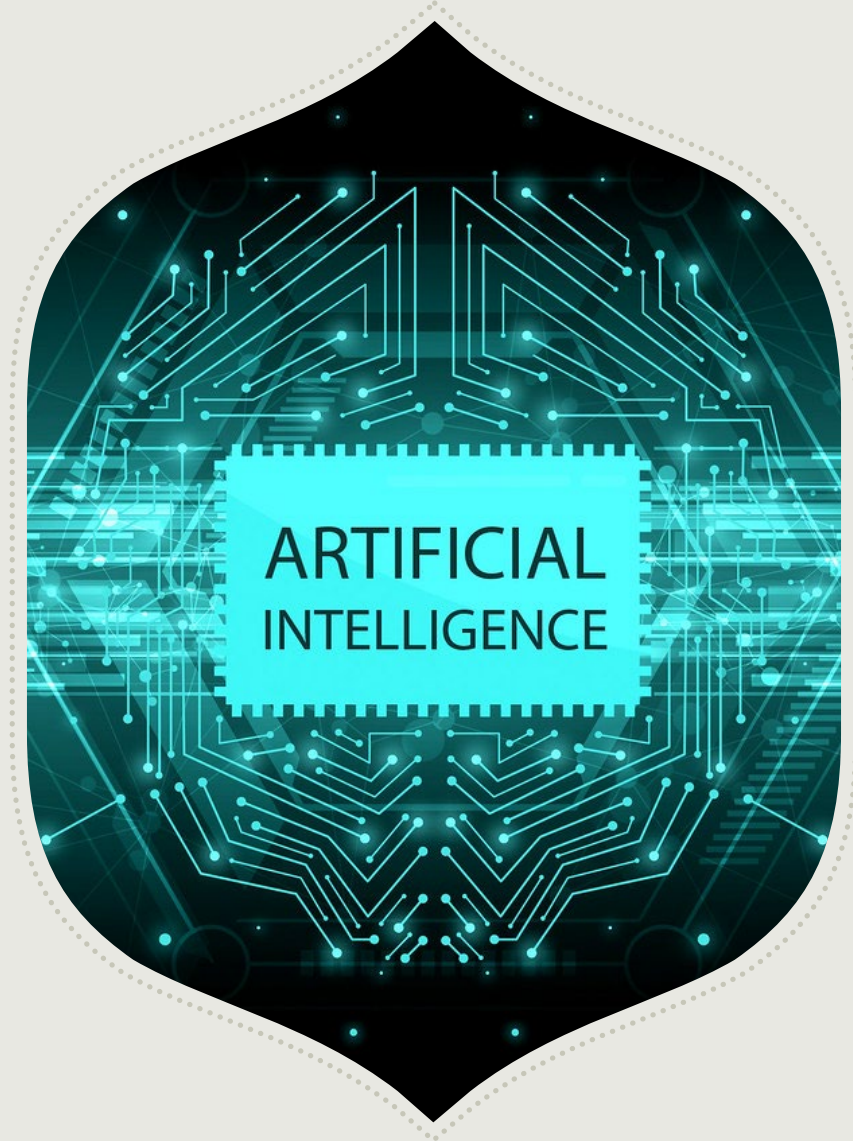
Ever changing landscape

- The world of social media and technology is fast-paced, ever changing and developing which can feel overwhelming as a parent / carer and hard to keep up with

- Young people are often ahead of adults in keeping up with newer technologies and apps

- We need to educate ourselves as much as possible, stay updated and have open conversations about what technologies / apps our young people are being introduced to

Recent research -
Safer Internet Day 2024: New Research Released | SWGfL

74% of parents and carers, and 45% of children have worries about safety as developments with artificial intelligence (AI), virtual reality (VR) and new social media apps continue to accelerate.

The majority of young people have a positive outlook on the ever-changing online world, with 66% saying they feel excited about changes including developments with artificial intelligence, virtual reality headsets and new social media apps. And yet 36%, say they feel worried about these changes.

"Our research shows the excitement many young people feel over the changing online landscape and emerging technologies. However it also shows the concerns young people have around safety and the need they see for more support; views shared by their parents and carers.

75% of parents and carers say they trust they have equipped their child with the information and knowledge they need to stay safe in different online contexts, 74% would like to know more about how to help ensure their child is safe online as technology changes.

What is right for my young person?

There is no easy answer to this question as there is no one size that fits all.

We can ask ourselves...

Is it enhancing social relationships that are already established?

Is it enhancing their interests and hobbies or helping form new healthy ones?

Is it providing a positive platform to share ideas and beliefs?

It is providing a safe, supportive space?

Is it enabling their learning?

Is it providing a space for healthy decompression

We can ask ourselves....

Is it their only or main source of social connection?

Is it their only pastime / hobby?

Is it damaging or manipulating their values / beliefs?

Are they often the victim of cyberbullying?

Is their self-esteem being impacted by constant comparing?

Is it interfering with their learning?

Is it impacting their sleep, overall well-being?

COMMUNICATE

43% of young people say conversations with parents and carers are helpful to manage pressures or worries in the context of online trends and changing technology.

- Open communication about social media use is paramount

- Talk to your young person about the apps they use and why they like using them

- Have discussions about what the negatives or risks that could be associated with the apps they are using

- Look at privacy / location settings together

- Have an agreement from the start about checking their phone (age appropriate)

- Let them know they can talk to you about issues that may arise on social media and signpost them to support services online

Agreements

Together with your young person, create an agreement around phone / social media use – this might include the following –

- Time limits

- Agreed apps

- Privacy settings

- Parental controls / sharing

- Expected behaviour online

- Consequences for inappropriate use / breaking agreement

- Any agreement made needs to be reviewed regularly to make sure it remains relevant and age appropriate.

▷ Getting started

- What do we enjoy doing online?
- What apps, games and websites do we use the most?
- Do we already have any rules about use of tech we want to include in our family agreement?

🕐 Managing time online

- How does it feel when we use tech for too long?
- How do we know when our screen use is interfering with family life?
- What can we do to help avoid overusing tech?

✈ Sharing

- What should we check before posting images and videos online?
- Do we know how to use privacy settings and what makes a strong password?
- How can we use features like livestreaming and disappearing content safely?

🔍 Online content

- How do we decide which websites, apps, games and devices are okay for us to use?
- What can we do if we see something online which seems unreliable or untrustworthy?
- How can we stop ourselves accidentally spending money in a game or app?

💬 Communicating online

- Who can we talk, chat or play games with online? Just family? Friends? Anyone?
- How can we keep ourselves safe if we are communicating with people who we only know online?
- How can we look after our friends when we are online?

⚠ If things go wrong

- What can we do if we feel uncomfortable or upset by anything we see or hear online?
- What should we do if someone we only know online asks us for photos, a video call, to meet up or to share personal information?
- Do we know how to find the report and block buttons on the websites, apps and games we use?

⊘ To finish...

- How could parental controls help our family?
- What should happen if one of us breaks the family agreement?
- When should we review our family agreement?

Want expert advice?
www.childnet.com/parents-carers-advice

Examples for different ages:

Our agreement: (Under 11s)
I will use my tablet for ____ mins a day.
I will make sure the children's favourite games are bookmarked for them to get to easily.

Our agreement: (Pre-teens)
I will tell mum and dad when I see something that worries me.
I will put parental controls in place but review it as the children grow up.

Our agreement: (Teenagers)
I will make sure all my social networking sites are private.
I won't post photos of our children without their permission.

Childnet Family Agreement

Now it is time to write your agreement.

Our agreement:

Who is responsible for this?

What happens if someone doesn't follow the agreement?

Date:

Review date:

Family Agreement | Childnet

https://youtu.be/uNrkkbP6lno

Responding to challenges

- How we respond to mistakes our young people make online will determine whether they come to us again in the future

- If we fly off the handle and become angry when we discover our young person has made a poor choice online – they are less likely to want to come to us or feel that they can come to us if something goes wrong again

- We need to manage our own responses so that we can approach any challenges they face online calmly and supportively

- They will come to us again if they know we are there to listen, support and advise

Top Tips

Get to know the technology young people have access to

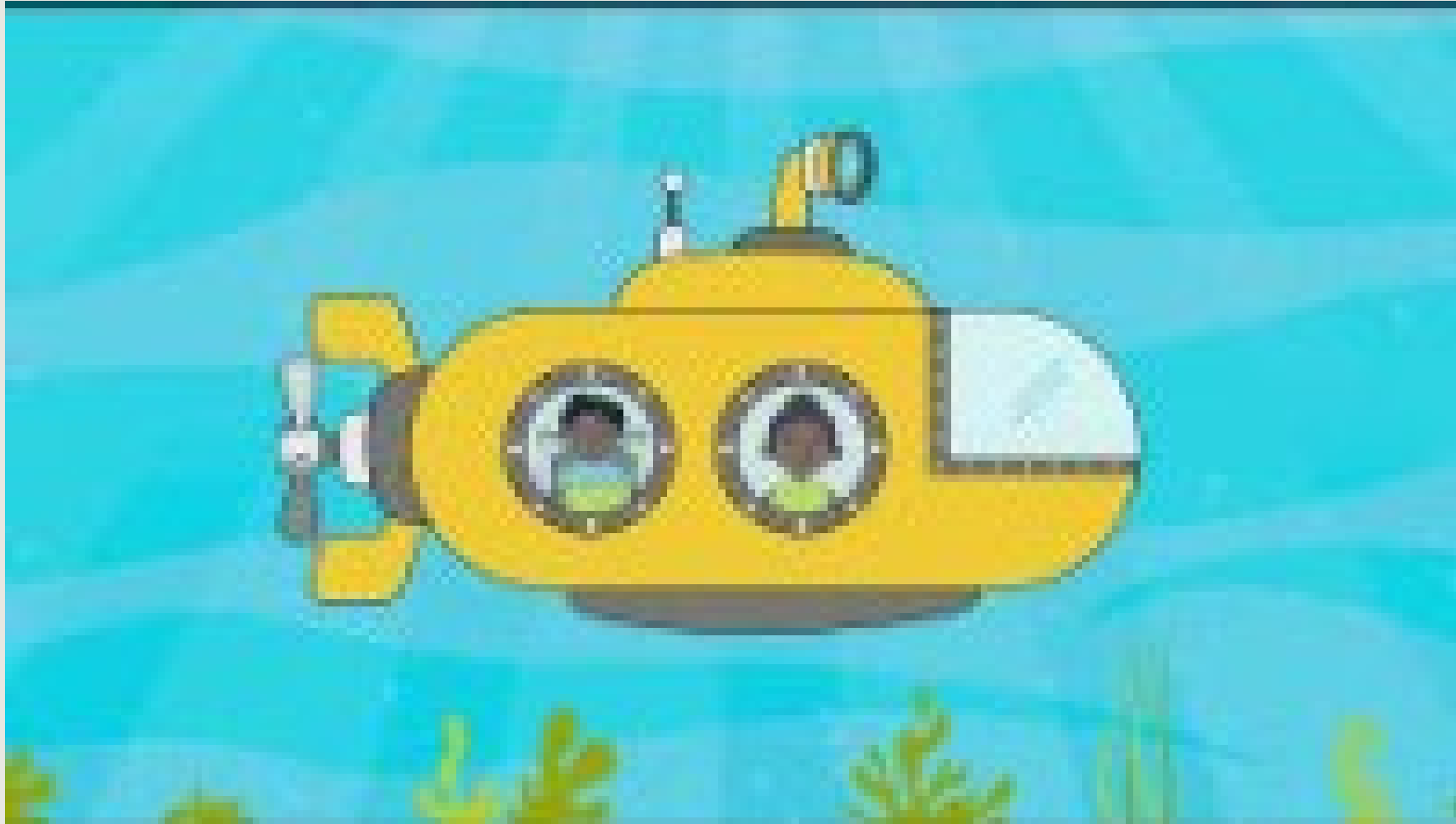Open discussions <u>early</u> on how to navigate online spaces safely

Respond to challenges in a calm and supportive manner

Keep it relevant / age appropriate

Role model healthy habits

Know where to get advice and support yourself

https://youtu.be/bJqfu9QW_cs

Parents and Carers
Key Online Safety Resources

Childnet

Childnet have a dedicated area to support parents and carers with information on key topics, advice and activities to share with your child.

childnet.com/parents-and-carers

Childnet Resource Hub

Choose resources for 'parents and carers' to see leaflets, resources and activities to do with your child.

childnet.com/resources

UK Safer Internet Centre

Advice on key online issues, tips, guides and blogs from partners: Childnet, SWGfL and the IWF.

saferinternet.org.uk

Safer Internet Day

Join the celebrations for Safer Internet Day every February! We provide free tips, advice, videos, quizzes and more.

saferinternetday.org.uk

Reviews and tools

The Family Gaming Database shares research and advice on thousands of video games, including content warnings and PEGI ratings.

taminggaming.com

Common Sense Media provides expert reviews, advice and age-appropriate recommendations on games, apps, films and more. Users can access up to three free reviews per month.

commonsensemedia.org

Parental controls and privacy settings described step-by-step alongside support on a range of online safety topics.

internetmatters.org

Want to stay up to date? Sign up for the Childnet newsletter to hear about our latest advice on the most popular apps, new blogs and more.

childnet.com/signup

Making a report

For advice on the reporting tools for popular games, apps and social media platforms visit childnet.com/how-to-report for more information.

Report Harmful Content is a national reporting centre offering advice and links to industry reporting tools. It also provides support by reviewing outcomes after a report has been made on a platform or app.

reportharmfulcontent.com

Report suspected online child sexual abuse or grooming to your child's school/local police. If necessary, contact the **Child Exploitation and Online Protection command** (CEOP).

ceop.police.uk

Report online child sexual abuse images and videos with the **Internet Watch Foundation**'s anonymous reporting tool.

iwf.org.uk

Information on hate crime and advice on how to report it in England, Wales and Northern Ireland.

report-it.org.uk

National reporting centre for fraud and cybercrime in England, Wales and Northern Ireland.

actionfraud.police.uk

For Scotland, reports can be made to Police Scotland: scotland.police.uk/contact-us.

Get help and support

There are lots of organisations who work to support families and children. Visit childnet.com/get-help if you're worried about an online concern.

NSPCC 0808 800 5000 nspcc.org.uk
Free support and advice for adults concerned about the safety or wellbeing of a child.

family lives 0808 800 2222 familylives.org.uk
Free support and advice on any aspect of parenting and family life.

YOUNGMINDS 0808 802 5544 youngminds.org.uk
Free support and advice on how to support young people's mental health and wellbeing.

Helplines for children & young people

childline 0800 11 11 childline.org.uk
Providing help and support for under 18s.

THE MIX 0808 808 4994 themix.org.uk
Providing help and support for 13-25 year olds.

@childnet

@childnetinternational

Childnet

Useful documents

- Department for Education – Guidance for schools on prohibiting the use of mobile phones throughout the school day

Mobile phones in schools - February 2024 (publishing.service.gov.uk)

- Gov.uk – Online Safety Bill. The Online Safety Bill is a new set of laws to protect children and adults online. It will make social media companies more responsible for their users' safety on their platforms.

A guide to the Online Safety Bill - GOV.UK (www.gov.uk)