SUPPORTING CHILDREN AND YOUNG PEOPLE – INTERNET SAFETY

SOCIAL MEDIA SUPPORT

NSPCC

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Is your child using social media? Did you know that most platforms require users to be age 13+. Does your child have the social and emotional skills to manage an online profile? To help decide if your child is ready for social media, use the link below.
https://www.thinkuknow.co.uk/parents/articles/is-my-child-ready-for-social-media/

Talk to your child about social media. Ask them who their favourite TikTok creator is, how many followers do they have? What's their favourite app? For more conversation starters use the link below
https://www.thinkuknow.co.uk/parents/home-activity-worksheets

Talk to your child about what they can do if anything on social media makes them feel worried or uncomfortable. Make sure they know they can always talk to you.

Check privacy and security settings! Talk about why this is important!

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TOP TIPS FOR SUPPORTING CHILDREN AND YOUNG PEOPLE ON SOCIAL MEDIA

⭐ **Talk to your child about what they share online. Explain what is ok to share and what shouldn't be shared. Talk about who they are sharing with.**

⭐ **Set up privacy settings, look through each app together. If you need support with this you can visit Internet Matters social media privacy guide online.**

⭐ **Be a good role model. What you do on social media matters. Ask your child's permission before you post pictures of them.**

⭐ **Remind your child they can talk to you about anything worrying or uncomfortable they see online.**

⭐ **Agree an appropriate amount of time to spend online. Spending long periods of time online can have a negative effect on mental health.**

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internet matters.org

Where can children and young people find support?

If in immediate danger: *Call the police on 999*

Report online sexual abuse and grooming:
www.ceop.police.uk/safety-centre

Being bullied or in need of someone to talk to:
Call Childline on 0800 1111

Help to remove a nude image or video of themselves online:
www.childline.org.uk/remove

childline

CLICK CEOP Advice Help Report

REPORT REMOVE

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