



# YMCA WISE PROJECT

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Supporting children and young people  
to stay safe in their relationships

## **HOW TO KEEP YOUR CHILDREN SAFE ON SOCIAL MEDIA**

We would like to support parents and carers to have a better understanding of the social media apps that are popular at the moment and how to have conversations with your children so they understand how to stay safe online.

### **What are the most popular apps?**

***SNAPCHAT***- Snapchat is one of the most popular messaging apps. You can capture a photo or brief video with it, then add a caption or doodle or filter/lens over top, and send the finished creation (called a snap) to a friend. Alternatively, you can add your snap to your "story", a 24-hour collection of all your snaps that's broadcasted to the world or just your followers. As of May 2014, the app's users were sending 700 million snaps a day.

You may have heard in the news lately the changes Snapchat has made with their new Snapmap setting which is automatically switched on, this shows the user exactly where their friends are on a map, whether they are sleeping at their home or travelling in a car. Snapchat say this is so they can 'stalk their friends' or check to see 'if their partner is cheating'. This is a very dangerous element that was added recently that your child might not even know about. As we know they don't only have their close friends online so this could mean anyone would know exactly where they are.

Please see the attached video with Nadia Sawalha talking to her daughter about the app and how it works,

[https://www.facebook.com/nadiaandkaye/videos/1274040762717731/?hc\\_ref=PAGES\\_TIMELINE](https://www.facebook.com/nadiaandkaye/videos/1274040762717731/?hc_ref=PAGES_TIMELINE)

Attached is a link to advice on how your child can ensure that the map is turned off, you can also add 'ghost mode' so that you can't be seen, also checking their privacy settings are at the highest level.

<https://au.news.yahoo.com/a/36103098/parents-warned-over-creepy-snapchat-tracking-update/#page1>

<http://metro.co.uk/2017/06/23/how-to-turn-on-ghost-mode-on-snapchats-snap-map-6729915/>

***INSTAGRAM***- Instagram is a social networking app made for sharing photos and videos from a smartphone. Similar to Facebook or Twitter, everyone who creates an Instagram account has a profile and a news feed. When you post a photo or video on Instagram, it will be displayed on your profile. Other users who follow you will see your posts in their own feed. Likewise, you'll see posts from other users who you choose to follow.



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There are millions of people around the world using Instagram, some who are professional bloggers using the app making money to advertise goods. Some are make-up artists and musical artists, due to this children and young people can have a variety of people they follow and who follow them.

Our advice is to sit down with your child to ensure they have their privacy settings on and understand how they can keep themselves safe. One way is for them to create a 'public' account and a 'private' account. The public account can have however many followers they want but they don't share images that clearly show them in school uniform or selfies showing where they live. It is more for them to share safe images and things they are into such as; make-up, sports etc. The 'private' account is where they have their immediate friends and family and they do share selfies, check in to places and share more personal information about themselves if they wish.

Most young people we talk to have over 1000 people on their Instagram accounts, we know they do not know that many people well enough to share the types of images that are being shared so having different accounts is one way to keep themselves safe.

Another feature which is automatically turned on when creating an Instagram account is geo-tagging, this can allow people to see exactly where you were when you uploaded the picture to Instagram. Below is a link explaining this feature in more detail and how you can turn geotagging off your settings.

<https://www.dailydot.com/debug/how-to-remove-instagram-geotags/>

**We are working with secondary schools throughout East Sussex to ensure professionals, students and parent/carers are aware of E-Safety.**

**If you would like more support about E-Safety please visit;**

**NSPCC- Share Aware; everything you need to keep your child safe in this digital age.**  
[https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=shareaware2014&utm\\_term=online\\_safety\\_for\\_parents&gclid=CJHb9Pn-8dQCFYEKGwodSSQKzw&gclidsrc=ds](https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/?utm_source=google&utm_medium=cpc&utm_campaign=shareaware2014&utm_term=online_safety_for_parents&gclid=CJHb9Pn-8dQCFYEKGwodSSQKzw&gclidsrc=ds)

**Childnet- information and advice for parent/carers.**

<http://www.childnet.com/blog/free-internet-safety-leaflets-for-parents-2016>

**Think U Know- CEOP support for parent/carers,**

<https://www.thinkuknow.co.uk/parents/>