

Everyone and their grandmother is on social media – it's truly universal now and is part of the fabric of society. It seems counter-intuitive, but it is when a media becomes so widely-adopted that awareness of its risks quickly decrease.

There are two clear strands to consider with online safety for social media – privacy and behaviour.

To teach young people about privacy on social media, take a look at these simplified terms and conditions for social media networks. You might be as surprised as the teenagers who first reviewed them – calling the platforms "weird" and vowing to delete them in protest of how much personal data they were giving away.

If you and your children are happy with the terms and conditions, the next thing they need to consider is how much of what they post is visible – and to whom.

The easiest way to get young people clued up on privacy on social media is by using these social media checklists. These resources are made in direct and exclusive collaboration with the major social media networks to ensure their accuracy and relevance. They also serve as a great way to start discussions.

In regards to behaviour, it is important for young people to remember that being online doesn't mean they can treat people differently to how they would in person. In fact, the consequences of bad or dangerous behaviour can be far more long-lasting and wide-reaching online. Talk to your children about their digital footprint, what acting with respect and consideration can look like online, and how they can maintain good online friendships.

<https://swgfl.org.uk/assets/documents/facebook-checklist.pdf>

The Facebook Checklist quickly answers those common questions about Facebook profiles such as:

- Who can find content I post
- How does my profile appear?
- What is there about you on the web?
- How do you use 'Friends' lists?

<https://swgfl.org.uk/assets/documents/instagram-checklist.pdf>

The Instagram Checklist quickly answers those common questions about your profile such as:

- Is my account private or public?
- How to share with a select group of followers?
- How do I block someone?
- Do you know how to report a post?

<https://swgfl.org.uk/assets/documents/snapchat-checklist.pdf>

The Snapchat Checklist quickly answers those common questions about your profile such as:

- How can I stay in control?
- How do I find all my friends?
- How do I block and delete?
- How do I report a problem?