

# Are you an over-sharent?

What do you know about sharenting? What are the risks? And are you doing it too much? Take our quiz to find out. By **Gary Crossing**



**1 What is sharenting?**

- a** The habitual use of social media to share news and images of your children
- b** Constantly shushing your child in public
- c** Shaming your child by behaving in an embarrassing way

**2 How many photos of the average child do you think will be posted online by their fifth birthday?**

- a** 500
- b** 1,500
- c** 150

**3 How confident are you about using privacy settings?**

- a** Erm, what are privacy settings?
- b** Very – I use them all the time
- c** I do know how to use them, but I don't bother



**4 Do you ask for your child's permission before you post a picture of them?**

- a** No, they don't mind – they love counting the 'likes' they get
- b** I have never thought about it
- c** Yes, in the interest of protecting their privacy

**5 Do you expect other parents to ask your permission before they post images of your child?**

- a** Of course
- b** No, I don't mind
- c** I never ask other parents, so I'm not bothered

**6 How does your child feel about you sharing pictures of them?**

- a** They're embarrassed but, hey, that's my job as a parent
- b** I've never talked to them about it
- c** We talk before we post so we can judge how they feel



**7 If they asked you to take a picture down would you do it?**

- a** No, they need to develop a thick skin
- b** Definitely
- c** I would, but I don't know how

**8 What are the risks of sharenting?**

- a** Revealing too much of your child's private life
- b** Your images could embarrass your child or put them at risk of bullying
- c** Strangers could steal images and use them



**9 Your 13-year-old has just started a Facebook account. Do you...**

- a** Talk to them about responsible sharing and privacy settings
- b** Make friends with them so you can spy on what they are doing
- c** Let them get on with it, it's none of your business



**10 Your child falls off their bike while learning to ride without stabilisers. You...**

- a** Reach for your smartphone and film it for posting
- b** Run to their aid
- c** Didn't see the accident because you were too busy looking at your phone

**How did you do? 0-2 points Unawarent**

Dear, oh dear – hashtag poor sharenting skills.

**3-7 points Almost there-ent**

You clearly have some knowledge, but there is room for improvement.

**8-10 points Share genius**

Well done! You are a responsible sharent. Your children will be proud.

Score a point for each correct answer. 1) a; 2) b; 3) b; 4) c; 5) a; 6) c; 7) b; 8) All three; 9) a; 10) b

Illustration: Peskimo

## Sharenting: the facts

**71%** of parents upload five or more images of their child each week on social media

**9%** of parents shared an image of their child in the womb

**21%** of parents have set up a social-media account for their child

**13%** say they share photos of their children to gain social media followers

**32%** of parents have never asked their child if it's OK to share a photo of them

Source: Survey for Channel 4 News/Parent Zone, May 2017 with 1002 UK parents around the UK

## Do you sharent as well as you parent?

It's illegal in France, but flourishing in the UK. It's the practice of sharing those parenting moments that would once have stayed between you and your family, but are now broadcast to a potentially global audience.

**Who are you sharing family pictures with?**

When you decide to share a picture with your loved ones,

that doesn't necessarily mean you want to include *their* loved ones and friends. Check your privacy settings are set to 'friends only' if you don't want the world to see them; though remember, any images can be screen shot and passed on without your knowledge.

**Does your child care?**

It's easy once they're old enough to ask, but when

children are little, it's down to you to decide what images you share. How do you think they will feel when they're old enough to have an opinion? In the end, only you can make that judgement call.

**Vlog on?**

If you decide to join the thousands of parents who are vlogging, blogging and generally throwing open

the doors of family life, check you are keeping them safe. Are they traceable because you've left location-tagging turned on the images? Are they in school uniform, letting the world know where your children are five days a week? We tell our children to think before they share. The same advice applies to parents.

**Vicki Shotbolt,**  
CEO Parent Zone

Source: <http://parentzone.org.uk/article/average-parent-shares-almost-1500-images-their-child-online-their-5th-birthday>