Social Media

Using social media

Many social media services require users to be *at least 13 years of age* ***to access and use their services. This includes WhatsApp, Facebook, Snapchat, X or Twitter, Instagram, Musical.ly and Skype.***

Whilst there is no age restriction for watching videos on YouTube, users **need to be 13 or older** to have their own YouTube account.

This means that no primary age children should be accessing these social media accounts. **I would implore all parents to abide by this ruling.** If all parents stick to this, it makes it easier for pupils to resist peer pressure.

There are a few reasons for not allowing your child to use social media.

- Young people risk being exposed to content which is **intended for older users** when they use sites that are not designed for people their age.
- **What goes on the internet, stays on the internet**. Photos and posts about children will be there forever and could be used against them when they are older.
- Do they know how to **keep their content private**? Do they know who to share with?
- Primary age children are **not cognitively ready** to deal with the issues, posts and opinions on social media.
- **Overuse of screen time** is bad for their health. Children only get one childhood – do you really want them to spend it glued to a screen? *Isn't it better for them to be talking to real people and having real experiences?!*

Going online – use this as a check list for a conversation with your child

When you child is ready to go online, here is some advice to follow.

Devices

- Which devices are we allowed to use and when? Are we allowed to use our own personal devices?
- Are there any areas of the internet which we are not to use, eg games or social networks
- How long can we spend online or on a device?
- What do we do if a notification appears on a device? Eg not clicking 'accept' before checking with an adult
- When is it okay to download files, games or apps?

Keeping safe

- What information is ok for us to share online? Eg reinforcing not to share a clubs location online or names of other players
- Who will we talk to if we feel uncomfortable about anything we have seen or heard online or on a device?
- Which websites are okay for us to use?
- Should we open links from people we don't know?

Positive online behaviour

- How can I be a good friend online?
- What will I do if I receive frightening or bullying messages?
- Do I know where the report and block buttons are online?

Helpful resource: **Young children and screen Time – start here**

Please have a look on these links below:

Gaming - what's appropriate for your child?

How to Ensure Your Children Stay Safe While Playing Online Games | NSPCC

In the know - Hwb

| Pegi Public Site

Get online safety advice by age, apps and activity | Internet Matters