

Talking Safe About Social Media

- Avoid lecturing, have a conversation and pose questions
 - ◆ Say this: “How would you feel if someone posted that about you?”
OR “Remember how it affects others when being negative online.”
 - ◆ Instead of this: “You shouldn’t post negative things online to other people.”
- Remind them that everything they come across online isn't always true & be careful of the websites they view.
- Help them build secure passwords
 - ◆ Remind them to differentiate passwords so if someone did get it, they can’t get into all of their accounts.
- Relate stranger danger online as well as offline
 - ◆ Keep personal information safe
 - ◆ Don’t agree to meet anyone that you meet online in person alone
- Tell your child that if they run into problems or are unsure, to always come to you for help.

You are the best resource to help your child know how to be safe online by having regular discussions!

Screen Time Tips

→ **No phones at the dinner table. AT ALL.**

◆ No exceptions-that includes parents too!

→ **No phones during homework time.**

◆ Students need to concentrate on the work at hand. School is *always* first.

→ **No game time during the school week and only on weekend *after* your chores are completed.**

◆ Game time is an earned commodity. They are played only after the completion of your responsibilities.

→ **There is an alarm set on everyone's phone that rings at 7:30pm during the school week.**

◆ The 7:30 alarm means electronic hours are over and your phone must be turned into the phone/tablet basket immediately.

→ **No phones in the morning until you have fully and completely prepared yourself for the school day.**

◆ If they miss the bus because they are preoccupied with their phone and not paying attention to the time, they better start walking and they better be fast. Being tardy to school will not be accepted.

→ **Your phone is not your (the kids) property.**

◆ It does not belong to you. It belongs to us, your parents. We paid for the phone and we pay for the monthly bill. You must ask permission before downloading any games/apps. I must have every password written down so that I am able to access anything I choose on your phone.

Did You Know: Tik-Tok Edition



What is Tik-Tok?

TikTok is a make your own music video app. It was once known as Musical.ly. It is one of the most downloaded apps. Users are able to create, share and watch other short videos.

Watch Out For

- Some users use the app to solicit minors
- Easy for others to receive and message strangers
- Inappropriate content can come across a kids screen
- Easy to come across content that can trigger self harm or eating disorders

Privacy Settings

There are only two privacy settings on the app.

- Private: only the creator can watch their videos
- Public: **anyone** on the app can see their videos

Did You Know: Twitter Edition



Minimum Age: 13

When a child under 13 signs up (with a fake birthday), they will have access to the app.

Remind your children that this is **ILLEGAL!**

Is content on Twitter suitable for children and young people?

(Risks for them seeing posts related to these topics)

Bullying
High Risk

Violence & hatred
High Risk

Suicide & self-harm
Medium Risk

Drink, drugs & crime
Medium Risk

Sexual
High Risk

Privacy Settings

It's important for your child to keep users from seeing her tweets unless they've been given specific permission. To do this, click on "**Settings**" from your account, click on "**Account**" and check the box saying "**Protect my tweets.**"

Did You Know: Snapchat Edition



Minimum Age: 13

When a child under 13 signs up with their real birthday, they will be sent to "Snapkidz" a version that doesn't allow them to have friends or share their pictures. But if they use a false birthday, they will be able to access the real thing.

This is **illegal**.

Pictures can be saved

Even though Snapchat itself doesn't allow users to save the pictures they receive, most mobile devices allow users to capture whatever is on their screen, i.e. a snapchat.

Limit who can contact your child

Go to the **Settings** menu (it looks like a cog) and look for **Who Can Contact Me** and select **My Friends**. This means only people your child has added as a friend they can send a snap too.

Helpful Hint!

Help your child limit screen time on iPhone/iPad.

1. Go to settings
2. Click on screen time
3. Select app limits
4. Choose the apps you want limits on

Did You Know: Xbox Live Edition



1. It's more than just a gaming site. Xbox LIVE users can also **chat** with each other, send and receive friend requests, and **share** their profile and gaming stats.
2. **Gamertags** need to be chosen wisely. Never let your child use part of their name, hometown, or other identifying information in their gamertag.
3. Profiles follow the child, not the console. A child can still **access** all his Xbox LIVE information from a friend's house.
4. Kids can play games with **strangers**. Xbox LIVE has a "matchmaking" feature to help your child connect with gamers who have certain gamerscores or live in a certain **location**.
5. People can **privately** chat with each other. Up to 8 people can play and talk all at once, but two of them can pair off and talk privately if they want to.
6. You can make your **permission mandatory**. Through console controls, you can require your permission for your child to send and receive friend requests, accept game or chat invites, or buy Xbox merchandise.
7. You can **block** who your child hears. You can choose "everyone," "friends," or "no one."
8. Parents are **required** to help their children set up an account. If your under-18 child has an account and you didn't help set it up, he or she is registered as an adult.
9. **Default settings** vary by age. Child and teen accounts are mostly "friends only" by default and some features are blocked, but adult profiles are **public** and have **full access** to all features.
10. **Deactivating Xbox LIVE doesn't cancel** the child's account. On the Xbox console there is a setting to disallow Xbox LIVE access from that console – but your child can still **access** it on others unless you **cancel** his account.

Research new apps
before saying **YES** to
your child!

YouTube vs YouTube Kids

YOUTUBE	YOUTUBE KIDS
-Videos may have inappropriate comments from different users	-There are no comments!
-There is a safety mode that hides flagged content, but its not 100% accurate	-Option for parental control locks
-Videos that are viewed by other users might appear on home screen	-It doesn't acknowledge popularity within videos
-You need to be 13 years of age or older to have a YouTube account	- Profiles can be set up for a certain age range

Did You Know: Instagram Edition



What is Instagram & why do children love it?

Instagram is a **social media app** used to **share** photos, videos and messages. Whether it's through Stories, Feed, Live, IGTV or Direct. Teens use Instagram to celebrate big milestones, share everyday moments, **keep in touch** with friends and family, build **communities of support** and **meet others** who share their passions and interests.

Minimum Age 13

There are many younger children who use the service, often with their parents' permission. Instagram will delete underage accounts if they're notified and can't verify that the user is over 13.

Tools to protect privacy & safety

Make their account **private** so that only people they approve can see their photos, videos and posts by tapping on the profile button on the bottom right (icon of a person) and then the options button on iOS or the 3 vertical dots on Android. Scroll down to Private Account and move the slider to the right. The slider will turn blue once the account is private.

Block people and **report** inappropriate posts.