

## Apps

These are the most common apps that your child may be accessing. Be aware that 'trends' in these change regularly and you are advised to try to keep as updated as possible.

Bullying, threats or intimidation on social media apps such as the below are a matter for the police on 101. Mobile phones are completely banned at Derby Cathedral School.

SnapChat – a multi media messaging app, whereby images, messages and videos are shared. These 'disappear' after several seconds, but if a screen shot is taken, then the image, message etc can be saved and shared.



TikTok – a video sharing social networking service. Very popular, but again be aware of screenshots being taken and saved.



Instagram – a multi media messaging app that enables sharing videos, photos, messages and videos to followers.



You Tube – a video sharing platform.



**Try to make yourself familiar with what your child is posting and viewing. Remember these apps have an age limit of 13+.**

## Gaming

These are the most common games that your child may be accessing. Like apps these change regularly so it is important that you keep as up to date as possible.

Fortnite – an action, adventure and role playing game. Young people can get very absorbed in this game to the detriment of other parts of their life.



Minecraft – a reality game where users can build worlds and create their own experiences.



Please remember that games have age ratings and some games are rated as 18 for violent or sexual content. DCS would strongly recommend that these games are not accessed. Examples are: Call of Duty, Red Dead, Doom.

**If you are in need of support;  
Contact school: 01332 325710  
info@derbycathedralschool.org.uk  
www.thinkuknow.co.uk  
www.internetmatters.org.uk  
Derbyshire Police on 101 or  
direct message on Twitter  
@DerPolContact**

# Social Media

Information for  
parents/carers

## Social Media

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Many young people will have access to social media on their phones, gaming consoles, iPads or notebooks and laptops or PC.

Whilst most children and young people have a good and positive experience, some may have a difficult or more negative time.

As a parent/carer it is important that you make yourself aware of the current apps, sites and games your child may be accessing and ensure that you are familiar with privacy settings and in some cases parental controls.

Most of these games and apps have private messaging services or rooms – these can make children vulnerable to inappropriate attention.

## Mobile phones in our school

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The use of phones at any point during the school day is banned at Derby Cathedral School. If a mobile phone is seen, heard or noticed in any way, it will be confiscated and a sanction issued. You as a parent/carer may be requested to pick this up in person.

If your child has been a victim of cyber bullying by another pupil of the school, please inform us immediately. However, online intimidation, threats, sharing or posting of inappropriate images, videos or audio clips is a matter for Derbyshire Police, especially if you feel a crime has been committed.

**All Year 7 and most Year 8 students are too young to legally use most common social media apps e.g. Instagram**

## Social Media Tips

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Social networks are a great place for young people to stay in touch with friends and demonstrate their creativity. As a parent/ carer, there are simple things you can do to ensure your child stays safe and has fun.

### 1. Are they sharing or requesting inappropriate images (also known as sexting)?

Explain the potential long term impact if the images are saved and shared.

### 2. Are they spending too much time on social media or gaming?

Agree together the time allowed to be spent and sites that can be visited.

### 3. Are location settings on?

Make sure the geo location setting is disabled. It's important not to share personal details online

### 4. Are they chatting to strangers on line?

Talk to your child about people not always being who they say they are. This includes gaming sites.

### 5. Do they have hundreds of followers?

Explain that in the 'real world', people do not have hundreds of friends whom they have never met.

### 6. Are they being kind?

Hiding behind social media is no excuse to be hurtful, rude or unkind. This behaviour may be seen as cyberbullying. Online intimidation is a Police matter and the school will pass on any evidence it receives.

## Help children and young people get the best out of their online world.

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### 1 in 10

12-15 year olds who go online have 'gone live' on a social media app.

### 1 in 8

12-15 year olds with a social media profile say there is pressure to look popular all of the time.

As your child's profile grows online and they use social media more and more there is a potential that this can affect their body image or how they start to form their online identity, potentially being exposed to cyber bullying and sexting.

## How to build a good online reputation.

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1. Encourage your child to be positive online – actions online can have real-world consequences.
2. Make sure you and your child knows how to report abuse – make yourself familiar with reporting and blocking settings
3. Encourage them to be themselves online – explain that hiding behind anonymity is no excuse to be unkind or post unpleasant content.
4. Mistakes can be recovered from – there is always a way of dealing with errors, and support to make smarter choices next time.