



Funded by the
Erasmus+ Programme
of the European Union

apricot
for parents

SECURE USE OF SOCIAL MEDIA NETWORK



apricot

Structure

- Protection on the Internet
- Rights and Responsibilities
- Cyberbullying
- Recommendations for parents

Private use of social media networks allows individuals to

- Share photos and communicate with family and friends
- Connect with colleagues
- Shop online

⚠ However, do not underestimate the dangers of social media networks

General
information

Rights

Cyberbullying

Recommendations



4

Secure use

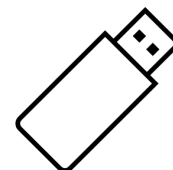
- General information
- Rights
- Cyberbullying
- Recommendations



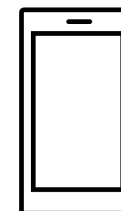
Use different email addresses



Use secure passwords



Two-factor authentication



Caution for mobile use

Rights and Responsibilities

- Protect your privacy – consider your privacy settings and check the security settings of social media accounts
- Try not to give too much personal information on the network
- Delete accounts which are no longer in use
- Read data protection regulations and general terms and conditions


General
information

Rights

Cyberbullying

Recommendations

Rights and Responsibilities

- Before creating a profile  read the terms and conditions and the data protection regulations
 - Rights of use for photos or videos can be transferred to the operator of the network
- Also follow the rules of conduct (netiquette)
 - First read, then think, then post
 - Observe legal regulations
 - Be polite and tolerant
 - No verbal attacks
 - No spam
 - No discrimination, sexist or racist slogans

General
information

Rights

Cyberbullying

Recommendations

- Cyberbullying – deliberate insulting, threatening, exposing or harassing of other persons through the Internet
- As it takes place online in social networks usually the bully acts anonymously
- Difference to bullying:
 - cyber-bullies can attack over the Internet 24 hours a day
 - The level is greater as audience is unmanageably large
 - Content spreads extremely fast and difficult to be deleted

General
information

Rights

Cyberbullying

Recommendations



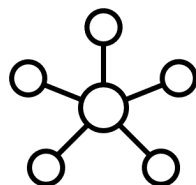
Cyberbullying

- Facets of bullying

- General information
- Rights
- Cyberbullying
- Recommendations

Slander/rumors

Exposing



Chicane

Exclusion/Ignore

Recommendations for parents

- How can parents know that their child is being bullied?
- If you notice these signs:
 - Behaves with restraint
 - Loses the desire to communicate
 - Isolates itself from the outside world
 - Reacts aggressive or passive
 - Has many excuses or inexplicable physical complaints

Parents should talk to their child immediately or consult an expert!

Recommendations for parents

- How can you protect yourself against cyberbullying?
 - Never reveal too much of your private life on the Internet
 - Control privacy settings and friends closely
 - Think about what you do on the Internet
 - Use caution when discussing worries or problems online

General
information

Rights

Cyberbullying

Recommendations