



# Social media and your child

# Why are our Children using Technology?

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- **Peer pressure** – all their friends have access, not wanting to miss out
- **Keeping in touch** with what's happening – gossip, meeting up, events
- See how many **likes/followers** you can get – status/self-esteem
- Gives you a platform to **air your views and opinions** on things you care about
- **Fun to play games** – make new friends, people who are like you

# Why are our Children using Technology?

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- **Blogs** – entertaining – can become famous/rich
- **Easy way to communicate** with others especially if this is hard in real life – *rural Cumbria!*
- **Stops you ever being bored** – always something to look at / escape into
- Allows you to **portray yourself** in a way that is important to you

# How many of these Apps do you know?

1.



2.



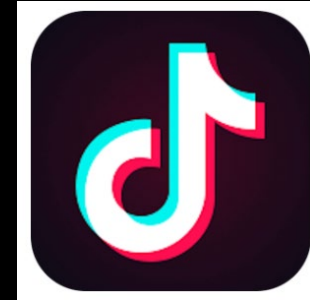
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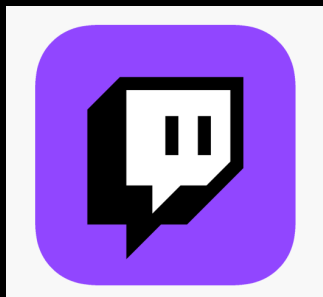
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9.



10.



11.



12.





## Financially Motivated Sexual Extortion (Sextortion)

**Are you Under 18, or seeking advice on behalf of someone who is? Please refer to our CEOP Website for relevant advice.**

[Children](#) [Parents](#) [Professionals](#)

Throughout 2022 and 2023, in the UK and internationally, there has been an increase in reporting of 'Financially Motivated Sexual Extortion' – often referred to as 'sextortion'.

Although victims **of any age** are potential targets, children aged 15-17 years and adults aged 18-30 are particularly at risk.

These types of sextortion scams are run by sophisticated organised criminal gangs, often operating overseas. The NCA is working with law enforcement across the UK and internationally on this rapidly increasing threat.

### What is Sextortion?

# Web Blackmail / Sextortion

a sexual act in front of a webcam followed by threats unless payment is made

# Use of Social Media in Children and Adolescents Review on the Potential Risks

Bozzola <sup>1,2,\*</sup>, Giulia Spina <sup>1,2</sup>, Rino Agostiniani <sup>2,3</sup>, Sarah Barni <sup>1,2</sup>, Rocco Russo <sup>2</sup>, Eleonora Di Mauro <sup>2</sup>, Antonella Vita Di Stefano <sup>2</sup>, Cinthia Caruso <sup>2</sup>, Giovanni Corsello <sup>2,5</sup>, Annamaria Staiano <sup>2,4</sup>

- 1 Pediatric Unit, IRCCS Bambino Gesù Children Hospital, 00100 Rome, Italy
  - 2 The Italian Pediatric Society, 00100 Rome, Italy
  - 3 Department of Pediatrics, San Jacopo Hospital, 51100 Pistoia, Italy
  - 4 Department of Translational Medical Sciences-Section of Pediatric, University Federico II, 80131 Naples, Italy
  - 5 Department of Health Promotion, Mother and Child Care, Internal Medicine and Medical Specialties, "G. D'Alessandro", University of Palermo, 90100 Palermo, Italy
- \* Correspondence: elena.bozzola@opbg.it

**Abstract:** In recent years, social media use has increased significantly, especially among children and adolescents. At the beginning of COVID-19 pandemic, the use of social media increased even more. Children and adolescents connected Internet alone, using YouTube. During "lockdown", the Internet became a source of continuity activities such as school teaching. However, excessive use may be related to some adverse consequences especially for the young. Aim of the review is to focus on risks connected to social media use in children and adolescents, identifying spines of rising problems. A scoping review was performed according to PRISMA. The search included "social media" or "social network", "health", and "pediatrics". We found 68 reports. Out of them, 19 were dealing with psychological problems, which appeared to be the most frequent. The identified associated problems were sleep, addiction, anxiety, sex-related

Issue	n
Depression	19
Diet	15
Cyberbullying	15
Psychological Problems	14
Sleep	13
Addiction	10
Anxiety	10
Sex Related	9
Behavioral Problems	7
Body Image	6
Physical Activity	5
Online Grooming	3
Sight	3
Headache	3
Dental Caries	2

most frequent problems found are related to mental health problems. Other problems are related to sleep, diet and nutrition, cyberbullying, behavioral problems, sex, body image perception, online grooming, sight, headache, and dental caries.

## Social Media Use Articles and Reports

Keywords: social media, children, adolescents, COVID-19, Internet, psychological problems, sleep, diet, nutrition, cyberbullying, behavioral problems, sex, body image perception, online grooming, sight, headache, dental caries.

Bozzola, E.; Spina, G.; Agostiniani, R.; Barni, S.; Russo, R.; Di Mauro, A.; Di Stefano, A.; Caruso, C.; Corsello, G.; Staiano, A. Use of Social Media in Children and Adolescents: Scoping Review on the Potential Risks. *Int. J. Environ. Res. Public Health* **2022**, *19*,



# Children and Parents: Media Use and Attitudes

## Media use among 3-17 year olds in 2022, by nation

Country	Mobile phone ownership	Online usage (device)	Video sharing	Live streaming	Messaging	Social media	Games	TV/Film	Live TV	Worrying content	Fake profiles	Sponsored search	Sponsored content
India	60%	69% mobile, 64% tablet, 45% laptop	96%	58%	79%	63% use, 72% own profile	56%	80% (85% on TV set)	41%	29%	65%		
UK	66%	73% mobile, 66% tablet, 37% laptop	96%	56%	82%	65% use, 76% own profile	60%	82% (85% on TV set)	38%	32%	72%	41%	84%
USA	66%	73% mobile, 68% tablet, 37% laptop	97%	65%	80%	69% use, 5% own profile							

Social Media Use Articles and Reports

# Social Media and Youth Mental Health

U.S. Surgeon General's Advisory

## Social Media Use Articles and Reports

### Parents and Caregivers Can Do

of mitigating the potential harms of social media should not be placed on the shoulders of parents and caregivers, but there are steps they can take to protect and support children and adolescents against the risk of harm.

...media plan.<sup>97</sup> Agreed-upon boundaries can help establish healthy habits at home—including social media use. A family media plan can promote open communication about media use and screen time, such as balancing screen/online time with other activities, and not disclosing personal information on creating social media profiles. For information on creating a family media plan, visit [www.healthychildren.org/First-Intent/Pages/Family-Media-UsePlan.aspx](http://www.healthychildren.org/First-Intent/Pages/Family-Media-UsePlan.aspx).

...tech-free zones and encourage children to limit screen time. ...person friendships.<sup>98</sup> Since electronics can be a source of potential distraction after bedtime and interfere with sleep, consider restricting use of smartphones, tablets, and computers for at least one hour before bedtime and through the night. Consider keeping family mealtimes and other family gatherings device-free to build social skills and engage in a two-way conversation. Encourage your child to develop social skills and nurture relationships by encouraging in-person relationships by encouraging in-person and offline connections with others. Consider unplugged interactions a daily priority. For more information, visit the American Academy of Pediatrics (AAP) [www.aap.org](http://www.aap.org) [page on responsible social media use](#).

...responsible social media behavior. Children learn behaviors and habits from what they see around them, try to model the behaviors you want to see.<sup>97,99</sup> Parents can encourage responsible use of what responsible and healthy social media use looks like by limiting

- **Teach kids about technology and encourage them to be responsible online participants from the appropriate age.**<sup>100</sup> Discuss with children the benefits and risks of social media and the importance of respecting privacy and not disclosing personal information in age-appropriate conversations with children about connecting with, their privacy settings, and how they are spending time online. Empower and encourage them to report if they should they need it. Learn more about the benefits and risks of social media use and get advice from experts at AAP's [Center of Excellence for Social Media and Youth Mental Health](#) and the American Psychological Association's [Advisory on Social Media Use in Adolescence](#).
- **Report cyberbullying and online sexual exploitation.** Talk to your child about reporting options, and provide support, without punishment, if he or she tells or shows you that they are being harassed through email, text messages, online games, or social media or (b) if they are contacted by an adult seeking private information, asking them to perform intimate or sexual acts. You or your child can report cyberbullying to your school and/or the online platform, or contact law enforcement.<sup>101</sup> Visit [CyberTipline](#), [reporting options](#), or contact your local law enforcement for more information on instances of online exploitation.
- **Work with other parents to help establish healthy norms and practices and to support**

# Work as a TEAM

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- **Talk** – *Have a positive conversation about their online world, discuss the apps, social networks, games and websites they use*
- **Explore** – *Make sure you know the apps, games, and websites.*
- **Agree** – *Agree a common ground, set rules and boundaries together. Say why you are doing this. **Be a good role model!***
- **Manage** – *Make use of privacy settings, filters, passwords, safe search. Use **Internet Matters** for setting controls and privacy settings*

# Things your child should know

- **Footprint**
  - Anything you post has the potential to be shared far more widely than you intended. And once something has been shared online, it's difficult – if not impossible – to delete it. *Think before you post!*
- **Fake Reflection**
  - People's online presence isn't always a true reflection of their lives offline. What might seem perfect rarely is
- **Okay to Not Respond**
  - It's okay to take a break. You don't have to be part of every conversation or respond to every message or post

# Things your child should know

- **Who are They?**
  - Beware of connecting with people on forums or group chats that you don't know in 'real life'. They may not be who they claim to be. Avoid sharing personal details online, especially with anyone you don't know
- **Trolls**
  - Also be aware of 'trolls' – people who intentionally set out to upset people, or post something controversial. Don't engage with anyone posting offensive content, and if possible, report it on the site or app you're using
- **Speak Up**
  - If someone is sending you nasty messages or posting upsetting things about you, it's important to speak up and tell a trusted adult. You can also block people, or limit what others can see using privacy settings

# Controls, Settings & Considerations

- Chatting
- Cyberbullying
- Inappropriate content
- Privacy
- Location sharing
- Social networking
- Privacy and identity theft



# Helpful resources

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- **Social Media**
  - Social media platforms themselves offer guidance for parents. These include the [Facebook parents portal](#), [Snapchat guidance for parents and teachers](#), and [Instagram tips for parents](#)
- **Young Minds**
  - [Young Minds](#) is a young people's mental health charity that features a downloadable parent's guide to social media on its website
- **Internet Matters**
  - [Internet Matters](#) is a non-profit organisation that has lots of tips and guidance for parents on its social media advice hub
- **CEOP**
  - a [law enforcement agency](#) helping to keep children and young people safe from sexual abuse and grooming online
- **Online Safety**
  - <https://www.getsafeonline.org/>
  - <https://www.ncsc.gov.uk/cyberaware/home>



Any  
Questions?

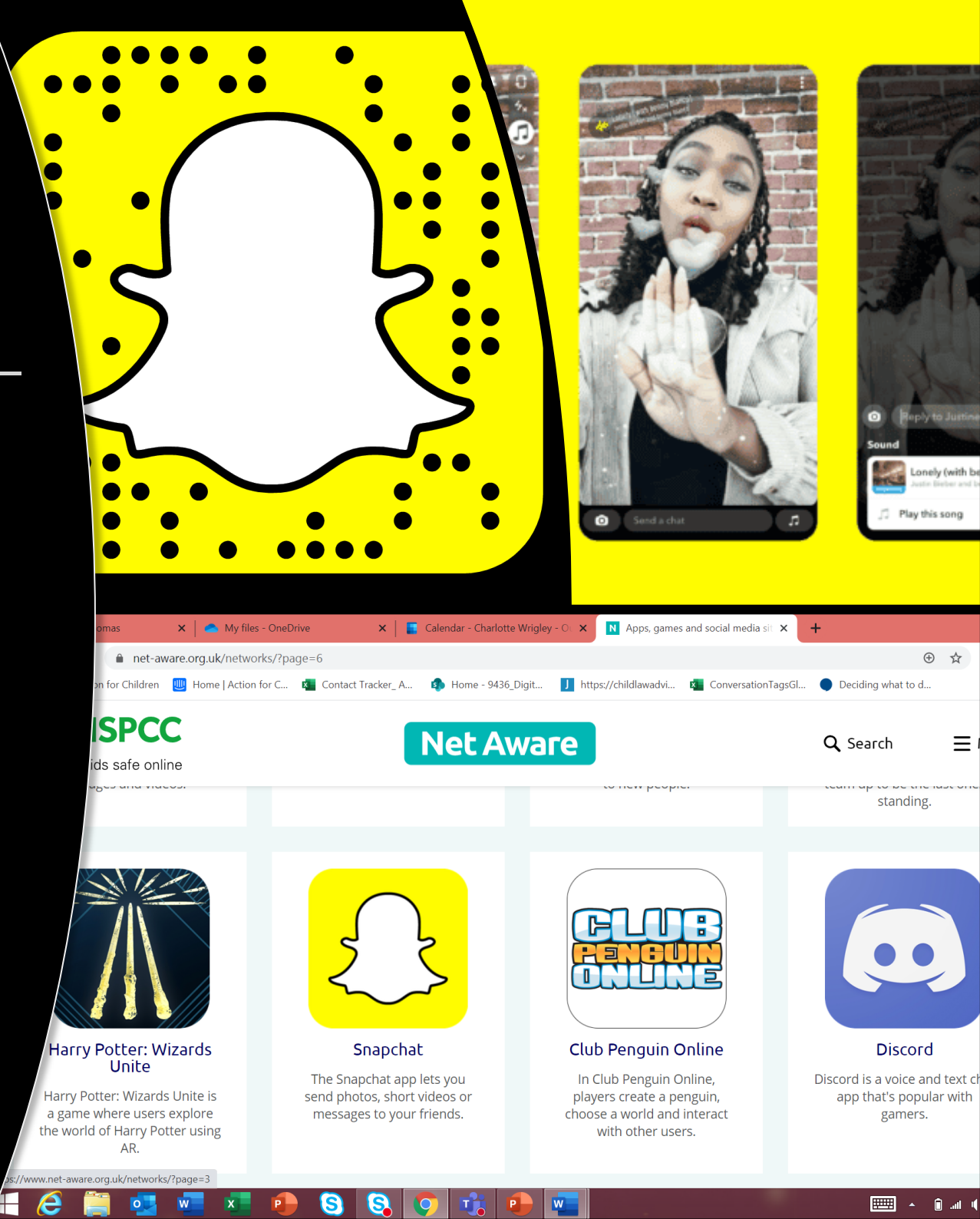


# Extra Content

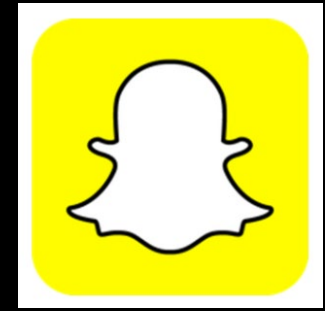
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# Snapchat

- Popular social media messaging app
- Send and receive pictures and videos (called a Snap) to users
- It is available for both Android and iOS users and is free
- Features now include short videos, games, video chat, messaging, a place to store photos
- Each Snap shared with your followers is temporary and is available for 24 hours unless you delete it or set a different limit
- Can add different filters, lenses, emojis and text to your Snap
- Can create a group chat to talk with friends or message individual friends



# Snapchat

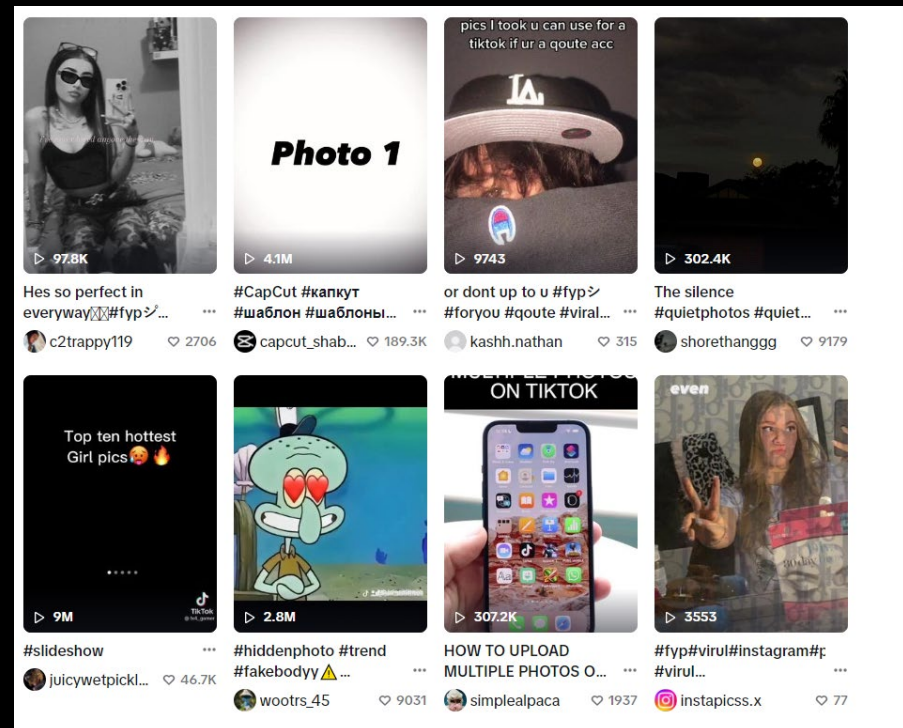


- Manage notifications
- Choose who can contact you
- Manage chat settings
- Choose who can see your story
- Location sharing
- How to report, block or remove someone
- How to report content
- Set up 2FA
- Using Family Centre



# TikTok

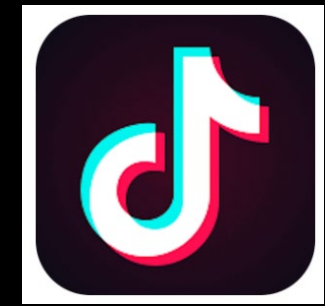
- Popular social networking app that allows users to create, musical clips and short clips up to 60 seconds and add special affects to them
- Used as Search engine and for News!





# TikTok

- Family Pairing on TikTok
- Manage screen time
- Restricted mode
- Make an account private
- Manage video comments
- Filter comments
- Choose who can send direct messages
- Manage Duet and Stitch
- Report content or users
- How to delete videos



# WhatsApp

- Free-of-charge, real-time messaging
- Text, photo & video sharing, one to one and group chats
- Disappearing messages
- End to end encrypted
- Live location sharing
- 16+ age rating
  - *32% of 8 – 11yr olds*
  - *80% of 12 – 15yr olds*





# WhatsApp

- Manage your privacy
- How to block and report contacts
- Change group privacy settings
- Disable automatic downloads
- Enable screen or fingerprint lock
- Disable live location
- What is WhatsApp Web?

