

Go to Social Media 'Terms & Lingo'. Helping Parents stay informed.

Are you familiar with terms often used on social media? Do you know a catfish from a deepfake? Online terminology is constantly evolving and it's important we try to educate ourselves about language regarding online use.

Nomophobia - fear of being without your phone.



Finsta - short for a fake instagram account



Phubbing - snubbing someone who is physically present in favour of looking at your phone.



Sexting - sending or receiving messages of a sexual nature.

Other terms for this include 'nudes' or 'pics4pics'.



Remember!! IT IS AGAINST THE LAW FOR ANYONE INCLUDING A CHILD TO SEND, SHARE AND TAKE AN INDECENT IMAGE OF ANYONE UNDER 18!



(Online) Grooming - when someone builds a trusting relationship with a child, in order to exploit, manipulate or abuse them.



Sharenting - we can all share but we need to be aware! Sharenting is when a parent or carer shares news, images, videos or other potentially sensitive information about their child online. It is important to remember that images shared online can be reshared by someone else.



We are here to support, listen or advise anytime. Contact us Monday to Thursday 9am to 9pm. Friday 9am to 5pm and Saturday 9am to 1pm

Go to

Social Media 'Terms & Lingo'.

Helping Parents stay informed.



Cyberbullying - is bullying behaviour which takes place through the use of electronic means such as email, mobile phones or posts on social media.



Ghosting - when a person cuts off all communication with someone they know with zero warning or notice beforehand.



Cyber flashing - sending an unsolicited sexual image to a person / people without their consent. The victim is not the subject but rather the recipient.



Sextortion - the threat to release private or embarrassing media of a victim as a form of blackmail.

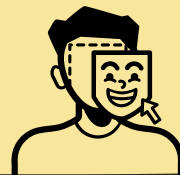
Catfish - a person who pretends to be someone they are not by posting false information.



Livestreaming - broadcasting a situation in real-time over a social media platform.



Deepfakes - adding someone's face to another person's body.



Understanding how our children communicate online is an integral part of keeping them safe. Please click on the link below for further information about words your child might use online.

<https://www.internetmatters.org/resources/text-dictionary/>

We are here to support, listen or advise anytime. Contact us Monday to Thursday 9am to 9pm. Friday 9am to 5pm and Saturday 9am to 1pm