SOCIAL MEDIA GUIDE
FOR TEACHERS & ADULTS
MESSAGE FROM THE CHILDREN’S ADVOCATE

The Office of the Children’s Advocate has done it yet again! Through this Be Social Be Smart Guide, we have managed to marry tips on how to use social media responsibly with the realization that in today’s world social media is only going to become more prevalent and more accessible to everyone; this of course, includes children.

As the Children’s Advocate, it is both intriguing and daunting at times, to navigate the digital waters through which our children must tread in their everyday lives. Most, if not all children (i.e. 0 – 18 years) are exposed to some element of social media; this happens whether we the adults in their lives expose them to it or whether it comes through their peers. We must therefore empower them and equip them to approach the various online/social platforms with a discernment that may seem beyond their years, but one which our experience tells us is so very necessary if they are to remain (reasonably) safe in cyber space. This is the aim of the Be Social Be Smart Guide(s) and we can only encourage you our partners - both actual and virtual - to use the information to broaden your (cyber) horizons and by so doing, to positively influence your children, our children, in their online lives.

Diahann Gordon Harrison
Children’s Advocate of Jamaica
MESSENGE FROM THE #BESOCIALBESMART RESEARCHER

Safety of our children in the online domain has increasingly become a cause for concern, as our physical boundaries have diminished with the use of technology. This means that globalization has brought distant places and people literally into our personal space by way of the virtual realities we create and exist in online. Indeed, the internet and social media have revolutionized the way we live our lives, making communication, relationship forming, and sharing of information as easy as the click of a button or tap of a finger on a screen.

Manoeuvering cyber space with its varying complexities often presents a challenge for adults let alone children. It is therefore imperative that organizations such as the OCA, provide extensive guidance to children in light of the inevitable dangers which lurk on the ‘net’.

Given this, The OCA’s Adolescent Internet (Social Media) and Smart Phone Application Usage Survey sought to provide an empirical grounding; assessing the behaviours of children and their varying interactions online through their own pronouncements. A survey was conducted using questionnaires, distributed in 23 high schools across the island (October 2015 to April 2016) with a total of 514 students participating.

Many of the findings uncovered substantiated the OCA’s cause for concern. In particular, there was evidence to support concerns related to keeping things private and privacy settings, inappropriate interactions between adults and children as well as the enacting of cyber bullying by children on other children. As a consequence of these findings, this practical and useful guide was designed to help you better navigate the cyber sphere. Please therefore see this as your social media safety handbook. Read it. Do our quiz, assess where you are and use the tips provided to make adjustments where needed. Remember the hash tag #BeSocialBeSmart !

Danielle S. Jones
Head of Unit: Research

@SamSocialJM
Social media is like oxygen to teens. It's part of their daily lives.

@OCAJamaica1
I agree, Sam. Social media opens lots of doors; some good, some bad. Teens need to know how to stay safe.

@SamSocialJM
That's what this Guide is all about. Helping teens to know what to do and what not to do.

@OCAJamaica1
And helping parents and teachers too. We've got a separate Guide for adults. But all adults need to understand social media from the POVs of the children in their care.

@SamSocialJM
We've got it covered. Everyone should #BeSocialBeSmart.

@SallySocialJM
Yes...but #Smartsocial too!

#BESOCIALBESMART
HOW DO JAMAICAN ADOLESCENTS USE SOCIAL MEDIA?

Internet Access At Home
- 72% of Jamaican adolescents surveyed have internet access at home

What Jamaican adolescents do online.
- 86% use social media
- Only 40% use privacy settings
- 63% of boys and 53% of girls have met face to face with someone they knew only from online
- 23% of students admitted to sharing something online which got them in trouble at school or home.

What Jamaican adolescents post.
- 52% of adolescents have an Instagram profile
- 75% of students have a Facebook profile
- 88% share photos and videos
- 53% of students post what places they visit frequently
- 43% of students have posted which school they attend
- 30% have posted their telephone numbers
- 43% of adolescents in Jamaica post the places which they frequently visit

What Jamaican adolescents are experiencing online.
- 20% of students have had an experience online which made them feel bad about themselves
- 43% of students have received messages from strangers which they deemed as inappropriate for their age
- 20% of students say they feel pressured to post content which is sexually explicit
- 64% of Jamaican students have been contacted by a stranger online in a way which made them feel uncomfortable or scared.
TOP SOCIAL MEDIA SITES FOR JAMAICAN TEENS

*as reported in 2016

**WhatApp** is an instant messenger app and the most popular platform for Jamaican teens. 92% of students use this smartphone app.

**YouTube** is a website which allows the free sharing and viewing of videos. Users can create and easily upload video content to be viewed on customizable channels. 79% of students use YouTube.

**Facebook** is a free social networking site which allows the sharing of photos, videos and messages through user created profiles. 75% of students use Facebook.

**Facebook Chat** is a messenger app which allows users to communicate with their Facebook friends and view which of their friends are online. 71% of students use this smartphone app.

**Instagram’s** photo and video-sharing service can be used via its app or other services like Facebook, Twitter, Tumblr, and Flickr. 52% of students use this smartphone app.

**Facetime** is a video calling application on Apple iOS supported devices. 50% of students use this iOS app.

**Snapchat’s** messaging and image-sharing service is best known for its short-term, self-deleting posts. 28% of students stated they use Snapchat as at the time of the survey; this number would be significantly higher now.

**Skype** allows users to chat online, exchange images and to make video and voice calls. Users can also make conference calls. 40% of students use Skype.

**#1**

**#2**

**#3**

**#4**

**#5**

**#6**

**#7**

**#8**
It’s important for adults to respect children’s privacy, but it takes vigilance to know when your child is at risk on social media and/or on the World Wide Web (internet). Many of the signs are similar to children’s responses to real-world problems. Here are warning signs for parents and teachers and other responsible adults to look out for:

- **Inordinate amounts of time spent** may signal cause for concern, especially if your child refuses to break away to have dinner or face to face time with family and friends.

- **Internet usage at odd hours of the night.** If your child is on the computer, tablet, or smart phone past the typical bedtime hours, this may indicate that your child is not speaking with his/her peers but with an adult or some inappropriate individual.

- **Odd phone calls.** Is your child receiving calls or messages from persons whose name(s) you have never heard before? Does (s)he suddenly have a new group of friends from beyond usual school and extra-curricular activities? Keep asking until your child cannot give you clear and comfortable responses about their new contacts.

- **Switching screens and increased demands for privacy.** If your child rapidly changes the active screen, turns off the monitor or closes their device when you come into the room, then it is likely that your child is viewing something or engaging with someone that they do not want you to be aware of. Be calm but assertive in your response and take the time to explain the dangers.

- **Withdrawal from family or friends.** Predators try to alienate children from their friends and families and to become the strongest influence in the child’s life. In so doing, predators may also ask children to defy their parents. This is especially worrisome during teenage years when children tend to rebel and believe parents no longer understand them. Many persons who intend to sexually groom a child find this online strategy quite useful.
• **Unexplained gifts or cash.** If your child is spending heavily on items which you know (s)he cannot afford, is wearing items of clothing, gifts and/or jewellery you did not purchase and if you observe that your child seems to have large sums of money which did not come from you, then these may be the result of questionable activities. Predators often purchase gifts for the children they are targeting to build trust and friendship as well as a sense of obligation to return favours.

• **Changing attitude to school and school work:** Is a star student failing tests? Does your avid footballer want to skip training? Sudden changes in their attitudes to school and in their sleep patterns may point to bullying or embarrassment within their peer group. While moodiness can be common in teenagers, excessive irritability can point to trouble. It may also point to the sexual interference of your child.

• **Extra insecurity:** Being harassed or shamed online can damage your child’s self-esteem. Your child may also experience FOMO – fear of missing out – when peers and classmates post images of social events to which he or she has not been invited. Loneliness and humiliation can be particularly difficult for teens to navigate. These feelings of insecurity and low self-esteem can sometimes result in children doing exaggerated things in order to get attention from anyone who may want to give it.
WHAT TO SAY

• **Explain the big picture.** Remember, teens are convinced of their invincibility. Have regular, open conversations about the dangers of predators and online scams.

• **Set rules.** Sit down with your children and establish clear, age-appropriate rules for their social media use — including time limits, appropriate sites and platforms and when and where they can access social media. Explain to them that social media is public and permanent.

• **Teach them how to be smart social media users:**
  » See the section *How to be a Smart Social Media User*

• **Talk about sexting:** No matter how uncomfortable it may be, talk to both your sons and daughters about the risks of sending sexually explicit images and chats. Your children should know that their chats can be recorded and shared with a much wider circle than they intended.

• **Be friendly and open:** Keeping your child’s trust is critical to limiting their vulnerability to online risks. Keep the communication lines open so that they can turn to you if they are being solicited or bullied.

WHAT TO DO

You’ve got the communication lines open. You’ve given your children a guide. Don’t stop there. Keeping up to date with social media platforms, new risks and new opportunities for protection are critical for ensuring your child’s safety and your comfort.

Each child in your care is unique and their use of the internet and resulting vulnerabilities will vary with age. The guidelines you set should be tailored to the child’s age and maturity. Focus on instilling a sense of power rather than fear.

• **Keep computers in the open.** Restrict access to a living room computer and ban smartphone use in their bedrooms or behind closed doors, especially for children under 16.

• **Take your parenting online:** don’t be afraid to ask about and approve online friends in the same way you’d approve who has access to your home. Know your child’s passwords and handles for all their social media accounts and monitor their posts and histories regularly.

• **Get their passwords and screen names.** Check up on them and browse their histories to ensure they aren’t being targeted by predators. Check your child’s posts to make sure they aren’t giving away too much information.

• **Automate monitoring.** Use the parental controls described in the next section to protect your child even when you can’t be around.

• **Test your rules:** Sign up for accounts on the sites your child frequents. Test them to see if they’re using the privacy settings and other guidelines you’ve established.

• **Be an active parent online and offline:** Nothing takes the place of an informed and involved parent. Help your child set up their online profile. Participate and engage in activities with your child online. Familiarize yourself with the applications and platforms with which your child engages on a regular basis. Take time also, to explore the use of your computer and the Internet.

• **Be an active offline parent.** Limiting your child’s time reduces their risks. Increase the time you spend with them offline and encourage and facilitate their other interests at school and in the community. Encourage ‘talk time’ with your children in order to stimulate open dialogue and deepen parental and familial ties. In so doing, your child will know that the safest place to seek advice is in the home from their parents/guardians and will freely do so when it is needed.
What to teach your child about social media

All social media platforms carry some amount of risk. The kind of meanness you sometimes see in the classroom can be amplified online. People may make mean comments about your posts or about you in general. There’s also the risk of being exposed to inappropriate photos or videos, or that photos and videos that you share may end up in the wrong hands.

Then there’s the risk of your online contact hurting you in the real world. You could be contacted by someone you don’t know, who may encourage you to meet in person and cause you physical or emotional harm.

You can learn how to manage these risks and stay safe on social media.

**COMMENTS FROM A YOUNG ‘TECH’ ENTREPRENEUR**

Being an entrepreneur in the digital marketing space has given me a unique vantage point to the influence of social media on our lives and its potential pitfalls. Social media is an exciting space for connecting with friends, finding customers and opportunities and sharing your voice with the world. I encourage you to make your voice meaningful and to act with maturity on these platforms. So often young persons are told to be silent in discussions which affect their lives. This medium does the opposite, it begs for your insights and opinions. However, while the impulse is to jump and say anything, we must remember that our actions online, have offline implications that will follow us throughout our lives. As parents, we must help our children navigate this space because the world will become no less connected. I encourage you to maintain the values of integrity, self-responsibility, and honesty. Social media is a powerful tool for ushering in the world that you would like to see. It can raise awareness for social issues as we demonstrated with the Aria’s Story campaign; it can provide employment, but can also lead to the loss of the same if used improperly. Above all, social media allows your voice to contribute to global calls for change, but only if you commit to ‘be smart, while being social.

Kemal Brown
Founder & CEO, Digita Global Marketing Ltd.
HOW TO: STAY SAFE ON THE MOST POPULAR SITES

Most popular social media apps allow you to adjust your privacy settings. Restricting access to your posts can enhance your safety. Take five (5) minutes to change the settings on your social media apps.

WhatsApp
WhatsApp allows you to control who sees your posts, block specific users and report troublesome users to the site. For more details, visit:

Facebook and Facebook Chat
Facebook has advanced privacy settings which allow you to detail who sees what you do and who can send you messages. Becoming very familiar with privacy shortcuts and general settings can help you feel more comfortable about how and what you share and who can get onto your profile and page. You can also use the "Privacy Check-up" to make modifications to your privacy settings. For details, visit:
https://www.facebook.com/help/122006714548814

YouTube
Like Facebook, YouTube has also improved its privacy and safety settings, by way of its safety centre which can be found through the safety tab on the website. There are several links provided on the safety tab which provide guidance on how to stay safe while using YouTube, namely “Teen Safety”, “Privacy”, “Privacy and Safety Settings”, “Parent Resources”, “Harassment and Cyber-bullying”, and “Restricted Mode”. Schools and parents can use these tools to filter out possible mature content not suited for children of varying ages.

Skype
Skype allows you to hide your profile — you can find your friends but strangers can’t find you. You can also block who can call you, send you text, images or videos and who can share their screens with you.

FaceTime
While FaceTime and Apple’s messenger service, (iMessage) are encrypted, both apps can upload personal content onto public servers. That can include your location, contact details, photos and sounds recorded. You can limit this by changing the restrictions under the privacy settings in the app. Be sure to change restrictions for location services, contacts, calendars, photos and microphone.

Instagram
Like most other platforms, Instagram allows you to restrict access by making your account private. Your bio will still be public, so make sure you’re not giving away too many details. You can use Instagram Direct to share and comment on photos and videos with a select group of friends. You can also block and ignore senders who you aren’t following. Further ensure your safety by being careful when and where you use the “add photo to map” feature and turning it off when you don’t want to share your location.

Snapchat
Think you’re safe because your Snapchat posts disappear? Think again. Users can screenshot your posts or capture them with another phone or camera. Your best bet is to limit who can see your snaps by choosing that option in the privacy settings. You can also choose how long your snaps last. Be sure to block any users that harass you, report abuse and flag any underage users.
HOW TO: DECIDE WHAT TO SHARE

The point of being online is to share, but sharing too much personal information can expose you to identity theft and even physical harm. Never share these:

- Your date of birth
- Telephone number and home address
- Your school
- Your TRN
- Bank account, debit card or credit card information
- Passwords and personal information numbers (PINs).
- Sexual photos or videos of yourself

Before you post, ask yourself Who? What? Where?

- Who will see your post?
- Are you comfortable with what you’re saying being public and permanent?
- Are you giving away information that could jeopardize your physical safety?
- Even if you’re just sending a photo to a friend, what happens if your phone or your friend’s phone ends up in the wrong hands? What happens if you stop being friends?

HOW TO: LIMIT WHO CAN SEE YOUR POSTS

It takes less than a second to send a Snap or a quick IG post. In that short window, it’s easy to forget who you’re sharing that photo, video or silly thought with.

Set your privacy setting to keep your default network as small as possible. You can always change the setting for posts you want to share with the whole world.

HOW TO: HANDLE A POST THAT BOTHERS YOU

Things can bother you online as much as they do in the real world. Don’t suffer in silence. Take the same action you’d take if someone bothered you off-line:

- If you know them, try to talk to them online or face-to-face to tell them how you feel.
- You wouldn’t stay real-life friends with someone who wasn’t nice to you. Don’t be afraid to stop being friends online. You can unfriend the person and even block them so they can’t contact you anymore and you can’t see their posts.
- If the post is offensive, you can also report the sender so they can’t harass other people.

HOW TO: RECOGNIZE A SCAM

If it looks too good to be true, it probably is. Remember that many people will pretend to be someone else online. Be very careful when following up on internet opportunities:

- Use your smarts. Job offers and lottery winnings are rarely announced by social media messages. And if you didn’t apply for a job or enter a contest, it’s unlikely you’d be contacted.
- Check the source. Look up company names or websites used in internet offers to see if they belong to reputable services. Ask for a telephone number you can call for more information.
- Ask an adult to help you verify. Before you send any money or agree to meet in person, have an adult you trust call ahead to check things out.
- Never go alone to follow up on an internet opportunity. Ask a trusted adult to go with you and follow the rules below for accepting requests to meet.
- Human Trafficking is a real threat in Jamaica. As of June 2017, approximately 86 victims of human trafficking were rescued by the TIP Unit of the Jamaica Constabulary Force right here in Jamaica. Do not put yourself at risk. Teenagers are a prime target group for traffickers.
- UNICEF/OCA video here: https://www.youtube.com/watch?v=8pFzQEGe4Yg
HOW TO: RESPOND TO A REQUEST TO MEET

Meeting people we’ve made friends with online can be fun and exciting – if they are who they say they are and if they mean us well. On the chance that the person you’re meeting doesn’t turn out to be who you thought, make sure you’ve followed these precautions:

- Always pick a public place that you’re very familiar with. Select a day and time when you know there will be a lot of people.
- Never go alone to meet someone you’ve met online. Ask a trusted adult to go with you.
- Have a plan for how you will get away quickly. Arrange for a ride; make a plan with a trusted taxi driver, or choose a place near to public transportation or for your parent(s) to pick you up.
- Make sure someone else knows where you are going and who you are meeting and why.

HOW TO: DEAL WITH BULLIES

Social media allows us to connect with new people and have conversations we sometimes couldn’t have in the real world. Unfortunately, some people use that opportunity to say mean things. Words can hurt, especially when they’re repeated often. Online bullying can take lots of forms: posting unflattering or embarrassing pictures of you, saying negative things about you in public posts, sending you messages encouraging you to harm yourself. If someone is treating you in this way, take action quickly:

- Talk to someone: a family member, guidance counsellor or other trusted adult. Explain to them what the person is doing and how it makes you feel.
- Don’t try to out-bully the bully. Sending mean things back will only provoke the bully to continue. Block and report the person if it becomes necessary.
- If you are younger than 18 years old, report any cases of cyber-bullying to the Office of the Children’s Advocate at 1(888)948-1134 or via email at info@oca.gov.jm or visit our website at www.oca.gov.jm to find out more about internet safety.

HOW TO: USE THE INTERNET FOR SCHOOL

Websites and social media platforms can be valuable learning tools. You can research projects, interview experts and collaborate with students all over the island and around the world. But with so much information out there, how do you know what and whom to trust?

- Check the source. Search engines are a great place to start, but how high a site ranks in a search doesn’t necessarily relate to the accuracy of its content. Look at the website address and try to find out to whom the site belongs.
- Keep a list of all sites used in your research and include the list with your project.
- Where possible, try to talk to or email an expert in the field you are researching and ask him or her to recommend websites, reports and other sources.
- Try to find the most up-to-date information you can and try to find at least two sources to back up any facts or numbers you find online.
Take charge! The devices, platforms and apps your children use all give you the power to control their experiences. Get familiar with the devices and sites your children use the most and establish parental controls.

**Computers**
The operating systems that run your computer and its applications all have built-in parental control features. Windows and Macintosh OS X both permit parents to restrict access to specific websites, allow or block programmes and set up time limits. To set up these features you must first set up an individual user account for your children.

**For Windows users:** Access the parental controls through the Control Panel. Locate **User Accounts and Family Safety** then **Parental Controls**. Select your child’s account from the list of user accounts and apply your chosen control settings.

**For Mac users:** To enable parental controls, choose **System Preferences** from the Apple menu, and select your child’s account. As with Windows, Mac OS allows you to restrict and monitor internet browsing and application access.

**Software/Apps**
There are a myriad of free and paid parental control software programmes that allow parents to manage their children’s devices. These applications primarily offer web and content filtering, social network monitoring, remote device administration, application blocking restriction and location tracking. Popular parental control solutions include:

- **Windows Live Family Safety**
  Developed by Microsoft, Windows Live Family Safety allows parents to monitor their children’s activities on all Windows devices. Users must first set up a Windows Live account and a user account on the device to be tracked. The app allows for website restrictions, time restrictions, blocking specific programmes and generating detailed reports of the child’s daily browsing and computer activity. The app is available for download from the Microsoft website: http://windows.microsoft.com/en-US/windows/essentials

- **K9 Web Protection**
  K9 runs on both Windows and Mac OS X operating systems. It also has a safe protection browser app on iTunes available for use on the iPhone, iPod Touch and iPad. K9 allows parents to block access to web sites in certain categories including pornography, sex education, alcohol, hacking and gambling. The application keeps a log of all online activities including social networks, detailing the date and timestamps. K9 is available for download at the link below, but requires a license to complete its installation: http://www1.k9webprotection.com/getk9/download-software

- **Secureteen**
  This parental control app is available for cell phones and tablets across multiple platforms including Android and Apple iOS. One of the key features of Secureteen is the remote administration component which allows parents to manage a child’s mobile device through an online user interface. The application allows for monitoring of some social networks, blocks pornography, records Web History and restrict application access. After installing the app, users must configure and register the device to be tracked. Settings can be customized on the online dashboard available via the Secureteen site: www.secureteen.com

- **Qustodio**
  Like Secureteen, Qustodio runs on most laptops, tablets and phones. Its free, basic package includes the services standard to parental control apps -- monitoring of web activity and applications, smart web filtering, safe search and time limit controls. The fee-based subscription package offers more advanced features including location tracking, call monitoring and advanced monitoring for social networks. The app is available for download from Google Play and iTunes and can be run from a web-based interface. Download Qustodio at: https://www.qustodio.com/en/family/downloads/
The OCA Survey indicates that most children access the internet outside of school hours. Schools can empower students to be smart social media users and help parents to become smart social media guardians.

Social media demonstrations at PTA meetings can help to bridge the digital divide between some parents and children and help them to better enforce smart social media guidelines at home.

Here is a simple, sample session for parents that can be delivered by the school’s Information Technology Unit:

**Step 1.** Host a PTA session on cyber-safety to assess parents’ knowledge and to guide the content for further sessions to address parents’ weaknesses and gaps in knowledge.

**Step 2.** Follow up with parents to check on their progress.

**Step 3.** Hold a session where parents can share with each other on how they have been able to implement the cyber safety techniques they have learnt in the classes as well as to share how their children have responded to this.

**Step 4.** At the end of the series, appoint the most aware or advanced parent as the point person who will assist the other parents with future queries.

Aside from supporting parents, schools can limit social media usage by banning phone usage during school hours.

Additionally, schools must ensure that the requisite safety features are installed or uploaded to all school computers to which children have access. These devices should be checked frequently for the latest updates and a search report evaluated by the IT unit to ensure children are not able to get past the restrictions. The OCA’s recommendation is that this be done on a weekly basis.

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**COMMENTS FROM A REGGAE SINGER - QUEEN IFRICA**

“First thing that boys and girls need to remember when using social media is, you have to ask the question, how much do I love myself. Do you love yourself enough to not put yourself out there in the public domain where people from anywhere in the world can click on a picture of you and decide whether or not they like it or if they like what they see. Please remember once you put a picture on a social site it is going to be there forever. Can you live with the idea that one post, which is just so inappropriate, could destroy your future? It’s not worth it young people, to ruin your life just for the sake of 1000 likes in a day. Respect yourself and value yourself enough to not allow anyone to dictate to you what their version of beautiful is.”

Queen Ifrica
Award-Winning Recording Reggae Singer
“I meet teens daily and to get to know them more, I scan their social media spaces. I am very concerned about the interaction I see many of our young girls engaging in and the comments coming from older men on their revealing posts. I have also started making note of the older men commenting inappropriately on teens’ pages.

I always tell the youth to be careful what they are posting because it will affect them when they are to go looking for a job or scholarships. For example, I remember a young man working with us on Talk Up Yout and some of his posts were very disrespectful to women and some just not age appropriate. It went against the values we promote and I had to ask him to delete them or he could not be on the road with us leading the advocacy campaigns. He understood because we took the time out to explain how it looked.”

Emprezz Golding
Host and Executive Producer, Talk Up Yout”

Jamaican children’s usage of the internet and smart devices is predicted to continue to rise. It’s critical that parents and teachers stay abreast of new challenges and emerging solutions. There is a wealth of internet resources dedicated to online safety. Here are a few:

<table>
<thead>
<tr>
<th>OCA Adolescent Internet (Social Media) and Smart Phone Application Usage Survey</th>
<th>National Study which investigated the behaviours of adolescents in the online space.</th>
<th>This can be found under the resources tab of the OCA website, from there you can scroll to the publications section to view the e-copy.</th>
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<tr>
<td>An initiative of the OCA with support from the Canadian High Commission in Jamaica</td>
<td>An animated series about, an 8year-old girl struggling with a life of serfdom. Her only escape is through identifying with other children from a book. Her story encapsulates the experiences of the six (6), culminating in Aria’s own freedom having learned what each of the six (6) children did to escape their situations and find avenues for help.</td>
<td>Website: Ariastory.com Facebook: @readaristory Instagram: @readaristory Twitter: @readariastory</td>
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<tr>
<td>Internet Matters</td>
<td>Helpful tips for parents on how to guide their children on social media</td>
<td><a href="http://www.internetmatters.org/">http://www.internetmatters.org/</a></td>
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<tr>
<td>Connect Smart</td>
<td>Internet guide for children, adolescents and parents</td>
<td><a href="http://jm-iogt.apollo.unicore.io/">http://jm-iogt.apollo.unicore.io/</a></td>
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<tr>
<td>Talk Up Yout Episode</td>
<td>Episode on Jamaican youth views on social media</td>
<td><a href="https://www.youtube.com/watch?v=IoYen_HVvzM">https://www.youtube.com/watch?v=IoYen_HVvzM</a></td>
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<tr>
<td>Ministry of Education, Youth and Information</td>
<td>Health and Family Life Education units on social media</td>
<td><a href="http://moey.gov.jm">http://moey.gov.jm</a></td>
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WHO TO CALL FOR HELP

Contact the services below if you or anyone you know is threatened.

• If you know someone is being abused, call the Office of the Children’s Advocate at 1(888)-948-1134 or via email at info@oca.gov.jm or visit our website at www.oca.gov.jm to find out how to contact us.
• In case of an emergency, call the police at 119.
• If you have information about a child who is being abused you can also contact the Office of the Children’s Registry at 1(888)-PROTECT.
• If someone sends you content that shows a child being abused or exploited, call the Centre for the Investigation of Sexual Offences and Child Abuse at (876)926-4079; (876)-906-5325 or (876)-754-8217.

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Original Content & Study developed by the Research Unit of The Office of the Children’s Advocate

GLOSSARY OF SOCIAL MEDIA TERMS

BF- Boyfriend
BBL- Be Back Later
BFF – Best Friends Forever
BRB – Be right back
BTW – By the way
BYTM- Better You Than Me
CD9- Code 9: Parents Nearby
COS- Change of Subject
CU- See You
CUZ- Because
CYE- Check Your Email
DEF- Definitely
DKDC- Don’t Know, Don’t Care
DM – Direct Message
DW- Don’t Worry
EZ- Easy
F2F – Face to face
F2T- Free To Talk
FB – Facebook
FBF – Flashback Friday
FY1 – For your information
GF-Girlfriend
G2G – Got to go
Gr8 – Great
HBD – Happy birthday
HIMU – Hit me up
H8- Hate
IC-I see
IDC – I don’t care
IDK – I don’t know
IG – Instagram
IKR – I know, right
ILY- I love you
IMO – In my opinion
JK – Just kidding
K- Okay
L8 – Late
L8r- Later
LMK- Let Me Know
LMIRL - Let’s Meet in Real Life
LOL – Laughing out loud
LMAO- Laugh My A** Off
MIA- Missing in Action
MMA- Meet Me At
MSG- Message
MYOB- Mind Your Own Business
NM- Nothing Much
NMP- Not My Problem
NP- No Problem
NMV- Never Mind
OMG – Oh my God
OOTD – Outfit of the day
PLZ/PLS- Please
PPL – People
R- Are
RT – Retweet
SRY- Sorry
STR8- Straight
SUP- What’s Up
SYS- See You Soon
TGIF- Thank God Its Friday
THX- Thanks
TMB- Text Me Back
TMI – Too Much information
TTYL- Talk to you later
TY- Thank You
TBH- To Be Honest
U- You
U2- You Too
W/E- Whatever
WU- What’s Up
WYRN- What’s Your Real Name
W8- Wait
YOLO- You Only Live Once
YT- You There
U43 – I Love You
2moro- Tomorrow
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