

# Social Media Parent Workshop

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We are part of...

**WENSUM**TRUST 

F O R C H I L D R E N , F A M I L I E S A N D C O M M U N I T I E S

What we will cover:

- The apps young people are using and risks of these.
- 'Red flags'.
- What you can do to prevent/deal with these risks.
- What the police deal with regarding young people and their use of the internet and ICT.
- Where to go for help and advice if you have a problem.

# What are young people doing online?

13

Snapchat

13

Instagram

13

Facebook

16

Whatsapp

13

Chat Avenue

13

TikTok

12

Fortnite



Calculator Lock

13

YouTube

10

Minecraft

13

Kik



Roblox

17

Say Hi

13

Discord

18

Grindr

17

Chat Alternative

10

Among Us



**Age  
Inappropriate**

**Sharing  
Images**

**Public Profile**

## **Red Flags.**

**Lots of Friends  
/ Followers**

**Fake Profiles**

**Group Chat**

What can we  
(school /  
parents) do to  
support?

**Recognise changes in  
behaviour and be supportive.**

Are they secretive, withdrawn, angry,  
upset?

**Knw ur txt spk.**

Be aware of the language your children  
use online so you recognise anything  
potentially problematic.

**Do your research.**

If something doesn't feel right, find out  
more about it.

**Set parental controls.**

Apps available for Apple and Android to  
help you control what your children can  
access.

**Give advice to make games  
/ apps safer.**

Make profile private, tell them not to add  
people they don't know, don't share  
personal info and don't share location!

**Seek advice.**

From friends / professionals / online, etc.

**Family Internet Agreement.**

Agree some ground rules from the start.

## Parent's agreement

1. I know that the Internet is an important resource for my children and that being familiar with it is a necessary skill. It can also be a wonderful place to visit, but I know that I must do my part to help keep my kids safe online.
2. I will get to know the services and websites my child uses.
3. I will set reasonable rules and guidelines for computer use by my children, including how much time they may spend online. I will encourage them to participate in offline activities as well. We will discuss these rules and post them near the computer as a reminder.
4. I will not overreact if my child tells me about something "bad" she finds or does on the Internet
5. If my child does something that I do not approve of online we will have a calm conversation about my expectations and the reasons for our internet rules. I understand that just taking away the Internet will not solve the problem.
6. I will try and get to know my child's online friends and contacts just as I get to know his or her offline friends.
7. I will put the home computer in a family area rather than in a private room (i.e. bedroom, office).
8. I will report suspicious and illegal activity and sites to the proper authorities and learn how to report abuse when necessary.
9. I will frequently check to see where my children have visited on the Internet and will talk to them if I see something I am concerned about or that I think is inappropriate.
10. I will talk to my children about their social networking profiles: what they can and cannot post, who they should allow as friends and how to behave appropriately in their online interactions.
11. I will learn about parental controls for filtering and blocking inappropriate Internet material from my children.
12. If my child continues to break our Internet rules after we have discussed them I will impose penalties for their actions including taking away his or her computer, tablet, mobile phone or other devices until their behaviour changes.

Parent:

I, \_\_\_\_\_ agree to the above.

\_\_\_\_\_ Date

Child:

I, \_\_\_\_\_ agree to the above.

\_\_\_\_\_ Date

## Child's agreement

1. I will tell my parents my user-names and passwords, but always keep them private from everyone else
2. I will not share my personal information or my parent's or family's information with anyone online. This includes: name, address, telephone number, age or school name. I will not post this information to my profiles even if I think only my friends will see it.
3. I will treat others the way I want to be treated online. I will be respectful and never pick fights or post mean or threatening words.
4. I will tell my parents about people I meet online, even if they don't ask. I won't answer emails, IM's, messages or friend requests from people I don't know and my parents haven't approved.
5. If I see or read things that I think are bad, inappropriate or mean I will show my parents right away.
6. I will tell my parents if I receive pictures or links that I didn't ask for, or that contain inappropriate content, bad language or anything I think might not be right.
7. I will not do anything a person online asks to me to unless my parents say it's ok, especially things I know they wouldn't approve of.
8. I will not call, write to, or meet someone in person who I've met online unless my parents say it is OK and come along with me.
9. I will talk with my parents or guardians about our rules for going online, including how long I can be online, what sites I can visit, and who I can communicate with online.
10. I will help my parents learn more about the Internet and understand what I do and where I go online.
11. I know that sometimes my parents will supervise where I go online or use software to restrict some websites but I understand that they are doing this because they want to protect me online.
12. I know that if I break this contract or the Internet rules that my parents and I have discussed they can take away my access to the Internet, including my computer, tablet, mobile phone or other devices until my behaviour changes.

Child:

I, \_\_\_\_\_ agree to the above.

\_\_\_\_\_ Date

Parent:

I, \_\_\_\_\_ agree to the above.

\_\_\_\_\_ Date

# The Law and Online Offending:

## Malicious Communications

Malicious Communications are where someone sends a letter or any other form of communication that is indecent or grossly offensive, threatening, or contains information which is false, or believed to be false. The purpose for sending it is to cause distress or anxiety to the person it is sent to.

## Harassment

Harassment is when someone behaves in a way which makes someone else feel distressed, humiliated or threatened. It could be someone known to the person, like a neighbour, or people from their local area or school, or it could be a stranger, for example, someone they see on a bus. Again, online bullying behaviour can sometimes actually constitute harassment

## Hate Crime/Incidents

Any crime can be prosecuted as a hate crime if the offender has either:

- Demonstrated hostility based on race, religion, disability,, sexual orientation or transgender identity.
- OR
- Been motivated by hostility based on race, religion, disability,, sexual orientation or transgender identity.

## Indecent Images

It is an offence to ask for, make, possess, distribute and show any indecent images of anyone aged under 18, even if the content was created with the consent of that young person.

## Grooming

Grooming can be defined as developing the trust of a young person or their family in order to engage in illegal sexual activity with that child.

**Bullying**

**Gaming**

**Sexting /  
Cyberflashing**

## **What the police are dealing with:**

**CSE (Child Sexual  
Exploitation) / CCE  
(Child Criminal  
Exploitation)**

**Fake News**

**Activism**

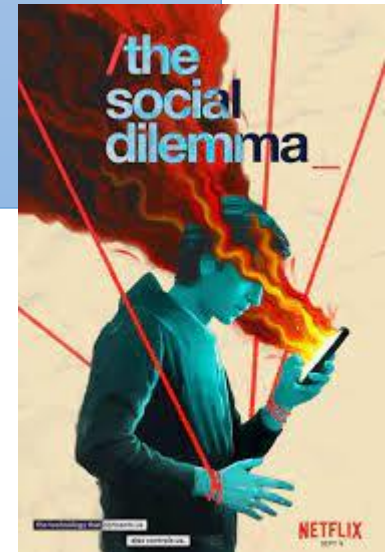


## ***Social Media and Mental Health: Some homework for you!***

Social media can have an effect on your child's mental health.

If you have NETFLIX, watch **The Social Dilemma**:

*Tech experts from Silicon Valley sound the alarm on the dangerous impact of social networking, which Big Tech use in an attempt to manipulate and influence.*



# Help and Advice

- Talk to your school's **Designated Safeguarding Lead – Mr N Bliss**
- Ring **101** for advice from the police, or **999** if it is an emergency
- Just One Norfolk – [www.justonenorfolk.nhs.uk](http://www.justonenorfolk.nhs.uk) – Advice for parents about online safety.
- Think U Know – [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) – resources for parents and professionals about online issues.
- CEOP – [www.ceop.police.uk](http://www.ceop.police.uk) - Can be used to report online abuse.
- [chathealth.nhs.uk](http://chathealth.nhs.uk) – Online chat service that anyone can use to get advice from health professionals about a range of issues.
- [Kooth.com](http://Kooth.com) – Similar to Chat Health but is an advice service for young people
- [Nationalonlinesafety.com](http://Nationalonlinesafety.com) and [net-aware.org.uk](http://net-aware.org.uk) – Really useful websites (mobile app also available for N.O.S) with information about the apps/games young people use and how to make their online experience as safe as possible.
- [Internetmatters.org](http://Internetmatters.org) – For advice about setting parental controls.
- [getsafeonline.org](http://getsafeonline.org) also provides important information and advice on where people can get further help and information such as the [nationalbullyinghelpline.co.uk](http://nationalbullyinghelpline.co.uk)
- Harmful content can be reported to [reportharmfulcontent.com](http://reportharmfulcontent.com)



# THE THINGS I WISH MY PARENTS HAD KNOWN

**Children's**  
COMMISSIONER

YOUNG PEOPLE'S ADVICE  
ON TALKING TO YOUR  
CHILD ABOUT ONLINE  
SEXUAL HARASSMENT

- [Talking to your child about online sexual harassment: A guide for parents | Children's Commissioner for England \(childrenscommissioner.gov.uk\)](https://www.childrenscommissioner.gov.uk/talking-to-your-child-about-online-sexual-harassment-a-guide-for-parents/)

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People are encouraged to call the helpline on **0344 381 4772** or email [helpline@saferinternet.org.uk](mailto:helpline@saferinternet.org.uk).

# Social Media can be a wonderful thing...

- There are so many people on Instagram, YouTube etc...who can be great role models for your children!
- For example, there are lots of people who:
  - *Promote body positivity*
  - *Provide tips and support with mental health issues*
  - *Talk through their experiences on bullying and how to deal with it*
- If you have identified that your child is struggling with something in particular it could be helpful to sit with them and find some positive people for them to follow on social media to help support them

## Thank you for listening.

### Any questions?

Mr N Bliss: Assistant Head, Safeguarding lead: [nbliss@acle.Norfolk.sch.uk](mailto:nbliss@acle.Norfolk.sch.uk)

Ms L Frary: SENDCo, Teacher of IT: [lfrary@acle.Norfolk.sch.uk](mailto:lfrary@acle.Norfolk.sch.uk)

#### **Heads of House:**

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**THURNE:** [ijohn@acle.Norfolk.sch.uk](mailto:ijohn@acle.Norfolk.sch.uk)

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