



GROUPCHATS



Lots of young people we speak to recognise the challenges of group chats, with some young people telling us their group chats often affect their friendships, sleep, appetite, relationships at home and concentration at school. It is important young people know how to utilise support settings on the apps they use and have a trusted adult to speak to about their life online to ensure a good online wellbeing.

TOP TIPS

1 Talk to your child about who are safe people to talk to online and why. Encourage them to only be part of group chats with friends they are in healthy friendship with (close friends).

2 Talk to your child about avoiding large group chats such as whole class group chats. Young people can be added into large groups chats very easily on some apps often with people they don't know which can also include adults. There is a high risk your child will see inappropriate, upsetting content within these group chats, you can adjust your child's settings to avoid this from happening.

3 Talk about what is ok/not ok to share. Images, videos and the language you use towards other peers. The things we say to people online can hurt their feelings the same way as if it was in person. Everything we send and put online - including message is stored. Even when deleted, these can be found if needed.

4 Show your child how to use support settings on the apps they use. Make sure they know how to mute group chats when they need a break, leave group chats they don't want to be part of, block and report users/content and set their account to private so personal information is not shared.

5 Regular conversations with your child is key! It's vital they know they can speak to you about anything that happens online when they feel they need to. Many young people we speak to worry about talking to adults about things that happen online. As adults, it is important we support them to learn how to use social media safely.



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AGE RATING 13+



If your child is aged 13 – 15 years old, apps like TikTok, Snapchat and Instagram will automatically sort out your privacy settings for them. But, if they are 16 or over – or that is the age they signed up at, they will need to set their privacy settings themselves.

Many children and young people we work with tell us that they lie about their age to get access and download apps such as snapchat. It is important they are honest about their age online so social media platforms can keep young people safe.

TOP TIPS



13+



- ✓ Make sure they sign up with the correct age
- ✓ Set rules around friends
- ✓ Know where to report
- ✓ Talk about what is ok / not ok to share
- ✓ Explore the safety features

CONVERSATION STARTERS



Talking regularly with your child is the greatest tool to help keep them safe online. Talking regularly and making it part of daily conversation, like you would about their day at school, will help your child feel relaxed. It also means when they do have any worries, they're more likely to come and speak to you.

The best way to learn about your child's life online is to join in with them, spend time getting to know what games they play and how they work, who their favourite influencer is and why? What do they like to watch, what is their favourite platform?

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

internet
matters.org



Childnet



NSPCC

childline



01904 666371



@compassbemhst

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