



BEFORE YOU HIT

*Send*

SOCIAL MEDIA TIPS FOR PARENTS + TWEENS + TEENS



# BASIC ONLINE DO'S & DONT'S



- Don't use your child's photo or real name when setting up apps or certain social media accounts.
- Don't accept friend requests from people you don't know in real life. Don't agree to meet up with people you don't know in real life.
- Don't chat to 'randoms' online – even if you think they're kids. Social media and gaming apps are stalked by adult predators looking for children to groom.
- Don't give out your address, school or phone number online to anyone. And don't share your passwords!
- Don't create a rude or ridiculous email address for yourself. When you're applying for part-time jobs, future employers may dismiss you straight away because of your 'bigwilly@mail35.com' email address.
- Most importantly – *check the privacy settings* on the platform or app you are using (see tips below).

GET REGULAR UPDATES  
ON THE LATEST DANGEROUS  
AND DODGY APPS AND SAFETY  
TIPS FOR YOUR TECH DEVICES



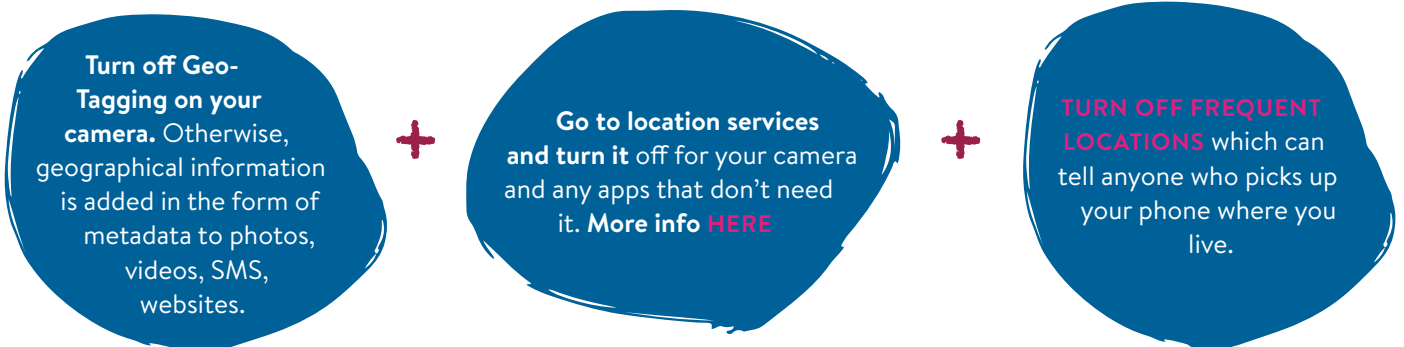
## f FOLLOW

DR KIRSTY GOODWIN – CYBER SAFETY EXPERT  
CODE9 PARENT  
THE CYBER SAFETY LADY – LEONIE SMITH  
BE WEB SMART  
SUSAN MCLEAN – CYBER SAFETY EXPERT

# SECURE YOUR DEVICES



You want to stop strangers from finding out where you live, work or go to school which they can easily do from the photos and videos you post:



If your device gets stolen or your friends decide to play a prank by hacking your account – you want to be able to stop them from accessing your device! Have a pin number on **all** your devices. And don't tell your friends your pin numbers or log in details.

Again to stop people accessing your accounts – set up **Two-Step Verification on Accounts:**

APPLE

GOOGLE

TWITTER

FACEBOOK

## USEFUL LINKS



- FREE **'SOCIAL MEDIA REPUTATION MANAGEMENT'** booklet from the Australian Federal Police. It details privacy settings for Facebook, Twitter, LinkedIn, Instagram, Snapchat and mobile devices.
- SOCIAL MEDIA PLATFORM SAFETY CENTRES:** FULL LIST of contacts
- FACEBOOK: BASIC PRIVACY SETTINGS** and How Can I See What My Facebook Profile Looks Like To Other People? **YOUTUBE TUTORIAL**
- INSTAGRAM: PRIVACY & SAFETY TIPS FOR INSTAGRAM**
- SNAPCHAT: SAFETY TIPS FOR SNAPCHAT**
- SAFE SEARCH ENGINES FOR KIDS:**
- YOUTUBE KIDS, KIDDLE, SAFE SEARCH KIDS**
- WHO'S CHATTING TO YOUR KIDS?: QUEENSLAND POLICE FORCE**
- THE ADVANTAGES OF HELPING KIDS NAVIGATE THE DIGITAL WORLD – THE ATLANTIC**
- 15 Useful iPhone Hacks including setting 'Do Not Disturb' on your phone so you can't receive messages while you're studying and more **HACKS.**
- MORE IPHONE HACKS** including getting more storage
- HOW TO SAVE DATA ON YOUR IPHONE:** the small hack that can make a difference to your data use.

## USEFUL APPS



- HELP ME** The Denise and Bruce Morcombe Safety App. Download this app for 99cents and any person can call for help at the push of a button. "The 'Help Me' button sounds a warning and allows you to send off an SMS text to two (2) nominated 'safety' numbers, as part of your Trusted Safety Network. Included in the text are GPS co-ordinates from where the text was sent, so the sender can be located or a last known place of contact is indicated."
- CHECKY** This app will tell you just how often you (or your child) check your phone!
- SEND THIS INSTEAD** Humorous ways to respond when you're asked for a naked pic
- OURPACT** Free parental control app that limits screen time and access to apps and sites. **USEFUL APPS**
- COLOUR THERAPY** Popular free colouring-in app
- CHORE BANK** The app that lets you keep track of your kids' chores and the pocket money they've earned.
- CANVSLY** a clever app to help you digitally store your children's artwork

## YOUR DIGITAL FOOTPRINT



- Set up a **GOOGLE ALERT** for your name and email address so you can keep track about what's said about you on-line.
- THE RESUME IS DEAD: YOUR NEXT CLICK MIGHT DETERMINE YOUR NEXT JOB** – The Guardian
- YOUR DIGITAL FOOTPRINT MATTERS** – Huffington Post

# CELEBRITIES TALKING ABOUT STEPPING AWAY FROM SOCIAL MEDIA



- **ED SHEERAN TAKES A BREAK FROM TWITTER DUE TO ABUSE.**
- **GIGI HADAD ON SOCIAL MEDIA INCREASING HER ANXIETY AND HER DECISION TO TAKE A MONTH AWAY FROM SOCIAL MEDIA.**

## CYBERBULLYING



The most important thing to remember if you are being cyberbullied is that you're not alone and there are adults who can help you.

Keep evidence of the bullying (save emails, **TAKE SCREENSHOTS OF MESSAGES OR POSTS**), delete and block the bully and report the problem to the Safety Centre of the platform or app (**YOU CAN FIND A FULL LIST HERE**). And most importantly **TELL AN ADULT YOU TRUST**. And keep telling adults until someone does something to help you.

- **OFFICE OF THE ESAFETY COMMISSIONER**
- **HOW TO TAKE A SCREENSHOT ON ANY DEVICE**
- **REPORT CYBERBULLYING: OFFICE OF THE CHILDREN'S ESAFETY COMMISSIONER**
- **LEGAL AID QUEENSLAND: LAWS SURROUNDING CYBER-BULLYING AND WHAT TO DO ABOUT IT.**
- **THE NATIONAL CHILDREN'S AND YOUTH LAW CENTRE**, can provide free legal advice for anyone under 18, or anyone acting on their behalf.
- **BULLYING NO WAY WEBSITE** for kids, teens, parents and teachers

## HOUSEHOLD INTERNET AGREEMENT/PARENTAL CONTROL APPS



- **FREE FAMILY INTERNET SAFETY AGREEMENT** created by the Australian Federal Police.
- **LIST OF DIFFERENT PARENTAL CONTROL APPS.**
- **FREE OURPACT** parental control app that limits screen time by blocking internet and app access.
- **REVIEW OF OURPACT APP BY THE BE WEB SMART SITE.**
- **HOW TO FIND HIDDEN APPS ON YOUR CHILD'S PHONE.**



# CONSENT/PORN/NAKED SELFIES



- **KITTY FLANAGAN TALKS ABOUT PORN ON THE WEEKLY** is a terrific video where Kitty talks about how porn has normalised anal sex despite most women not enjoying it. Great for students to watch.
- **AVALANCHE OF VIOLENT PORN AFFECTING OUR YOUNG**
- **THE NATIONAL CHILDREN'S AND YOUTH LAW CENTRE** are experts in sexting and the law, and can provide free legal advice for anyone under 18, or anyone acting on their behalf. If you find naked images on your child's device, take a breath and ring these guys first to get some clear, calm advice on how to proceed.
- **LEGAL AID QUEENSLAND** The law surrounding sexting and sharing naked images
- **SEND THIS INSTEAD** a free app providing humorous responses to help young people say no when pressured to send intimate photos.
- **IT'S NO COINCIDENCE A VILE INSTAGRAM ACCOUNT WAS SET UP BY BOYS FROM AN ELITE PRIVATE SCHOOL** by Catherine Lumby
- **A LETTER TO MY SON ABOUT PORN** by Harriet Pawson
- **CONSENT IS LIKE A CUP OF TEA** – a video designed to help young men and women understand the concept of consent. IMPORTANT!

## RECOMMENDED READING



- **WHAT IS APPLE'S RESPONSIBILITY WHEN IT COMES TO IPHONE ADDICTION?**
- **MELINDA GATES: I SPENT MY CAREER IN TECHNOLOGY. I WASN'T PREPARED FOR ITS EFFECTS ON MY KIDS.**
- **HAVE SMARTPHONES DESTROYED A GENERATION? – THE ATLANTIC**
- **PORN IS NOT THE WORST THING ON MUSICAL.LY**
- **THE ADVANTAGES OF HELPING KIDS NAVIGATE THE DIGITAL WORLD**
- **NOISE LEVELS DIALLED UP AS BAN ON MOBILE PHONES GETS KIDS TALKING**
- **PARENTING THE FORTNITE ADDICT – NEW YORK TIMES**
- **BILL GATES IS SURPRISINGLY STRICT ABOUT HIS KIDS' TECH USE**
- **ARE YOU FOLLOWING THE SAME DIGITAL RULES YOU SET YOUR KIDS? – THE WASHINGTON POST**
- **SEXTS, TEXTS AND SELFIES** by Susan McLean (Australian)
- **KEEPING KIDS SAFE ONLINE** by the Leonie Smith, the Cyber Safety Lady (Australian)
- **RAISING YOUR CHILD IN A DIGITAL WORLD – DR KRISTY GOODWIN**

## RECOMMENDED SITES



- DR KRISTY GOODWIN'S FACEBOOK
- CODE9 PARENT
- THINKUKNOW
- DR JUSTIN COULSON'S HAPPY FAMILIES
- THE CYBER SAFETY LADY (Australian)
- BE WEB SMART: FOR THE ANALOG PARENT IN A DIGITAL WORLD (American)
- COMMONSENSE MEDIA (American)

## RESOURCES FOR YOUR TEEN WHEN THEY NEED HELP



- REACHOUT
- HEADSPACE: NATIONAL YOUTH MENTAL HEALTH FOUNDATION
- YOUTH BEYOND BLUE
- KIDS HELPLINE or call 1800 551 800
- Parentline: 1300 30 1300 [WWW.PARENTLINE.COM.AU](http://WWW.PARENTLINE.COM.AU)
- Lifeline: 13 11 14 [WWW.LIFELINE.ORG.AU](http://WWW.LIFELINE.ORG.AU)
- Relationships Australia: 130 364 277 [WWW.RELATIONSHIPS.ORG.AU](http://WWW.RELATIONSHIPS.ORG.AU)
- 1800Respect Online: 1800 737 732 [WWW.1800RESPECT.ORG.AU](http://WWW.1800RESPECT.ORG.AU)
- Child Safety Services (Qld): 1800 177 135
- [WWW.COMMUNITIES.QLD.GOV.AU/CHILDSAFETY/PROTECTING-CHILDREN](http://WWW.COMMUNITIES.QLD.GOV.AU/CHILDSAFETY/PROTECTING-CHILDREN)

### About Rebecca

OVER THE PAST 25 YEARS...



Rebecca Sparrow has been a travel writer, a magazine editor, a newspaper columnist, a TV scriptwriter and a novelist. She is perhaps best-known as the author of three best-selling non-fiction books for teenage girls designed to help them navigate those tricky high school years. Those books include *Find Your Tribe (and 9 other things I wish I'd known in high school)*; *Find Your Feet (The 8 things I Wish I'd Known Before I Left High School)* and the best-selling *Ask Me Anything (heartfelt answers to 65 anonymous questions from teenage girls)*.

Aside from writing books Rebecca writes for Mamamia, plays agony aunt to teenage girls on the Ask Me Anything podcast and runs an online course called The Lighthouse Plan to help parents build deeper bonds with their daughters. Bec talks to thousands of high school students every year about friendship, resilience, giving back and life online. Rebecca is an ambassador for The Pyjama Foundation, ReachOut Parents and #TeamGirls a joint initiative by Suncorp and Netball Australia. In 2018 she was invited to be a member of the Queensland Government's Anti-Cyber Bullying Taskforce. She is a mother to three kids (including one tween girl!). [www.rebeccasparrow.com](http://www.rebeccasparrow.com)