

SAFEGUARDING AND WELLBEING



SUPPORT FOR PARENTS & CARERS

Monitoring Your Child's Use of Social Media

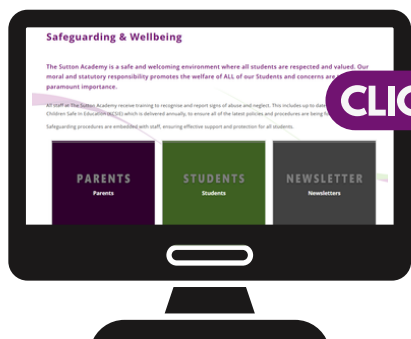
Social media is a website or app that enables users to communicate and engage with others online. Users can share information such as posts, pictures, or videos, and users can respond through varying levels of engagement such as comments, reactions, or 'likes'.

Best Practices for Parents and Carers

There are a range of privacy features and parental controls you can set up on social media accounts. These often include preventing unwanted contact from strangers and limiting the exposure of posts. Consider what restrictions work best for your family, ensure age restrictions are adhered to, develop understanding within the household of safer internet use, and consider how privacy features could be lifted as time goes on.

Have a Conversation Social media gives a lot of freedom towards how children and young people express themselves. It's important to discuss the risks associated with engaging with strangers online, giving out too much personal information, sharing content that may be harmful, or posting content that can damage someone's reputation. Discussing these areas can help them navigate social media in a way that allows them to experience the benefits whilst also being aware of the potential risks.

For more information, please visit our Safeguarding and Wellbeing section.



CLICK HERE



Be Available to Talk Children and young people can encounter issues online that may cause upset or panic. Ensure that you or someone you trust is available to talk to them no matter what issue they may be having. Try to help them resolve the problem without causing more worry and know where to go for further support if the situation calls for it, e.g., correct reporting channels and helplines such as Childline. Allowing family members to feel confident to come forward for support can help prevent problems from growing.

Prioritise Wellbeing Social media can offer many benefits towards children and young people throughout their development, but it can sometimes bring negative effects that may result in poor mental health if not managed correctly. Ensure rules and boundaries are in place at home to make sure family members are able to step away from social media and enjoy family time offline. Maintain a healthy offline/online balance and know when to put devices down.

Whatever their age, it's a good idea to sit down together with your child to agree on some rules about how much time they spend online. For example, you might want to agree that they shouldn't go online just before bed or use any devices at night, because this can affect their sleep. You can often set timers on devices to limit internet use – but try to help your child manage this for themselves as well.



Our goal is to create a safe and supportive environment for all students. Visit our website to explore these resources and take charge of your wellbeing.

How Social Media Can Affect Children's Mental Health

Depression and Anxiety - Social media lets you see the carefully selected best parts of everyone else's lives, which you then compare to the negatives in your own life (which only you see). Comparing yourself to other people is a sure path to anxiety and unhappiness, and social media has made this much easier to do.

Cyberbullying - Perpetrators of bullying can use the anonymity that (some) social networks provide to gain people's trust and then terrorise them in front of their peers. For instance, they might create a fake profile and act friendly to a classmate, then later betray and embarrass them online.

FOMO (Fear of Missing Out) - A form of anxiety that you get when you're scared of missing out on a positive experience that someone else is having. This fear receives constant fuel from what you see on social media. With increased social network use, there's a better chance for you to see that someone is having more fun than you are right now. And that's exactly what causes FOMO.

How to talk to your children about social media

Be open and calm The more open and calm you can be when talking about social media, the more your child will feel comfortable coming to you if they have seen something harmful or inappropriate. Reassure your child they can come to you about anything they have seen that is worrying them and you won't overreact. Being honest and transparent will help them trust you in any worrying situations.

Encourage positive social media use Not all social media use is created equal and lecturing your child to use it less could make them want to rebel against you. Encourage more active use of social media, such as educational apps like 'DuoLingo' or mindfulness apps like 'Headspace'. Try to encourage them to use social networking sites in a positive manner to connect with their friends, and to avoid mindlessly scrolling.

Encourage privacy

By being informed on the ways in which information can be shared online, you can help your child with their privacy settings in order to better protect their safety online.

Talk about 'Fake News'

Most children use the internet to improve and develop their knowledge/ Children should be aware that not all information found online is correct, accurate or relevant.

Show your child how to check information they find by comparing it to alternative sources on the same topic.

Talking about cyberbullying

Bullying isn't okay, whether it happens at school, at home or on the internet. If your child is receiving nasty messages, or people are posting unwanted things about them, or they feel harassed, they should do something about it.

- Encourage them to talk to you. Even if it seems like a small thing, it can really help to talk things through with you.
- Make sure they understand how to block and report the people involved, and to use the privacy settings to limit what people can see on their profiles.
- Help them understand that they are responsible for what they post. They should remember to think about what effect their posts might have on others, and that they probably shouldn't say anything online that they wouldn't say in person. That means not writing nasty things about people you know – but it also means not posting abuse to celebrities, who are real people too.



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Snapchat parental controls

Follow these step by step instructions to set up privacy settings on Snapchat



Technically, Snapchat does not offer built-in “parental controls” features, but they do offer privacy settings that you should utilise to give your child control over who can see their content and who can contact them. There are also ways that your child can report offensive content that they see from other users.



What is Family Pairing?

Family Pairing on TikTok allows parents, guardians, and teens to customise their safety settings based on individual needs. A parent or guardian can link their TikTok account to their teen's account and set controls, including:

Daily screen time

Decide how long your teen can spend on TikTok each day. For teens between the ages of 13 and 17, this setting is turned on by default to one hour. You can also:

- Set your teen's screen time limit directly from your own account.
- Set one screen time limit for TikTok to apply to all of your teen's devices.
- Get a randomised passcode that you can choose to enter after your teen reaches their time to allow them to return to TikTok.

Screen time dashboard

Get a summary of your teen's time spent on TikTok, including:

- The cumulative time spent each day for the last 4 weeks.
- The number of times your teen opened the app each day for the last 4 weeks. Learn more about [screen time on TikTok](#).

Schedule time away

Set recurring times to limit your teen's access to TikTok:

- Select the day and time that TikTok will be unavailable to your teen.
- Your teen can send you a request to continue using TikTok during the scheduled time away.

Mute push notifications

Decide when to mute your teen's push notifications. This setting is turned on by default:

- For teens between the ages of 13 and 15, the scheduled time is set from 9 p.m. to 8 a.m.



Welcome to Family Center!

View Your Teen's Friends



Encourage your teen to only add people they know. Use Family Center to see who they're friends with.

See Who They've Messaged



Get a glimpse into who they've messaged in the last 7 days.

Restrict Sensitive Content



Limit your teen's ability to view sensitive content in Stories and Spotlight.

Report Abuse



Help your teen feel comfortable reporting safety concerns and confidentially report accounts that you think may have violated our rules.

- For teens between the ages of 16 and 17, the scheduled time is set from 10 p.m. to 8 a.m.

You can also schedule additional time to mute your teen's notifications directly from your own account. Keep in mind that the default scheduled time overrides any custom time that overlaps with the default time. For example, if you set your 13-year-old teen's scheduled time from 11 p.m. to 7 a.m., the default time from 9 p.m. to 8 a.m. will override your setting.

