



Social Networking

Y7, Y8, & Y9



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SCHOOL

(Citing content from thinkuknow.co.uk and ceop.police.uk)

Staying safe on social networks

Whether it's Facebook, Twitter or wherever you hang out online, here are some tips on staying safe

My profile

Be careful what information you give out on your profile. Remember that you don't know who your friend's friends are . . . or your friend's friends' friends!

Protect it - Change your account settings (sometimes called "Privacy Settings") so only your friends can message you or see your pics and posts. Ask an adult to help you if you're not sure how.



Posting a status

Things you say on your profile could be viewed by anyone if you haven't changed your privacy settings. So if you wouldn't be comfortable printing it off and handing it out on the street, maybe you shouldn't say it on your profile.

Zip it - The things you write could be public forever so think hard before you post.

Personal info

It's not a great idea to post where you're going, where you live or your phone number on your profile. Think about if you want people to turn up at your house or call you, even if you don't know them!

Don't say it - Keep personal details to yourself, don't put them on your profile for anyone you don't know to see.

Making friends

Be careful who you accept friend requests from. Some adults with bad intentions will use these sites to get in touch with children, so you're safer to only chat to people you know in the real world.

Reject it - If someone random sends you a friend request, don't be afraid to reject it. They might look normal in their profile picture but you don't know who they are - it's easy to lie behind a screen!

Sharing photos

It's very easy for photos on Facebook and Twitter to be seen by lots of people you aren't even friends with, so be very careful what you share.

Think about it - if you wouldn't want your teacher or your neighbour to see that picture, maybe it's best you keep it private.

Bullying on Social Networks



Hurtful posts

A common risk of being part of a social network can be people posting pictures of you or saying nasty things on your posts.

There are some things we can do to stop this happening:

- Change your privacy settings so only friends can comment on your posts
- Don't accept friend requests from people you don't know or people who may have been nasty to you before
- Block anyone who is hurtful so they can't contact you
- Save any mean comments to your computer/ phone and tell an adult you trust

On some sites, like Ask.fm, people can post anonymously - which means without using their name - so they can say what they like and we can't tell who it is.

To stop this, you should go to 'Settings', then 'Privacy' and change to 'Do Not Allow Anonymous Questions.'

Go to saferinternet.org.uk to find out more about Ask.fm.

Do I have to be a certain age to have a Facebook account?

YES! To have a Facebook account you need to be 13 years old. However, if you are younger than this and you already have a Facebook page, take the time to go over certain settings to make sure you're using it as safely as you can:

- Don't put any personal details on there (phone number, address, etc.)
- Don't make yourself any older than 13. Facebook has different settings in place for younger users
- Set privacy settings to 'friends only' and only add friends that you know in the real world
- Understand what could go wrong – like bullying, unwanted contact and seeing things that upset you - and how to make it stop
- Remember, if you are worried about anything you've seen or done, tell an adult you trust.

Report it!

If someone says something to you that makes you uncomfortable, sends you rude pictures of themselves or asks you to do the same, or threatens you - report it to the police at ceop.police.uk. Lots of sites have a button like this one below so you can click straight through to the site.



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Protect yourself - www.getsafeonline.org

Educate yourself – www.thinkuknow.co.uk

Get advice – www.cybermentors.org.uk

Talk to someone – Childline 0800 1111

Report it – www.ceop.police.uk

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