# Social Media Safety
## Information for Children

Connecting with your friends online is something you will most likely do every day. When you are using social media to connect with your friends in Parkour, we want you to be safe. Please remember these things when you are online or using social media.

- If someone isn't your friend in real life, they aren't your friend online. Be careful when accepting friend requests or arranging to meet someone you have 'met' online.
- Sometimes, people on the internet aren't who they say they are. If you're not 100% sure, don't risk it.
- Remember to change your privacy settings so that only your friends can see information about you, your posts, and your photos.
- Remember that your school's name or club/gym name on your kit can make you identifiable. Don't post personal details on your social media.
- Trust your instincts. If you see or receive any hurtful, upsetting or harmful content online, you should use the social media platform reporting tools and tell your parent/carer or another adult you trust, such as your teacher, your club/gym Safeguarding or welfare officer.
- Remember that your coach is a professional, just like your teachers. They should not be your friend online and should not be sending you friend requests or messaging you on any social media platform.
- All contact from your coach should be via your parent/carer or, if you are 16 or 17, your parent/carer should also be copied into all messages.
- Bullying can happen online. This can include negative comments about someone's performance or achievements. If you, or someone you know, has had this happen, you should tell an adult that you trust.
- Don't be afraid to tell someone if you have concerns.

If you want to know more about staying safe online, the websites below are a good place to start:

>  **Childline – Online and Mobile Safety**
>  **Think U Know**

## Children **DO**

✅  Keep your photos and personal information private.

✅  Regularly check your privacy settings to ensure your accounts stay secure.

✅ Conduct yourself in a respectful manner on social media as you would at home, in school or at your Parkour club/gym.

✅ Make sure that you feel comfortable with everything you are doing online, if anything makes you feel uncomfortable, stop and ask a trusted adult for help.

✅ Remember that anything you post online could be there permanently – think before you post.

✅ If you are worried about inappropriate online behaviour or unwanted contact/ communication, use the social media platform reporting tools. You should also tell your parents or carers, a professional (such as a teacher), your club Safeguarding or Welfare Officer or another adult you trust.

## Children **DO NOT**

❌ Post inappropriate content on social media, make comments or send messages that are offensive or nasty in any way.

❌ Accept any friend requests from people you don't know or you feel uncomfortable accepting. Always tell your parent/carer, an adult that you trust or your Club Safeguarding or Welfare Officer if this happens.

❌ Send or forward any nude or sexual images of yourself, someone you know, or anyone you don't know, even if you think it is just for fun. It is wrong, and it is against the law. If you are worried that someone else is sharing nude or sexual images of you, support is available from **Report Remove**.

**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, anonymous, and could help to save a child from ongoing harm.**