

SOCIAL MEDIA

Social media used by children and young people



Social Media Use and Children's Wellbeing

Social media is generally positive, engaging and beneficial when used correctly. It has however also been shown to have potential negative effects on children's wellbeing, including worsening children's anxiety, disrupting their sleep patterns and heightening their concerns around body image (Royal Society for Public Health & Youth Health Movement, 2017).

Internet and social media use can have both beneficial and detrimental effects on children's wellbeing because of the wide range of activities that are undertaken online. This guide aims to provide assistance and information to help effective use of social media. Thank you for our Sunbeam Pride carer that has prepared the content and provided support here.

If you have any concerns that you are uncertain of, please contact your Supervising Social Worker or contact our office to speak with a member from our team. We understand that it can be daunting learning about the new and upcoming social media platforms, but our team is here to help!

Best Wishes
Team Sunbeam

**USE OF FACEBOOK AND
HOW TO KEEP CHILDREN
SAFE**

**INSTAGRAM TIPS AND
HOW TO REPORT IF
THERE IS SOMETHING**

**INFORMATION ABOUT
TWITTERS**

HOW TO USE SNAPCHAT

**TIKTOK ACCOUNT AND
SOME TIPS**

**MOBILE PARENT
CONTROL**



2. Dangers of Children on Facebook

Although Facebook offers various privacy settings that can be tweaked, there is no way to guarantee that your photos will not be seen by people you didn't intend to share with.

Posting photos of your children also sets a bad example to them about privacy and opens them up to other dangers, such as identity theft. Other dangers could be:

- Exposure to Sexual Predators
- Sets a Bad Example
- Identity Theft
- Open Children To Bullying & Intimidation

4. How to keep children safe on Facebook

Under User Accounts, click Set up Parental Controls. You'll probably need to type in the administrator password. Choose the user and choose On under Parental Controls. You can adjust individual features: restricting specific websites, games, programs, and very handily, setting time limits for computer use.

5. How to report to Facebook

Go to the Page you want to report. Click below the Page's cover photo. Select Find Support or Report Page. To give feedback, click the option that best describes how this Page goes against our Community Standards. Depending on your feedback, you may then be able to submit a report to Facebook.

1. Introduction:

Facebook is a website which allows users, who sign-up for free profiles, to connect with friends, work colleagues or people they don't know, online. It allows users to share pictures, music, videos, and articles, as well as their own thoughts and opinions with as many people they want. People can easily get access to this data from anywhere.

3. Age allowances

Facebook: requires everyone to be At Least 13 Years Old before they can create an account (in some jurisdictions, this age limit may be higher). Creating an account with false info is a violation of their terms. This includes accounts registered on the behalf of someone under 13.

1. Introduction:

Instagram is a free, online photo-sharing application and social network platform that was acquired by Facebook in 2012. As with other social networking platforms, Instagram users can like, comment on and bookmark others' posts, as well as send private messages to their friends via the Instagram Direct feature.

2. Dangers of Children on Instagram

Same as Facebook, Instagram offers various privacy settings that can be applied to secure your account and keep your details safe. However, there are many ways that enable your details to be visible. Children want their privacy and do not want their parents to upload their pictures.

- 50% of the images posted on paedophile sites were sourced from parents' social media profiles.
- 1 in 4 children admit to feeling worried, embarrassed, or anxious when their parents post photos of them on social media.



3. Age allowances

Instagram requires everyone to be at least 13 Years Old before they can create an account (in some jurisdictions, this age limit may be higher).

4. How to keep children safe on Instagram

We know many parents and guardians think about what their children/teens are doing online. Make sure to share the below points. Have a good discussion and answer all their questions openly to make sure Instagram is a positive place for them to connect and share.

- Make Your Child's Instagram Feed Private.
- Don't Use Location Sharing.
- Keep Personal Details Private.
- Block Unknown or Harassing Followers.
- Remove Photo Tags.
- Delete Photos.
- Revoke Access by Third-Party Apps

5. How to report to Instagram

1. To report someone's account, go to their profile and click next to their username. Select Report user. Then click the type of account you want to report and follow the on-screen instructions.
2. To report a post, click in the top right of the post. Then click Report Inappropriate and follow the on-screen instructions.



1. Introduction:

Twitter is a 'microblogging' system that allows you to send and receive short posts called tweets. Twitter users follow other users. If you follow someone you can see their tweets in your twitter 'timeline'. You can choose to follow people and organisations with similar academic and personal interests to you

2. Dangers of Children on Twitter

The bottom line is that Twitter isn't really safe for younger kids to use. You could ask them to set their profile to private, but there may be other ways (and apps) they could use to keep in touch with their friends, whether that's Facebook Messenger Kids, Whatsapp or another messaging service

3. Age allowances

While Twitter has always required its users to be 13 years old or older, new GDPR rules add further protection for internet users under the age of 13. With the new regulations, Twitter cannot legally keep content that was posted by a user when they were under the age of 13 on its site



4. How to keep children safe on Twitter

Select the 'Settings and Privacy' option from the menu. On the next menu, tap 'Privacy and safety'. Under 'Tweets' make sure the option for 'Protect your tweets' is ticked so that only followers and people you approve can see your child's tweets.



5. How to report to Twitter

If you are using twitter and have an account. You can report a single tweet, an account or a specific message/conversation. The method to report is explained below:

Report a tweet

1. Navigate to the Tweet you'd like to report on twitter.com or from the Twitter for iOS or Android app. 2. Click or tap the icon. 3. Select Report. 4. Select It's abusive or harmful. 5. Next, we'll ask you to provide more information about the issue you're reporting. We may also ask you to select additional Tweets from the account you're reporting so we have better context to evaluate your report. 6. We will include the text of the Tweets you reported in our follow-up emails and notifications to you. To opt-out of receiving this information, please uncheck the box next to Updates about this report can show these Tweets.

Report a tweet

1. Go to the account profile and click or tap the overflow icon 2. Select Report. 3. Select They're being abusive or harmful. 4. Next, we'll ask you to provide additional information about the issue you're reporting. We may also ask you to select Tweets from that account so we have better context to evaluate your report. 5. We will include the text of the Tweets you reported in our follow-up emails and notifications to you. To opt-out of receiving this information, please uncheck the box next to Updates about this report can show these Tweets. 6. Once you've submitted your report, we'll provide recommendations for additional actions you can take to improve your Twitter experience.

Report a message or a conversation

1. Click into the Direct Message conversation and find the message you'd like to report. 2. Hover over the message and click the report icon 3. Select Report @username. 4. If you select It's abusive or harmful, we'll ask you to provide additional information about the issue you're reporting. We may also ask you to select additional messages from the account you're reporting so we have better context to evaluate your report. 5. Once you've submitted your report, we'll provide recommendations for additional actions you can take to improve your Twitter experience. Note: Additionally, you have the option of reporting a conversation from a group message.



1. Introduction:

Snapchat is a popular messaging app that lets users exchange pictures and videos (called snaps) that are meant to disappear after they're viewed. It's advertised as a "new type of camera" because the essential function is to take a picture or video, add filters, lenses or other effects and share them with friends.






2. Dangers of Children on Snapchat

The temporary nature of Snapchat messages could lead some teens to get into hot water for sending 'sexts' or sexually suggestive images and text messages. Research has shown that sexting can be very upsetting emotionally, especially if the messages go astray, ending up in the wrong hands.

5. How to report to Snapchat

If you ever experience harassment, bullying or any other safety concern, you can always report it right to us.

Together we can make Snapchat a safer place and a stronger community.

- To report a Story on Snapchat, just press and hold on the offending Snap until a  button appears. Tap it to report the Story and let us know what's going on.
- To report a Snap someone sent you, just press and hold on the Snap until a  button appears. Tap it to report the Snap and let us know what's going on.
- To report a Snapchat account, press and hold on that Snapchatter's name and tap the  button. Tap "Report" to report the account and let us know what's going on.
- To report a Story on the web from your computer, click the  button on the video, then click "Report". To report a Story on the web from your phone or tablet, tap the  button on the video to report it and let us know what's going on.
- To hide something on Discover, just press and hold a tile on the Discover screen, then tap "Hide" or unsubscribe. You should start to see fewer Snaps like that on your Discover screen.

3. Age allowances

Snapchat has a minimum age requirement of 13 years old, and users who enter a date of birth under 13 can't set up an account. Unfortunately, it's easy to circumvent this using a fake date of birth and – as with Facebook – the service has no way of checking.

4. How to keep children safe on Snapchat

When you enable restrictions, you can set a four-digit passcode that must be entered in order to access certain applications. Parents whose kids are using Androids can restrict access to the app through the Google Play store by going to Settings > Parental Controls and creating a PIN.



2. Dangers of Children on Facebook

Although Facebook offers various privacy settings that can be tweaked, there is no way to guarantee that your photos will not be seen by people you didn't intend to share with.

Posting photos of your children also sets a bad example to them about privacy and opens them up to other dangers, such as identity theft. Other dangers could be.

- Access to nudity, pictures and Videos
- Videos and pictures can be download to anybody devices and shared
- Cyber bullying

4. How to keep children safe on TikTok

There's a Family Safety Mode feature that lets parents link their own accounts to their kids to control time limits and Restricted Mode, and it adds direct messages as well.

5. How to report to TikTok

If you ever experience harassment, bullying or any other safety concern, you can always report it

1. Report an account.
2. Report a video. Tap on on the video page. Tap on "Report" ...
3. Report a comment. Tap and hold the comment you'd like to report. Tap "Report" ...
4. Report a chat. Open the conversation you want to report. Tap on. ...
5. Source: <http://support.tiktok.com/knowledge-base/report-inappropriate-content>.

1. Introduction:

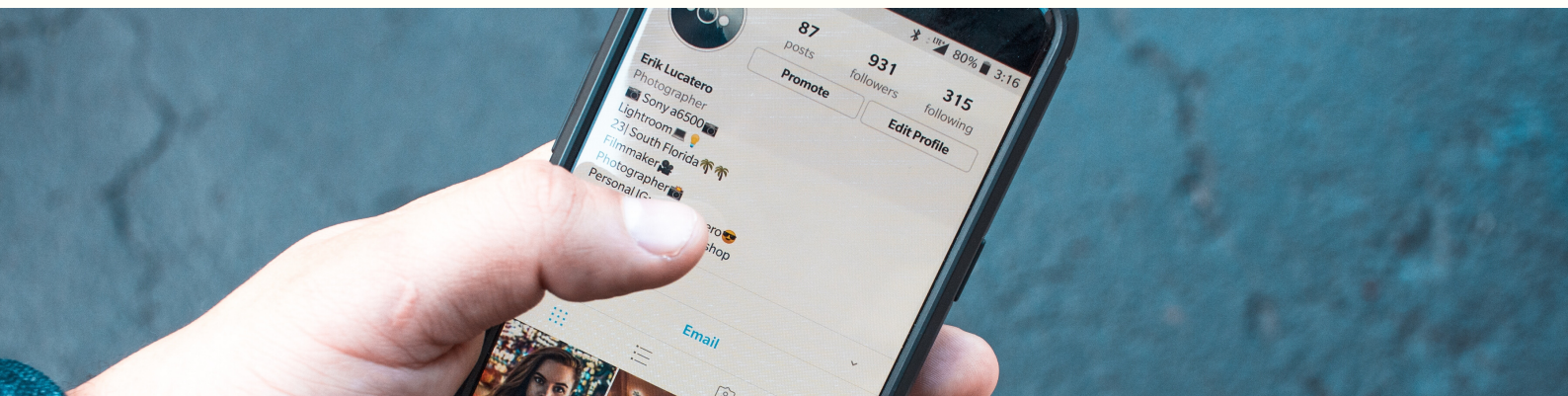
TikTok is a free social media app that lets you watch, create, and share videos often to a soundtrack of the top hits in music, right from your phone. As with the lip-synching app Dubsmash, users can watch and record videos of themselves lip-synching to popular music and sound bites.

3. Age allowances

People aged 13 and over can download the app which has a 12+ rating in app stores - though, as, with other age-restricted platforms, parents need to ensure their children are the appropriate age to use TikTok.

Mobile Parent control

Set Content & Privacy Restrictions for IOS:



1. Go to Settings and tap Screen Time.
2. Tap Continue, then choose 'This is My [device]' or 'This is My Child's [device]'.
 - If you're the parent or guardian on your device and want to prevent another family member from changing your settings, tap Use Screen Time Passcode to create a passcode, then re-enter the passcode to confirm. In iOS 13.4 and later, after you confirm your passcode, you'll be asked to enter your Apple ID and password. This can be used to reset your Screen Time passcode if you forget it.
 - If you're setting up Screen Time on your child's device, follow the prompts until you get to Parent Passcode and enter a passcode. Re-enter the passcode to confirm. In iOS 13.4 and later, after you confirm your passcode, you'll be asked to enter your Apple ID and password. This can be used to reset your Screen Time passcode if you forget it.
3. Tap Content & Privacy Restrictions. If asked, enter your passcode, then turn on Content & Privacy.

Make sure you choose a passcode that's different from the passcode you use to unlock your device. To change or turn off the passcode on your child's device, tap Settings > Screen Time > [your child's name]. Then tap Change Screen Time Passcode or Turn Off Screen Time Passcode and authenticate the change with Face ID, Touch ID or your device passcode.

Prevent iTunes & App Store purchases

You can also prevent your child from being able to install or delete apps, make in-app purchases and more. To prevent iTunes & App Store purchases or downloads: Go to Settings and tap Screen Time. Tap Content & Privacy Restrictions. If asked, enter your passcode. Tap iTunes & App Store Purchases. Choose a setting and set to Don't Allow. You can also change your password settings for additional purchases from the iTunes & App Store or Book Store. Follow steps 1–3, then choose Always Require or Don't Require.

Android

Set Content & Privacy Restrictions for Android:



Set up parental controls

- On the device on which you want parental controls, open the Play Store app.
- In the top-left corner, tap Menu Settings. Parental controls.
- Turn on Parental controls.
- Create a PIN. ...Tap the type of content that you want to filter.
- Choose how to filter or restrict access.

Support

At Sunbeam we are here to support our foster carers through any experience, we understand that it can be quite daunting heading into the virtual world, especially if you are not that confident online. However we are here to help, if you need any support, please do not hesitate to contact our team.

Contact Us:

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