



Is Your Child On Social Media?

THIS IS WHAT YOU NEED TO KNOW

Translation of:

https://www.medietilsynet.no/globalassets/publikasjoner/2015/har-du-barn-paa-sosiale-medier_2014.pdf

Children and youths learn play and explore the world through the internet, mobile phones and tablets. They share pictures, video, music, information and thoughts – either with friends or the whole world. Because of this it is important to know and talk with children daily about social media.

Here is some advice and guidance.

What is Social Media?

- ▶ Social media a term for services on internet, phones and tablets which opens for communication and the sharing of content with many people simultaneously. There are different types of social media with different age limits, content and possibilities. Some social media focuses on games, while others focus on social contact or sharing of pictures, video or interests. Children and youth use these services. These types of services change fast but here are some examples:

You **Tube**

twitter

facebook.



snapchat

ask.fm

Vine



skype™



Instagram

spring.me



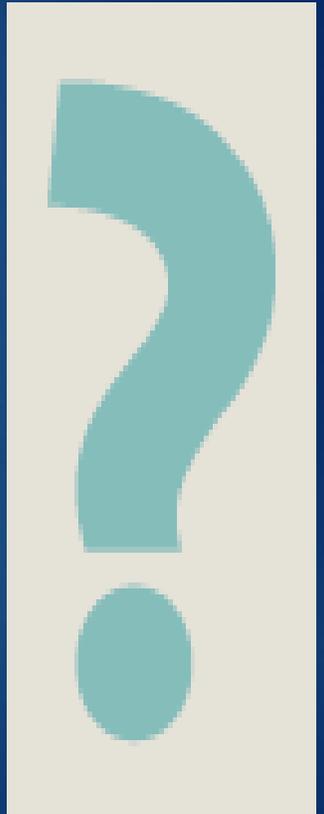
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The SIMS

Age Limits

- ▶ The age limits on social media vary. For example, on Facebook and Instagram is 13 years, Kik og Vine is 17 years, while MoiveStarPlanet and GoSupermodel focus on children between 8 and 12 years of age. To find the age limits of a social media, check the terms of service.
- ▶ Many children use social media even though they are not old enough. If children say they are older than they are, they have to expect to be handled so. It is important that you as an adult tell them this.
- ▶ Younger children need more guidance from adults and older children regarding how social media works and what is smart and not smart to do and say.

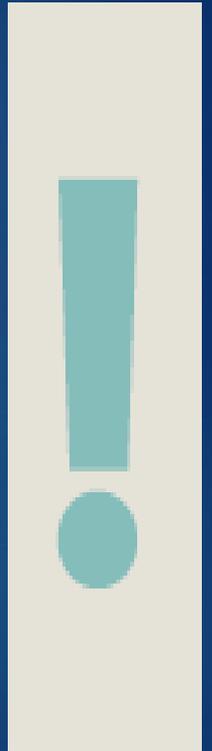


Should Children Have a Profile On Social Media?

- ▶ Social media can be both useful and fun, they are often a «social glue» between children. It is however important to know what you want to allow your child to do. **A good start can be asking your child about why they want to join the social media and also consider the following:**
 - ▶ *What is the age limit?*
 - ▶ *Is there good information about the service, with contact information and how the service treats personal information?*
 - ▶ *What language is used?*
 - ▶ *Is there information for adults? Can adults limit the children's profiles and access?*
 - ▶ *Is it possible to report inappropriate behaviour or language?*
 - ▶ *What have/are other users sharing?*
- ▶ As a parent you are responsible to check if the media is OK for your child, remember that the age limits are set for a reason.

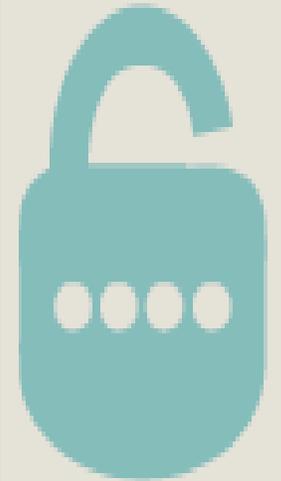
How Can I Help My Child When Making a Profile?

- ▶ Go through settings for security and personal information with your child and discuss what you should do and why.
- ▶ **It is recommended to:**
 - ▶ *Make settings which secure that your child's profile is not visible for everybody, but only for his/her friends.*
 - ▶ *Consider what personal information (phone number, e-mail, school, etc.) should be posted and make sure it is not visible to anyone other than their friends.*
 - ▶ *Talk with your child and agree who your child can be friends with. This may depend on their age, but for younger children it can be smart to make them ask you before they accept new friends.*



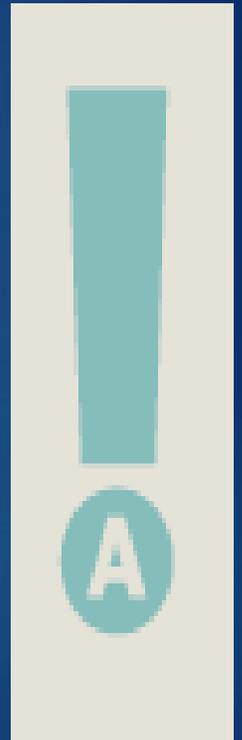
What Do I Need To Teach My Child About Usernames and Passwords?

- ▶ Explain to your child that a password is as important as a house key. The password should be difficult for others to guess, but easy for your child to remember.
- ▶ **Teach your child:**
 - ▶ *To make a good password. There are good recipes for this on internet.*
 - ▶ *To change their password often.*
 - ▶ *To never tell their password to others, not even friends or girlfriends/boyfriends.*
 - ▶ *To log off when they are finished using the social media. This is extra important when borrowing computers, phones or tablets. It could be an idea to remove the mark in the box that says 'stay logged in'.*
- ▶ If you agree that you as a parent can know your child's password, remember to respect their privacy and make clear agreements about what situations you will use the password.



Games, Apps and Advertising?

- ▶ Some social media, especially on the internet, phones and tablets give access to games/apps which are popular among youths.
- ▶ **As a parent you should:**
 - ▶ *Check other members reviews and information connected to privacy.*
 - ▶ *Make a deal with your child not to take part in competitions or downloading games/apps without your agreement.*
 - ▶ *Tell your child about advertising aimed at special groups or age groups. Advertising on the internet is often aimed at special groups and can reach your child based on their age, gender and interests.*
 - ▶ *Set up the phone, tablet or PC to limit buying of services through apps.*



Adding Your Child as a Friend on Social Media?

- ▶ The youngest children often think it is OK to be friends with their parents on social media, however older children (teens) usually want more privacy. If your child does not want to be your friend on social media you must respect their wishes and be a good role model by always asking before posting pictures, movies, comments or tagging your child on social media pages.

What to Talk About with the Child Before He/She Starts Using Social Media Alone?

▶ Common decency:

- ▶ Talk about what is OK and not OK to say on the internet when your child is commenting on pictures or posts and why. Things posted online meant as a joke can often be mistaken as serious comments and can make others feel bad.
- ▶ Teach your child to always ask before posting pictures or information about others. Photos, videos and comments can be easily spread by all users of the internet.
- ▶ Tell your child that if someone asks them to remove/delete a picture of them that has been posted she/he must delete it.
- ▶ Be a good role model also on the internet and mobile phones. Children see what you comment and post on social media and may copy you. Always ask your child before posting pictures of them and respect their wishes.



▶ Privacy

- ▶ Talk with your child about privacy and make rules for what pictures and posts it is OK to share and what personal information it is OK or not OK to tell others.
- ▶ For example: Discuss with your child what pictures he/she would like classmates to find.

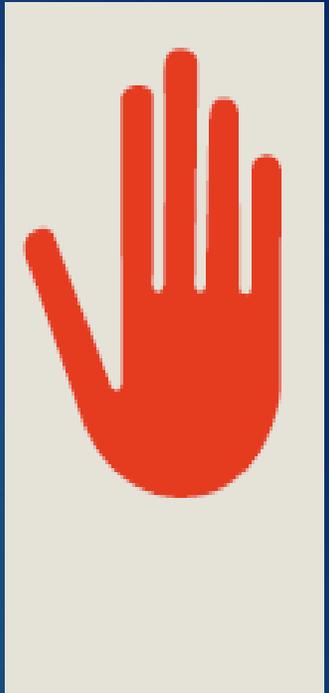
▶ Contacts and Friends on the Internet and Phones

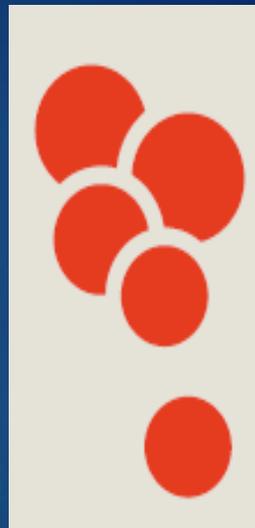
- ▶ Teach your child to be critical of 'friend requests' from people they do not know. Do talk about the internet daily and be interested in what friends your child has on the internet.
- ▶ Teach your child to end any contact with people if they don't like what they say, pictures/links they post, or if the person starts to talk about sex.



▶ **Bullying, Reporting and Blocking**

- ▶ Discuss that answering messages indented to bully can make the bullying increase instead of stopping.
- ▶ Show your child how to block and report users who behave in a way they don't like, for example bullying, violence or sexual attention.
- ▶ Show your child how to save bad messages as proof of harassment. Show them how to screenshot on computers, phones and tablets. Evidence is important for reporting and help.
- ▶ Show your child that he/she can come to you with both small and big problems, also without you closing down their internet access or taking away their electronics. Everybody can make mistakes and the longer a child waits to ask for help, the worse the situation may get. Also, tell children that there are other adults they can talk with as well (see the list on the last slide).
- ▶ Cooperate with other parents, both from school and hobbies, about rules and behaviour on social media so the children can meet the same expectations in different environments.
- ▶ Ask school how they work on digital behaviour and tackle cyber bullying.





▶ **Use of Money**

- ▶ Make your child aware that money spent on games and apps is real money. Make rules together regarding how much money, if any, your child can spend on apps and games.

- ▶ Talk with your child about advertising on the internet and social media.

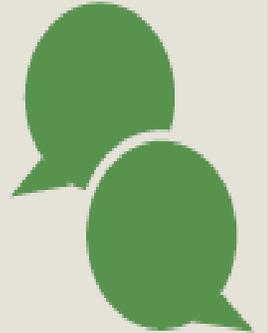
More information and advices:

- ▶ www.barneombudet.no
- ▶ www.barnevakten.no
- ▶ www.datatilsynet.no
- ▶ www.dubestemmer.no
- ▶ www.iktsenteret.no
- ▶ www.reddbarna.no
- ▶ www.slettmeg.no
- ▶ www.tryggbruk.no
- ▶ www.ung.no



Talk to us

- ▶ Many organisations in Norway offers help, information, answer to questions or just someone to talk with. Some organisations are for children/youths and others for parents. Below are some examples and who they are aimed at.
 - ▶ The Alarm Phone **116111** (for children and youth)
 - ▶ www.barneombudet.no (for children and youth)
 - ▶ www.barnevakten.no (for parents)
 - ▶ www.korspohalsen.no (for children to talk with other adults)
 - ▶ www.slettmeg.no (delete me) (for all)
 - ▶ www.tips.kripos.no (for all)
 - ▶ www.ung.no (for children and youth)
 - ▶ Ungdomstelefonen **810 00 277** (for gay youths) (for youths)





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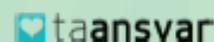
It's a small world



SENTER FOR IKT I UTDANNINGEN



Skriv Ugedom



TELE2



UNG.NO

Ungdomstelefonen
810 00 277

