



Be the Best that You can Be

# Cedarwood School

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## Social Media in 2020 – a guide for parents and caregivers

Social Media is an unavoidable reality in 2020. When we talk about social media we talk about a number of platforms and places for communication that our children and adolescents have at their disposal. When parents buy smartphones for their children it is the parents who are responsible for what their child does or is exposed to on various apps and social media platforms. It is therefore a parent's responsibility to understand the apps our children are using and be conscious of the possible dangers and legalities.



### Some tips for parents:

- Show interest in your child's online life, and ask questions without judgement – that way they will be more likely to approach you if something is not ok.
- Familiarise yourself with the apps your children are using. Do your [research](#).
- Have random cell phone checks, and where possible keep phone and tablet use in communal areas.
- Have a smart phone contract with your child – Download Emma Sadleir's contract [here](#).
- Set limits regarding the time your child spends on social media.
- Warn your child about any possible dangers
  - They should only contact people who they know in real life.
  - If they are uncomfortable or unsure about a message somebody sends them, they should talk to an adult before responding.
  - They should keep their profiles private.
  - Remind your child about the dangers of posting any inappropriate or illegal pictures.
  - Tell your child what to do if somebody bullies them online.



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What to do when your child is part of a WhatsApp group (the same is true for adults too!):

- Ideally WhatsApp groups need to be functional – with adult supervision
- When there is no supervision, remind your child of the following:
  - 📍 Keep the conversation relevant to the purpose of the group
  - 📍 Do not post anything untrue, racist, defamatory, illegal
  - 📍 Beware of the screenshot
  - 📍 Delete messages sent in error
  - 📍 If you wouldn't put it on a billboard, don't post it in the group



**Age Restrictions for Social Media Platforms**  
What is the minimum age for account holders on these social media sites and apps?

Under 13	13+	16+	17+
<ul style="list-style-type: none"> <li>Roblox</li> <li>PopJam</li> <li>FaceTime</li> </ul>	<ul style="list-style-type: none"> <li>Twitter</li> <li>Facebook and Messenger</li> <li>Viber</li> <li>WeChat</li> <li>Monkey</li> <li>Yubo</li> <li>Dubsmash</li> <li>Instagram</li> </ul>	<ul style="list-style-type: none"> <li>TikTok</li> <li>Skype</li> <li>Google Hangouts</li> <li>Reddit</li> <li>Snapchat</li> <li>Pinterest</li> </ul>	<ul style="list-style-type: none"> <li>WhatsApp</li> <li>Telegram Messenger</li> <li>Tumblr</li> <li>Line</li> <li>Sarahah</li> <li>Tellonym</li> </ul>

Sourced from NSPCC website October 2019

Some commentary on Cyberbullying and Sexting:

- Cyber bullying refers to when people are bullied online. It is often more severe than other forms of bullying as it can happen anonymously, and there is no reprieve as there would be if bullying took place at school only – your child is always vulnerable when bullied via social media. Encourage your child to talk to you when they are being harassed or bullied online.
- Sexting involves the distribution or sending of inappropriate, sexually explicit messages or photographs via any form of social media. Our children need to be reminded that these pictures do not go away and what might seem private can easily be shared with somebody else. In South Africa, a minor found to be distributing or in possession of an inappropriate image can be fined up to R10 000 per image sent/received/kept.



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## 10 SOCIAL MEDIA POSTING RULES PARENTS SHOULD TEACH THEIR KIDS

**1 BE KIND**

say nice things because you never know who will read what you say



**2 BE SAFE**

know who you are friending and talking to



**3 BE SECURE**

don't share personal information with strangers



**4 BE LEGAL**

don't download music or images that you didn't pay for



**5 BE PROTECTED**

don't share your passwords with anyone



**6 BE ALERT**

tell an adult when a friend is in trouble online



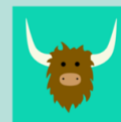
**7 BE SMART**

use positive words to build your online brand



**8 BE RESPONSIBLE**

don't access sites and apps you should not access



**9 BE CONSCIENTIOUS**

be truthful, never lie or gossip

**10 BE MODEST**

don't take or share inappropriate pictures on the internet



**MOREINMEDIA.COM**



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