



Snapchat

What is it?

Snapchat is an app used for messaging and sharing photos and videos. You must be 13+ to sign up. Users can send messages (snaps) to others that can only be seen for set time period e.g. 10 seconds. Users can also upload snaps to stories which then disappear after 24 hours.



What should I be aware of?

- **Who is your child friends with?** – Talk to your child about who their 'friends' online are.
- **Group chats** – in a group chat there may be people that they're not friends with on the app who can then communicate with them in the group. This also increases their risk of interacting with strangers.
- **Snap Map** – The map lets users see where 'friends' are. Location sharing via the map is optional and is off by default (we recommend that it remains off).
- **Snapchat streaks** – Streaks count how many consecutive days two people have been sending Snaps to each other, this can increase pressure to respond daily.
- **Inappropriate content** – due to the nature of the app your child may come across content that is inappropriate.
- **Screenshots** – whilst Snaps disappear, users may take screenshots before they do, potentially resulting in them losing control of what they have shared as it could be sent to other people.
- **Bullying** – there is a risk of bullying on all platforms so please ensure your child knows how to block and report other users if necessary.
 - <https://snap.com/safety/safety-reporting/>
 - <https://support.snapchat.com/en-GB/a/remove-blockfriends>

Safety Tips

It is important to talk to your child regularly about what they are doing online and make sure that they know that they should always talk to you or another trusted adult if they have any concerns.

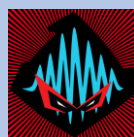
Please make sure the appropriate privacy settings are set up and your child knows how to block and report other users if necessary.

We would recommend you explore Snapchat with your child and suggest why certain options are safer, for example, setting your account so only friends (rather than everyone) can see your content and only those you are friends with can contact you.

<https://support.snapchat.com/en-GB/article/privacy-settings2>

Don't forget to talk to your child about being kind online, for example only posting positive comments, don't say anything they wouldn't say in real life and treat others as they would expect to be treated.

Apps for learning and having fun!



Ninja Jamm - DJ and Remix App

Ninja Jamm is a music making app from UK dance act Coldcut. Free but does have inapp purchases available.



Swift Playgrounds

App for iPad and Mac to learn and experiment with Swift (programming language created by Apple) and used to build apps. Swift Playgrounds requires no coding knowledge as you solve puzzles to learn the basics.



InShot - Video Editor

Great for creating your own movies! Free but does have in-app purchases available.



osu!stream

Test your ability to tap, slide, hold and spin to the beat in this rhythm game!

Top apps to get kids active: A guide from internet Matters including lots of apps to get your child moving: [Internet-Matters-Guide-Top-apps-to-get-kids-active.pdf - Google Drive](#)

As with all apps, check their suitability for your child before they use it. Think about if it is appropriately aged for your child, how does the app use your data and does it have any communication channels within it for example.

Supporting Children with Upsetting Content

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From the continuing impact of COVID-19 to the war in Ukraine, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, so here is some advice to help you in discussing upsetting events with your children.

1

Find out what your child knows

Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they have seen.

2

Right time, Right place

Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.

3

Emphasis hope

Upsetting content can make us feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you are discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.

4

Monitor reactions

All children react differently, of course and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.

5

Set limits

Managing screentime and content can be difficult at the best of times, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screentime limits.

Take things slowly

Try not to overwhelm your child with information all at once, instead take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.

6

Encourage questions

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.

7

Find a balance

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks and to focus on positive events, instead of 'doomscrolling' and risking becoming overwhelmed by bad news.

8

Build resilience

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see upsets them.

9

Identify help

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.

10

Poppy Playtime

Have you heard of Poppy Playtime? With chapter 2 just being released we thought it important that you're aware that whilst the name and characters suggest a playful game, it is a survival horror game with graphics that may not be suitable for your child. It includes characters such as 'Kissy Wissy' and 'Huggy Wuggy.' Please view this game before allowing your child to play it as it may not be appropriate for them – particularly young children.

Children may be playing the game or just watching videos of it on the likes of YouTube or playing replicated versions on Roblox for example.

Further information The INEQUE Safeguarding Group have produced this informative briefing for parents and carers:

<https://ineqe.com/2021/12/03/poppy-playtime-online-safety-review/>