



## **SOCIAL MEDIA, MESSAGING & EMAIL FOR PARENTS, CARERS & YOUNG PEOPLE**

**This generation is growing up with the internet as part of their everyday lives, and that's a good thing. It's a great place for them to learn, to have fun and to chat with their friends. Of course, it's important to make sure that they're safe while they do it.**

Remember: it is against Facebook's rules for your child to have an account if they're under thirteen years-old. This is to prevent them from being exposed to potentially inappropriate content. You will find all you need to know about keeping young teens safe on Facebook on their official safety page for parents: <https://www.facebook.com/safety/parents>

There are some key tips which can significantly help to reduce the risks involved with social media and the internet. Make sure that your family computer is in a main living area, and the screen is positioned so that you can see what's going on. Google have some more advice on their family safety pages: <https://safety.google/families/>

Most importantly of all, it's important that your child feels they can talk to someone if they are being bullied online, or if they've been exposed to something that makes them upset or uncomfortable. You may also want to have a look at the Child Exploitation and Online Protection Centre's guide to the internet for parents and carers: <https://www.thinkuknow.co.uk/parents/>

### **Parents/Carers DO**

- Make sure you are aware of who your child has contact with online and via text.
- Be aware of The ECB and the Club's expectations for coaches and social media.
- Talk to your children about using social media.
- Provide your mobile number/email address if requested, so the Club can contact you.

### **Children and Young People**

The internet is a great place to learn and to have fun with your friends, and the best way to have fun is to make sure that you stay safe. You should think about the points below whenever you use the internet, or speak to people online or by text:

- If someone isn't your friend in real life, they aren't your friend on the internet. Be careful when accepting friend requests.

- Sometimes people on the internet aren't who they say they are. If you're not 100% sure, don't risk it.
- Remember to change your privacy settings so that only your friends can see information about you, your wall posts and your photos.
- If someone is sending you messages or texts that you are worried about, you should tell your parents, an adult you trust, your teacher or your Club's Safeguarding Officer.
- Remember that your coach/team manager is a professional, just like your teachers. They should not be your friend on Facebook, and should not be texting or messaging you.
- You can expect coaches/team managers to make arrangements for coaching and matches via your parents.
- Bullying can happen online too, and it's known as cyber-bullying. If you, or someone you know, has had this happen to them you should tell an adult that you can trust.
- Don't be afraid to tell someone if you have concerns.
- Have a look at the <https://www.thinkuknow.co.uk> for more information about staying safe online.

### **Young people DO**

- Keep your photos and personal information private.
- Conduct yourself in a respectful and courteous manner on social media as you would at home, in school or at cricket.
- Tell a professional or an adult that you trust if you are worried or concerned about online behaviour or unwanted contact/communication.

### **Young people DON'T**

- Send inappropriate text messages or post messages on social media that are offensive, nasty or derogatory in any way.
- Accept any friend requests from people you don't know or you feel uncomfortable accepting.