



Age requirements for apps

Whatsapp- users need to be **16 years old**

Nearly all other social media services require users to be at least **13 years** of age to access and use their services. This includes **Facebook, Snapchat, Twitter and Instagram**

Whilst there is no age restriction for watching videos on **YouTube**, users need to be **13** or older to have their own YouTube account (enabling them to subscribe to other channels, like videos, post comments, share their own content and flag inappropriate content).

For more information, please use the following link:

<https://saferinternet.org.uk/blog/age-restrictions-on-social-media-services>

The things I wish my parents had known...

Talking to children about certain topics can be difficult and so The Children's Commissioner has launched a guide for parents and carers on online sexual harassment and how they can support children to stay safe online.

The guide draws together advice on how parents should manage tricky conversations around sexual harassment and access to inappropriate content.

An overriding message is that parents should start these challenging conversations early. They suggest broaching topics before a child is given a phone or a social media account, which is often around the age of 9 or 10. The guide focuses on issues such as:

- Easily accessed online pornography
- Pressure to send nude pictures
- Sexualised bullying
- Editing pictures and body image
- Peer pressure



The aim for the guide was to pull together these challenging (often seemingly unapproachable) topics for parents in an accessible way. They see the guide as the 'starting point' for parents to begin confronting the issues with their children.

Parental Controls

If your child is using social media, then please think carefully about how this is being monitored. There are a range of systems and apps that can support you with this e.g. locking access to certain apps after a scheduled time.

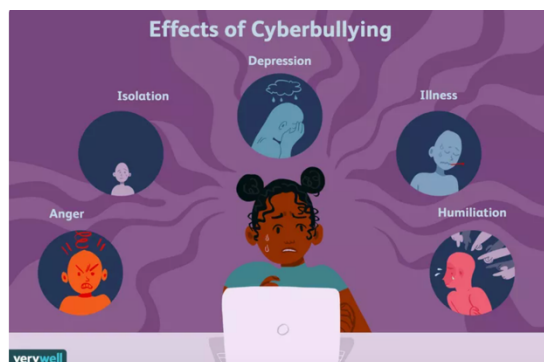
Are you aware of what your child is accessing online and the type of messages they are sending?

There are signposts to the excellent resources of other expert organisations, including NSPCC, Childnet and Internet Matters, throughout the guide.

The guide and summary poster can be found at the bottom of the following page:

<https://www.childrenscommissioner.gov.uk/report/talking-to-your-child-about-online-sexual-harassment-a-guide-for-parents/>

Cyber Bullying



Cyberbullying is when someone uses technology to **harass, threaten, embarrass, or target another person**. It happens on devices like smartphones, computers, tablets, and gaming systems. Cyberbullying hurts people, and in some cases is against the law.

Sometimes cyberbullying can be easy to spot — for example, if your child shows you a text, comment, or post that is harsh, mean, or cruel. Other acts are less obvious, like posting someone's personal information, or using photos or videos that hurt or embarrass another person. Someone might make a fake account or screen name to harass and bully, so you don't know who the bully is.

What Are the Signs of Cyberbullying?

Many kids and teens who are cyberbullied don't want to tell a teacher, parent, or trusted adults, often because they feel ashamed or fear that their devices will be taken away at home.

Signs of cyberbullying vary, but may include:

- being emotionally upset during or after using the Internet or the phone
- avoiding school or group gatherings
- changes in mood, behaviour, sleep, or appetite
- suddenly wanting to stop using the computer or device
- being nervous or jumpy when getting a message, text, or email

How Can Parents Help?

If your child is being cyberbullied

- **Offer comfort and support**
- **Let your child know that it's not their fault**
- **Notify the school**
- **Encourage your child not to respond to cyberbullying.**
- **Keep records e.g. screen shots**

Other things that may prevent future cyberbullying:

- **Block the bully**
- **Limit access to technology**
- **Monitor use of social media**
- **Know what sites your child uses**



Cyberbullying can have long-lasting effects and can cause anxiety, depression and other stress-related disorders.