

Social Media Top Tips

We all know that under 13s aren't supposed to have social media accounts, but we also all know that, well, one or two of you just might have an account anyway, whether your parents know about it or not! So, we've produced these simple tips to help you stay safe online after taking part in a BBC production. When you appear on television, there is a good chance that you may get attention on social media. People you don't know may approach you, or people may be talking about you in tweets, Facebook posts, on Tumblr, Instagram etc.

By far the majority of this attention will be from other young people who think you're great in the programme! However, there may be a very small minority who want to say nasty things about you or to you.

So, here are some top tips to help you:

1. We're going to suggest the unthinkable... can you bear to stay off social media for a while?? Just while the programme is going out on television? This is the number 1 best way to avoid seeing anything nasty written about you or the programme, or the other children in the programme with you. But, we know this might be really hard, and you may use social media as a source of support for a number of reasons, so if you really can't bear the thought of staying away, you should make sure you...

2. ...set the appropriate privacy settings on your accounts. For example, set everything to 'friends only' on Facebook, and think about whether you want to set your Twitter account to 'Protect my Tweets', so that only people who already follow you, or who you allow to follow you, can see your tweets and tweet at you. On Instagram, make it so that only people you allow can see your photos. And perhaps take the opportunity to 'unfriend' any people who are in your friends list but who you don't actually know! OK, you might love having ten thousand friends, but it's much smarter to stick to people you know offline!

3. Another smart move is not to go searching for yourself online, or 'ego surf' as we call it! It can be really tempting to have a peek so that you can see what people are saying (especially when so much of it will be lovely things) but if you do, you run the risk of also seeing any nasty stuff written by mean people. So try to avoid doing it. Get your friends to tell you how amazing you are instead 😊

4. If you do see nasty comments, do your very best to ignore them. It can be really difficult but don't engage in an argument – most people who post horrid things online only do it to try to get an angry or upset response, so don't give them the satisfaction of knowing it's got to you. Block them, report them, and if it gets out of hand, if you are being harassed or targeted by trolls, tell an adult straight away.

5. Report IMMEDIATELY any approach by someone you don't know that makes you worried or scared or uncomfortable. Block them, report them to the social media site (Facebook, Twitter etc.) and tell an adult straightaway. You will not get into trouble with us, even if you've done something you weren't supposed to, like talked about the show for example. Let someone know straightaway and we can make sure it is dealt with properly.

6. And because it's SO important, we're going to say it twice – REPORT IMMEDIATELY anything that makes you worried, scared or uncomfortable.