

# Social media.....

**...can be a great way to keep in touch with friends, but there are some simple golden rules to follow.....**



# The golden rules – No. 1

**Do not give out personal information**

Check 'find your location' is off!

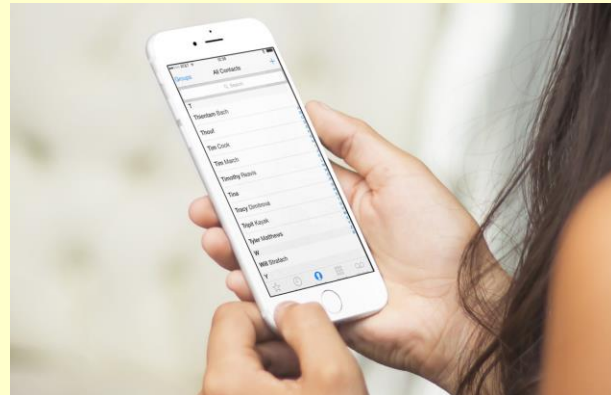


Check your privacy settings – make your posts private

## The golden rules – No. 2

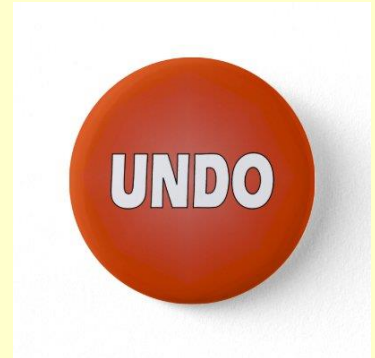
**Do not speak to anyone online** unless your parent/carer has met them with you in real life and says it is safe to do so. **Do not arrange to meet them.**

Go through your contacts and delete!



## The golden rules – No. 3

**Remember that there is no UNSEND button!**

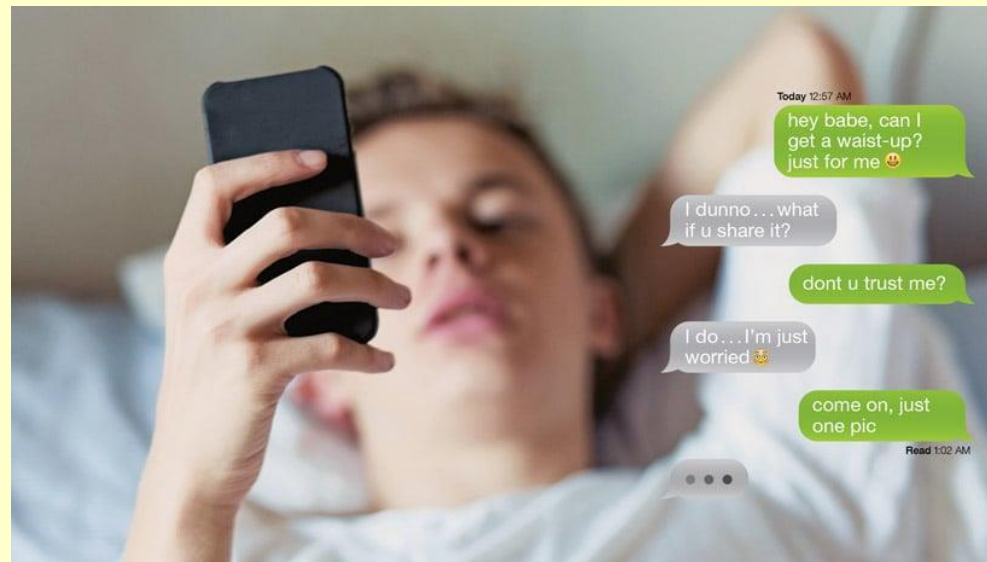


Once you have sent something you cannot retrieve it.



## The golden rules – No. 4

Remember that it is illegal for anyone to create, send or receive explicit images of a child



If you wouldn't want your parents/carers to read it or see it don't send it.

## The golden rules – No. 5

If you receive or view online content that is offensive or upsetting **tell an adult**. Do not forward it or show it to anyone.



# The golden rules – No. 6

## Report inappropriate content to get it removed

### [Take It Down \(ncmec.org\)](https://ncmec.org)

This is a free service for under 18s that can help you remove or stop the online sharing of images or videos. You can remain anonymous while using the service and you won't have to send your images or videos to anyone.

### [Report Remove | Childline](#)

[Eliminating Child Sexual Abuse Online –  
Internet Watch Foundation \(iwf.org.uk\)](#)

If you stay quiet you could put yourself or others at greater risk.



# The golden rules – No. 7

**If you are worried please tell an adult.**



**If you stay quiet you could put yourself or others at greater risk.**

## The golden rules – No. 8

### Protect yourself online...

- 1) Ensure passwords are complex and changed regularly
- 2) Use three words e.g. FrenchZebra7Lemonade
- 3) Use two factor authentication for a higher level of security
- 4) Use a password manager
- 5) Do not click on links to other sites or content - **they could be dangerous**



## The golden rules – No. 9

### Be clever and do your own research



[www.common sense media.org](http://www.common sense media.org) provides a guide to the content of movies, apps, books, TV shows, games as well as social media platforms


# App review



Parents' Guide to

## **Firework: A New Way to Watch**

By [Neillie Johnson](#), Common Sense Media Reviewer ⓘ

 age 15+ 

30-second videos with cool features; no comments, likes.

App | [iPhone](#), [iPod Touch](#), [iPad](#), [Android](#) | Free | [Photo & Video](#)

# Film review



## Parents' Guide to **Scream**

Rate Save

Movie | R | 1996 | 111 minutes

**Common Sense**  
Says

**Parents Say**  
86 Reviews

**Kids Say**  
471 Reviews

### Common Sense Media Review

By [Charles Cassady Jr.](#), based on child development research. [How do we rate?](#)

age 16+ ★★★★★

Teen slasher parody has strong violence and language.

# Film review



## Why Age 16+?

### Violence & Scariness



Teens are terrorized over the phone and verbal ... >

### Language



Frequent profanity, including "f--k" many times ... >

### Drinking, Drugs & Smoking



Underage drinking at a teen party, and characte ... >

### Sex, Romance & Nudity



Teen characters speak frankly about sex, nudity ... >

### Products & Purchases



References to other horror movies. Jiffy Pop pc ... >

## The golden rules – No. 10

**Remember – not everything you see or read is real!**

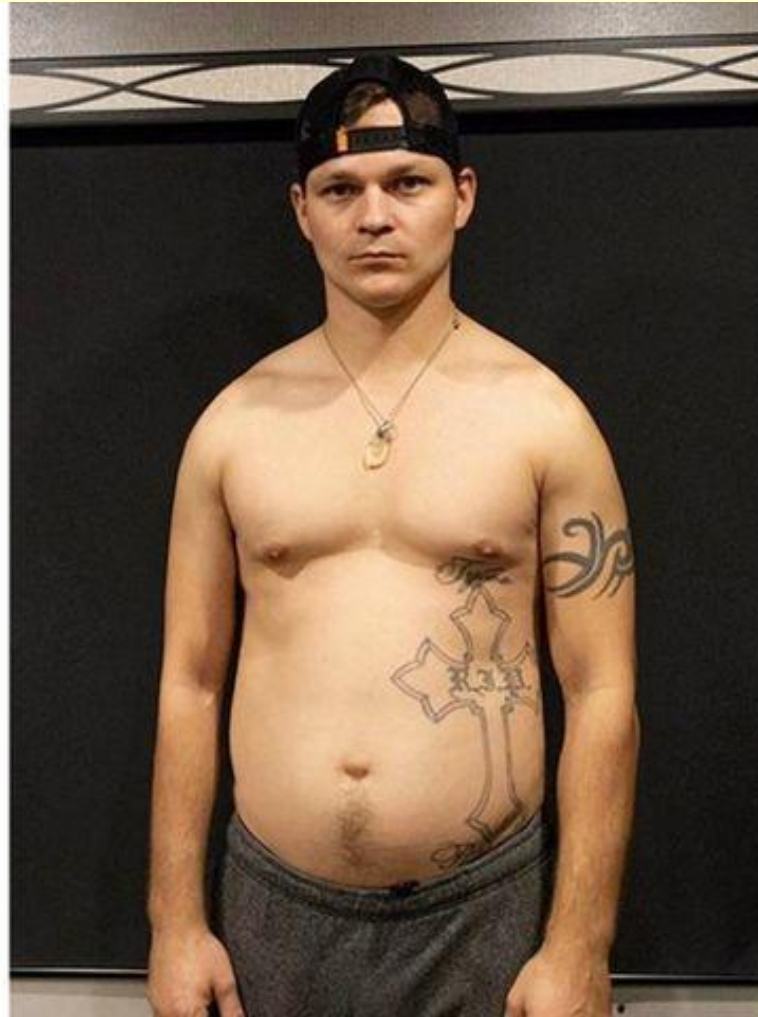
Influencers are often **paid** to promote content. Not everything they give links to can be trusted or is safe!

Artificial Intelligence is frequently used to create disinformation – deliberately false information spread to mislead others.

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**fake**



**fake**



**fake**



**real**

