

Empowering young people with additional learning needs to connect safely online.

Managing personal information online

How to help your child protect their personal information when sharing on social media or other platforms

Risks of sharing personal information online

Although young people love to share their lives online, it's important to help them make good decisions about what they share and with who.

Sharing personal information that can make it easy for someone to find out where they live or go to school can put them at risk in the real world.

From our research, we've found that children with additional needs are more likely to be exposed to contact risks which include online grooming.

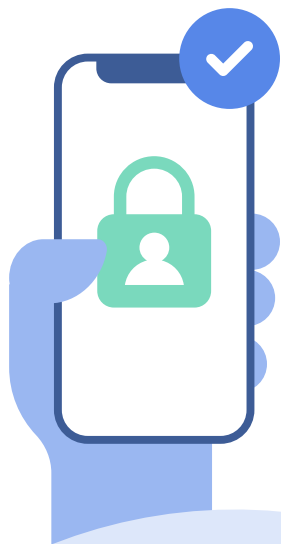
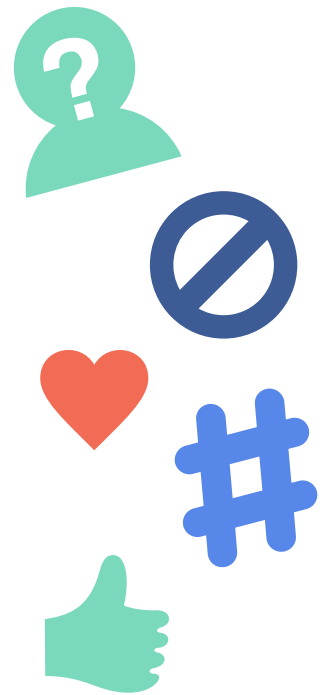


Conversations to have to help them manage their data

- **Discuss what personal information is** – Make sure they know what is considered personal information. See [‘What is personal information – advice for young people’](#) and talk them through this.
- **Talk about why this information needs to be kept private** – You can use social stories to help them understand what happens if someone they only know online uses their personal information in a way that could put them at risk of harm and steps can take to deal with it.
- **Talk about what is safe to share** – Sharing with people they know in real life is far better than those that they have never met in real life as it's easier for them to work out if they are real friends. You can also steer towards this page [‘Are they really ‘strangers’?’](#)

Things you can do to help young people manage their data

- **Review privacy settings** - Check their privacy settings on each of the apps they use to make sure they are only sharing with people they want to.
- **Remove personal information from public features on accounts** - It's a good idea to work out what is private and public on each of the platforms they use. Make sure that they don't have their school name, address, or other public information in any of the features that they can't make private.
- **Set accounts to private** - For children just starting out on social media, we would strongly advise you to make their account private to limit who can see what they share.
- **Agree on ground rules** - If your child wants their account to remain public, work out some ground rules on what they should and shouldn't share or whether you should follow. Our Family Agreement may help.



Managing personal information on social networks

Across the most popular social networks like Instagram, Snapchat, and Facebook, you'll be able to set certain privacy settings to protect their personal data. To help you review or set these up, [please see links to the Internet Matters privacy how-to guides](#) for the most popular social networking sites and apps.

Resources to encourage children not to overshare



Internet Matters

[How can I encourage my child to share safely online?](#)



Childnet

[The Adventures of Kara, Winston and the SMART Crew](#)



Common Sense Media

[Private and Personal information video for children](#)



ThinkuKnow

[Play Like Share animated film for children](#)