



Social Media: Challenges for Parents and Guardians

Take Home Notes

*Dr. Maureen Griffin
B.A. M.A. Ph.D.
Forensic Psychologist
Director MGMS Training Limited
www.mgmstraining.ie*





What Can We Do?

- ✓ Age of Use
 - ✓ Digital Age of Consent Ireland - 16 years
 - ✓ Parents should have password for all App Downloads <16 years
- ✓ Strong passwords & keep private;
- ✓ Enable Two Factor Authentication 2FA;



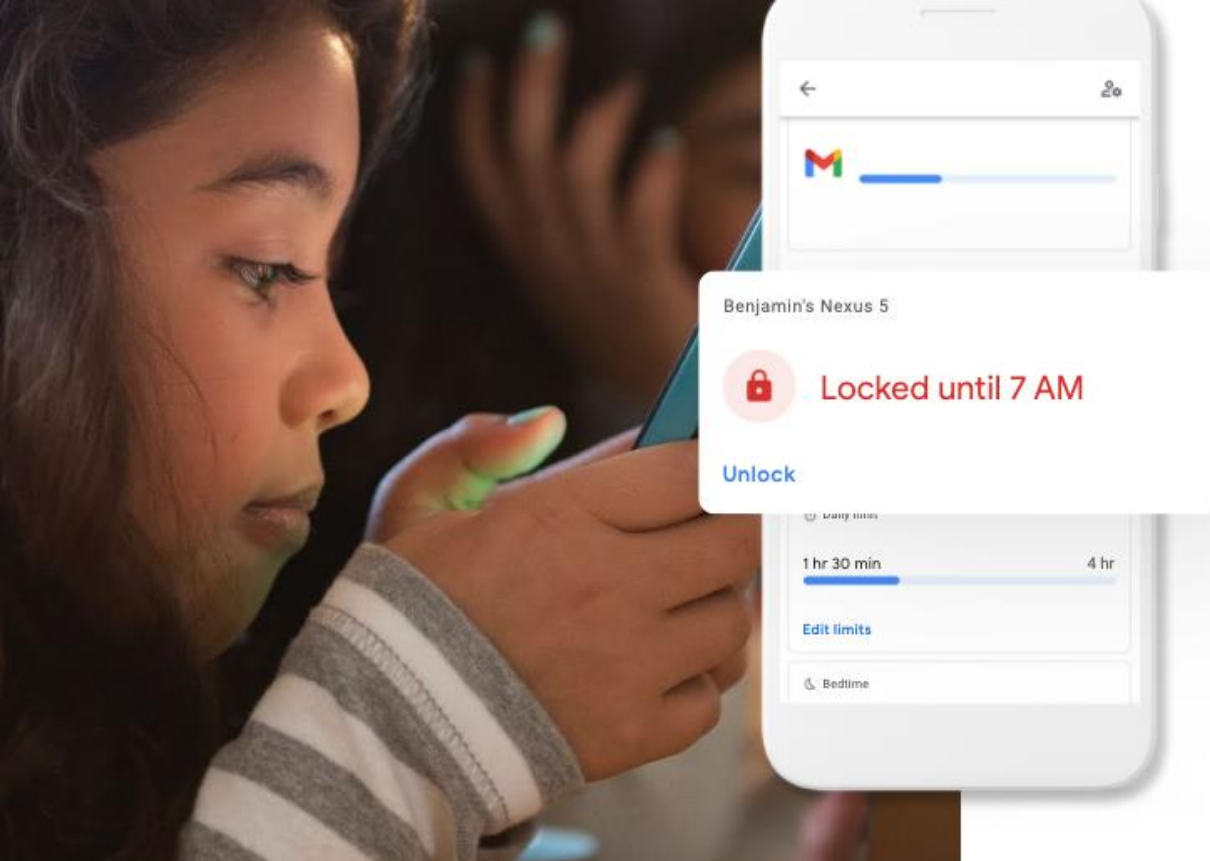
What Can We Do?

- ✓ **Privacy Settings** –default option?
 - ✓ Can change after update
- ✓ **Terms and Conditions;**
- ✓ **Friends/Followers** -do you know them?;
- ✓ **Type & Volume of Content shared** – set rules
 - ✓ Location sharing

What To Do If A Child Is The Target Of Cyber-Bullying

- ✓ Remind them it is not their fault
- ✓ **Don't Reply**
- ✓ **Keep a copy (take screen shots/grabs)**
(Note: Do not take a copy or send to another device if illegal image);
- ✓ **Block the Sender/Remove as Friend/Follower**
- ✓ **Report Problems to website/App/phone company**
- ✓ **Report Serious Issues to the Gardaí**
 - ✓ Illegal issues include someone making inappropriate sexual suggestions, racist remarks, or persistent bullying that is seriously damaging to the victim's well-being.





Keep an eye on screen time

Set limits

Lock their device

Whether it's time to go play outside, have dinner, or just spend time together, you can remotely lock a device whenever it's time to take a break.

Action Plan –Take Homes

- Enable Family Sharing (Apple) Family Link (android) and/or download a Parental control App (e.g. Screen time)
- Family Sharing <https://www.apple.com/families/>
- Family Link <https://families.google.com/familylink/>
- Screen Time App <https://screentimelabs.com/>
- Qustodio App <https://www.qustodio.com/en/>



Instagram

App review by Liz Panarelli, Common Sense Media



Common Sense says

age 15+ ★★★★★

Great app makes sharing pretty, private photos all too easy.

iPhone, iPod Touch, iPad, Android | Free | Photo & Video

Save | Rate app

Parents say

age 13+

★★★★

Based on 136 reviews

Kids say

age 12+

★★★★

Based on 329 reviews

Get it now

Common Sense is a nonprofit organization. Your purchase helps us remain independent and ad-free.

SHARE



A LOT OR A LITTLE?

The parents' guide to what's in this app.

A+ Educational Value

Ease of Play

Violence

FOR KIDS WHO LOVE CREATIVITY

Journal Apps, Online Diaries, and Digital Scrapbooks
Best Creative Apps

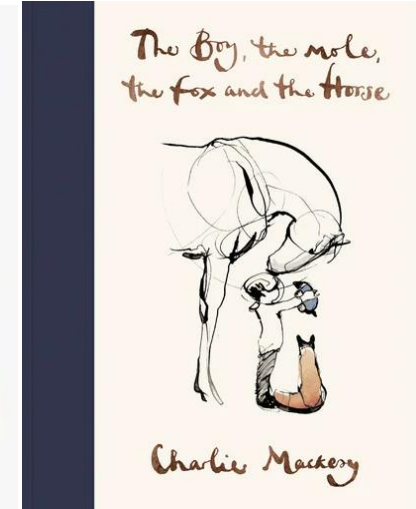
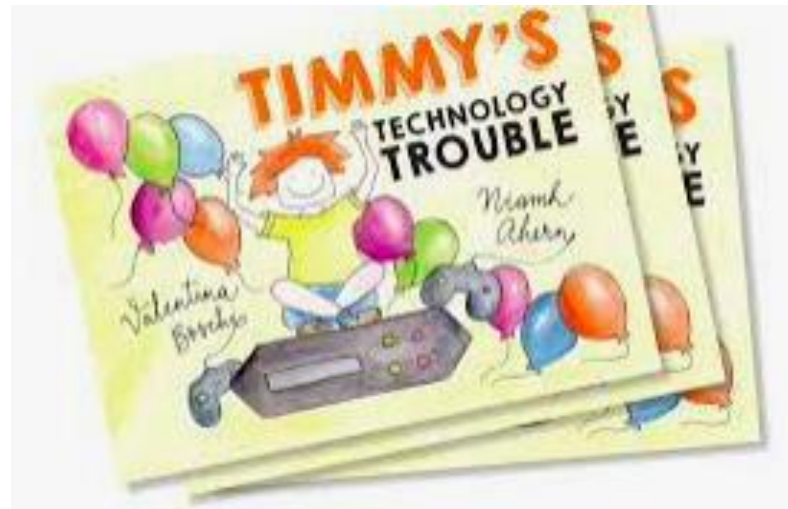
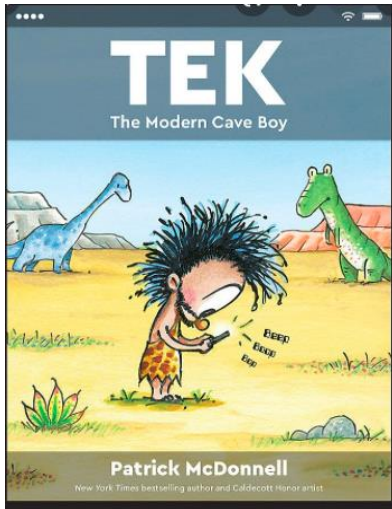
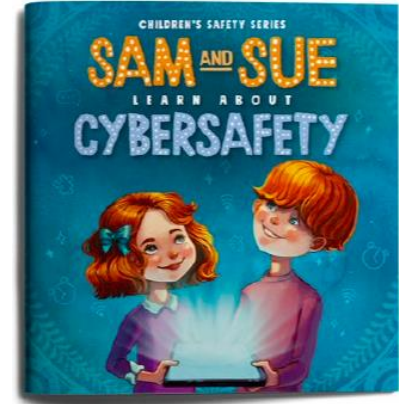
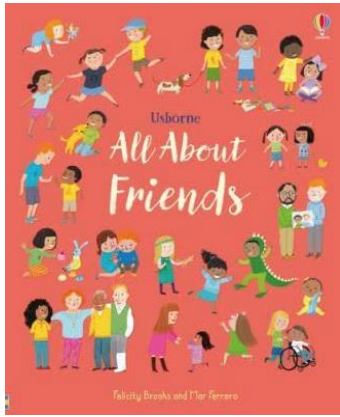
TALK TO YOUR KIDS ABOUT ...

- Families can talk about being smart about what and how they [share on Instagram and online](#) in general. We have some great tips on safety and being a good digital citizen.
- Check out photography books from the library for kids who want to learn more about lighting, mood, and so on.
- Talk about using features responsibly. Is it okay to livestream? How can you use the polling stickers in a fun way that won't hurt any feelings?

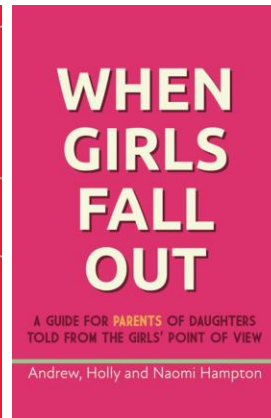
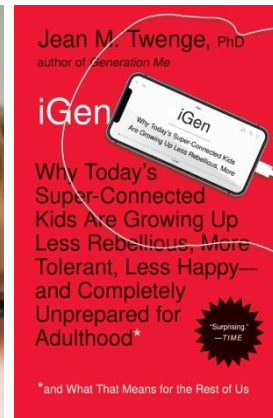
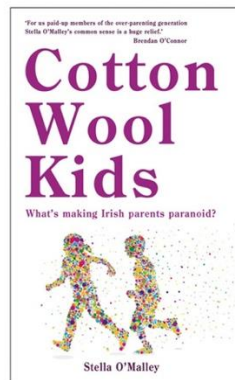
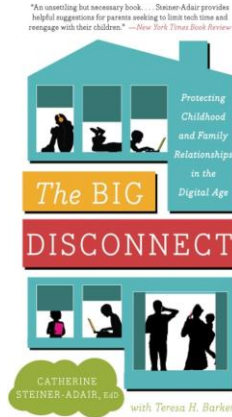
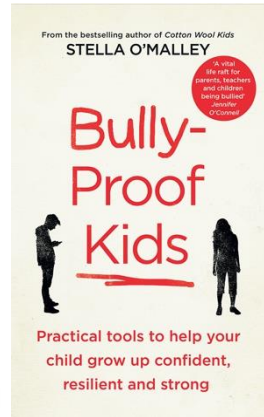
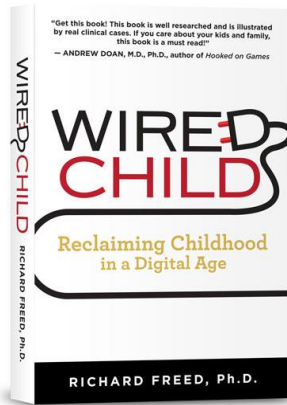
Common Sense Media

- Provides age recommendations, reviews and pointers on what you need to watch/talk about
- Covers lots of topical issues and popular Apps, Games, Films and books





Recommended Books Primary Level



Recommended Books Secondary & Adults

Thank you for listening



M | G | M | S
TRAINING LIMITED

Dr. Maureen Griffin, B.A. M.A. Ph.D., Forensic Psychologist

Director MGMS Training Limited

www.mgmstraining.ie