



# INTERNET AND SOCIAL MEDIA SAFETY

At The SNAP Centre and on the SNAP helpline we are often asked for help with this particular issue. Increasingly, children and young people are learning, playing and socialising using online resources. Many children with special educational needs are supported to use information technology in schools to allow them to access their education more successfully. Children use the Internet to do their homework, to play games and to socialise with their peers.

Parents are often 'left behind' as technology advances and consoles, mobile phones, tablets and computers are upgraded. New Apps, software, online games and social media platforms are introduced frequently and it is difficult for parents to ensure they are fully protecting their vulnerable young person from potential hazards and negative experiences online.

SNAP has gathered some information sources and websites that offer some tips and guidance to help navigate this tricky topic.

[www.saferinternet.org.uk](http://www.saferinternet.org.uk) - This website has a section for parents and carers giving e-safety tips, advice and resources to help children and young people stay safe on the Internet.

[www.childnet.com](http://www.childnet.com) - The parents section on this website gives all the information you need to keep your child safe online. If you're puzzled by parental controls or would like to know more about gaming, this section can help. There are useful tips to keep up to speed with what young people are doing online and ways to keep your child safe.

**Childnet STAR Toolkit** - A downloadable STAR (Safe Trust Action Respect) SEN Toolkit has been created to give practical advice and teaching activities to help explore e-safety with young people on the autism spectrum in Key Stage 3 and 4. All four sections feature the concept of friendship and have a focus on finding the balance between online and offline interaction. [www.childnet.com/resources/star-toolkit](http://www.childnet.com/resources/star-toolkit)

[www.internetmatters.org](http://www.internetmatters.org) - Advice and simple things you can do to make sure your children are using the Internet safely, from pre-school to teens.

[www.connectsafely.org/safety-tips-advice/](http://www.connectsafely.org/safety-tips-advice/) - Tips and advice on all aspects of online activity, with parent guides on topics such as cyberbullying, Snapchat, mobile phones, cyber security and Virtual World Safety Tips for Parents of Teens.

[www.net-aware.org.uk/](http://www.net-aware.org.uk/) - Online guide to social networks, apps and games.

**Learning Disabilities, Autism and Internet Safety: A Parent's Guide** - The charity Cerebra has produced a useful guide on all aspects of Internet safety for parents of children and young people with learning disabilities and autism. There is also a sheet called Play IT Safe, with tips when using the Internet on computer and mobile phone.

<https://cerebra.org.uk/download/learning-disabilities-autism-and-internet-safety/>



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[www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre) - CEOP is a National Crime Agency command and this website is an advice, help and report centre.

**Staying Safe on Social Media and Online** - The Foundation for People with Learning Disabilities has produced an easy-read guide for people with learning disabilities. It can be freely downloaded from their website <https://www.mentalhealth.org.uk/learning-disabilities/publications/staying-safe-social-media-and-online>

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) - Includes sections for parents of children and primary and secondary education and a video, Parents' & Carers' Guide to the Internet. The website also has sections for the children in different age groups

**A Parent's Guide to Dealing with 'Sexting': What to do and how to handle it** - a free downloadable guide from [www.saferinternet.org.uk/advice-and-resources/parents-and-carers/have-a-conversation](http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/have-a-conversation)

[www.esafetytraining.org/](http://www.esafetytraining.org/) - 'The 2 Johns' at E-Safety Training offer school events for children and also training for parents on all aspects of staying safe online. There are numerous resources available on their website.

SNAP holds a number of resources from the above websites in our electronic library, which can be emailed on request.

Relevant Books in the SNAP Library:

Online Safety for Children and Teens on the Autism Spectrum: A Parent's and Carer's Guide - Nicola Lonie

Cyber Bullying - Vanessa Rogers

Friendship and Other Weapons - Signe Whitson

Surviving Girlhood - Nikki Giant and Rachel Beddoe

The Teenage Guide to Stress - Nicola Morgan

The contacts and links given via this SNAP information sheet have been shared as a starting point for your own research. We believe the information to be genuine and correct at the time of publishing, however no responsibility for loss occasioned by any person acting or refraining from acting as a result of the material contained herein can be accepted by SNAP.