

ONLINE SAFETY

For students and their families

Before You Post **THINK**



T - is it True?

H - is it Helpful?

I - is it Inspiring?

N - is it Necessary?

K - is it Kind?

Safety on Social Media?

Young people sometimes share inappropriate or indecent images of themselves online on social media – commonly known as “sexting”, “cybersex” or “sending a nudie”. They may have been coerced or tempted into sending these pictures or videos, perhaps to a friend’s mobile, on a web cam, or on social media.

These images are often sent onto others and can end up being used to bully or blackmail the young person.

Young people also use social media for abuse, cyberbullying and intimidation.



Cyber Safety

BE AWARE:

- Sending videos or pictures of yourself to people you don't know is dangerous
- Sometimes abusers will pretend to be your age.
- Those wanting to take advantage of you will flirt with you; flatter you; make you feel really special
- It can happen to you, to your friend. To boys and to girls.
- Although it may be very common, it can be illegal.

When things go wrong online, many young people are afraid, embarrassed or ashamed to tell someone.



Minimum age: 13

What can you set? Protect your tweets so that only approved followers filter.

What is Twitter?

Twitter, and 'tweeting', is about broadcasting daily short burst messages to the world, with the hope that your messages are useful and interesting to someone. In other words, *microblogging*.

Twitter is a blend of instant messaging, blogging, and texting, but with brief content and a very broad audience. People send Twitter 'tweets' for all sorts of reasons: vanity, attention, self-promotion of their web pages, boredom. The great majority of tweeters do this microblogging as a recreational thing, a chance to shout out to the world and revel in how many people choose to read your stuff.

can see them, hide certain users tweets from your timeline, block people from contacting you and make use of the quality

BE AWARE: Whatever you 'Tweet' - it's PUBLIC!



Minimum age: 13

What is Instagram?

Instagram is an online mobile photo-sharing site that enables its users to take pictures and share them either publicly or privately on the app, as well as through a variety of other social networking platforms. When you post a photo or video on Instagram, it will be displayed on your profile. Other users who follow you will see your posts in their own feed. Likewise, you'll see posts from other users who you choose. Just like other social networks, you can interact with other users on Instagram by following them, being followed by them, commenting, liking, tagging and private messaging or follow.

You can sign up via your existing Facebook account or by email. When you start following people and looking for people to follow you back, they'll want to know who you are and what you're all about.

BE AWARE: It's public!



Minimum age: 13

What is Snapchat?

Snapchat is a mobile app that allows you to send videos and pictures, both of which will self-destruct after a few seconds of a person viewing them.

Snapchat is also a messaging app. You can capture a photo or brief video with it, then add a caption or doodle or filter/lens over top, and send the finished creation (called a snap) to a friend. Alternatively, you can add your snap to your "story", a 24-hour collection of all your snaps that's broadcasted to the world or just your friends, or followers.

Your friends can view snaps for up to 10 seconds, and then the snaps disappear. You can also save your own snaps before sending them to friends or you story. You can reply to spans. You can use Snapchat to chat and video chat. On a screen you can have conversation with your friend.

BE AWARE: A screenshot can be taken of your sent snap picture or chat and shared to public! Your videos also can be uploaded to a compute!



Minimum age: 13

What can you set: watch, create, share videos, create channels, write comment, personalize and block.

What is YouTube?

YouTube is a free video sharing website that makes it easy to watch online videos. You can even create and upload your own videos to share with others.

Once uploaded, other YouTube users can leave rate or leave comments about the video, as well as post a YouTube video response. Videos transferred to YouTube are converted to [Adobe](#) Flash files so all users can view the videos without having to worry about getting extra software or [plug-ins](#).

BE AWARE: YouTube can be risky due to advertising, inappropriate content, bullying or rude comments.



Minimum age: 12+

What is TikTok?

TikTok is a video-sharing social media app which lets users create, share, and view user created videos much in a similar manner to Facebook, Instagram and snapchat. Its main draw is that users can record and upload bite-sized looping videos of themselves lip-syncing and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity to become the most downloaded app.

BE AWARE: that by default, any user can comment on your child's video if their account is set to public.



Minimum age: 13

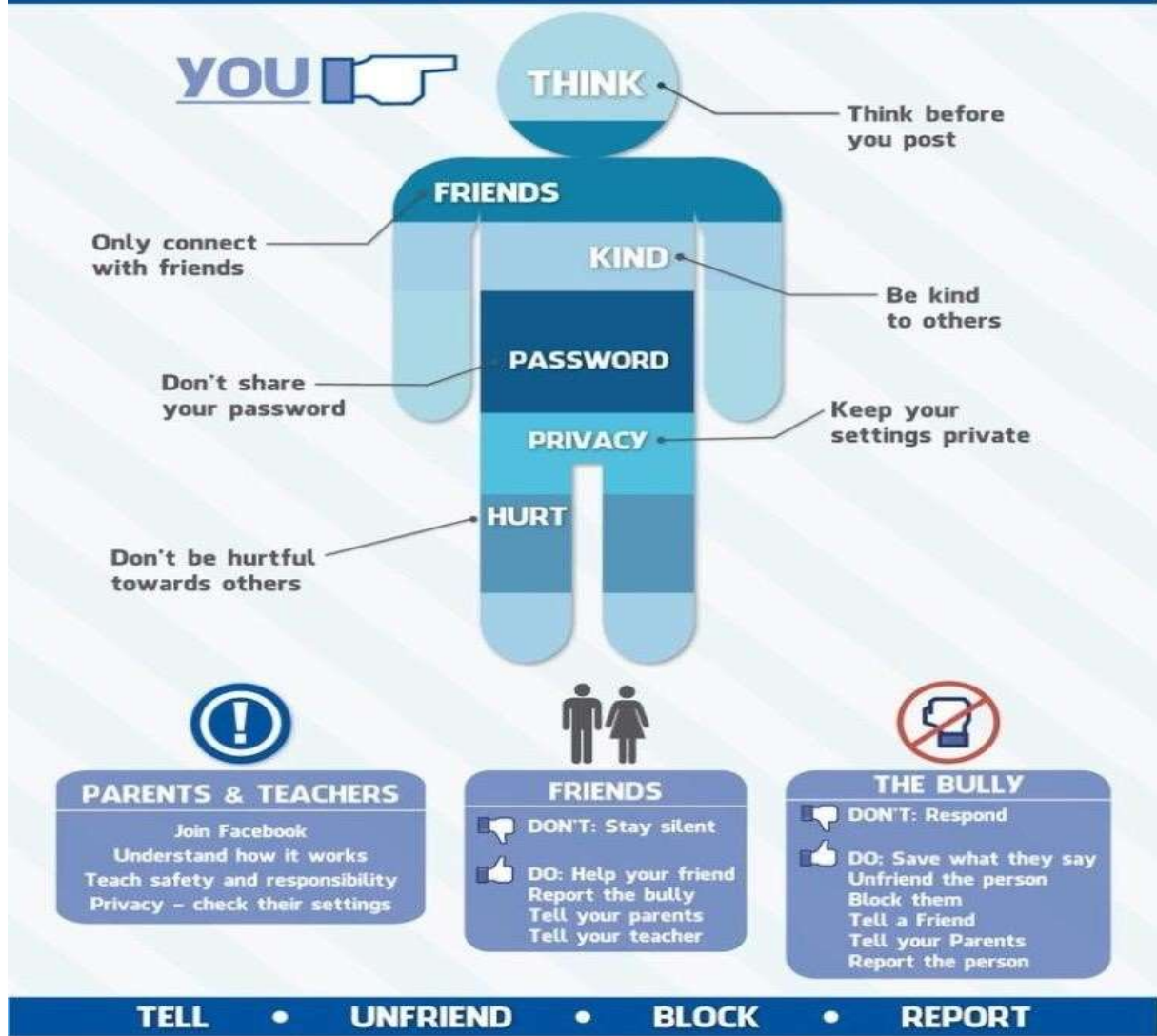
What can you set? Decide who sees your posts and Timelines, unfriend people and block.

What is Facebook?

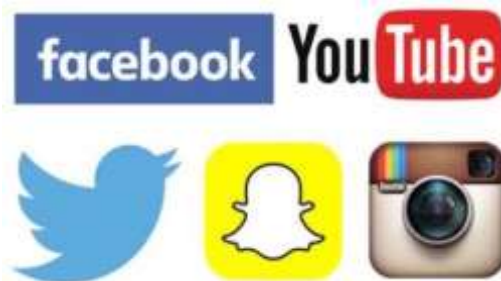
Facebook is a social networking website and service where users can post comments, share photographs and links to news or other content on the Web, play games, chat live, and even stream live video. Shared content can be made publicly accessible, or it can be shared only among a select group of friends or family, or with a single person. Facebook allows you to maintain a friends list and choose privacy settings to tailor who can see content on your profile. Facebook allows you to upload photos and maintain photo albums that can be shared with your friends. Facebook supports interactive online chat and the ability to comment on your friend's profile pages, called "walls," in order to keep in touch.

BE AWARE: Facebook is public and even if you post something and delete it, doesn't mean that someone didn't take a screenshot of it before you had the chance to

safebook



Protecting your Privacy on social media



How to set privacy settings

Privacy

Tweet privacy **Protect my Tweets**
 If selected, only those you approve will receive your Tweets. Your future Tweets will not be available publicly. Tweets posted previously may still be publicly visible in some places. [Learn more.](#)

Tweet location **Add a location to my Tweets**
 When you tweet with a location, Twitter stores that location. You can switch location on/off before each Tweet. [Learn more](#)

Delete all location information

This will delete all location information from past Tweets. This may take up to 30 minutes.

Discoverability **Let others find me by my email address**

Personalization **Tailor Twitter based on my recent website visits**
 Preview suggestions tailored for you (not currently available to all users). [Learn more](#) about how this works and your additional privacy controls.

Promoted content **Tailor ads based on information shared by ad partners.**
 This lets Twitter display ads about things you've already shown interest in. [Learn more](#) about how this works and your additional privacy controls.

Save changes



twitter Home Profile Messages Who to Follow

Tweet Location **Add a location to your Tweets**
 Ever had something you wanted to share ("fireworks", "party", "ice cream truck", or "quicksand...") that would be better with a location? By turning on this feature, you can include location information like neighborhood, town, or exact point when you tweet.
 When you tweet with a location, Twitter stores that location. You can switch location on/off before each Tweet and always have the option to delete your location history. [Learn more](#)

You may delete all location information from your past Tweets. This may take up to 30 minutes.

Tweet Media **Display media that may contain sensitive content**

Mark my media as containing sensitive content
 If you tweet images or videos that may contain sensitive content, please check this box so that people can be warned before they see it. [Learn more](#)

Tweet Privacy **Protect my Tweets**
 Only let people whom I approve follow my Tweets.
 If this is checked, your future Tweets will not be available publicly. Tweets posted previously may still be publicly visible in some places.

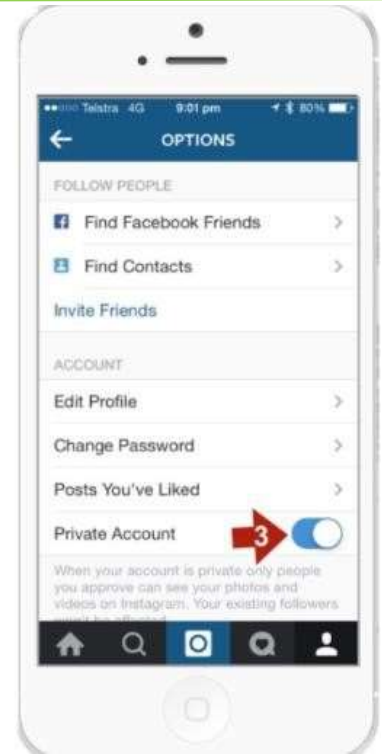
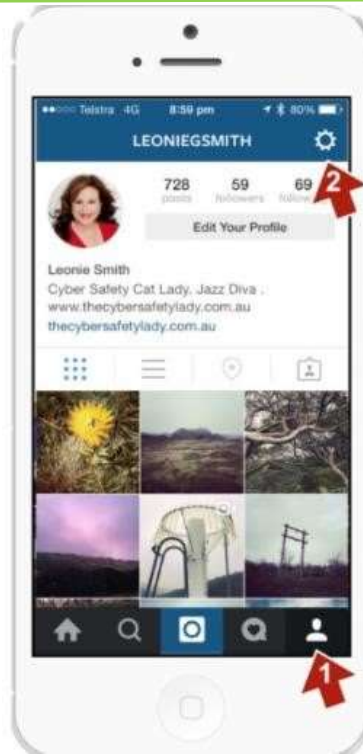
HTTPS Only **Always use HTTPS**
 Use a secure connection where possible to encrypt your account information.

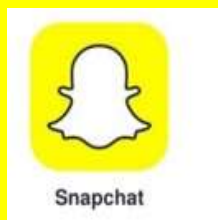
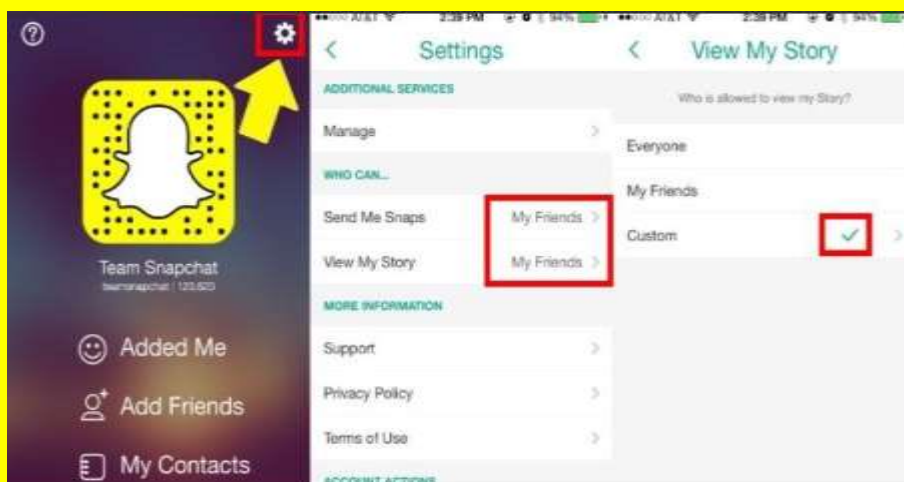
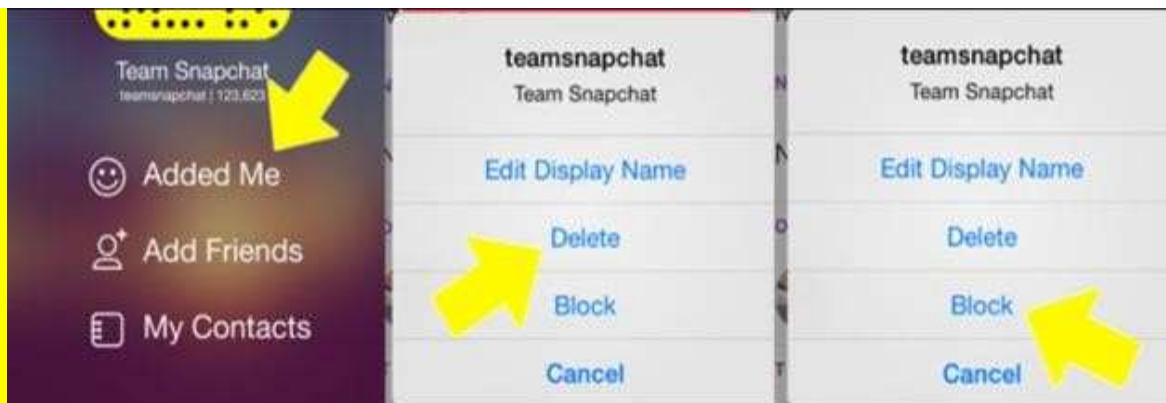
Make sure this box is unticked

Make sure this box is unticked

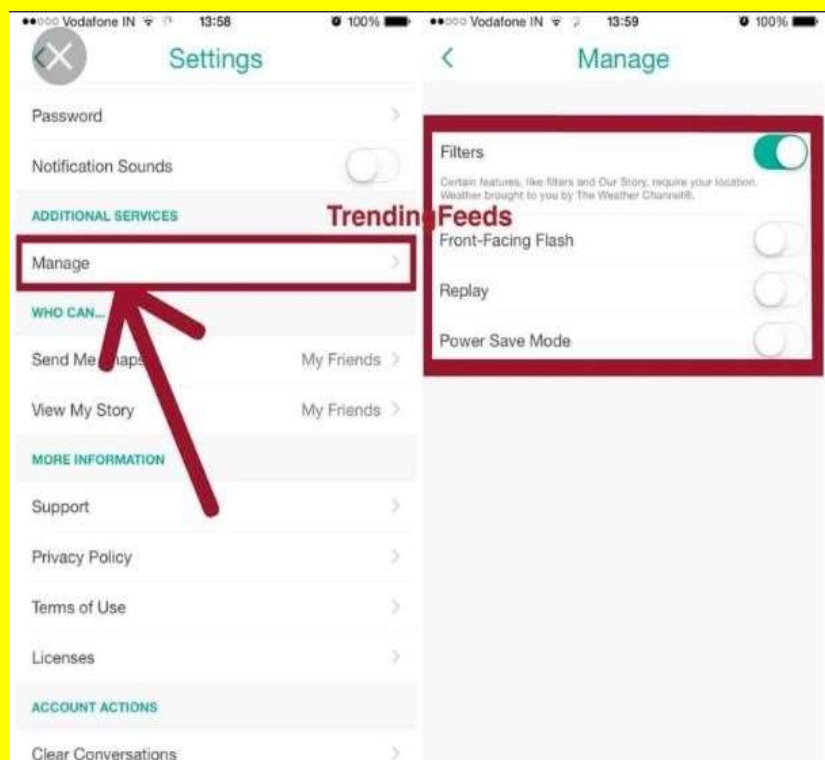
Make sure this box is TICKED

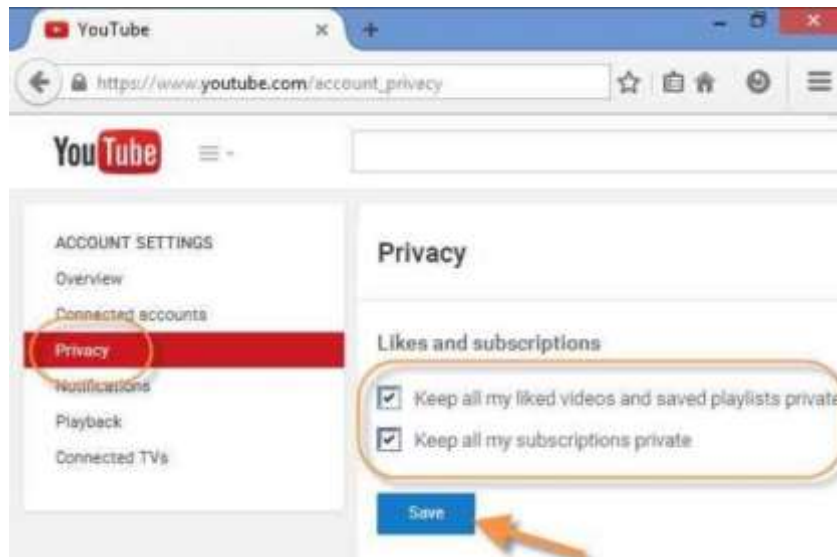
Make sure this box is TICKED



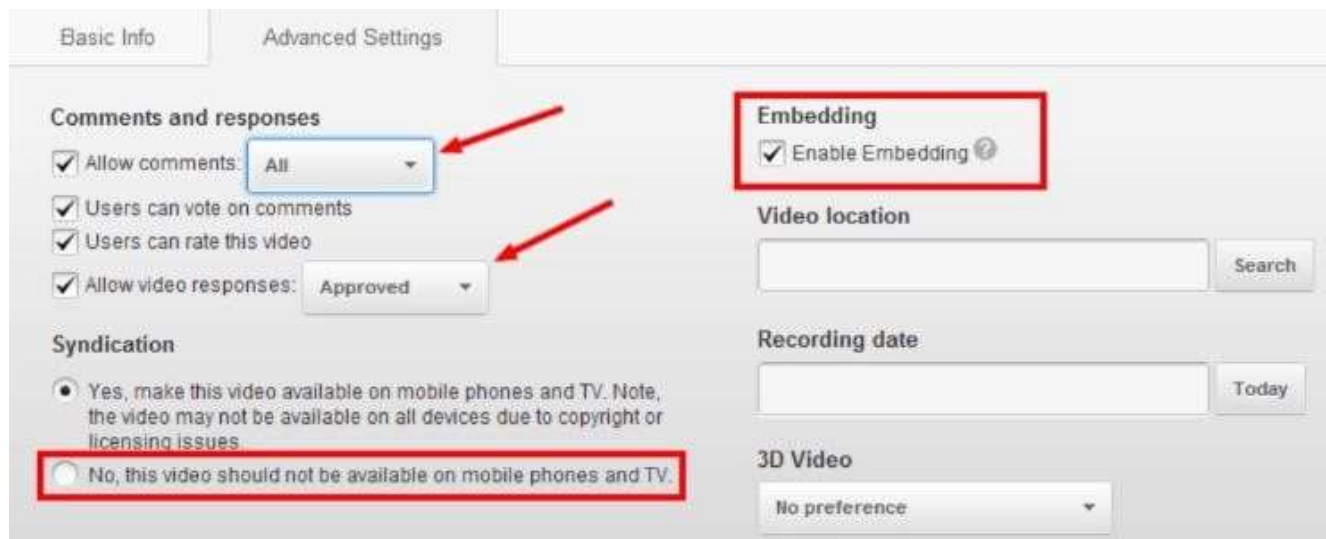


Snapchat: offers users the ability to send and receive messages, photos, or videos that disappear after few seconds. **Problem:** It is the #1 app used for sexting. Many of the files uploaded to Snapchat end up on revenge porn site, called 'snap porn'.





YouTube
Change YouTube
Privacy Settings



1

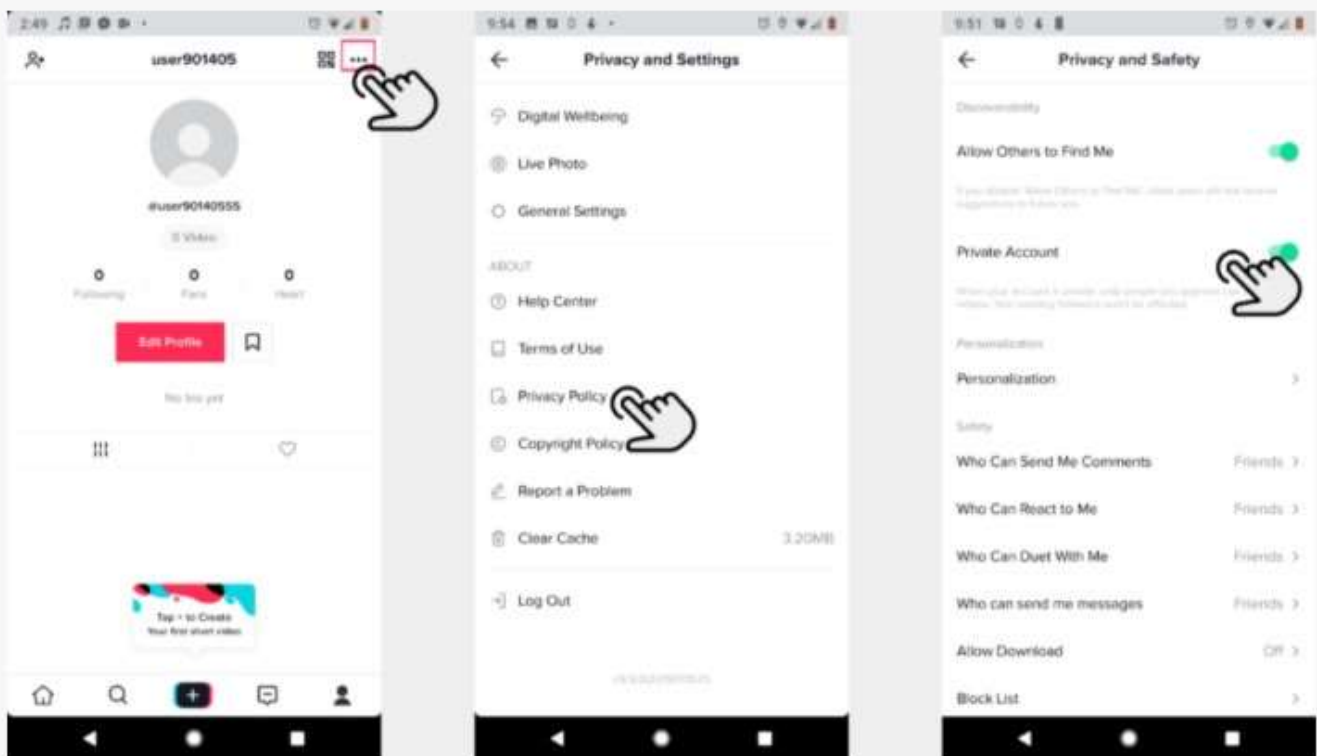
How to make TikTok account to private [↗](#)

Please note that even with a private account your child's profile photo, username, and bio will be visible to all TikTok users. It is best to ensure no sensitive or personal information is included here.

Step 1- Go to your profile page

Step 2- Tap three dots on the top right corner and select "Privacy and Settings"

Step 3 - Select "Privacy and Safety" option and toggle "Private Account" on/off



Security Settings Change to MOST secure Settings

Login Notifications	Get notified when it looks like someone else is trying to access your account.	Edit
Login Approvals	Use your phone as an extra layer of security to keep other people from logging into your account.	Edit
Code Generator	Use your Facebook app to get security codes when you need them.	Edit
App Passwords	Use special passwords to log into your apps instead of using your Facebook password or Login Approvals codes.	Edit
Trusted Contacts	Pick friends you can call to help you get back into your account if you get locked out.	Edit
Trusted Browsers	Review which browsers you saved as ones you often use.	Edit
Where You're Logged In	Review and manage where you're currently logged into Facebook.	Edit

[Deactivate your account.](#)

Privacy Settings and Tools

Who can see my stuff? **Who can see your future posts?**

You can manage the privacy of things you share by using the audience selector right where you post. This control remembers your selection so future posts will be shared with the same audience unless you change it.

What's on your mind?

your posts and things you're tagged

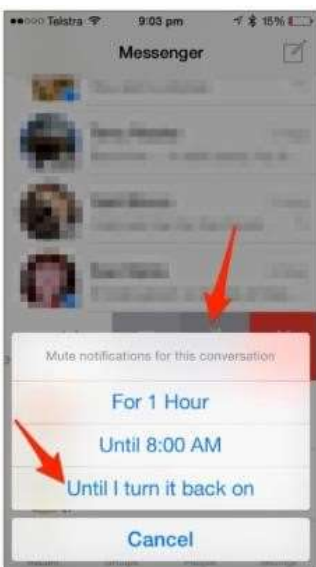
audience for posts you've shared with Public?

Who can look me up? Who can look you up using the email address or phone number you provided?

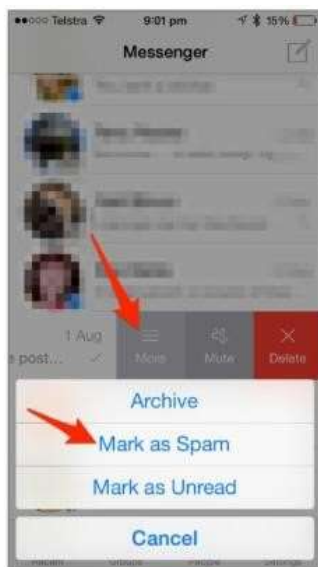
Do you want other search engines to link to your timeline?

Note the word "future" - this changes your default, but whatever you put here you can over-ride on a post by post basis later

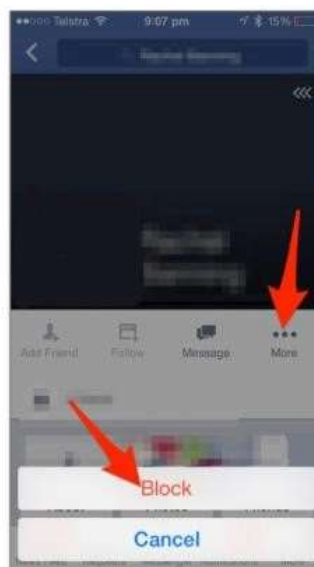
- Public
- Friends**
- Only Me
- Custom
- Close Friends
- Grossmont High
- See all lists...



Swipe left, select "Mute" Option and select 'Until I turn it back on'



Swipe left, select "More" Option and select "Mark as Spam"

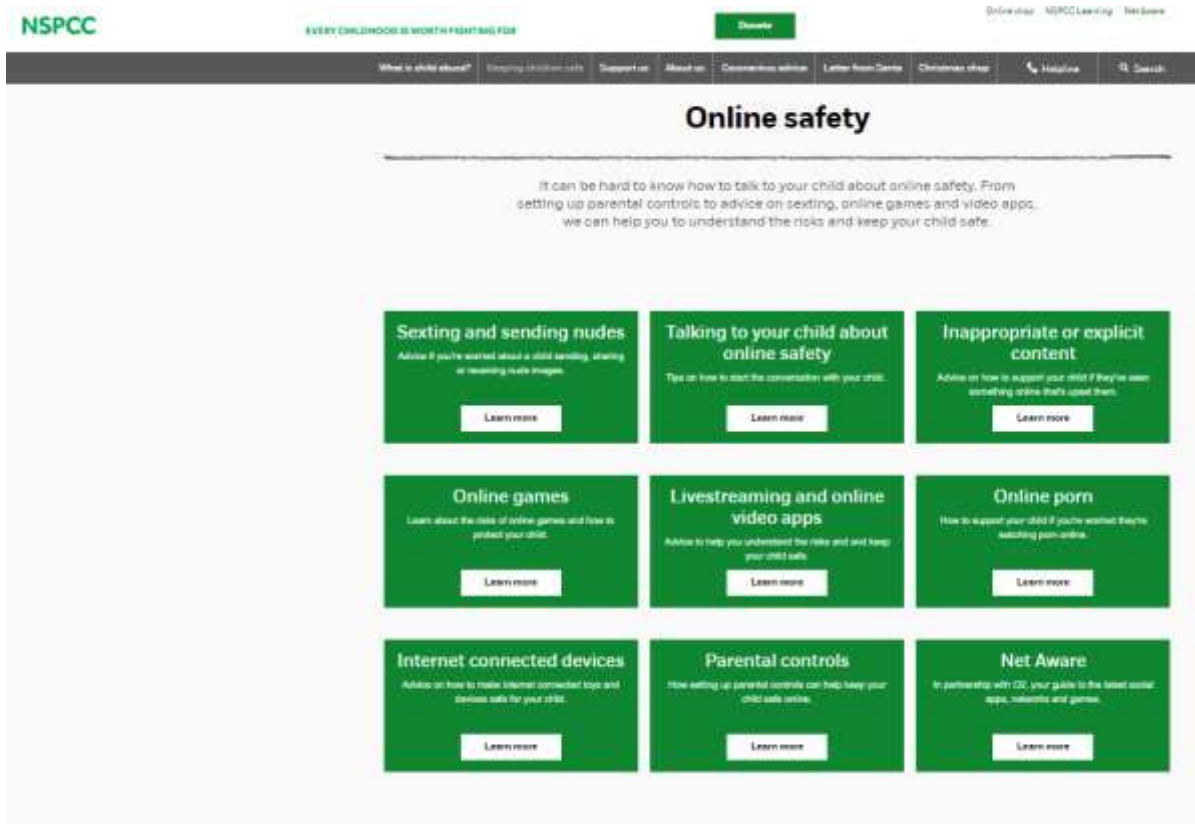


To Block, click on message click the (i) icon. Click "More" and "Block"



Additional Information for Parents and Carers

NSPCC website <https://www.nspcc.org.uk/keeping-children-safe/online-safety/> offers parents support with specific issues



Also linked to the NSPCC site is this family agreement resource and ideas about how to create a family agreement with older children



Alternatively, Childnet International suggest the following

There are real advantages in maintaining an open dialogue with your child about their internet use. Not sure where to begin? These conversation starter suggestions can help.

- 1** Ask your children to tell you about the sites they like to visit and what they enjoy doing online.
- 2** Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?
- 3** Ask them if they know where to go for help, where to find the safety advice, privacy settings and how to report or block on the services they use.
- 4** Encourage them to help someone! Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.
- 5** Think about how you each use the internet. What more could you do to use the internet together? Are there activities that you could enjoy as a family?

What can I do right now?

- Maintain an open dialogue with your child and encourage them to talk to you about their internet use: for example who they're talking to, services they're using, and any issues they may be experiencing.
- Create a family agreement to establish your children's boundaries, and your expectations, when on the internet. A template agreement can be found at www.childnet.com/have-a-conversation
- Give your child strategies to deal with any online content that they are not comfortable with – such as turning off the screen, telling an adult they trust and using online reporting facilities.
- Consider using filtering software to block unwanted content. In addition to filtering, remember that discussion with your child, and involvement in their internet use, are both effective ways to educate them about the internet.
- Encourage your child to 'think before you post.' Online actions can impact not only yourself but the lives of others. Content posted privately online can be publicly shared by others, and may remain online forever.
- Understand the law. Some online behaviour may break the law, for example when downloading or sharing content with others. Be able to recommend legal services.
- Familiarise yourself with the privacy settings and reporting features available on popular sites, services and apps.
- If your child is being bullied online, save all available evidence and know where to report the incident, for example to the school, service provider, or the police if the law has been broken.
- Familiarise yourself with the age ratings for games and apps which can help to indicate the level and suitability of the content. Also see if online reviews are available from other parents as these may be helpful.
- Set up a family email address that your children can use when signing up to new games and websites online.
- Encourage your child to use nicknames (where possible) instead of their full name online, to protect their personal information, and create strong passwords for every account.

Sign up to our Childnet newsletter at www.childnet.com.

6 Tips for Teens:

- 1** **Protect your online reputation:** use the tools provided by online services to manage your digital footprints and 'think before you post.' Content posted online can last forever and could be shared publicly by anyone.
- 2** **Know where to find help:** understand how to report to service providers and use blocking and deleting tools. If something happens that upsets you online, it's never too late to tell someone.
- 3** **Don't give in to pressure:** if you lose your inhibitions you've lost control; once you've pressed send you can't take it back.
- 4** **Respect the law:** use reliable services and know how to legally access the music, film and TV you want.
- 5** **Acknowledge your sources:** use trustworthy content and remember to give credit when using other people's work/ ideas.
- 6** **Be a critical thinker:** not everything or everyone is trustworthy; think carefully about what you see and experience on sites, social media and apps.

Further advice and resources:

www.childnet.com

www.saferinternet.org.uk

Family time is a subscription service that can support parents to monitor and control their child's access to social media <https://familytime.io/get-started.html>

FamilyTime

PRODUCT FEATURES PREMIUM SUPPORT **GET STARTED** LOGIN

World's Most Powerful Parental Control App

Reclaim your family moments by managing content and usage across all devices.

Monitor and Manage kid's Cell Phone Activities like Location, Internet, Phone Logs, App Blocking, Geofencing & much more!

[Live Chat](#) [Get Started Now](#)

CBS NEWS YAHOO! IHUFFPOSTI Daily Mail PC The Washington Post tom's guide

Meet FamilyTime – The Best Parental Control App

Say hello to effortless digital parenting that is easy, fun and 100% effective with FamilyTime – the best parental control app! FamilyTime is your ultimate parenting aide that will keep you posted on your children's whereabouts and let you manage screen time and block apps on their phones with just a tap. What's more; your kids can reach out to you instantly if they ever get into trouble with instant panic alerts. The future of smart digital parenting is now!

The Best Limit Screen Time App

Manage the Time your Kids Spend on iPhone, iPad and Android Devices

Time Limits BedTime Homework Time

Remember you can get support from

CEOP: <https://www.thinkuknow.co.uk/>

Childline: <https://www.childline.org.uk/>

Northampton Local Authority: <http://www.northamptonshirescb.org.uk/parents-carers/esafety/>

Or contact your child's head of year at school.

Telephone number: 01604 679540

Email: admin@nsg.northants.sch.uk