

What parents need to know about SOCIAL PRESSURES LINKED TO 'APPEARANCE'

Social media has its benefits for connecting with friends, sharing experiences and widening their understanding of broader issues beyond their local community. The challenge experiences via social media is that these shared experiences are often via images about their physical appearance is a perfectly normal part of adolescence. How image changing software and filters, this physical appearance is often not the pressure for young people to gain or portray online perceptions.

ONLINE APPEARANCE AND MENTAL HEALTH

The opportunity to change physical appearance through social media apps is creating a high level of perfectionism and compares themselves to images which are sometimes unreal. This can lead to anxiety, depression or even eating disorders. Having your self image can affect the way that your child interacts with others.

AIRBRUSHING

Apps like Facetune allow users to use an image that changes the appearance in a way that is more ideal. This includes removing people, changing facial features, skin tone, hair, eyes, teeth, etc. These apps are often used by young people to enhance their appearance. This can lead to a distorted view of reality and a desire to look like the images seen on social media.

APPS WHICH CHANGE APPEARANCE

There are a number of apps which allow users to change their appearance. These are designed to be fun and can be used to create a more ideal version of oneself. However, they can also lead to a distorted view of reality and a desire to look like the images seen on social media.

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#WasteNoTime

Safety Tips for Parents

QUESTIONS TO CONSIDER BEFORE TALKING TO YOUR CHILD

- Do most of these social media photos have a filter/image changing app on them?
- Do they often talk about wanting to gain comments?
- How often do they talk about their physical image in a negative way?
- Are they excessively anxious about their physical image?

If you have answered yes to most of these questions, then it would be a good idea to have a discussion about their use of image altering apps.

DON'T GO COLD TURKEY

Don't tell your child about taking one without their consent. Instead, have a conversation about the risks of using image altering apps and the importance of being honest about their appearance.

BE COMPLIMENTARY

When improving body image starts with the child's image of themselves, complimenting them daily on their personality and qualities will provide external, positive reinforcement about themselves, away from just their physical appearance.

CHANGE THE STORY

We all have a narrative or a story we've created about ourselves that shows our own self image. Sometimes, however, the narrative that we've created for ourselves is not the one we want to live by. It's important to remember that the story we tell ourselves can be changed. We can choose to tell ourselves a more positive story, one that focuses on our strengths and achievements.

WHEN TO GET HELP

If your child becomes overly concerned about their appearance, or if they are using image altering apps to the point where they are neglecting their schoolwork or other responsibilities, it may be time to seek professional support. A counsellor or therapist can help your child to develop a more positive self-image and to cope with any anxiety or depression that may be present.

Meet our expert
Anna Brennan is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and ethos. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.

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What parents need to know about SNAPCHAT

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EXPOSING YOUR CHILD'S EXACT LOCATION

The 'Snap Map' lets you share your EXACT location in real-time through a map on the app. The user's location updates when the app has been opened on the device. There is a warning on the Snap Map website about uploading images and videos to 'Your Story' stating that 'snaps you submit to Your Story will show up on the map, so matter which location setting you choose'. When uploading to 'Your Story', your child's image or video could appear in 'Search results and Stories on or off Snapchat - today or in the future'.

SEXTING

While Snapchat's gimmick is that all photos, videos and text disappear eventually, users still have the capability to screenshot or record anything which has been sent to them. Users may sometimes forget that screenshotting is possible and send compromising image or message to somebody who they think they trust. Due to 'Snaps' disappearing, users can even send a one-second photo or video. Snapchat has become the chosen platform for children and young people to send sexually explicit images or selfies. Once a photo/video has been screenshot, or recorded using another device or software, this can lead to further dangers, such as blackmail and cyberbullying.

EXTRAS TO MAKE YOU STAY

Aside from taking photos and videos, Snapchat has other elements to keep users coming back for more. 'Snap Games' is a feature within the app where users can play minigames with others on their friends list. The games function is easily accessed by tapping on the red dot button during a conversation. Another feature on the app is 'Snap Originals', which allows users to watch content created by Snapchat, celebrities and other accounts, including a mixture of comedy shows, drama, news and more. These features are designed to encourage users to stay on the app, which may be quite addictive.

DAMAGE TO CONFIDENCE

Snaps that enhance photos and faces are seen as a great way to enhance your selfie game. Although the filters are often created to promote entertainment and humor, using the beauty filters on photos can set unrealistic expectations and create feelings of inadequacy. Children may strive for admiration and appreciation by sending these 'edited' photos to their friend list. Judging themselves against other users on the app might threaten their confidence or self-worth.

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Top Tips for Parents

THE RISKS OF SEXTING

It can be slightly awkward talking about this topic with your child, but if it is there they protect themselves, it is worth it. Talk to them about the consequences of sending and making sure that they're aware of the risks. Remind them that if they post anything potentially embarrassing or harmful online, it can be screenshoted. Remind them that if they post anything potentially embarrassing or harmful online, it can be screenshoted. Remind them that if they post anything potentially embarrassing or harmful online, it can be screenshoted.

USE 'GHOST MODE'

We highly recommend enabling 'Ghost Mode' on the app so that your child's location will not be visible to anyone on the 'Snap Map'. To enable this, go into the Snap Map and tap the 'On' button in the top right corner. This changes the setting to 'Ghost Mode'.

HOW TO DELETE A MESSAGE

Advise your child never to send any negative message or images through gallery in the chat on the app. If they do, they should go to the app and delete the message. If they do, they should go to the app and delete the message. If they do, they should go to the app and delete the message.

RESTRICT STORY VIEWS

Your child can add videos and images to their 'story' throughout the day which will last for 24 hours. By default, anyone in a user's friends list can see their story. We recommend checking the privacy settings to ensure that this has not been edited. This can stop it being shared with the app settings under the 'Who Can View My Story' section. The options to choose from are 'My Friends', 'Everyone' or 'Custom'. We suggest that it is set to 'My Friends'.

TURN OFF 'QUICK ADD'

'Quick Add' helps friends find each other on the app. This is based on mutual friends or mutual number in their phone book. Explain to your child that this feature can give up their profile to strangers. We highly recommend that your child turns off the 'Quick Add' feature. This can be done in the settings.

REPORTING A STORY, LENS, FILTER, SNAP OR MESSAGE

If your child comes across inappropriate Snapchat content sent directly to them or in another person's story, advise them to report it. They should go to the app and report it. They should go to the app and report it. They should go to the app and report it.

STATUS OF MISSED SOCIAL MEDIA AND YOUNG PEOPLE'S MENTAL HEALTH: LIFE IN LIES - CHILDREN'S COMMISSION REPORT | Google Play Store | https://support.snapchat.com/en-US | https://nhs.uk/mental-health/children-and-young-people/ | @NOS | @nationalonlinesafety

What parents need to know about SOCIAL PRESSURES LINKED TO 'LIKES'

'Likes' are a simple way for users to show that they like a post on social media. This could be anything from photos and videos to status updates and comments. The feature is widely used on several social media apps and is extremely popular on Instagram and Facebook. It is often used by children to measure the success of their social media post and gauge opinion. However, it can also bring a number of social pressures, particularly if users start to question their own levels of popularity.

SELF-ESTEEM

When a child receives a 'like' on a post, it can boost their self-esteem. However, if they don't receive enough 'likes', it can lead to feelings of inadequacy and low self-esteem. This can be particularly true if the child is comparing their number of 'likes' to their friends or to celebrities.

AN ADDICTIVE FEATURE

Like features encourage children to stay online for longer. In doing so, your child is likely to spend more time on social media apps. This can lead to a loss of interest in other activities and a decline in academic performance. It is also a risk of addiction, as children may become dependent on the 'likes' they receive to feel good about themselves.

COMPETITIVE CULTURE

Children often compare the number of 'likes' they receive to their friends or to celebrities. This can lead to a competitive culture where children are more concerned with the number of 'likes' they receive than with the quality of their posts. This can lead to a loss of interest in other activities and a decline in academic performance.

HELP TO BUILD YOUR CHILD'S SELF-ESTEEM

Try to help build your child's self-esteem through positivity and praise and feedback to them. If they are struggling with their self-esteem, try to help them understand that 'likes' aren't everything. Try not to criticize or blame your child when they don't receive enough 'likes'.

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Why is understanding online safety important? Context Parents

- Chief Medical Officer produced a report in February 2019 which examined Screen-based activities
- Social Media is often scrutinised as having a negative impact on children's mental health.
- Children and young people are constantly connected
- This presentation is designed to encourage trusted adults to think about children's mental health and social media activities, providing you with some useful tips on online safety and the resources that you can have access to as parents / carers through our partnership with the NOS organization.

Background: Parents

- In the United Kingdom, in 2019, most Children and Young People (CYP) have grown up with internet-enabled technology in their home or school.
- The internet and social media can be a force for good in our society.
- At the same time, parents and carers, CYP, educational professionals, health professionals, academics and politicians have expressed concern
- There are also concerns about the content that CYP are viewing and its impact on the mental health of CYP.

New research on screen-based activities: Parents

- Researching the effect of screen-based activities on mental health is complicated.
- The research does not present evidence of a causal relationship between screenbased activities and mental health problems.
- This means that we do not have clear evidence. It means that an association has been *observed* but cause and effect are *not yet* fully understood
- So, an association has been seen between those who engage in screen-based activities more frequently and/or over longer periods, and mental health problems.

Taking a precautionary approach: Parents

Under General Data Protection Regulation, in the UK only children aged 13 or over are able provide their own legal consent.

Most social media companies have set an age restriction of 13 years of age to access and use their services. At age 12....what access do you think your child has to these companies?

Wellbeing and Young People: Parents

- There is a large volume of international research published on various activities
- The advice from the CMO emphasises consideration of screen time and screen-based activities in the context of CYP's healthy development.

Wellbeing and Young People: Parents

- We encourage parents and carers to agree boundaries, outside of school and educational use, some questions from the CMO are:-
 1. Is your family's screen time under control?
 2. Does screen use interfere with what your family want to do?
 3. Does screen use interfere with sleep?
 4. Are you able to control snacking during screen time?

UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!



Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmovemore



Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



Family time together

Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.



Use helpful phone features

Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.



Wellbeing and Young People: Smart Approach

S SAFE Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online. 

M MEETING Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present. 

A ACCEPTING Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages! 

R RELIABLE Information you find on the internet may not be true, or someone online may be lying about who they are. 

T TELL Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online. 
You can report online abuse to the police at www.thinkuknow.co.uk 

Want to know more and access resources?

























This year the Robert Carre Trust has subscribed to the National Online Safety

<https://lms.nationalonlinesafety.com/course/index.php?mycourse=s=1>



















Here you can register yourself as a parent and access a host of online learning opportunities and resources, this is free of charge for parents.

Please take a letter with all the details!

Online Safety – lots of other resources that can be accessed

 CACHE ENDORSED Understanding Online Safety Risks 	 E-LEARNING Online Safety Course for DSLs & Deputy DSLs 	 E-LEARNING Online Safety Course for Staff & Governors 	 E-LEARNING Online Safety Course for Parents & Carers 
Understanding Online Safety Risks 2018/19 National Online Safety This course is for parents, carers and professionals working with children to help you understand an...	Online Safety Course for Designated Safeguarding Leads 2018/19 National Online Safety This course is aimed to extend the DSLs existing knowledge around managing Online Safety risks in sc...	Online Safety Course for School Staff and Governors 2018/19 National Online Safety This course is for all school staff who work with children. We have included useful resources, staff...	Online Safety Course for Parents 2018/19 National Online Safety Welcome to our newly updated online safety course for parents and carers! This course is comprised...
Start	Resume	Resume	Start
 E-LEARNING Online Safety Course for SENCOs 	 E-LEARNING Social Media Course for School Staff 	 RESOURCE HUB Online Safety Guides & Supporting Resources 	 LESSON RESOURCES EYFS Online Safety Activity Pack 
Online Safety Course for Teachers Working with SEND Pupils 2018/19 National Online Safety Our SEND course has been designed for Designated Safeguarding Leads, Deputy Designated Safeguarding ...	Social Media Course for School Staff National Online Safety This course has been developed for Headteachers, Senior Leadership Team, Designated Social Media Man...	Resource Hub National Online Safety Here you will find all of our latest guides, resources and current information regarding online safe...	EYFS Lesson Activity Pack & Resources National Online Safety Our new online safety activity pack for EYFS encourages young children to discuss online dangers and...
Start	Start	Start	
 LESSON RESOURCES KS1 Online Safety Activity Pack 	 LESSON RESOURCES KS2 Online Safety Activity Pack 	 LESSON RESOURCES KS3 & 4 Online Safety Activity Pack 	 WEBINAR Monthly Update Series 

Online Safety – lots of other resources that can be accessed

 HOT TOPIC WEBINARS Leicestershire Police: The Online Drugs Trade 	 HOT TOPIC WEBINARS Protecting Against VPNs for Schools 	 HOT TOPIC WEBINARS Mental Health Impact of Online Behaviour 	 HOT TOPIC WEBINARS Parental Engagement in Online Safety 
Leicestershire Police: Addressing The Online Drugs Trade National Online Safety In this webinar James Edmondston, Substance Misuse Officer and Katie Hudson, Children & Young Pe...	Protecting Against VPNs for Schools National Online Safety This webinar will focus on the VPN technology that children typically use to get around filtering co...	The Impact of Online Behaviour on Mental Health & Wellbeing National Online Safety This webinar focuses on the Impact that the online world can have on a child's mental health and w...	Effective Strategies for Better Parental Engagement in Online Safety National Online Safety In this webinar, we take a look at reasonings why schools need to engage parents with online safety ...
Start	Start	Start	Start
 HOT TOPIC WEBINARS Dangers of the Dark Web Demystified 	 HOT TOPIC WEBINARS Social Media & Violence: Preventative Strategies 	 HOT TOPIC WEBINARS DfE Statutory Guidance Changes in Online Safety 	 HOT TOPIC WEBINARS Minimising Social Media Risks 
Dangers of the Dark Web Demystified National Online Safety As the web continues to evolve and technology becomes more advanced, the expectation is that schools...	Social Media & Violence: Preventative Strategies for School Leaders National Online Safety In this webinar Craig Pinkney, Criminologist and one of the UK's leading thinkers/does in respond...	Understanding the DfE Statutory Guidance Changes in Online Safety Webinar National Online Safety This webinar will focus on helping Senior Leaders and Designated Safeguarding Leads to understand so...	Minimising Social Media Risks Webinar National Online Safety In this webinar, we look at practical ways for your school to minimise risk for school staff and pup...
Start	Start	Start	Start
 HOT TOPIC WEBINARS Online Bullying & Trolling 			
Online Bullying & Trolling Webinar National Online Safety			

Useful websites

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>

<https://swgfl.org.uk/products/360-degree-safe/>

<https://www.saferinternet.org.uk/>

<https://www.bbc.co.uk/news/technology-49726844>: BBC have launched a new digital wellbeing app

<https://www.kooth.com/>

KOOTH (here tonight) offer online counselling service

