Upper Wharfedale School

Parents' Safeguarding Bulletin - December 2020

Online Safety

On average teenagers spend more than 7 hours per day on social media, however this is likely to be a lot higher due to the increased time spent at home and away from friends. It is important that you know how to protect yourself when you are on any online platform.

Your Online Footprint

Your online footprint is a record of how you spend your time online, which means everything you do online or on social media platforms can be traced back to you and if you do not protect your posts and details it can follow you around for the rest of your life.

Once you send a message, post a comment or upload a picture it no longer belongs to you and you cannot control where it will end up. Employers routinely check the social media history of potential employees so mistakes you make online when you are younger can affect your future.
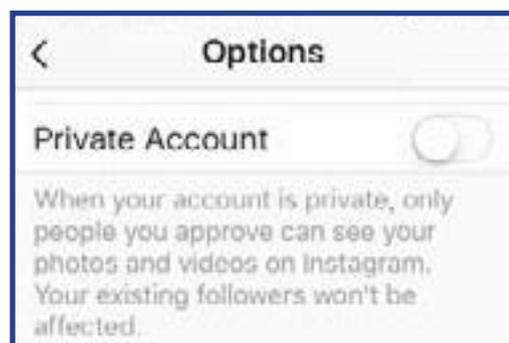
Privacy Settings

Every social media account you have will come with optional 'privacy settings'. These control who can see what you post and who can contact you within each platform. Without the correct settings you open yourself up to strangers being able to contact you and see information about you that you wouldn't share with a stranger face to face.
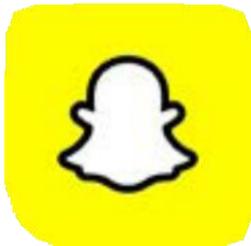
Instagram

In your settings there is a section called 'privacy and safety' where you can alter a number of settings. Your account should be private, and it is wise to block people from downloading your videos as it may still be in the hands of someone else and you will have no control over them posting it again. Like other social media you make be aiming to get as many people to see your page and videos as possible but you have to remember that protecting yourself is more important than gaining followers. Having a public account should only be something you consider with permission and supervision from your parents/guardians. You may also want to block comments to protect yourself from hateful people and to support your mental wellbeing.

> Options
>
> Private Account
>
> When your account is private, only people you approve can see your photos and videos on Instagram. Your existing followers won't be affected.

Snapchat

To change your settings in snap chat click on your profile button and click on 'settings' then update your settings. Only your friends should be able to contact you or view your posts/sto- ries.
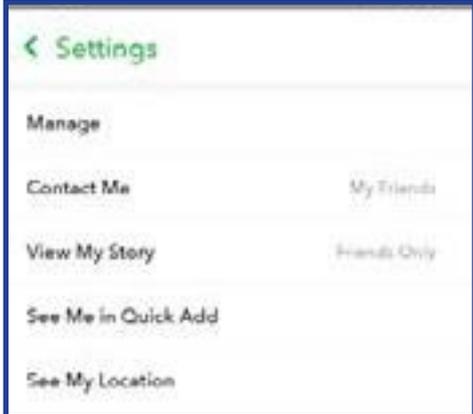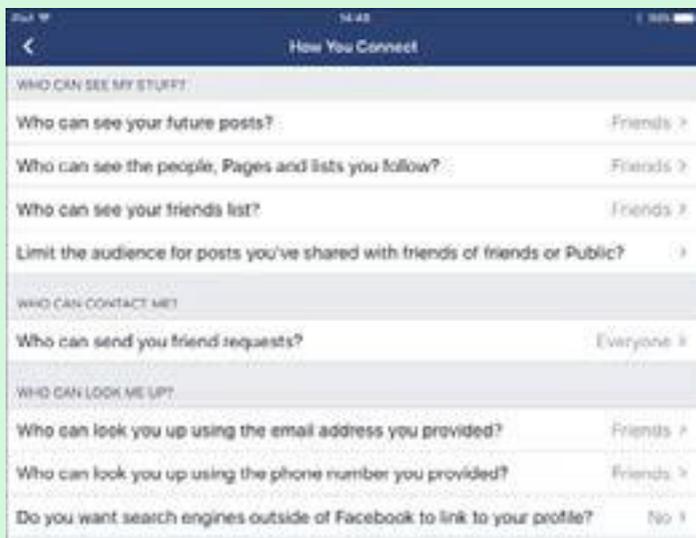
With the snap map you need to remember that exposing where you are to people can be very dangerous. If you have people you don't know on your snap chat and you are visible on snap maps they only have to monitor your movements to easily work out information like you address, the school you attend and where you go out most often. So it is important that you only have friends on the app and that you are mindful about protecting your location.

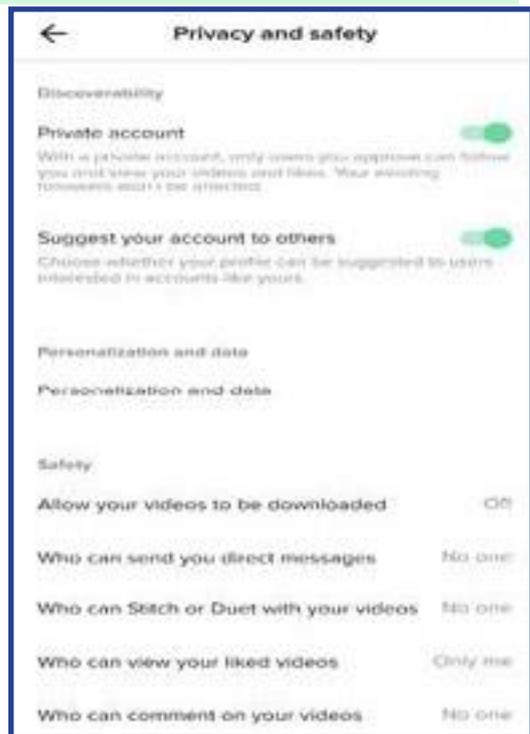| ‹ Settings	
Manage	
Contact Me	My Friends
View My Story	Friends Only
See Me in Quick Add	
See My Location	

Facebook

In your account settings there is a separate section for privacy settings where you can monitor who can contact you and who can access certain information on your profile.
Remember you don't have to accept everyone that adds you as a friend, if they don't know you they aren't your friend! Be mindful as well of making your bio public and using it to advertise your usernames for other social media accounts.

How You Connect	
WHO CAN SEE MY STUFF?	
Who can see your future posts?	Friends ›
Who can see the people, Pages and lists you follow?	Friends ›
Who can see your friends list?	Friends ›
Limit the audience for posts you've shared with friends of friends or Public?	›
WHO CAN CONTACT ME?	
Who can send you friend requests?	Everyone ›
WHO CAN LOOK ME UP?	
Who can look you up using the email address you provided?	Friends ›
Who can look you up using the phone number you provided?	Friends ›
Do you want search engines outside of Facebook to link to your profile?	No ›

TikTok

In your settings there is a section called 'privacy and safety' here you can alter a number of settings. Your account should be private, it is wise to block people from downloading your videos as it may still be in the hands of someone else and you will have no control over them posting it again. Like other social media you make be aiming to get as many people to see your page and videos as possible but you have to remember that protecting yourself is more important than gaining followers. Having a public account should only be something you consider with permission and supervision from your parents/guardians. You may also want to block comments to protect yourself from hateful people and to support your mental wellbeing.

← Privacy and safety	
Discoverability	
Private account	◉
Suggest your account to others	◉
Personalization and data	
Personalization and data	
Safety	
Allow your videos to be downloaded	Off
Who can send you direct messages	No one
Who can Stitch or Duet with your videos	No one
Who can view your liked videos	Only me
Who can comment on your videos	No one

Sexting

What is Sexting?

Sexting is the sending of sexually explicit pictures or messages. This can be done over text messaging or using social media platforms.

If everyone involved is over the age of 18 there are no legal issues with sexting but no matter what your age there are always possible unforeseen consequences of being involved in producing and sending messages or pictures of a sexual nature.

Under 18?

You need to know

It's against the law to:

- Create a sexually inappropriate image of someone under the age of 18—including yourself!
- Send or share a sexually inappropriate image of someone under the age of 18, even if it is an image of you.

Consequences of Sexting

If you create or share an inappropriate image of yourself or someone else under the age of 18 you will have broken the law and will potentially face criminal charges which could affect your ability to work and travel to different countries in the future.

Regardless of your age, sexting has other negative consequences. Once you create and share an image you no longer have control over where that image ends up. It takes only seconds for someone to download and share an image and once it has been spread online it is almost impossible to delete every copy that exists.

You may feel you trust the person you are sending the image to but you can never be certain that they will keep your privacy or it won't accidentally fall into someone else's hands.

Getting Support

No one should pressure you into sharing an inappropriate picture. If they are asking knowing you are under 18 they are breaking the law and you can report them to the police.

Trust your parents/guardians and tell them it is happening or if you think you need support in reporting what is happening you.