GROUPCHATS

Young people speak to us often about how being part of lots of group chats or large group chats can be overwhelming and stressful, especially when things become difficult within your peer groups. It's important to know how to manage your group chats for good online wellbeing and also important to know what support is available and who you can speak to when you feel you need to.

TOP TIPS

1 Only be part of group chats with friends you know in person, friends who you trust, who are supportive, kind and respectful. Don't feel pressured to stay in group chats that are stressful. If you need a break from the chats - mute conversation or leave the group. Good friends will respect this and not add you back in.

2 Make sure you know what safety settings you have on the apps you use. It's important to always be honest about your age online so social media apps can help with your settings and keep you safe. If you are under 16, we recommend private social media accounts so you can control who you chat to, you don't share personal information and you can control what content you see for a better experience online.

3 Think before you share: who might see your message, photo, video or live stream? Can it be screenshot and shared? If someone you don't know in real life asks you to share a photo or video or go on camera, don't reply, and tell an adult you trust. Worried about something you've shared online or sent to someone? It's important to talk to an adult you trust so they can help.

4 Remember, the things we say to friends online can hurt someone's feelings just as much as if we said it to them in person. Sometimes young people can feel pressured into joining in with friends online, saying unkind things or sharing things about other people. Even when we are feeling pressured, there is still potential consequences. Be kind, always.

5 Speaking to adults who care for you about things you see and do online can be difficult, having regular conversations about things online can help. Try begin conversations about influencers you like to watch, platforms you like to use, it could be a current trend online or a game your playing. Having these conversations will help if you need to talk to adults about more difficult topics, you may feel more comfortable to open up.

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KEEP GROUP CHATS POSITIVE

✓ Be supportive and respect each other. Good friends won't pressure you to do things you don't want to do or embarrass you.

✓ If you are comfortable to, call out rude comments and inappropriate jokes. Sometimes, friends need to be reminded of boundaries.

✓ Think before you share something about a friend, is it personal information? Will this hurt/upset them?

PRIVACY SETTINGS

PRIVATE

It can be really unsafe to have a public account where people can message you whatever content or messages they want. If you are under age 16, we recommend your account is private so it's important to be honest about your age online so social media platforms can help with this.

Having a public account leaves you at risk of hurtful comments, with no escape, so make sure you know how to block anyone who makes you feel uncomfortable.

FEELING PRESSURED INTO SENDING IMAGES OR VIDEOS

Feeling pressured into sending someone images and videos can make you feel worried and uncomfortable. Social pressures to engage in this can be overwhelming, it can also lead to difficult situations such as blackmailing, bullying and humiliation. You can visit Compass Be website for support on advice on image sharing

https://www.compass-uk.org/services/compass-be-barnsley-mental-health-support-team/sexting-awareness/

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For further support with your privacy settings and further information on social media apps, visit to websites below.

internet matters.org

UK Safer Internet Centre
www.saferinternet.org.uk

Childnet

CEOP

NSPCC

REPORT REMOVE
Nude image of you online?
We can help take it down.

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