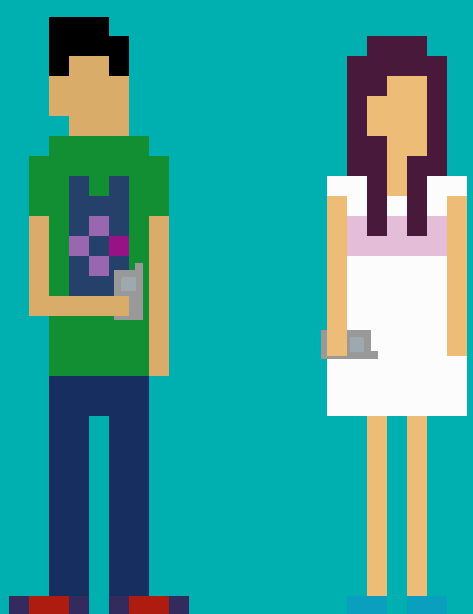
AN A-Z POCKET GUIDE OF SOCIAL MEDIA APPS

THINK YOU KNOW WHAT YOUR CHILD IS DOING ONLINE?



NORFOLK CONSTABULARY

Our Priority is You

Social Media Safeguarding- Pocket Guide - CustomSize.indd 1 31/12/2015 15:03:51

Gone are the days of Facebook as a one-stop shop for all social-networking needs.

It may seem more complicated to share photos on Instagram, post secrets on Whisper, flirt with people on Skout, and share jokes on Twitter, but young adults seem to enjoy keeping up with their various virtual outposts, and each one offers something different.

You don't need to know the ins and outs of all the apps and sites that are "hot" right now (and frankly, if you did, they wouldn't be trendy anymore). But knowing the basics can make the difference between a positive and a negative experience for your child.

Generally you should be cautious of the following:

- Many apps allow accessibility of inappropriate content, such as foul language, explicit images, pornography and criminal activity.
- Each app has it's own security settings, many of which may display content as public. Always refer to the apps settings to tighten security.
- Some apps have geo-location enabled by default, enabling the user to be tracked and facilitating the meeting of strangers.

We've detailed some of the most popular types of apps and websites for teens, and what you should know about them over the next few pages.

Social Media Safeguarding - Pocket Guide - CustomSize.indd 2-3 31/12/2015 15:03:51

Ask.fm allows users to anonymously ask and answer questions. It can be a useful and fun resource, but it's worth monitoring because the anonymity can lead to bullying and dangerous topics of discussion.

Burn Note is a text only messaging app that erases messages after a set period of time, allowing kids to communicate covertly. To discourage copying and taking screenshots, a spotlight-like system only reveals a portion of the message at a time. You don't have to have the app to receive a Burn Note.

Chatroulette matches up users with other random users for a video chat. There are no filters, meaning anyone can get matched up with anyone of any age. It is known that 'spins' on this site often result in someone who may be naked or engaged in a sexual act.

Instagram allows users to snap, edit, and share photos and 15-second videos. You can apply filters and effects, making your photos look high quality and artistic. Teens may measure the "success" of their photos - even their self-worth - by the number of likes or comments they receive.

Kik Messenger is a fun messaging app with the ability to create memes and add videos and images to chats. However, it allows easy communication with strangers who share their Kik usernames. It's also a popular site for spammers of all types.

Meet Me has a "Match" feature whereby users can "secretly admire" others, users can chat with whoever's online, as well as search locally, opening the door for potential trouble. The app also asks permission to use location services, meaning you can find the closest matches wherever you go.

Social Media Safeguarding - Pocket Guide - CustomSize.indd 1-5 31/12/2015 15:03:51

Omegle is a chat site that puts two strangers together in their choice of a text chat or video chat room. Since the chats are anonymous, the language and content is often much more explicit than those with an identifiable user might be.

ooVoo is a free video, voice, and messaging app allowing group chats with up to 12 people on their approved contact lists; which can help ease parents' safety concerns. However, It can be distracting and addictive due to how accessible the app is.

Skout is a flirting app that allows users to sign up as teens or adults. They're placed in the appropriate peer group, where they can post to a feed, comment, add pictures and chat. If your teens are going to use a dating app, Skout is probably the safest choice if used appropriately, however, there's no age verification.

Slingshot is a service where messages and photos are completely random. In order for a user to see what someone has sent them, they have to send something back first. This poses the very real risk of young adults receiving inappropriate content.

Snapchat is a messaging app that lets users put a time limit on the pictures and videos they send before they disappear — which could prompt teens to take more risks with their posts than they would on other sites. However, images can be screenshot and then sent to others.

Tinder is a photo and messaging dating app that lets users see and "like" any other user within a minimum 1-mile radius. If the other user also sends a "like," they can chat and exchange information. Geolocation enables teens to meet up with nearby people, which can be very dangerous.

Social Media Safeguarding - Pocket Guide - CustomSize.indd 6-7 31/12/2015 15:03:51

Tumblr is a stream of text, photos, videos and audio clips where users create and follow short blogs, or "tumblelogs". Privacy can be guarded but only by creating a second profile, which can be password protected. Reblogging is a feature that many teens like; but do you want your kids' content on someone else's page.

Twitter allows users to post brief, 140-character messages - called "tweets" - and follow other users' activities. Teens like using it to share tidbits and keep up with news and celebrities. Tweets are by default public, unless set to private.

Vine lets users post and watch looping six-second video clips. Teens usually use Vine to create and share silly videos of themselves and/or their friends and families. All activity is public by default.

WhatsApp is an instant messaging app of text, image, video and audio messages exchanged for free. However, the potential for communication with strangers is high.

Whisper is a "confessional" app allowing users to post what's on their mind with an image. They're often sexual in nature and users often try to meet people nearby. Although it's anonymous to start, it may not stay that way, users are encouraged to exchange details in the "Meet Up" section.

Yik Yak allows users to post short comments to the 500 geographically nearest users. Young people can find out opinions, secrets, rumors, and more. By default, your exact location is shown unless you turn it off. This app is reported to hold: cyberbullying, explicit sexual content, unintended location-sharing, and explicit information about drugs and alcohol.

Social Media Safeguarding - Pocket Guide - CustomSize.indd 8-9 31/12/2015 15:03:52

HELP IS OUT THERE

If teens use apps and websites **respectfully, appropriately,** and with a little **parental guidance**, they should be fine.

If your children are online and using apps, you need to have **an honest and open discussion** about the potential dangers and how they can keep themselves safe.

Beyond the usual safety precautions of not giving out personal info to strangers, kids need to be reminded that **what happens online, stays online** — forever. There is no such thing as a disappearing message or a permanently deleted picture.

Bottom line: **if they wouldn't want you to see it or read it, they shouldn't post it.**

Concerned about what your child may be doing online, there are some monitoring apps that can help.

Avira is a behind-the-scenes look at your child's account, listing new friends and significant events. Friend requests not in their age group or mutual friend create alerts and it scans pictures of your child that may be harmful.

My Mobile Watchdog lets you see social media posts, call and text logs and phone location. It allows you to block apps and set curfews preventing your child accessing social media or sending texts.

TeenSafe lets you look at your child's text messages, including those deleted, call logs, browsing history and phone location.

Halt allows you to look at your childs the status updates and pictures. You can also flag them, or delete them; great for younger kids who aren't quite social media savvy and may not realise the potential problems.

SelfieCop aims to teach children to stay safe by sending any photos taken to a parents phone, making them think 'do i really want my parent to see this?'.

Social Media Safeguarding - Pocket Guide - CustomSize.indd 10 31/12/2015 15:03:52

DO YOU RECOGNISE THE SIGNS OF CHILD SEXUAL EXPLOITATION?

S exual health and behaviour – STI's, pregnancy, terminations

A bsent from school or repeatedly running away

F amilial abuse and/or problems at home – living in care

E motional and physical condition – self harming, low esteem, injuries

G angs, older age groups and involvement in crime

U se of technology and sexual bullying

A lcohol and drug misuse

R eceipt of unexpected gifts or money

D istrust of authority figures – parents, teachers, police, social services

STAY UP TO DATE WITH NEW APPS

Net aware
www.net-aware.org.uk

The Magdalene Group
www.magdalenegroup.org

Internet Matters
www.internetmatters.org

CEOP
www.ceop.police.uk | www.thinkuknow.co.uk

Norfolk Police
www.norfolk.police.uk | 101