

Social media has its benefits for connecting with friends, sharing experiences and widening their understanding of broader issues beyond their local community. The challenge experiences via social media is that these shared experiences are often very limiting about their physical appearance is a perfectly normal part of adolescence. How image changing software and filters, this physical appearance is often not the pressure for young people to gain or portray unreal perceptions.

What parents need to know about SOCIAL PRESSURES LINKED TO 'APPEARANCE'

ONLINE APPEARANCE AND MENTAL HEALTH

The pressure to change physical appearance through social media apps is creating a high level of perfectionism and compares themselves to images which are sometimes unreal. This can lead to anxiety, depression and even lower self-esteem. Having your self image can affect the way your child interacts with others.

AIRBRUSHING

These filters create an image that changes the appearance of your face. It includes removing blemishes, whitening teeth, smoothing skin, and removing wrinkles. Some filters also include features like 'beauty' filters, which can make your face look more like a professional model.

APPS WHICH CHANGE APPEARANCE

These relate to free downloadable apps or apps within social media which create a face and body which is different to the user. They are designed to be fun and can be used to create a more 'ideal' version of yourself. Some apps are designed to be used to create a more 'ideal' version of yourself.

NOS National Online Safety #WeAreUplifteduesday Safety Tips for Parents

QUESTIONS TO CONSIDER BEFORE TALKING TO YOUR CHILD

- Do most of these social media photos have a filter/image changing app on them?
- Do they often talk about wanting to gain confidence?
- How often do they talk about their physical image in a negative way?
- Are they excessively anxious about their physical appearance?

DON'T GO COLD TURKEY

Talk with your child about taking one small step to improve their image and sharing it with friends. Encourage them to share their progress with family to avoid pressure on social media. Encourage them to share their progress with family to avoid pressure on social media.

CHANGE THE STORY

We all have a favourite or a story we've created about ourselves that changes over time. Sometimes external things happen like a new job or a new friend. You can change the story you tell about yourself. You can change the story you tell about yourself. You can change the story you tell about yourself.

Meet our expert

Anna Beaman is passionate about giving prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.

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What parents need to know about SNAPCHAT

Edited date: 20/05/19

Age Restriction: 13+

Snapshot is a photo sharing app for mobile phones and tablets. The app allows users to share images, videos and chat with friends through voice call or text message. Users can share images and videos directly to specific friends, or through a 'story' shared with their entire friend list, which documents the previous 24 hours. In a study, Snapchat was ranked the 4th most negative app in terms of having an impact on young people's health and wellbeing, with children feeling that they can use the app Snapchat to "make you look pretty".

What parents need to know about SNAPCHAT

EXPOSING YOUR CHILD'S EXACT LOCATION

The 'Snap Map' lets you share your EXACT location in real-time through a map on the app. The user's location updates when the app has been opened on the device. There is a warning on the Snapchat website about uploading images and videos to 'Our Story' stating that "snaps you submit to 'Our Story' can still show up on the map, so matter which location setting you choose". When uploading to 'Our Story', your child's image or video could appear in 'Search results and Stories on or off Snapchat - today or in the future'.

SEXTING

While Snapchat's gimmick is that all photos, videos and text disappear eventually, users still have the capability to screenshot or record anything which has been sent to them. Users may sometimes forget that screenshotting is possible and send a compromising image or message to somebody who they think they trust. Due to 'Snap' disappearing, users can even send a one-second photo or video. Snapchat has become the chosen platform for children and young people to send sexually explicit images or 'selfies'. Once a photovideo has been screenshot, or recorded using another device or software, this can lead to further dangers, such as blackmail and cyberbullying.

EXTRAS TO MAKE YOU STAY

Aside from taking photos and videos, Snapchat has other elements to keep users coming back for more. 'Snap Games' is a feature within the app where users can play minigames with others on their friends list. The games function is easily accessed by tapping on the red dot button during a conversation. Another feature on the app is 'Snap Originals' which allows users to watch content created by Snapchat, celebrities and other accounts, including a mixture of comedy shows, drama, news and more. These features are designed to encourage users to stay on the app, which may be quite addictive.

ADDICTIVE SNAPSTREAKS

'Snap Streaks' are gained when snaps have been sent back and forth consecutively between friends. The longer that snaps are sent between users, the longer the streak becomes. Furthermore, Snapchat rewards users who have achieved high Snap Streaks, by gifting emojis, adding incentives for users to keep the streaks. Children invest time into making their streaks as long as possible, which can put an incredible amount of pressure on both themselves and their friendships.

DAMAGE TO CONFIDENCE

Snapshot's selection of filters and lenses are seen as a great way to enhance your selfie game. Although the filters are often created to promote entertainment and humour, using the 'beauty' filters on photos can set unrealistic expectations and create feelings of inadequacy. Children may strive for admiration and appreciation by sending these 'edited' photos to their friend list. Judging themselves against other users on the app might threaten their confidence or self-worth.

Top Tips for Parents

THE RISKS OF SEXTING

It can be slightly awkward talking about this topic with your child. But if it is important to them, it is worth it. Talk to them about the consequences of sending and make sure that they're aware of the risks. Ensure your child knows that 'Snap' can be screenshoted from them and that if they post anything potentially embarrassing or harmful online of themselves or someone else it can have serious consequences as the message, image or video can be stored for later.

USE 'GHOST MODE'

We highly recommend enabling 'Ghost Mode' on the app so that your child's location will not be visible to anyone on the 'Snap Map'. To enable this, go into the Snap Map and tap the 'ghost' in the top-right corner. Here, change the settings to 'Ghost Mode'.

RESTRICT STORY VIEWS

Your child can add videos and images to their 'story' throughout the day which will last for 24 hours by default. Anyone in a user's friend list can see their story. We recommend checking the privacy settings to ensure that this has not been edited. This can stop if done in the app settings under the 'Who Can View My Story' section. The options to choose from are 'My Friends', 'Everyone' or 'Custom' - we suggest that it is set to 'My Friends'.

REPORTING A STORY, LENS, FILTER, SNAP OR MESSAGE

If your child comes across inappropriate Snapchat content sent directly to them or in another person's story, advise them to report it. If they are reporting a story, select an inappropriate lens, filter, message or snap. To report an individual lens, they should click the app and select the lens they want to report. An info button will appear above the lens. Click this, followed by the 'Report' icon. This will send a report to Snapchat for further investigation. Reports can also be made on the Snapchat support website: support.snapchat.com.

HOW TO DELETE A MESSAGE

Advise your child never to send any negative messages or images through gallery in the chat on the app. If they do, they should immediately delete the message. If your child has screenshot any negative comments they receive as the sender can also delete them. To delete a message, simply press and hold the message and press delete.

TURN OFF 'QUICK ADD'

'Quick Add' helps friends find each other on the app. This is based on mutual friends or their number is in their phone book. Explain to your child that this feature can give up their profile to strangers. We highly recommend that your child turns off the 'Quick Add' feature. This can be done in the settings.

What parents need to know about SOCIAL PRESSURES LINKED TO 'LIKES'

SELF-ESTEEM

Using social media can affect your child's self-esteem. However, it can also be used to boost it. Encourage your child to use social media to connect with friends and family, and to share their achievements. This can help to build their self-esteem and confidence.

AN ADDICTIVE FEATURE

Like features encourage children to stay online for longer. In doing so, your child is likely to engage with apps for longer periods than their attention would have allowed. Check their phone usage frequently, including at night when they should be sleeping. This could contribute towards screen addiction which can cause sleep disruption and consequently a lack of focus during the next day at school.

COMPETITIVE CULTURE

Children will often compare the number of likes that receive to their own. This can lead to feelings of inadequacy and low self-esteem. Encourage your child to focus on their own achievements and to use social media as a tool for connection and support.

Safety Tips for Parents

MONITOR MENTAL HEALTH

Your child does not need social media, it is optional. Encourage them to use social media responsibly and to be aware of the risks. Encourage them to use social media as a tool for connection and support.

ENCOURAGE HOBBIES OR OTHER ACTIVITIES

Try to help reduce your child's screen time by encouraging them to do other things such as sports, reading, or spending time with friends in person. Encourage them to be active and to engage in hobbies and activities that they enjoy.

HELP TO BUILD YOUR CHILD'S SELF-ESTEEM

Try to help build your child's self-esteem through positivity and praise and believing in them if they are struggling. Encourage them to be confident and to use social media as a tool for connection and support. Encourage them to be active and to engage in hobbies and activities that they enjoy.



Why is understanding online safety important? Context Parents

- Chief Medical Officer produced a report in February 2019 which examined Screen-based activities
- Social Media is often scrutinised as having a negative impact on children's mental health.
- Children and young people are constantly connected
- This presentation is designed to encourage trusted adults to think about children's mental health and social media activities, providing you with some useful tips on online safety and the resources that you can have access to as parents / carers through our partnership with the NOS organization.

Background: Parents

- In the United Kingdom, in 2019, most Children and Young People (CYP) have grown up with internet-enabled technology in their home or school.
- The internet and social media can be a force for good in our society.
- At the same time, parents and carers, CYP, educational professionals, health professionals, academics and politicians have expressed concern
- There are also concerns about the content that CYP are viewing and its impact on the mental health of CYP.

New research on screen-based activities: Parents

- Researching the effect of screen-based activities on mental health is complicated.
- The research does not present evidence of a causal relationship between screenbased activities and mental health problems.
- This means that we do not have clear evidence. It means that an association has been *observed* but cause and effect are *not yet* fully understood
- So, an association has been seen between those who engage in screen-based activities more frequently and/or over longer periods, and mental health problems.

Taking a precautionary approach: Parents

Under General Data Protection Regulation, in the UK only children aged 13 or over are able provide their own legal consent.

Most social media companies have set an age restriction of 13 years of age to access and use their services. At age 12....what access do you think your child has to these companies?

Wellbeing and Young People: Parents

- There is a large volume of international research published on various activities
- The advice from the CMO emphasises consideration of screen time and screen-based activities in the context of CYP's healthy development.

Wellbeing and Young People: Parents

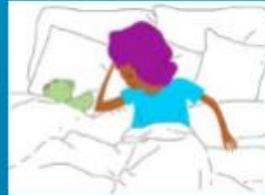
- We encourage parents and carers to agree boundaries, outside of school and educational use, some questions from the CMO are:-
 1. Is your family's screen time under control?
 2. Does screen use interfere with what your family want to do?
 3. Does screen use interfere with sleep?
 4. Are you able to control snacking during screen time?

UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!



Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmovemore



Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



Family time together

Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.



Use helpful phone features

Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.



Wellbeing and Young People: Smart Approach

S

SAFE

Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.



M

MEETING

Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.



A

ACCEPTING

Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!



R

RELIABLE

Information you find on the internet may not be true, or someone online may be lying about who they are.



T

TELL

Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

**THINK
U
KNOW**
CO.UK

You can report online abuse to the police at www.thinkuknow.co.uk



Want to know more and access resources?

This year the Robert Carre Trust has subscribed to the National Online Safety

https://lms.nationalonlinesafety.com/course/index.php?mycourse_s=1

Here you can register yourself as a parent and access a host of online learning opportunities and resources, this is free of charge for parents.

Please take a letter with all the details!

Online Safety – lots of other resources that can be accessed

 <p>CACHE ENDORSED Understanding Online Safety Risks</p> 	 <p>E-LEARNING Online Safety Course for DSLs & Deputy DSLs</p> 	 <p>E-LEARNING Online Safety Course for Staff & Deputy DSLs</p> 	 <p>E-LEARNING Online Safety Course for Parents & Carers</p> 
<p>Understanding Online Safety Risks 2018/19</p> <p>National Online Safety</p> <p>This course is for parents, carers and professionals working with children to help you understand an...</p> <p>Start</p>	<p>Online Safety Course for Designated Safeguarding Leads 2018/19</p> <p>National Online Safety</p> <p>This course is aimed to extend the DSLs existing knowledge around managing Online Safety risks in ac...</p> <p>Resume</p>	<p>Online Safety Course for School Staff and Governors 2018/19</p> <p>National Online Safety</p> <p>This course is for all school staff who work with children. We have included useful resources, staff...</p> <p>Resume</p>	<p>Online Safety Course for Parents 2018/19</p> <p>National Online Safety</p> <p>Welcome to our newly updated online safety course for parents and carers! This course is compr...</p> <p>Start</p>
 <p>E-LEARNING Online Safety Course for SENCOs</p> 	 <p>E-LEARNING Social Media Course for School Staff</p> 	 <p>RESOURCE HUB Online Safety Guides & Supporting Resources</p> 	 <p>LESSON RESOURCES EYFS Online Safety Activity Pack</p> 
<p>Online Safety Course for Teachers Working with SEND Pupils 2018/19</p> <p>National Online Safety</p> <p>Our SEND course has been designed for Designated Safeguarding Leads, Deputy Designated Safeguarding ...</p> <p>Start</p>	<p>Social Media Course for School Staff</p> <p>National Online Safety</p> <p>This course has been developed for Headteachers, Senior Leadership Team, Designated Social Media Man...</p> <p>Start</p>	<p>Resource Hub</p> <p>National Online Safety</p> <p>Here you will find all of our latest guides, resources and current information regarding online safe...</p> <p>Start</p>	<p>EYFS Lesson Activity Pack & Resources</p> <p>National Online Safety</p> <p>Our new online safety activity pack for EYFS encourages young children to discuss online dangers and...</p> <p>Start</p>
 <p>LESSON RESOURCES KS1 Online Safety Activity Pack</p> 	 <p>LESSON RESOURCES KS2 Online Safety Activity Pack</p> 	 <p>LESSON RESOURCES KS3 & 4 Online Safety Activity Pack</p> 	 <p>WINNERS Monthly Update Series</p> 

Online Safety – lots of other resources that can be accessed

 <p>HOT TOPIC WEBINARS Leicestershire Police: The Online Drugs Trade</p> 	 <p>HOT TOPIC WEBINARS Protecting Against VPNs for Schools</p> 	 <p>HOT TOPIC WEBINARS Mental Health Impact of Online Behaviour</p> 	 <p>HOT TOPIC WEBINARS Parental Engagement in Online Safety</p> 
<p>Leicestershire Police: Addressing The Online Drugs Trade</p> <p>National Online Safety</p> <p>In this webinar James Edmondston, Substance Misuse Officer and Katie Hudson, Children & Young Pe...</p> <p>Start</p>	<p>Protecting Against VPNs for Schools</p> <p>National Online Safety</p> <p>This webinar will focus on the VPN technology that children typically use to get around filtering co...</p> <p>Start</p>	<p>The Impact of Online Behaviour on Mental Health & Wellbeing</p> <p>National Online Safety</p> <p>This webinar focuses on the impact that the online world can have on a child's mental health and w...</p> <p>Start</p>	<p>Effective Strategies for Better Parental Engagement in Online Safety</p> <p>National Online Safety</p> <p>In this webinar, we take a look at reasonings why schools need to engage parents with online safety ...</p> <p>Start</p>
 <p>HOT TOPIC WEBINARS Dangers of the Dark Web Demystified</p> 	 <p>HOT TOPIC WEBINARS Social Media & Violence: Preventative Strategies</p> 	 <p>HOT TOPIC WEBINARS DfE Statutory Guidance Changes in Online Safety</p> 	 <p>HOT TOPIC WEBINARS Minimising Social Media Risks</p> 
<p>Dangers of the Dark Web Demystified</p> <p>National Online Safety</p> <p>As the web continues to evolve and technology becomes more advanced, the expectation is that schools...</p> <p>Start</p>	<p>Social Media & Violence: Preventative Strategies for School Leaders</p> <p>National Online Safety</p> <p>In this webinar Craig Pinkney, Criminologist and one of the UK's leading thinkers/does in respond...</p> <p>Start</p>	<p>Understanding the DfE Statutory Guidance Changes in Online Safety Webinar</p> <p>National Online Safety</p> <p>This webinar will focus on helping Senior Leaders and Designated Safeguarding Leads to understand sc...</p> <p>Start</p>	<p>Minimising Social Media Risks Webinar</p> <p>National Online Safety</p> <p>In this webinar, we look at practical ways for your school to minimise risk for school staff and pup...</p> <p>Start</p>
 <p>HOT TOPIC WEBINARS Online Bullying & Trolling</p> 			
<p>Online Bullying & Trolling Webinar</p> <p>National Online Safety</p>			

Useful websites

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>

<https://swgfl.org.uk/products/360-degree-safe/>

<https://www.saferinternet.org.uk/>

<https://www.bbc.co.uk/news/technology-49726844>: BBC have launched a new digital wellbeing app

<https://www.kooth.com/>

KOOTH (here tonight) offer online counselling service

