



11. MY CLUB AND SOCIAL MEDIA

Social Networking

Social networking is hugely popular. Many young people are sophisticated in the way they use social media apps and websites, tailoring their communication for different audiences, and accessing them from a range of devices including smartphones, tablets, and games consoles.

But social media, like all forms of public communication, comes with some risks. Not all of these risks turn into actual problems. By helping a young person understand what the risks are, you can play a big part in preventing them from turning into problems.

This policy looks to offer some practical suggestions on how to keep young people safe when connecting with others online.

For Responsible Adults

Discuss, don't dictate

Understanding the risks young people may need to deal with online

What they could see or do

- See or share violent content
- Share inaccurate or false information and extreme views
- Promote harmful behaviours including self-harm, anorexia or suicide
- Over share personal information
- Actively or unintentionally be involved in Cyber bullying

How this could affect them

- Fear of missing out leading to excessive use or exaggeration
- Developing unrealistic, and perhaps depressing ideals of body image and gender
- Creating an online reputation that may create problems for them in the future
- Becoming subject to peer pressure or interactions that are intense or too difficult to handle

Practical tips to help young people stay safe online

- Ask them to show you which social media apps they use and what they like about them. Talk about how they use them and what makes them so engaging.
- Explain how you can use privacy settings to make sure only approved friends can see posts & images.
- Check if any of their apps have 'geo-location' enabled, sharing their location unintentionally.
- Show them how to report offensive comments or block people who upset them.
- Get people's consent before sharing photos.
- Encourage them to come and talk to you if they see anything that upsets them.



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For Young People, Some Tips to Stay Safe Online

1. Choose your online friends carefully

Remember when you accept someone as your friend on instant messaging or social networks, they can access information and pictures you have posted so make sure you are happy for them to see this.

2. Use Strong passwords

Make sure for any account you have, you have a strong password that you don't share with anyone. The best passwords contain numbers and capital letters. This will mean people can't access your account and steal any information, pictures or personal data or pretend to be you. Change your password regularly and don't have the same one for every account.

3. What do you want people to know about you?

Check out the privacy settings which will allow you to choose the information you share with people, for example you can set your profile or data to private or only allow certain people to contact you and view particular information. Don't ever share where you live, your telephone number or email address with cyber-friends.

4. Tell someone you trust

Cyber bullying can make you feel very alone and humiliated. It is really important that you tell someone you trust if you are being cyber bullied so they can support and help you.

5. Google your name

Even if we don't admit we've all Googled our name at some point to see what comes up! Typing your social media usernames is a really good way to check your privacy settings and check that strangers online can't view any of your personal information.

6. Report it

Any cyber bullying you suffer should be reported. Whether it is nasty comments, a text message, online chats or group bullying, it is still bullying and is not ok. Make sure you report it to an adult you trust. It is important you feel supported and someone else knows what is happening. If you have blocked the person but it is still continuing, all social networks such as Facebook, Twitter, Instagram, Snapchat, etc have report abuse buttons, as do most mobile phone networks who have teams to deal with abuse. Games consoles also have advice on their websites.

7. Block the person bullying you

There is always a way to stop the bully from contacting you on social networks, mobile phones, instant messaging and even games consoles. Check out the privacy or safety settings of the service you are using to find out how, or even try searching 'block' or 'abuse' in the help section. You can also ring up your service provider or network provider who can help you block the abuser.

8. Don't reply or answer back

Don't become a cyber bully yourself, deal with the bully by blocking and reporting the abuse. It is sometimes hard not to write back, but it is always best to ignore, block and monitor the situation. Sometimes the people bullying you are looking to get a reaction out of you.

9. Always Keep any evidence

Make sure you save or copy any cyber bullying such as texts or conversations you receive so the necessary people can investigate the bullying. A good way to do this is to press the 'PrtScr' button on the right hand side of the keyboard which prints the screen and you then copy and paste this into a word document or try using Windows 'snipping tool'.

10. Stay positive

Stay positive, things will get better. Do activities which make you feel happy with people who love and appreciate you.



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