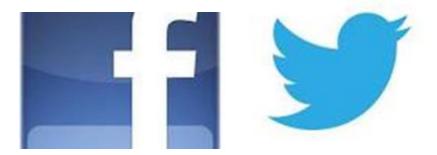# U THINK U KNOW?

# Helping you and your family with e-safety

## A guide to Social Media

Manor Park School & Nursery Parents' Forum

*Designed by parents for parents*

**What is Social Media?**

Social Media is where people interact with each other by creating, sharing, discussing and exchanging information, ideas and images online in virtual communities such as Facebook, Twitter, Youtube, Pinterest, MySpace, Instagram, Flickr and more than 100 others. Social Media relies entirely on mobile and web based technology companies creating highly interactive platforms which the general public then use and generate content for. Once in use, successful Social Media sites form some of the most persuasive and influential communities of our time.

**The Positives:**

- It's FREE and allows everyone to have a social life / get involved / have a voice

- Makes finding long lost friends possible

- Allows us to keep in touch with holiday contacts and geographically distant friends

- Ease of communication with groups of people – family / friends / colleagues / special interest groups

- Instant and long distance photo sharing & greetings (Birthdays & Christmas for example)

- Excellent information and news and current affairs source

**The Negatives:**

- Addiction – replacement of a real social life with a cyber one

- Misrepresentation through 'fraping' and cloning of profiles

- Anonymity allows for stalking and grooming of young and vulnerable individuals

- Bullying and threatening behaviour is open to all without fear of repercussions

- Loss of control of personal info and images (once it's on-line it can be very difficult to retract it)

**Staying Safe on Social Media Sites:**

- Respect the rules, especially age limits where given (Facebook is aimed at 13+)

- Use your own email address as the main contact for any on-line profiles your children have – this will allow you to vet friend requests, messages & comments

- Restrict the access to on-line profiles you and your children have, (via Privacy Settings) especially where images are concerned – otherwise anybody can view them.

- Do it as a family – be friends so you can vet usage and encourage a positive approach instead of scare mongering, chain type threats and vulgarity

- Know your kids 'friends'

- Set your home PC / lap top to limit web site access and usage

- Insist on vetting images your children are loading, sharing and commenting on

- Show your children the positive, informative, educational and fun side of Social Media versus the negative, frightening side. Lead by example!

- Keep computers in the lounge and insist on checking your child's phone if it allows internet access. Limit usage and switch off at bedtime.

- Know your children's online passwords spot check what they're doing

- Monitor the activity of their good friends and frequent contacts to ensure you're happy with the level of interaction and subject matter

- Teach your children to message personal, address or sensitive information to their friends privately as opposed to via 'wall posts' or 'chat'

- Familiarise yourself with what to do if something goes wrong

**Finally**

Much more information and video clips to help you discuss e-safety with your child are available on the 'thinkuknow' web-site. These resources are aimed at different ages and will support you in guiding your child through the cyber world safely!



www.thinkuknow.co.uk/parents/Primary

Other Manor Park Guides available:-

- Safe use of the Internet
- Gaming
- Cyber Bullying
- Glossary