



Social Media Parents Checklist



- Call a Digital Family Meeting - set rules and expectations for behaviour with technology
- Draft a Social Media Contract
- Have a central charging station (e.g. your room, kitchen table) – keep devices out their bedrooms!
- Have your child write a paragraph about why they should have a phone or be able to download an “app”
Set up the accounts WITH them
- Set limits on technology use – if you meet resistance, remind them who pays for the phone or device – Monitor apps seen in presentation!
- Know their passwords! Sealed envelope of passwords on the fridge if applicable
- Buy, Use and Teach your child to use an old-fashioned alarm clock
- Set parental controls: Phone, Tablet, Computer
- Google yourself and your child. What is out there about you and your family?
- Review privacy settings on all social media accounts. Set Instagram as private!
 - Check Instagram “DIRECT” mailbox and read the comment section of pictures and posts
- Explore strategies of what to do when a stranger talk to them online. Remind them that you won't be upset and you are just looking out for their safety
- Ask your child what social media platforms are popular and why – take a keen interest to help open up dialogue
- Actually, read the privacy policies and terms of service with your child
- Discuss both the positives and negative uses of social media
- Remind them of the permanence and public nature of all things shared electronically
- Discuss the dangers of sharing intimate (sexting) photos
- Discuss the difference between a healthy and unhealthy relationship
- Be mindful of and know what VAULT apps look like
- Are location services turned OFF for camera and social media apps – do any of their posts have a geo-tag attached?
- Put tape or Band-Aid on the laptop camera when not in use
- Make strong passwords for all accounts and emails – That includes YOU! Letters, numbers, and special characters! @#\$\$%^&*
- Set up and be ready to use Find my iPhone or Android Device Manager
- Educate Yourself - Search online for anything you don't understand
- Remember that your kids are growing up online! Help guide them
- Encourage your kids to create a positive digital footprint as they grow older



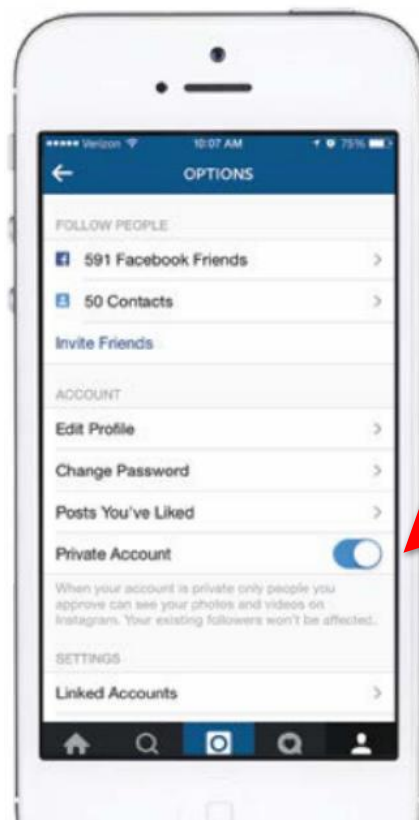
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INSTAGRAM

- Is your account PRIVATE or PUBLIC?
 - Do you know who all of your followers are?
- Do you know how to block someone?
- Do you know how to report a post/content?
- Do you know how to delete comments?

Do you know if your account is PRIVATE or PUBLIC?

Instagram has a simple privacy setting: you either share your posts with anyone on Instagram (currently half a billion people) (**public account**) or only share with people whom you have approved to follow you (**private account**). Also, be advised that once you use a “hashtag” (#), that picture automatically becomes publicly searchable







Blocking someone



When you block someone, they can't see your profile or posts.

To block or unblock someone:



- Go to their profile by finding them in your followers list or by searching for their name or username.
- Tap their username to open their profile and then tap  (IOS) and  (Android)
- Tap **Block User**.
- To unblock someone, follow the steps above and then tap **Unblock User**.

Reporting Content

If you see something that's not appropriate, as set out in Instagram's guidelines, or even guidelines set out in your home (e.g. nudity, self-harm, bullying), you can report a photo or video. Have rules on content that they **MUST** tell you about.

- Tap  (iPhone & Windows Phone) or  (Android) below the post
- Tap Report Inappropriate
- Select why you're reporting the post

If you want to report someone that is impersonating you or someone you know, you can do that as well in the app.

- Go to their profile by finding them in your followers list or by searching their name or username
- Tap their username to open their profile and then tap  (IOS) and  (Android)
- Tap Report Inappropriate
- Select "I believe this account violates Instagram's community guidelines" to report an account



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Deleting comments

You can delete comments you've made, including photos or video captions, as well as comments other people have left on your posts.

To delete a comment or caption:

Apple

- Tap comment below the photo
- Swipe to the left over the comment or caption you'd like to delete
- Tap and then choose if you want to **Delete** or **Delete and Report Abuse**

Android

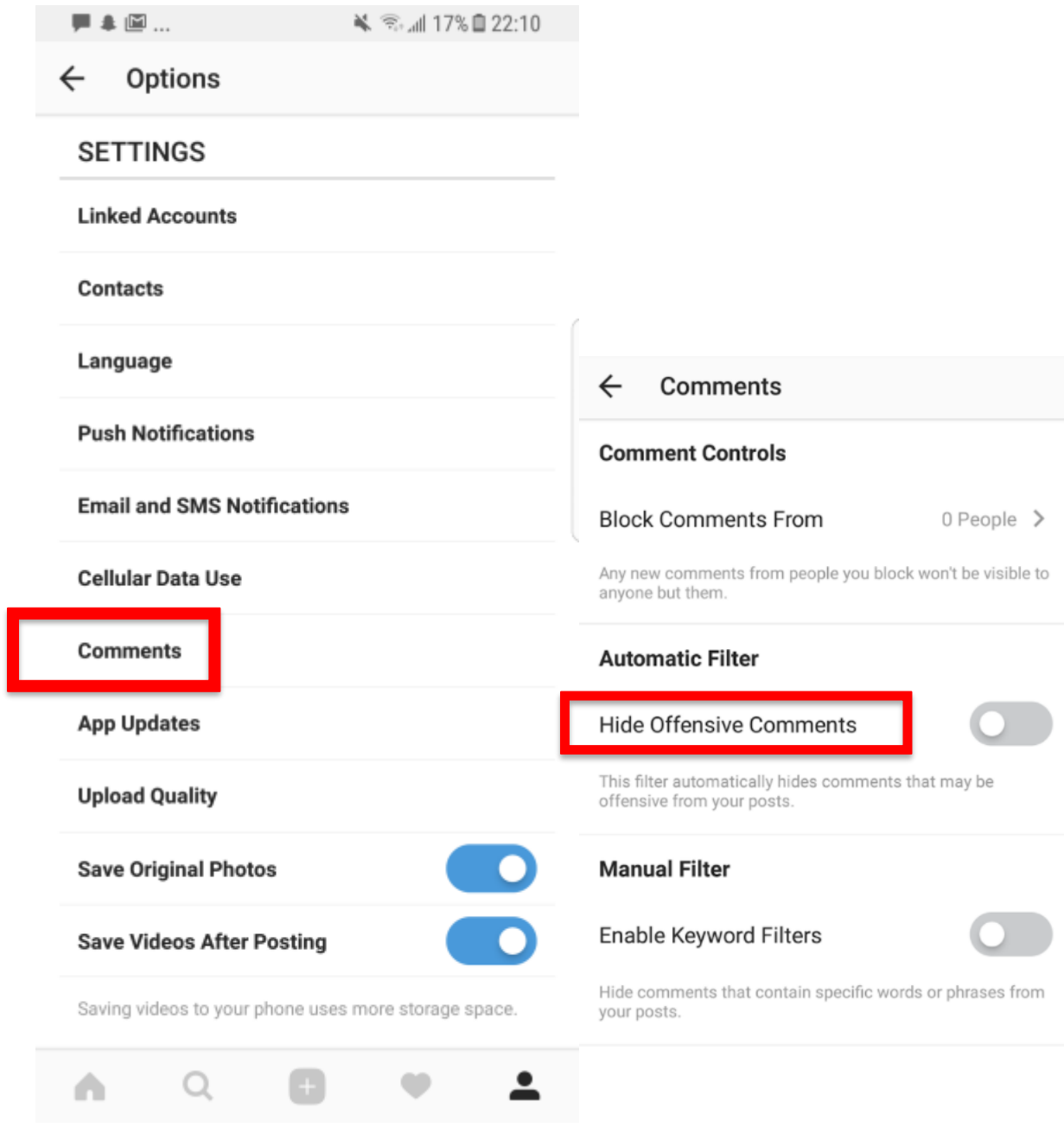
- Tap below the photo
- Tap the comment or caption you want to delete
- Choose if you want to **Delete Comment** or **Delete Comment and Report Abuse**

Credit: UK Safer Internet Centre (www.saferinternet.org.uk)



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Negative Comment filter for Instagram



***Note, this is not 100% guaranteed solution, be sure to monitor your child's posts and do not assume this will always work. Have an open dialogue and conversation on how to approach and deal with negative comments made.**



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FACEBOOK

- Do you know who your friends are?
- Who can see your content on Facebook?
- How do I deactivate/delete my account?

It is advised to go through your contact list and do a “spring clean-up”. How many of those friends do you actually know and keep in contact with?

Who can see your stuff?

Consider only letting your “Friends” see everything.

Remember when tagging is involved, you need to be mindful that often ‘friends of friends’ can also see who and what you tag.

For up-to-date tagging info, visit: <http://on.fb.me/PQzwdD>.

- Click the **Privacy shortcut** (top right) 
- Click **Who can see my stuff**
- Under **Who can see my future posts**, select Friends from the drop-down list.


Note: Check what your timeline looks like to the public by using the View As... tool in your privacy shortcuts.

Keep an eye on your timeline

- Click the **Privacy shortcut** (top right)
- Click on **See More Settings** then **Who can see my stuff**
- Turn on **Review all your posts and things you’re tagged in** so you can choose what’s visible on your timeline.



Ensure you can't be found in a public web search!

- Click the **Drop Down** (top right) 
- **Settings**, then **Privacy Settings**
- **Who can look me up?**
- Do you want other search engines to link to your Timeline?
- Click edit & remove tick from the box.


Who can see your posts?

- Facebook has in-line privacy controls so you can set your audience to: **Private, Friends, Friends of Friends, Public**, before you post a status update.

Deactivating/Deleting your account

How do I deactivate my Facebook account?

If you deactivate your Facebook account, your timeline will not be erased, but temporarily suspended. No one will be able to find your account and it will no longer appear in the Friends List


- Click the **Drop Down** 
- **Settings**.
- **Security** (left hand side of page).
- **Deactivate your account**.

All data and information in the account will be kept and can be reactivated at any time



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How do I permanently delete my Facebook account?

- Click the **Drop Down** 
- **Help.**
- Type **How do I permanently delete my account?** and follow the link to **Submit your request here.**

Warning! Your Facebook account will become **deactivated** for 14 days and will be deleted if you do not use it in that time.

Credit: UK Safer Internet Centre (www.saferinternet.org.uk)




SNAPCHAT

- Privacy Settings
- How do I block and delete?
- How do I report a problem?

Privacy Settings

By default, only users you add to your friends list can send you Snaps. If someone who isn't your friend tries to send you a Snap, you'll receive a notification that they added you, but will only receive the Snap when you add them to your friends list.

To change who can send you Snaps and View My story

- Tap ghost/ emoji on the camera screen (top left) to access your profile, then tap the gear icon  the upper-right corner of the screen.
- Tap the '**WHO CAN...**' option and choose either: "**Contact Me**"/ "**View My Story**"
- 'Everyone' – This allows anyone to send you Snaps (even strangers).
- 'My Friends' – Only your friends are able to send you Snaps.



Blocking/Deleting someone

Blocking and Deleting friends

Blocking someone on Snapchat means they will be prevented from sending you Snaps, Chats or viewing your Stories. If you delete someone, they won't receive your Snaps, but they could still send them to you. To block or delete a contact:

- Tap the username you want to block or delete in your **My Contacts** page.
- Tap the gear icon ⚙️ that appears next to their name.
- Select **Block** to prevent Snaps, Chats or from them viewing your Stories.
- Select **Delete** to remove them from your friends list.

To unblock a user:

- Tap the username, then tap the gear icon ⚙️ next to their name.
- Select **Unblock** and the user will be added back to your friends list.

Note: Full terms of use can be found here: www.snapchat.com/terms

Finding Friends

Finding and Adding Friends - Tap the ghost on the camera screen.

- To add a friend who has added you, tap **Added me**, locate their username in the list, then tap the plus icon next to their name.
- To add friends from your device's contact list, tap the address book icon (you may be prompted to verify your phone number). Once verified, all of your phone contacts with Snapchat accounts will be displayed, along with friends who don't have Snapchat, who you can invite via SMS.
- To add friends who aren't in your list of contacts, tap the **Add Friend** icon and type in their Snapchat username. Tap the plus icon to add them as a friend.



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If you don't want friends to find you through your phone number:

- Tap ghost on the camera screen, then tap the gear icon in the upper-right corner.
- Tap **Mobile Number**.
- Uncheck **Allow my friends to find me** to unlink your phone number.

Reporting a problem

Snapchat is about sharing moments and having fun. They encourage self-expression but respect their users need for this to be balanced against being able to use the app safely and enjoyably. They don't tolerate 'Snaps' that share:

- Pornography, Nudity or sexually suggestive involving people under the age of 18
- Young People (under 18s) engaged in activities physically dangerous and harmful
- Invasions of privacy or Impersonation
- Threats, Harassment or Bullying
- Self-Harm

Snapchat may remove this type of content, suspend accounts sending it and prohibit them from using Snapchat in the future.

Snapchat's reporting functions are the same across all devices. Mobile and tablet users can find all the reporting routes by tapping on the ghost on the camera screen; tapping the gear icon and choosing 'Support'. Desktop users can follow the links below for reporting:

- Inappropriate Content: <https://support.snapchat.com/co/inappropriate>
- Harassment: <https://support.snapchat.com/co/harassment>
- Impersonation: <https://support.snapchat.com/co/impersonation>
- Another Abuse of Safety issue: <https://support.snapchat.com/co/other-abuse>



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Snap Maps



TAP THE GEAR ICON FOR SNAPCHAT SETTING

< Settings

Your location updates while you have Snapchat open.

Ghost Mode

When enabled, your friends can't see your location



WHO CAN SEE MY LOCATION

My Friends

Select Friends...

No friends selected



ENABLE GHOST MODE





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Other SNAPCHAT features

Geo filters:

This is a fun way to share where you are through filter overlays. They are specific to neighborhoods' and their unique designs will change from place-to-place, so require your devices location settings to be enabled. Remember, if you add a Geo filter to your Snap or Story, you're publicizing your whereabouts to anyone you share it with.

Video Chat:

When you and a friend are both present in Chat, the yellow icon will turn blue. Press and hold the blue 'Here' icon to immediately start video chatting. When your friend presses and holds the blue 'Here' icon on their screen at the same time you do, you'll immediately be in a two-way video chat.

Stories:

'My Stories' string Snaps together to create a narrative that lasts for 24 hours. Depending on their privacy settings, the photos and videos added to a Story can be viewed by either all Snap chatters, just the user's friends, or a customized group.

Our Stories:

'Our Stories' are a stream of user submitted Snaps from various locations and events. Users who have their location services on at the same event location will be given the option to contribute Snaps to the Our Story. The end result is a Story told from a community perspective with lots of different points view

Credit: UK Safer Internet Centre (www.saferinternet.org.uk)



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These are guidelines to direct the conversations that you undoubtedly will be having with your children. As parents, there is a responsibility to know the ramifications of giving your child a powerful technological device. Parenting in 2017 is very different than it was years ago but ultimately you must try your best to protect your child from the dangers that are presented to them online. Guide the growth of their independence. Good luck!

Are you on Twitter? Feel free to follow me for weekly tips, tricks and updates on helpful suggestions to keep ourselves and our children safe online.

@nick_chernoff



@safer_schools