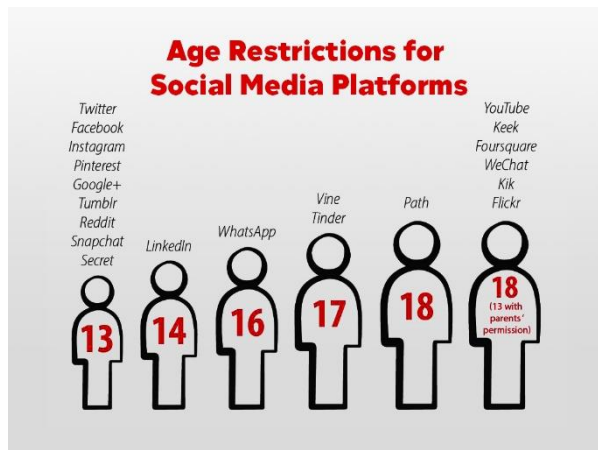


Social Media Reminders

According to a recent survey for CBBC News it suggests that more than three-quarters of children aged 10 to 12 in the UK have social media accounts, even though they are below the appropriate age limit. Among the under-13s, 78% were using at least one social media network, despite being below the age requirement and more than one in five underage children have faced online bullying.



With the excitement of a new school year and your child reaching a new milestone, many of us share photos of our child online without thinking about the associated risks. If you post online, then try following these basic rules:

- Don't post any photos of your child that show their school logo/name or recognisable places by where they live that can make it easy for people to find out their location.
 - Never include your child's full name.
- Are there any other children in the pictures you share online? If yes, do you have permission from parent/carer to upload?
 - Make sure appropriate privacy settings are on.

Alternatively, you could just share photos with those who you really want to share the photo with (grandparents etc.) via WhatsApp or iMessage rather than via social media.



Threads (13+)



Threads was launched by Meta (creators of Facebook, Instagram and WhatsApp) in July and is similar in design to Twitter. As with Twitter, users can share text posts (with images and videos) and then other users can respond to create a thread. You need to have an Instagram account to login to Threads and you must be at least 13 years old to create an Instagram account. For everyone 13 - 17 years old (in the UK), their account will automatically be set as private when they join Threads. As with Instagram, users can choose specific words to filter out of replies as well as hide comments that may be offensive. Users can also unfollow, block and report a profile. Any accounts that you have blocked on Instagram will automatically be blocked on Threads as well. Users can also change their settings on Threads so other users are unable to mention them in replies. If you have supervision set up on Instagram for your child (aged 13 - 17) then it will automatically be set up for Threads and the same settings will be applied, such as time limits and scheduled breaks.