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'Keeping Children Safe'

Parent & Carer ONLINE SAFETY NEWSLETTER

Welcome to the May edition of our Parent and Carer Online Safety newsletter.

This month, our focus is on social media, which plays a significant role in how children and teenagers communicate, learn, and spend their leisure time. Platforms such as Instagram, Snapchat, and TikTok enable young people to connect with friends, express themselves, and explore various interests. Many children exhibit a high level of confidence in navigating these platforms and can effortlessly adapt their communication styles based on their audience.

While social media presents numerous advantages, it also poses risks that parents should be aware of. We have included a variety of informative links to assist you in educating and supporting your child regarding social media usage.



A Parent's Guide to Social Media

A parent's guide to social media focuses on understanding its workings, recognising risks, and ensuring safe use for children. Young users engage with platforms like Instagram and TikTok to connect, share, and express themselves.

Reasons children use social media:

- Stay connected with friends and family
- Share experiences and follow trends
- Express identity and opinions

Key risks:

- Exposure to inappropriate content
- Cyberbullying
- Privacy risks from oversharing
- Stranger contact
- Negative impact on mental health and self-esteem
- Excessive screen time affecting life balance

Support strategies for parents:

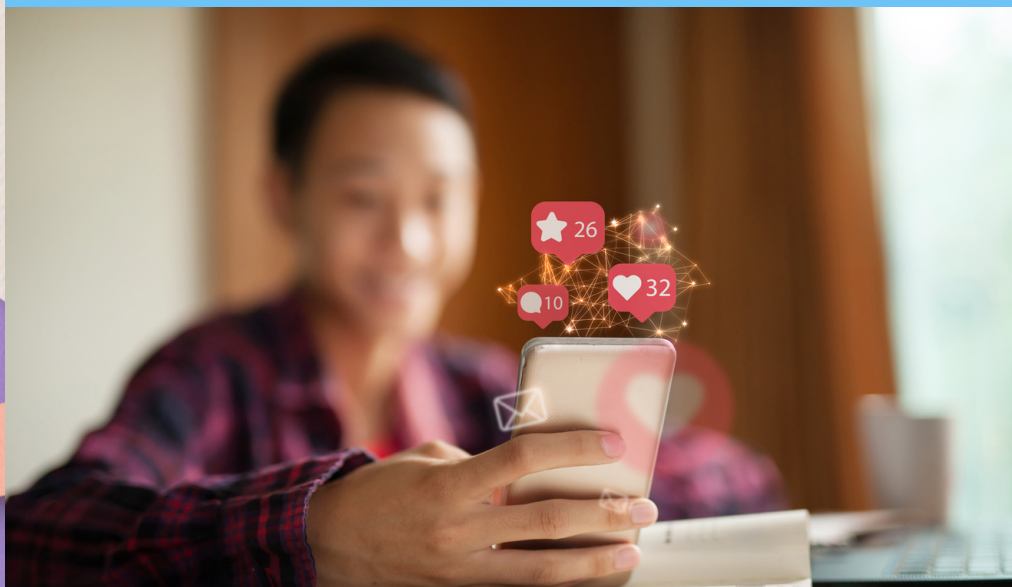
1. Maintain open communication
2. Set clear boundaries on usage
3. Utilise privacy settings
4. Learn about social media platforms
5. Encourage critical thinking about online content
6. Model healthy social media habits

Social media requires guidance; by staying informed, parents can help children enjoy its benefits safely. Additionally, it's important to differentiate between misinformation (mistakes) and disinformation (intentional falsehoods) to navigate online content responsibly.

Helping children stay safe on social media

Children and young individuals utilise various social media platforms to connect, learn, and express themselves. While these platforms can foster creativity, connectivity, and educational opportunities, it is crucial to recognise the associated risks and to provide guidance that helps them navigate the online environment safely. This guidance from The NSPCC will help you understand what social media is, understand social media terms and they have included some useful tips to help children stay safe.

[CLICK HERE](#)





Advice about key social media platforms and apps

Childnet has compiled guidance on the most prevalent social media applications. This resource includes safety recommendations and a checklist designed to help you ensure your children's safety while using these platforms.

[CLICK HERE](#)

Young Minds - Social Media

If you are worried about your child or teenager using the internet, this guide provides tips and advice for talking to your child about their use of social media and the internet.

[CLICK HERE](#)

How you can help your child enjoy the benefits of social media

BBC, in collaboration with Internet Matters, has identified several potential benefits of social media usage among young people. They have produced an informative video, along with valuable insights highlighting these benefits, provided that social media is utilised safely.

[CLICK HERE](#)



What you need to know about your child's digital footprint

Today, children navigate the online world differently than previous generations. Along with visible risks, their digital footprint is a significant concern. Every click, scroll, post, or app download contributes to this footprint, often without their awareness.

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