



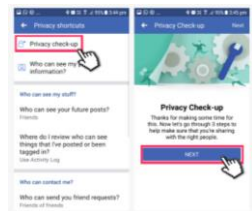
R;pple

Social Media - Privacy Guide

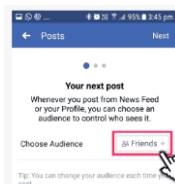
1. Go to the settings tab on your Facebook app on your phone and scroll to 'Privacy shortcuts'.



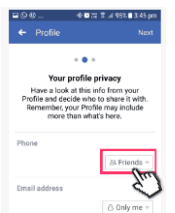
2. On the 'Privacy shortcuts', click on 'Privacy Check-up'. This takes you through three steps to make sure you're sharing their content with the right people.



3. Select continue to choose who to share Facebook posts with. This could be a link, video, a photo or a story. Make sure you have selected 'Friends' to prevent strangers seeing your content.



4. The next section on the 'Privacy checker' is all about your profile, including who you share their phone number, email address and birthday with. We would recommend you provide as little information here as possible. If you do want to include the data, simply ensure the 'friends' options is ticked here.

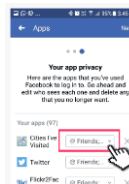


Facebook

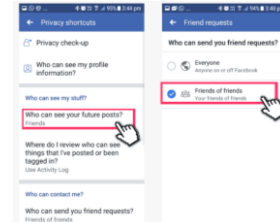
5. On the final section of the 'Privacy checker' go through the apps that your Facebook account is linked to. Review these apps as they will use data from the Facebook account on their platforms. Delete the ones that you may not recognise.



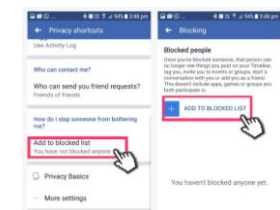
6. On the main menu – tap 'Who can see my stuff' – If you have selected 'friends' on the 'Privacy check-up' beforehand, 'friends' will be selected here too.



7. Anyone can send you a Facebook 'Friends' requests but if you want to make sure only 'friends of friends' can, Under '**Who can send me friends request**' select this option.



8. Blocking people on Facebook – If you have been harassed on Facebook or would like to block people, tap 'How do I stop someone bothering me' and type in their name.

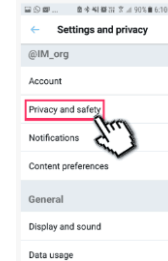


Twitter

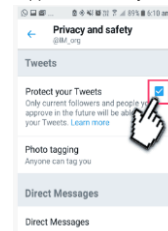
1. Go to the Twitter app on your child's phone and click on their profile image to see the menu. Select the 'Settings and Privacy' option from the menu.



2. On the next menu, tap 'Privacy and safety'.



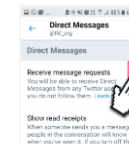
3. Under 'Tweets' make sure the option for 'Protect your tweets' is ticked so that only followers and people you approve can see your child's tweets.



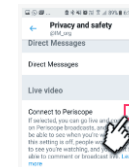
4. Photo tagging – tap the text underneath to bring up the menu and set this to 'Only people you follow can tag you'.



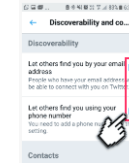
5. Direct Messages – tap the text to bring up the menu and make sure 'Receive message requests' is unticked to make sure only people you follow can send direct messages to you.



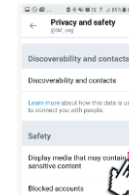
6. Live video – Ensure this option is left unticked if you do not want to live stream on the platform.



7. Discoverability and contacts – Make sure these options are unticked if you do not want people to find you on the platform using your phone number or email address.



8. Safety – Ensure 'Display media that may contain sensitive content' is unticked to ensure you do not see inappropriate content. You can also manage the list of people you have blocked here.



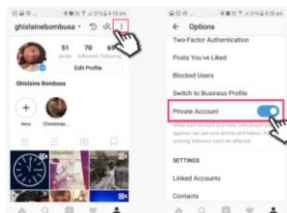
9. To block a person, go to their Twitter profile click on the three buttons on the top of the screen and select 'Block' and they will no longer see your child's account.

To report, select 'report' from the same menu and add the reason why you are reporting them.

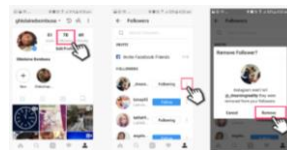
To mute, so your child does not see their content, select mute from the menu.

Instagram

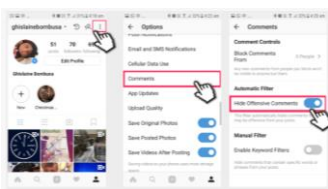
1. By default, all profiles are Public on Instagram. You can set your account to 'Private' by selecting the 3 dots icon in the top right of the profile view and on the settings screen turning on 'Private Account'.



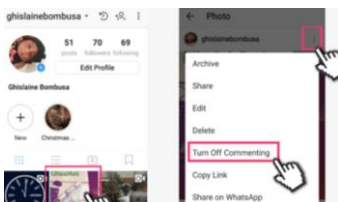
2. Remove followers – Go to your profile and tap 'Followers' at the top of the screen. Select the follower(s) you wish to remove by tapping on the 3 dots and tapping remove. They will not be notified but they will no longer see your posts.



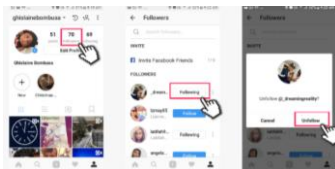
3. Keeping comments safe – Tap profile icon, and then the three dots on the righthand side of the screen to see the menu. Scroll down to see comments. Ensure 'Hide Offensive Comments' is switched on. You can also block comments from specific followers. If you'd like to turn this off before posting, click on advanced settings before posting and swipe to 'Turn off commenting'.



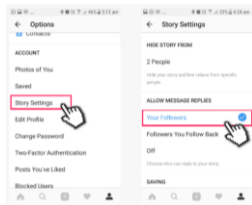
4. Turning off comments – Tap the 3 dots above your child's post and select 'Turn Off Commenting'.



5. Unfollowing a user – If you no longer want to see a particular user's content, simply unfollow that person. This can be done directly on their profile page by tapping the person icon at the top of the page and confirming 'Unfollow' or from their profile under 'followers' and un-selecting 'Following'.



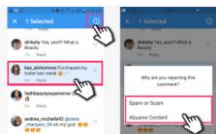
6. Managing Story Settings – Ensure that you change your settings to only allow followers to post message replies to their Story. These will not be public but direct messages.



7. Blocking a user and reporting inappropriate content: A user can be blocked, or their content reported as inappropriate, by tapping the 3 dots in the top right-hand corner of their profile. Select 'Block' and/or 'Report'.



8. Reporting a comment for abuse or spam – Select the comment under the post. Tap the exclamation mark at the top of the screen. Tap Spam or Scam or Abusive Content. Select a reason for why the comment is abusive.

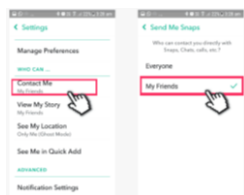


Snapchat

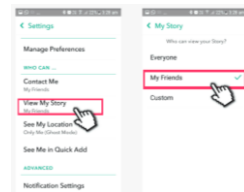
1. Tap on the gear icon on the right side of the Profile screen



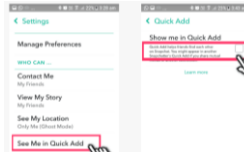
2. Scroll to 'Who can...' section of the page and select 'Contact Me'. Here you can choose who can contact you directly with Snaps, Chats, calls and more. We'd recommend that this is set to 'My Friends' so that strangers cannot directly contact you. Note that even if the "My Friends" option is selected, anyone you're in a group with will be able to communicate with them.



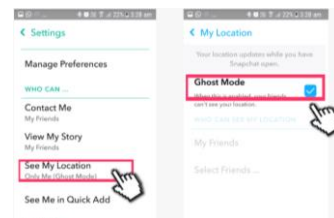
3. Again in the 'Who can...' section, tap on 'View My Story'. Here you can choose who can see your 'Story' or tap on 'Custom' to block specific friends from seeing your 'Story'. Please note that if they have recently posted a 'Story' and then changed this to 'My Friends' some people may still have access to the Story.



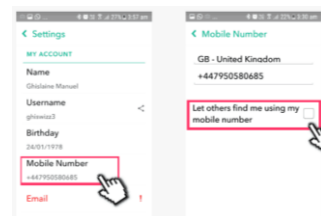
4. Under settings and 'Who can' section, Select 'See Me in Quick Add' and on the next screen, ensure that the option is unticked so that you do not appear on 'friends' accounts under 'Quick add' option.



5. Manage Snap Maps – Tap on the gear icon to go to the settings menu. Scroll to 'Who can...' section and tap 'See my location'. Set this to 'Ghost Mode' to ensure your location is not shared. If you have this set to 'My Friends' your location will only be updated when they open the Snapchat app. You can also choose to only let a select list of friends see your location.

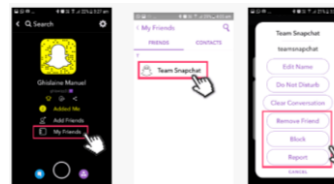


6. Opt out of 'Find friends' – Tap on gear icon and click on 'Mobile Number'. Then tap on the icon next to 'Let others find me using my mobile number' to exclude your mobile number from 'Find Friends' feature on the platform.



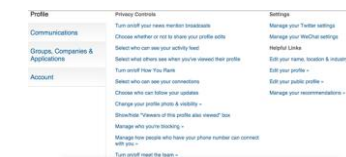
7. Reporting on Snapchat: This can be done by pressing and holding the Snap to see the 'Report Snap' menu and then selecting the reason for reporting the Snap.

8. To block, report or remove a friend, select the gear icon to see your profile menu, select 'My Friends'. Tap the user that you'd like to amend and select the relevant option from the menu and confirm the change.

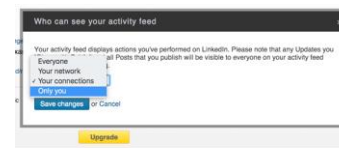


LinkedIn

1. Hover over your profile image at the top right of the screen. Then click Manage beside Privacy & Settings.



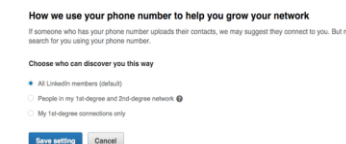
2. Decide Who Sees Your Activity Feed - To change the setting to be more private, click Select Who Can See Your Activity Feed. In the window that appears, choose the Only You option and click Save Changes.



3. Select What Others See on Your Profile - To change this setting, click Select What Others See When You've Viewed Their Profile. Then decide if you want to show your name and headline, display only semi-private profile characteristics or be completely private.



4. Decide Who Has Access to Your Phone Number - By default, all LinkedIn members who have your phone number can discover and connect with you. Therefore you'll probably want to manage how people who have your phone number can connect with you. Select that option under Privacy Controls.



5. Edit Your Public Profile - By default, LinkedIn makes all aspects of your profile visible to everyone. Under Helpful Links, click Edit Your Public Profile, then customize it. Make your picture, headline (which includes your location and industry) private on your public profile. To protect yourself against identity theft, you don't want to reveal too much personal information to the public.



6. See Which Apps Can Access Your Profile and Data - On the Groups, Companies & Applications tab, click the option to view your applications. Remove access to apps you're no longer comfortable with.

Authorized External Applications

Listed here are external partner applications to which you have granted access to your LinkedIn profile and network data. If you remove that access here, they will no longer be able to access your LinkedIn data. To re-enable them in the future, go to the application and grant access again.

Partner Name	
PeopleBrowser	<input type="checkbox"/>
Xobni	<input type="checkbox"/>
Xobni	<input type="checkbox"/>
HostBule	<input type="checkbox"/>
Oktopost	<input type="checkbox"/>
Unify	<input type="checkbox"/>
Cluze	<input type="checkbox"/>
Talbot	<input type="checkbox"/>
CrowdChal	<input type="checkbox"/>
Periscope	<input type="checkbox"/>
IntApps	<input type="checkbox"/>

7. Turn Off Data Sharing With Third-Party Apps - As another layer of protection, turn off data sharing with third-party applications (mentioned in the previous section). In the left sidebar, click the Groups, Companies & Applications tab, and on the right, click Turn On/Off Data Sharing With Third Party Applications.



8. Decide Who Can See Your Connections - By default, only your first-degree connections can see your other first-degree connections. Turn this setting off if you don't want your connections to see each other. Click Select Who Can See Your Connections and choose Only You. Then click Save Changes.

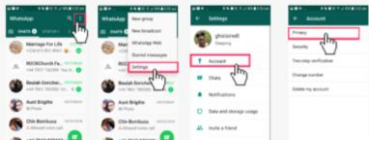
WhatsApp

YouTube

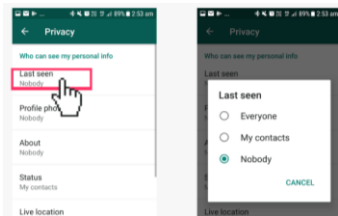
TikTok

1. By default, WhatsApp will automatically set privacy settings to allow any WhatsApp user to view read, last seen messages and profile photo and status. If you don't share your last seen information, you won't be able to see other people's last seen information.

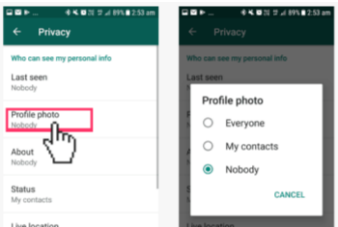
Change privacy settings by going to settings > Account > Privacy



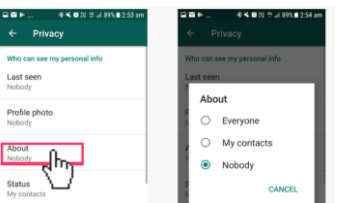
2. Tap on Last seen to amend the setting to 'My contacts' or 'Nobody'.



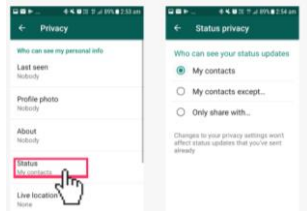
3. Tap on Profile photo to change the setting to 'My contacts' or 'Nobody'.



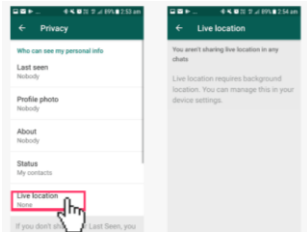
4. Tap on 'About' to change the setting to 'My contacts' or 'Nobody'.



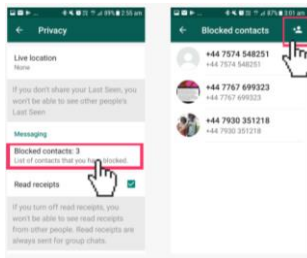
5. Tap on Status to change the setting to change the setting to 'My contacts' or to only share with specific contacts.



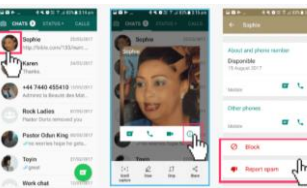
6. Tap on Live Location to review the setting and amend this in the device's location settings to ensure your child is not sharing their location with contacts.



7. Tap 'Blocked contacts' to manage who has been blocked from seeing your child's account.



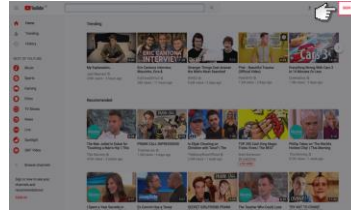
8. You can also block a user or report spam by going to their profile and scrolling to the bottom and tapping 'Block' or 'Report Spam'.



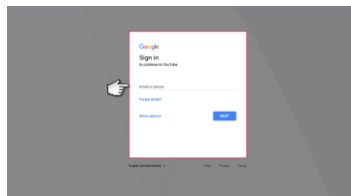
Restricted Mode is an opt-in setting that helps screen out explicit and adult content to protect your children when they use YouTube. It also screens out comments on all videos your child watches.



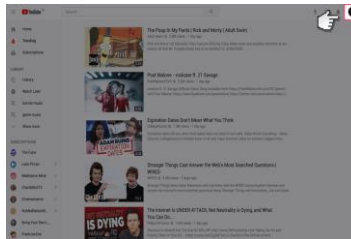
1. Steps for desktop experience: Visit youtube.com and click 'sign in' to get into your account.



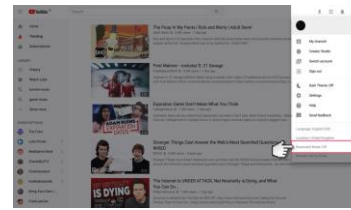
2. Log in to your Google account using your Email address and Password. If you haven't got an account click the 'Create an account'.



3. Once you've signed in, select your account user icon.



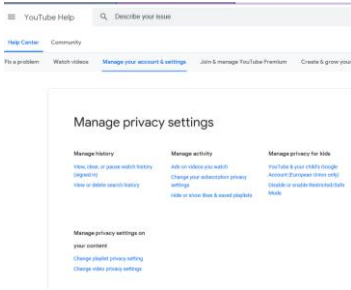
4. Select 'Restricted mode' option from the list of options.



5. Turn the restricted mode switch to 'on'.



6. Manage other privacy settings including 'Manage privacy for kids'.



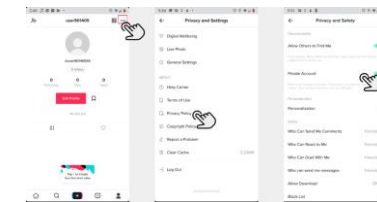
More info on Restricted Mode

YouTube uses many signals to identify and filter out potentially mature content. Restricted Mode is available in all languages, but due to differences in cultural norms and sensitivities, the quality may vary. When restricted mode is enabled, you will not be able to see comments on the videos you watch.

Restricted Mode works on the browser or device level, so you must turn it on for each browser you use. If your browser supports multiple profiles, you must enable it for each profile.

1. Please note that even with a private account your child's profile photo, username, and bio will be visible to all TikTok users. It is best to ensure no sensitive or personal information is included here.

- Step 1 - Go to your profile page
- Step 2 - Tap three dots on the top right corner and select 'Privacy and Settings'
- Step 3 - Select 'Privacy and Safety' option and toggle 'Private Account' on/off

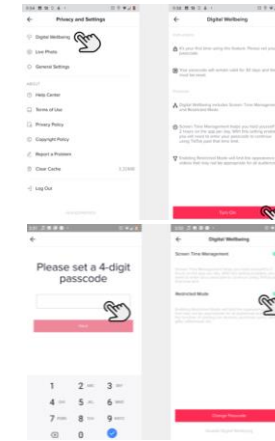


2. How to enable Digital Wellbeing setting on TikTok

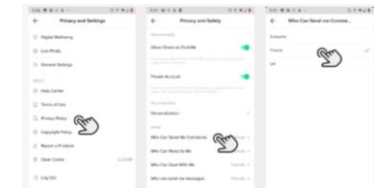
This enables your child to manage how much time they spend on the app and block inappropriate content that they may be exposed to.

To manage screen time and set Restricted mode

- Step 1 - Select "Digital Wellbeing" under the app settings
- Step 2 - Tap "Turn On"
- Step 3 - Set a passcode
- Step 4 - Toggle "Screen Time Management" and "Restricted Mode" to turn these on.



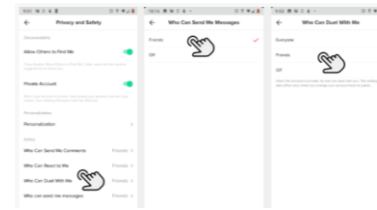
- 3. How to control comments on TikTok posts
 - Step 1 - Go to Privacy and Safety settings option under the app settings
 - Step 2 - Tap 'Who Can Send Me comments'
 - Step 3 - Choose 'Friends or Off' to limit comments to people your child knows on the app.
 - Step 4 - You can also turn off comments on individual videos by going to the menu button on the video and selecting 'Comments off'



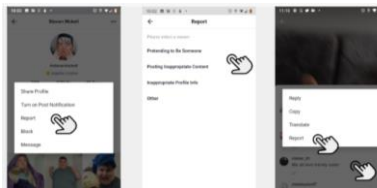
4. Managing Duet control - In Privacy and Safety settings menu tap 'Who Can Duet With Me' and then Choose from the options 'Everyone', 'Friends' or 'Off'.

Setting privacy on Direct Messages

In Privacy and Safety settings menu tap 'Who Can Send Messages to Me' and then Choose from the options 'Everyone', 'Friends' or 'Off'.



5. How to report or block on TikTok - To block or report a user on TikTok, go to their profile and tap the three dots at the top of the screen. From the options select block or report. In the next screen select why you are reporting them. To report a comment, tap the comment and from the options that appear tap report and follow the instructions. To report a video, go to the video and tap the 'share' icon. On the next screen tap report and follow the instructions.



Contact Us

Interested in partnering with R;pple Suicide Prevention?

Send us an message from the options below and we'll do our best to get back to you within two working days.

Website



www.ripplesuicideprevention.com



@Ripplesuicideprevention

Email



info@ripplesuicideprevention.com



@Rippletools

LinkedIn



@Ripplesuicideprevention



@Ripplesuicideprevention

Facebook

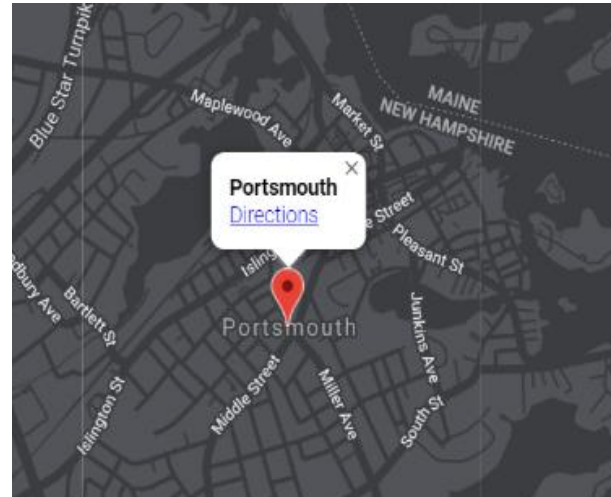
Twitter

Instagram

Support

Here, you will find contact details of a selection of mental health resources and helplines to assist those who are battling mental health struggles.

Location



SAMARITANS

Samaritans

Phone: 116 123

Email: jo@samaritans.org



PAPYRUS

Phone: 0800 068 4141

Email: pat@papyrus-uk.org



Mind

Phone: 0300 123 3393

Email: info@mind.org.uk



CALM

Phone: 0800 58 58 58

Webchat available



Shout

Text: 85258



Rethink

Self-help Factsheet:

<https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-symptoms/suicidal-thoughts-how-to-cope/>



Ripple