

As young people we invite you to

“**BE SMART**”

when using social media.

Benefit from it's positives, and be aware of potential downsides.

For more information on our Social Media Charter see:

www.northlincs.gov.uk/besmart

B Behaviours

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B Behaviours



- Behave responsibly and remember that virtual lives are about real people
- It's great to have an opinion but don't be cruel
- Try not to be offended by everything you see — it is an open platform after all
- Respect people's opinions and differences — all people are unique
- It's good to have fun and BANTER, but be careful that BANTER doesn't turn into CYBERBULLYING
- Healthy debates are a great way of airing opinions and having discussions — TROLLS tend not to want to debate, just cause mischief or worse — don't be a TROLL and avoid retaliating against people who are TROLLS

E Educate

- If you're open to using social media, be open to learning about the 'good', the 'bad' and the 'ugly' i.e. how your behaviours can affect you and others
- The way you behave online can influence how others behave — be a positive role model and educate others on how to behave online
- Be mindful that not all the information on social media platforms is reliable
- It's easy to give your life away online — don't get caught out by PHISHING

S Safe

- Keep yourself safe on social media
- Privacy settings tend to be set to 'public' as default — consider whether this is what you actually want
- Check your security settings are private and be careful about what you post
- Don't give out personal information unless you know they are a trusted source and be careful about befriending new friends — not everyone is what they seem.
- Meeting someone you've only met online can be dangerous — be careful and if you do, it might be an idea to take someone with you or at least tell someone else you are going

M Manage

- Manage your social media presence so you get the best out of it and make sure you use it positively — it has huge potential, but can be misused and misunderstood
- If you don't like something you've posted, you can edit your posts, although it's difficult to completely remove things once they are 'out there' — manage your virtual lives in a positive way

A Actions

- Don't SEXT — only share appropriate images and content about yourself and other people — (if you're under 18 and distribute an indecent image, you are committing an offence, even if you're the child in question)
- Ask yourself — would I do this in real life? If the answer is no, why would you do it online?
- Not everyone should hear (or wants to hear) all about your personal life — try to use the personal message options to talk to your friends if you don't really want people to comment
- It's good to have a spring clean — refresh your friends list every so often — not everyone is a friend for life
- Leave your social media life online — try to avoid taking it into school or letting it affect your real friendships and relationships or even your learning and education
- Be yourself — don't lie, don't become someone different — don't CATFISH



R Report

- If you feel that you or someone else is a victim of CYBERBULLYING or CHILD SEXUAL EXPLOITATION, if you're concerned or worried about anything — report it — either through the social media platform or to someone in particular or through the CEOP website
- If in doubt, talk to someone — perhaps parents, teachers, the police or you can access information and support via CHILDLINE

T Think

- Think before you post — can you stand by your comments and would you be okay for people to comment back on it?
- Think long term — did you realise that your posts are there in cyber space forever?
- Think before accepting friend requests — do you actually want them as friends?
- Think before you FRAPE — it might be funny, but have you thought about whether it will have negative implications?

For more details see:
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