

How to Navigate Group Chats Safely

Helping children stay safe, kind & confident online.



Group chats have become a big part of how children stay connected with classmates, friends, extended family and wider social groups. Whilst they can be fun and positive, they can also become overwhelming, unkind or unsafe without your guidance.

Why group chats can be challenging for children:

Group chats can move quickly and create pressure for children to keep up.

Common issues include:

- Too many notifications.
- Misunderstandings.
- Exclusion and arguments.
- Sharing unkind gossip or images.
- Pressure to respond late at night.
- Added to chats without permission.

Talking openly with your child about these challenges can help them feel more confident and capable.

What you can do at home:

Set healthy boundaries

- Agree on device-free times (eg. meals).
- Encourage children to mute group chats.
- Remind them its ok to leave a group.

Teach them "THINK before you send"

Before posting, ask them to check if the message is: true, helpful, & kind.

Encourage children to speak up about anything:

- Unkind, unsafe or aggressive.
- Not to join in or share it further.
- Save a screenshot if worried.
- Talk to a trusted adult.

Remind children not to share private information in group chats and model healthy digital behaviours yourself.

Where to go for support

**internet
matters.org**

www.internetmatters.org/advice/apps-and-platforms/social-media/whatsapp/

Social
Media



Safer
Lincolnshire



Stay Safe
Partnership



@StaySafe
Partner

Contact for info:  SSP@lincolnshire.gov.uk  <https://www.lincolnshire.gov.uk/staysafepartnership>