# Snapchat

## A Guide for Parents & Carers

Snapchat is a communication service. Users can take photos, record videos, add text or drawings (called Snaps) and send them to Friends. Snaps disappear after the recipient views it, or within 24 hours (for a Story or Chat).

## Privacy

Go to Settings > Privacy Controls and adjust the following:

- **Who Can Contact Me:** Set to 'My Friends' to limit messages from strangers
- **View My Story:** Select 'My Friends' or create a custom list
- **See my location:** Enable 'Ghost Mode' to hide your child's location
- **Contact me:** Click 'Friends'
- **Quick Add:** Disable to prevent strangers from easily adding your child

## Snaps

Encourage your child to THINK BEFORE THEY SNAP:

- Remember that screenshots can be taken and content might not be as 'temporary' as it seems
- Don't share any of your personal details
- Would your parents/carers approve?
- Have you asked permission to post photos or videos of other people?
- Have you used your online manners?

## Snapstreaks

A Snapstreak tracks the number of consecutive days two users exchange snaps. Snapstreaks may contribute to a user's Snapchat score (a number reflecting app activity).

For a child, Snapstreaks can feel like a measure of friendship, creating pressure to maintain them, which can lead to stress or anxiety. It's important to discuss healthy app use with your child.

## Family Centre

Family Centre allows you to monitor your child's activity, including usage, contacts and privacy settings. There is also an option to restrict your child from using My AI (AI chatbot).

Install the app and link your account by adding them as a friend. While you won't have access to the specific content they've sent or received, you can view their friend list and see who they've interacted with in the past 7 days.

## Snap Map

Snap Map shows your child's location on a map in real time. Only their friends can see where they are.

You can turn this off by enabling Ghost Mode, which allows you to see the map but not be seen by others.

NOTE: Your child can submit snaps to the Snap Map and their name and location could appear on a public map.

## Check

Regularly review Snapchat's features and updates to understand new tools or risks.

Have an open dialogue about your child's Snapchat usage and how often they are using the app.

Encourage them to share what they're experiencing and periodically check that they are staying safe and happy online.

Encourage your child to come to you if ANYTHING online makes them feel uncomfortable, upset or worried.