



SCHOOL

# Staying Safe Online

Years 7 & 8

## Social Networks and Social Media

---

- You need to be at least 13 years old to sign up for most social networking sites (such as Facebook, Instagram, Tumblr or Twitter). For some websites, you need to be even older. If you're under 13 you shouldn't be using them – you can be breaking their rules and could be putting yourself at risk.
- Remember – there is no rush to start social networks. There are plenty of other ways to stay in touch with your friends, chat and game until you're ready to use social media/networks safely.
- If you are using social networks, make sure you know what the risks are. Keep yourself safe by:
  - Being careful about what personal information you disclose about yourself or others (this could include home and school addresses, email addresses, telephone numbers, age and birthday).
  - Social networks let you post all kinds of information. The more information you put online the more people can find out about you. Some people might use this to bully you or to contact you and lie about who they are and pretend that they are interested in the same things as you.
  - Always share with care. Think before you send or share as the content may become public and permanent. Comments, actions, or images can stay online even if they have been deleted. You do not know who else has copied or shared them.
  - Using privacy and security settings on social media sites so that only friends and family can see your pages. You can change settings to control who can see your posts, who can contact you and who can tag you. You can even change app settings and block app requests.
  - Know who your friends are and be aware of fake profiles, as there are some people online who lie about who they are.



## Reporting, Advice and Settings

---

- Reporting at CEOP: <https://www.ceop.police.uk/Ceop-Report/Ceop-Report/>
- Reporting at School: [online@bromsgrove-school.co.uk](mailto:online@bromsgrove-school.co.uk)
- Think U Know: [https://www.thinkuknow.co.uk/11\\_13/](https://www.thinkuknow.co.uk/11_13/)
- Childnet: <http://www.childnet.com/young-people/secondary>
- Childline: <https://www.childline.org.uk/Explore/OnlineSafety/Pages/OnlineSafety.aspx>
- Instagram: <https://help.instagram.com/>
- Facebook: <https://www.facebook.com/help/>
- Twitter: <https://twitter.com/support>