

SOCIAL MEDIA SAFETY (PARENTS GUIDE)



FIRST PRINCIPLE

norfolk.police.uk/firstprinciple
suffolk.police.uk/firstprinciple



NORFOLK
CONSTABULARY
Our Priority is You



SUFFOLK
CONSTABULARY

Top Tips

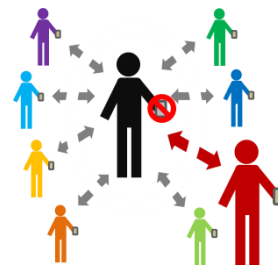
- **Apply offline child safety online**
- **Blocking is better than removing a child's access to friends**
- **Almost 9 out of 10 images shared by young people go on to be shared online**
- **When things go wrong, ZIP IT, FLAG IT, SAVE IT, BLOCK IT**

Thankfully, there are things we can do to keep our family secure online, the same way we would do offline.

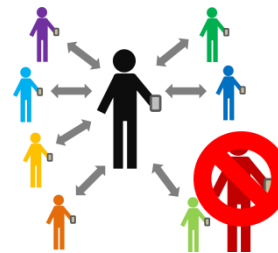
- Limit Internet access to public areas of the home where possible
- Check privacy and security settings for all accounts regularly
- Talk about what you're all doing online. Stay involved in your kids' online lives
- Use freely available parental controls / time limits
- Use Social Media Yourself. Find out how it works and what risks exist
- Apply the old 'stranger danger' ideas online

Social Isolation Vs Inclusion

It's easy to react strongly when young people make mistakes online. Unlike the previous generation, kids today need the social aspect of social media. It's how they communicate. We might think we're protecting them by banning them from social media. In fact, we could be making a bad situation even worse.

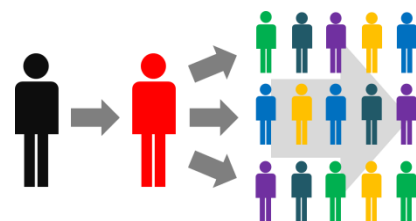


A better solution might be to block the person responsible for causing the problem in the first place. This means your child can still be online and can still be sociable with their friends.



Sharing Images Online

As soon as an image is shared with anyone for any purpose, the creator loses control. In fact, 88% of images shared by young people in Norfolk and Suffolk go on to be shared online.



Knowing the Law

A lot of laws are very easy to break online. Following are some we deal with daily, with regards to Social Media:

Malicious Communication is sending offensive or threatening messages to cause distress or fear

Harassment is at least 2 instances of unwanted communication, whether online or offline

Hate Crime is abusing someone based on race, religion, gender, sexual orientation, political views or disability

Indecent Images are any sexual image involving a person under 18 years of age. Making, possession & distribution are all offences

Revenge Porn is the sharing of someone's private sexual images without their consent to cause distress

Sexual Communication with a Child is sending anything of a sexual nature to an under-16



ZIP IT

Keep personal data private and think about what's said and done online.



FLAG IT

Flag up the issue within your community so everyone is aware of the threat.



SAVE IT

Screenshot anything relevant (and the profile sending it) so it can be reported properly



BLOCK IT

Block people who abuse or attempt to abuse online. Report them to the relevant provider.

First Principle: Related links

Ask the Police

Official Police Resource. The Ask the Police website provides you with information on a wide range of non-emergency policing matters.

askthe.police.uk

Secured by Design

Official UK Police initiative that combines the principles of 'designing out crime' with physical security.

securedbydesign.com

Sold Secure

Dedicated to reducing the risk of crime by assessment of security products.

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

Crimestoppers

An independent charity that gives people the power to speak up to stop crime 100% anonymously, by phone 0800 555 111 or online.

<https://crimestoppers-uk.org/>

Victim Support

Covering the whole of Norfolk and Suffolk, a free, confidential support service specifically designed to help victims and witnesses of any crime.

Contact us on:

Phone: 0300 303 3706 (weekdays between 8am-5pm)

Email: nsvictimcare@victimsupport.org.uk

Web: www.nsvictimcare.org

Socials: @nsvictimcare

Call us on 101. Always dial 999 in an emergency

To see the full range of information, go to:

suffolk.police.uk/firstprinciple or

norfolk.police.uk/firstprinciple

Or alternatively use your mobile phone to scan this QR code.

