Advice for Parents & Carers

KEEP IT AMONG FRIENDS
Remind your child why adding strangers to their contacts isn’t a good idea, and advise them to decline any friend requests from people they don’t know in real life. If on Belieal makes them feel uncomfortable, they can report it by clicking on the three dots in the top right. The reporting tool allows them to state the reason that they’re flagging it up.

CREATE A SAFE PROFILE
Remind your child to use an avatar as their profile pic (as opposed to a photo of themselves) and use a nickname or just their first name, not their full name. Any information they add to their bio (if optional) should be kept vague, and personal details should remain private. It’s also worth turning off the location feature either through the device’s settings or in Belieal itself.

LIMIT NOTIFICATIONS
Belieal offers the option to turn off individual types of notification. Doing this will significantly reduce the number of times your child is alerted to open comments, upload friend requests and so on. Ironically, it will allow them to actually ‘be real’ by being present in their current environment as opposed to being engaged on social media.

STOP AND THINK
Belieal’s goal is for users to be authentic with friends, removing the pressure of that flawless photo or perfectly worded post. It’s still vital, though, that children stop and think rather than uploading something risky just to meet the two-minute deadline. Point out to them what kind of information they could extract from an image—school crests, street names or local landmarks, for example.

PUBLIC SHARING
As well as sharing posts with friends in the moment, the app also allows posts to be shared publicly and public content can be viewed. Before a user can see any public content, they must post their own photo first. Unfortunately, there currently seems to be a lack of moderation on the content that’s being uploaded, so a young user could be exposed to posts which aren’t suitable for their age.

TIME TO BElIEAL!

WAKE UP WEDNESDAY

Meet Our Expert
Dr Clare Atlfield is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

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