# Social Media Safety
## Information for Parents and Carers

As children have access to the internet from phones and other personal devices, it can be increasingly difficult to monitor their use. It is important to enable them to stay safe while online.

Different social media platforms have different age policies. Parents/carers should familiarise themselves with these age policies and how each platform works, including how to use privacy settings to keep users safe.

It is important that your child feels they can talk to someone if they are being bullied online or if they have been exposed to something that makes them upset or uncomfortable.

There is a range of useful information available for parents/carers to help keep children safe online, including:

- **NSPCC**
- **Child Protection in Sport Unit**
- **Think U know Home Activity Packs**

## Parents/Carers DO

✅ Make sure you are aware of who your child has contact with online and via messaging apps.

✅ Use parental controls that are available on your home WI-FI and on any platforms your children may be using.

✅ Be aware of Parkour UK's guidance on the use of social media and report anything that concerns you to the Safeguarding Officer: **safeguarding@parkour.uk**

✅ Keep talking to your children about their use of social media.

✅ Provide your phone number and email address to the club so they can contact you directly.

✅ Report any content you think might be improper or unlawful to the police or the **Internet Watch Foundation** - Reporting is easy, anonymous, and could help to save a child from ongoing harm.

If you stumble across sexual images or videos of someone who could be under 18, you should tell someone you trust and report it to the **Internet Watch Foundation** (IWF). Reporting is easy and anonymous and could help save a child from ongoing harm.