





The Methodist Church  
Social Media Guidance  
for Children Aged 5-10




## Are you...

-  Between 5 and 10 years old?
-  Using your computer to play games or chat with people online?

## Then this for you!!

The Methodist Church has also written some information for young people, parents and youth workers. You may like an adult to help you with this information. Why not ask a teacher, your club leader, parent, guardian or Godparent to help you read this?

 It can be fun to use the computer for all sorts of things. We are going to tell you about some of the fun things you can do but also how to stay safe and how to get help if something goes wrong, if you're feeling unhappy or scared about anything that happens.

## What can i do online?

Before you do anything online it's really important to ask for permission from a parent or someone who looks after you. They should be able to suggest some fun things for you to do and help you get started...

## friend websites

Some of these websites are called Bebo or Myspace. They are a fun way of talking to friends, telling people what you have been up to and sending pictures. Stick to sites that are for your age group.



## Games

You can play games on your own or with people from all over the world, wow how exciting?



# Stuff to do online...

## Emails

Emails are a good way of sending messages to friends and family. They are often used by people at work. Emails are a bit like sending a letter, apart from you receive the information in seconds and you can message lots of people all at the same time.



**Chat Rooms** or instant messengers (IM) are some of the places where you can chat to people you know and don't know. Chatting to people you don't know can be fun but can also be dangerous as you don't know who you are talking to so you have to be careful what information you share.



## mobiles

Mobiles are great for making phone calls to parents or for parents to get in touch with you. With some mobiles you can take pictures or videos and send them to friends. You can use text which is typing a message and sending it.



# staying safe...



When using all the above it's really important that you stay **safe** so we have some top tips for you to remember. Please make sure you read them and understand them. Ask an adult to explain anything you don't understand.

## whatever you are doing online there are 4 things you should try really hard to remember.

- 1** People that you don't know in real life are strangers. Even if you have been chatting online to someone for a while it might feel like you know them but you don't. People aren't always who they say they are.
- 2** Be nice to people like you would in a playground.
- 3** Keep personal information private, like where you live, your telephone number and what school you go to.
- 4** If you ever feel scared or worried about anything **tell an adult you trust.**

## TOP TIPS!



### Here are some more tips to remember

- Always ask a grown up before you use the internet.
- Don't tell strangers where you live, your phone number, or where you go to school. Only your friends and family need to know.
- Don't send pictures to people you don't know. You don't want strangers looking at photos of you and your family.
- Don't arrange to meet up with anyone as some people aren't very nice and might not be who they say they are. Tell a trusted adult. If you think you know the person and you are considering meeting them, still tell a parent or trusted adult.
- Tell a parent, an adult or someone you trust if you feel scared or unhappy.
- Ask a grown up to help put the Hector's World Safety button on your computer. There is a link to it from [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) children's section 5-7 yrs. This will mean you can press it if anything makes you feel scared or unhappy and you will get help.
- You can also call childline for free on 08001111 to talk to someone kind who can help.

All these top tips have been taken from a really good web site:

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

## ALWAYS Remember

Using the internet can be great fun, but like in the real world things can go wrong and people can say and do things to upset you or you might see something you don't like. If this happens **it's not your fault**. You must **tell an adult** you trust maybe a parent or teacher.

Get an adult to show you how to save messages just in case you need to show them to someone who can help.

On a few occasions we have mentioned the web site [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) this web site has loads of interesting information for children, young people, youth workers, parents and teachers.

### **We recommend you have a look at it**

If you're aged 5-7 why don't you check out a short animation about Lee and Kim's adventures? Type this into your search bar: [http://www.thinkuknow.co.uk/5\\_7/leeandkim/](http://www.thinkuknow.co.uk/5_7/leeandkim/)

If you're aged 8-10 there is a whole section on the web site especially for you. With useful information and games to play why don't you try playing Star riders? To play, type this into your search bar: [http://www.thinkuknow.co.uk/8\\_10/Star-Rider/](http://www.thinkuknow.co.uk/8_10/Star-Rider/)

We hope all this information has been helpful, as mentioned before if there is anything you don't understand or your unsure about ask an adult to explain. We hope you enjoy all the exciting things you can do online.

This Policy works in conjunction with the Methodist Church Social Media Guidelines downloadable from: [www.methodist.org.uk](http://www.methodist.org.uk) Technology and the Church, and the Methodist Safeguarding Policy downloadable from [www.methodist.org.uk](http://www.methodist.org.uk) Church Life