Social Media
Information for Students

In your session with the Be Strong Online Ambassadors you explored **Social Media.**

Social networking sites, such as Facebook, Twitter and Instagram have become a central part of our everyday lives. Social media allows you to **connect with friends**, **follow celebrities**, **be creative** and **share ideas**.

There are a few things to bear in mind when using social media to help you use it in a safe and positive way. We've put together some top tips below:

Lots of social networking sites have **age limits** (usually 13). These are in place to protect its younger users. If the platforms discover that underage users are using the service, they will delete their account – so make sure you respect the terms of use and register with the correct age.

Remember that everyone edits what they post online so that they only show the best bits, so what you see on social media isn't entirely realistic. Use your **critical thinking** skills when you're on social media – just because something is online, it doesn't mean it's true.

Use **social media for good**! Social networking is a great way to raise awareness of good causes, fundraise, spread positive messages and promote charity campaigns you feel passionately about.

Everyone likes a 'Like', but make sure you're not getting too hung up on the **number of likes,** retweets, shares or online friends you're getting on social media. If you find yourself getting down about it, remind yourself of your support network – the people you can talk to, such as a friend, family member or trusted adult – and let them know how you're feeling.

Every time you do anything online, it leaves a digital trail or 'footprint'. This **digital footprint** creates a permanent record and is potentially visible to anyone, so think before you post on social media. Are you giving away information that could be used in a negative way? What impact might this have on others? What impression does this post give to others about you?

Cyberbullying involves bullying someone through a mobile phone, the internet or other online devices such as tablets. On social media it can take the form of leaving mean comments on someone's photos, setting up hate groups or uploading photos without the person's permission which makes them feel upset or humiliated. If you're worried about cyberbullying on social media, see our top tips on the next page or visit our support centre for more information.

More Info

www.antibullyingpro.com

www.antibullyingpro.com/support-centre

www.childnet.com

www.thinkuknow.co.uk

www.ceop.police.uk

You can call ChildLine anytime on 0800 11 11- calls are free and confidential. Visit www.childline.org.uk for more information.

Be Strong Online with our Top Tips

1. Remember that you're not alone – If you're being cyberbullied re member that others have felt this way. Cyberbullying can make you feel isolated, hurt and angry – but remember that these feelings will pass. It's important that you follow the advice below to get the support you need.

2. Choose your online friends carefully – Remember that anyone you accept as a friend will be able to see what you have made available on that profile. They may be able to share or screengrab your photos or information and post them elsewhere

3. Make a strong password for all of your accounts, change them regularly and never share these with anyone. Make sure your password includes a combination of upper and lowercase letters, numbers, and symbols. This will mean people can't access your account, steal any of your info, or post harmful comments or pictures in your name.

Check your privacy settings – choose the information you share with people, for example you can set your profile or data to private or only allow certain people to contact you and view particular information. Make sure you never share your address, phone number or email address with anyone online

5. Google your name to check what private info about you is available online. If somebody types your name into a search engine, what can they find? You may need to check your privacy settings.

6. Keep the evidence and save any cyberbullying texts or conversations you receive

7. Don't respond immediately if you receive hurtful messages online. Instead…

8. Tell someone you trust right away such as your parent, teacher, mentor, relative, brother or sister – anyone! If you are being cyberbullied they will work with you to sort out the problem.

9. Block the person bullying you – there is always a way to stop the bully contacting you – check out the privacy or safety settings of the service you are using to find out how

10. Report it - Any cyber bullying you suffer should be reported. Whether it is nasty comments, a text message, online chats or group bullying, it is still bullying and is not ok. Block the person and use the 'report abuse' buttons- all social networks have these.

11. Stay positive - Things will get better. Do activities which make you feel happy with people who love and appreciate you.