

## What is livestreaming?

Livestreaming, also known as 'going live' is the broadcasting of live video over the internet to an audience in real-time.

Unlike video chat services such as Skype, the videos can be watched by many people who can interact with the presenter with comments or reactions. All that is needed is access to the internet, a camera, and a platform (such as a website or app) from which to livestream. Some platforms allow several people to livestream at the same time. Popular livestreaming platforms include YouTube, TikTok, Facebook Live, Instagram Live, Houseparty, and Twitch TV. **Livestreams are usually public and could be viewed by hundreds or even thousands of people.** Viewers can comment and interact live by posting messages or emojis that appear alongside the live recording.

## What are the online risks of live streaming?

- As livestreaming happens in real-time, children may feel pressured to act in a certain way to ensure that viewers keep watching. It can also increase the risk of children acting on impulse.
- Children may also view age-inappropriate content as well as sexual or violent content particularly if they are watching other people's livestreams.
- As most livestreaming is public, anyone can view it and comment. This means that some viewers may leave offensive or inappropriate comments on their feeds.
- Most people tend to feel more confident when they are online as they feel protected by the screen. Children are more likely to do or say something online that they wouldn't offline.
- We also need to be aware of our digital footprint. Anything that a live streamer does or says can be recorded by their viewers and shared more widely across other networks without knowledge or consent.

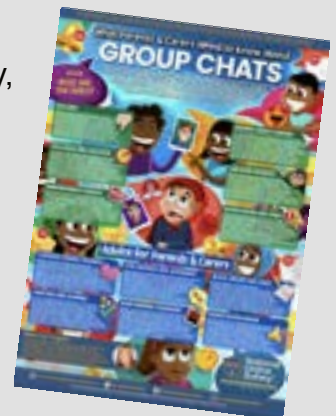
## Group Chats

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place.

While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed. Many of the most complex issues we face in school stem from group chats.

In this guide from National Online Safety, you'll find tips on a number of potential risks such as bullying, inappropriate content and unknown members.

[Click here for a comprehensive guide](#)



## Have you heard of BeReal

**BeReal** is a social media app. It notifies you once a day to upload an image of what you are doing. Once you receive the notification, you have two mins to capture and share what you are doing at that moment. All your friends post at the exact same time. Once you have posted, you can then see what your friends have posted. If you don't post your BeReal, then you can't see your friend's BeReals from that day or access the discovery tab. You need to be aware that:



- If "Public" is selected, your BeReal will appear in the Discovery tab for all users to see and interact with.
- There is also an option to share your location. If you don't enable your location, then you can't see other user's locations. Chat to your child about location sharing & when it may be appropriate to share.
- Discovery tab – this is the area where you can view all other BeReals that have been made public (if you have posted that day). There is an element of risk that your child may see an inappropriate image depending on what others have uploaded.