

Online Safety Guide for Parents & Carers

Social Media

- Research the age restrictions of apps – don't refer to the information given in app stores as it is not always correct.
- Remind young people to set social media accounts to **'private'** – **apps are set to 'public' by default once downloaded.**
- Posting online – do your children understand what is **'safe and unsafe'**?
- **Reporting concerns** online – educate young people on how they can report concerns online
- Parents ideally need to sit, discuss and walk through social media platforms and instant messenger apps with their children – i.e. you can set up **'family safety mode'** within certain apps.
- **Please don't assume all children use the internet and apps the same way** – ask young people regularly where they are going online and how they are using it
- **Be careful sharing your location.** Ideally children and young people should have their location services switched **off** on their phones, or only share their location with selected family and friends.
- **Support** children and young people to have a **positive** presence online. Remind them that once something is posted online it stays posted.
- **Have a conversation** about who your children are following, speaking to and / or engaging with online. Ask how these people make your children feel? E.g. does this person you follow make you feel good or bad about yourself.
- **Agree** on a realistic time limit as a family, for gadgets and use of social media. Encourage young people to come away from technology an hour before bedtime.



Great websites to look at

