



In your session with the Be Strong Online Ambassadors you explored **Social Media**.

Social networking sites, such as Facebook, Twitter and Instagram have become a central part of our everyday lives. Social media allows you to **connect with friends, follow celebrities, be creative and share ideas**.

There are a few things to bear in mind when using social media to help you use it in a safe and positive way. We've put together some top tips below:

-  Lots of social networking sites have **age limits** (usually 13). These are in place to protect its younger users. If the platforms discover that underage users are using the service, they will delete their account – so make sure you respect the terms of use and register with the correct age.
-  Remember that everyone edits what they post online so that they only show the best bits, so what you see on social media isn't entirely realistic. Use your **critical thinking** skills when you're on social media – just because something is online, it doesn't mean it's true.
-  Use **social media for good!** Social networking is a great way to raise awareness of good causes, fundraise, spread positive messages and promote charity campaigns you feel passionately about.
-  Everyone likes a 'Like', but make sure you're not getting too hung up on the **number of likes**, retweets, shares or online friends you're getting on social media. If you find yourself getting down about it, remind yourself of your support network – the people you can talk to, such as a friend, family member or trusted adult – and let them know how you're feeling.
-  Every time you do anything online, it leaves a digital trail or 'footprint'. This **digital footprint** creates a permanent record and is potentially visible to anyone, so think before you post on social media. Are you giving away information that could be used in a negative way? What impact might this have on others? What impression does this post give to others about you?
-  **Cyberbullying** involves bullying someone through a mobile phone, the internet or other online devices such as tablets. On social media it can take the form of leaving mean comments on someone's photos, setting up hate groups or uploading photos without the person's permission which makes them feel upset or humiliated. If you're worried about cyberbullying on social media, see our top tips on the next page or visit our support centre for more information.

More Info

www.antibullyingpro.com

www.antibullyingpro.com/support-centre

www.childnet.com

www.thinkuknow.co.uk

www.ceop.police.uk

You can call ChildLine anytime on 0800 11 11- calls are free and confidential. Visit www.childline.org.uk for more information.



Be Strong Online with our Top Tips



1. Remember that you're not alone – If you're being cyberbullied remember that others have felt this way. Cyberbullying can make you feel isolated, hurt and angry – but remember that these feelings will pass. It's important that you follow the advice below to get the support you need.



2. Choose your online friends carefully – Remember that anyone you accept as a friend will be able to see what you have made available on that profile. They may be able to share or screengrab your photos or information and post them elsewhere



3. Make a strong password for all of your accounts, change them regularly and never share these with anyone. Make sure your password includes a combination of upper and lowercase letters, numbers, and symbols. This will mean people can't access your account, steal any of your info, or post harmful comments or pictures in your name.



Check your privacy settings – 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. Make sure you never share your address, phone number or email address with anyone online



5. Google your name to check what private info about you is available online. If somebody types your name into a search engine, what can they find? You may need to check your privacy settings.



6. Keep the evidence and save any cyberbullying texts or conversations you receive



7. Don't respond immediately if you receive hurtful messages online. Instead...



8. Tell someone you trust right away such as your parent, teacher, mentor, relative, brother or sister – anyone! If you are being cyberbullied they will work with you to sort out the problem.



9. Block the person bullying you – there is always a way to stop the bully contacting you – check out the privacy or safety settings of the service you are using to find out how



10. 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. Block the person and use the 'report abuse' buttons - all social networks have these.



11. Stay positive - Things will get better. Do activities which make you feel happy with people who love and appreciate you.




Your child has taken part in a Be Strong Online session, a new peer-to-peer learning programme from The Diana Award charity in partnership with Vodafone and supported by Parent Zone.


It was all about **social media**, covering things like how to think critically about what you see, the difference between online and offline communication and the impact of positive and negative experiences on social media.


The session aimed to engage and educate young people on some of the issues surrounding social media before they reach the minimum age limit for most social networks and become more likely to use them regularly.

Most of us have heard of the most popular social media platforms, like Facebook and Snapchat, but there are lots of others too. They all have their pros and cons, so it's a good idea to speak to your child about using them safely and responsibly.

Here are the important subjects to cover when you chat:

 **Age limits.** 13 is the most common minimum age for social media. Because these services are designed for older teens and adults, signing up at a younger age could expose your child to inappropriate content. It's best to discuss social media age limits before your child signs up – it's probably easier to have a conversation about it than to try to get their account removed once they've joined. Check out www.parentinfo.org/article/under-13s-and-social-media for advice on talking to your child about age limits.

 **Safety and privacy.** It's really important for your child to be familiar with the safety and privacy tools on any social media services they use. Make sure they know how to do things like limit who can see their posts and block or report other users. Before they set up their first account, it's a good idea to agree some ground rules about privacy settings – maybe you don't want them to make their photos publicly visible, for example.

 **Social media and self-esteem.** Using social media safely isn't just about privacy settings and age limits. It's nice to get lots of likes and followers, but it's not a good idea to get too wrapped up in these numbers or comparisons to other online friends.

Ask your child how their social media makes them feel – are they ever upset by the things people say or the number of likes they get?



Online reputation. Most young people have already heard that what goes online stays online, but it's worth reminding your child that their social media presence can influence what other people think of them. How would they feel if a particular post or image was seen by a teacher or relative?

You can read more about social media and how to talk to your child here:
<http://parentzone.org.uk/article/social-media-parents-guide>

More Info

www.antibullyingpro.com
www.parentinfo.org/

www.childnet.com
www.thinkuknow.co.uk
www.ceop.police.uk



OUR PROGRAMMES

The Diana Award



www.diana-award.org.uk



[@dianaaward](https://twitter.com/dianaaward)

Network/Training & Mentoring



www.facebook.com/thedianaawardd



[@dianaaward](https://twitter.com/dianaaward)

Anti-Bullying Ambassadors



www.facebook.com/antibullyingpro



[@antibullyingpro](https://twitter.com/antibullyingpro)

PLEASE SUPPORT OUR WORK!

Diana Award, 1 Mark Square, London, EC2A 4EG, Telephone: 020 3934 2160

Website: www.diana-award.org.uk Twitter: [Dianaaward](https://twitter.com/dianaaward)

Facebook: www.facebook.com/thedianaaward