

Keeping Up With Your Child's Online Experience

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THE JOB OF A DIGITAL PARENT

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Tech literate
vs.
Life literate

"Parents and the home environment they create are the single most important factor in shaping their children's well-being, achievements and prospects"

Alan Johnson MP (when Education Secretary)

Bear in mind...

- ✓ This is personal... we can disagree 😊
- ✓ It's not an exact science
- ✓ This is not just about our children it's about US too!
- ✓ Not "sage on the stage" but "guide by the side"
- ✓ The biggest danger is that we concentrate on the dangers and forget the benefits!

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"Everything that's already in the world when you're born is just normal."

Anything that gets invented between then and before you turn thirty is incredibly exciting and with any luck you can make a career out of it.

Anything that gets invented after you're thirty is against the natural order of things and the beginning of the end of civilisation as we know it...

...until it's been around for about ten yearswhen it gradually turns out to be alright really. 😊

Douglas Adams
How to stop worrying and learn to love the internet
1999

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A few facts and figures

*Source: Ofcom Oct 2013

- A tablet is the device of choice for media consumption – their use has **tripled** since 2012.
- In 2012, 12-15's spent as much time using the Internet as watching TV.
- 43% of both 8-11 year olds and 12-15 year olds have an active social networking site profile
- Of these 98% use Facebook: **despite the minimum age at which you can have a profile being... 13**
- 12-15's send an average of 255 text messages per week
- Half of all parents feel that their child knows more about the internet than they do (14% of parents of children aged 3-4).

Keeping it simple

Risk: Our safety, conduct & risky behaviours

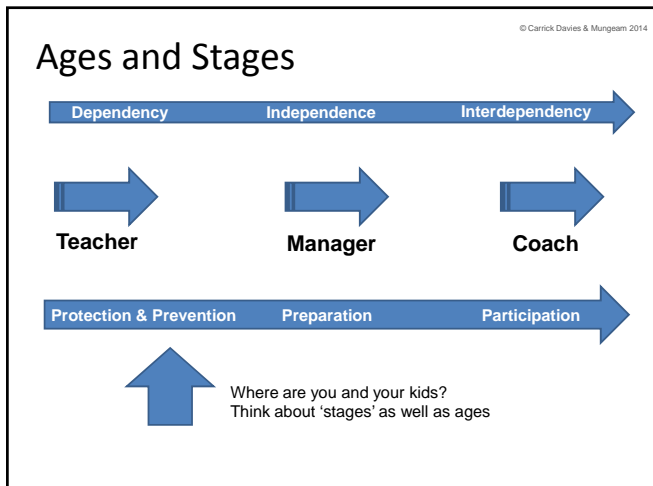
Reputation: Our privacy, security settings and our peer group

Responsibility: Our leadership, ethical code and resilience

SOCIAL MEDIA

MOBILES

Games



UNDERSTANDING THE RISKS

Getting informed and getting involved

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Classifying the risks to children online

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	Commercial	Aggressive	Sexual	Values
CONTENT Child as Recipient	Adverts Spam Sponsorship Personal info	Violent and hateful content	Pornographic unwelcome sexual content	Bias Racist Misleading info or advice
CONTACT Child as Participant	Tracking Harvesting Personal info	Being bullied harassed or stalked	Meeting strangers Being groomed	Self harm Unwelcome persuasions
CONDUCT Child as Actor	Illegal downloading Hacking Gambling Financial scams Terrorism	Bullying or harassing another	Creating and uploading inappropriate material	Providing misleading info/advice
CRIMINAL	BEING IN THE WRONG PLACE AT THE WRONG TIME			

Original 3 Cs Classification by 'EU Kids' online project

Use The Tools – if you don't know how, ask your child!

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Check regularly

The importance of privacy settings
31% of 12-15 year olds don't use privacy settings on their social networking profiles – Ofcom Media literacy Report 2009

“Sticks and stones.... But words ...?”

From US Ad Council at
<http://www.youtube.com/watch?v=bdQBurXQOeQ>

How is Cyberbullying different?

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OFFLINE	ONLINE
Home is safe	Can be all the time
Often Physical	Usually words/pictures
One or two people	Many people involved
See the effect on the person	Don't see effect on the person (lack of empathy)
People watching intervene	People watching take part

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ADVICE FOR YOUNG PEOPLE



- STOP:** DON'T RETALIATE OR REPLY
- ORANGE:** SAVE THE EVIDENCE
- GREEN:** GO AND TELL SOMEONE

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GAMES and FILMS

- **THE PEGI RATINGS ARE THERE FOR A REASON.** Are not based on the age of ability.
- **ANYONE WHO SELLS 12+ title to younger children risks jail/fines up to £5K.**
- **RECOGNISE 'COMPULSION'** Keep an eye out for tiredness, irritability, aggression, low levels of concentration.
- **FIND OUT ABOUT GAMES:** Make sure *you're* happy with their content (misogynistic /criminal messages etc.) Check out YouTube for examples.



AGE RELATED ISSUES - do your research

Specifics about Club Penguin, Moshi Monsters, etc.


Designed for 6-14 year olds

Limited Social Networking Features

"We know kids love to network with their friends, and we offer some restricted social networking features on Moshi Monsters. After we receive a request from your or your child to register, we send you an email asking for your consent. If you give registration consent, your child will be able to invite friends into his or her network, and communicate with kids in their network through features, like the "pin board" or the Moshi Monster Forum. Pinboard messages are filtered by our system. We also have self-policing tools throughout the site, including red "M" buttons on pinboard messages where users can report potentially disagreeable content, which our moderators will review. Forum messages and Blog posts go through an approval process as well, that includes pre- and post-moderation. To learn more about the type of information we collect on our site, please read our [Privacy Policy](#)." Moshi Monsters

Screen Time



General advice from the experts



- KNOW:** Find out how long your child spends online
- MONITOR:** Ask yourself, is the time they spend online growing rapidly? Is it interfering with ordinary life?
- BALANCE:** Try to organise offline activities and opportunities to balance out time in front of a screen. Avoid letting online time mushroom.
- SUPPORT:** Get support from partners/other family members/friends when trying to reduce online time
- HOLIDAY:** Organise weekends and holidays to allow for more offline activities

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SETTING GOOD HABITS: Ideas to consider

- ✓ Limit screen time at different stages of the day – i.e. before school, at weekends, etc.
- ✓ Promote the positive use of the internet for study, homework (e.g. mathletics.com)
- ✓ Engage together - connection not just communication. Make screen time special
- ✓ Avoid the temptation to use it as a 'pacifier' or baby-sitter. "Are we there yet?"

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MODELLING GOOD BEHAVIOUR

Kids don't do what we say they do what we do!

- ✓ Try to be consistent and set examples yourself; e.g. no phones at the table, mobiles outside bedrooms at night.
- ✓ Put a pin number on your own mobile device and don't give it away.
- ✓ Think about your own digital footprint!
- ✓ Try to detox yourself – leave it at home sometimes.
- ✓ Consider a 'screen less' - or even screen free - week every now and then.




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Recalibrating our online/offline balance

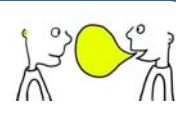
- An initiative for schools and families
- Opportunity to recalibrate the online/ offline balance
- Not about total abstinence
- For adults as well as children
- Can be done any time
- School resources (lesson plans etc.)
- Ideas for families – top tips, ScreenLess diaries
- www.screenlessweek.co.uk



"In our work at the Tavistock & Portman NHS Foundation Trust, we are seeing a steady rise in cases of excessive use of mobile and connected devices, with both children and parents seeking advice on how to manage it. I warmly welcome the ScreenLess Week initiative for its simple, creative, and balanced approach."
Dr Richard Graham, Consultant Child & Adolescent Psychiatrist

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ADVICE Conversations about **Risk**



“Can you show me how to play that game?”
 “Shall we agree a list of games that you can play?”
 “What information should you never share?”
 “Do you know who all your online friends are offline?”
 “Would you know how to report or block someone who is being nasty?” [Would I?]
 [“Do I have a PIN on my mobile phone?”]
 [“Have I considered my own online habits & privacy?”]
 “Would you know what to do if you saw something you didn’t like or which upset you?”

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Risk & Reputation

WHO IS THIS?




facebook

Social Networks ARE great (e.g...)

- NEWS FEEDS “boast by post”
- APPLICATIONS Huge range of apps
- PHOTOS/TAGS Comment & Tag photos / face recognition
- Events/ Groups
- FRIENDS Find, link, constant contact + on your mobile
- MESSAGING ‘E-mail is dead’
- WHO’S ONLINE Know who is online now!
- TIMELINE
- LIVE CHAT
- VIDEO link and upload
- Geo-location (‘Friends’ only if <18)

ALL FOR FREE BUT ...WHAT PRICE IS FREE ?

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Digital Footprints

What goes online stays online




Think before you post:
 What would **your** friends,
 future boss,
 future **children** think?!



Protect your reputation:
 Facebook Privacy

Check regularly because the settings change




Searchable by years

Re-check your privacy settings using ‘View As’ function

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EQUIPPED TO RESPOND
Being there for your kids online and in the future




**WITH GREAT POWER
 COMES....
GREAT
 RESPONSIBILITY.**

RESPONSIBILITY TO OTHERS

Give yourself a check up for:

EMPATHY 



“You never really understand a person until you consider things from his point of view. Until you climb inside of his skin and walk around in it.”

Harper Lee, *To Kill a Mockingbird*

Pause to think about how our actions might affect others.

RESPONSIBILITY TO YOURSELF

THE IMPORTANCE OF SLEEP



SCREEN LESS WEEK
 ...a chance to unplug and see what happens...

FIND IT HARD TO SWITCH OFF / CONCENTRATE

FEELING DEPRESSED?

IGNORING OFFLINE ACTIVITIES

EMPATHY EROSION

ARGUE ONLINE?

FEEL TENSE IF YOU CAN'T GET ONLINE


http://www.bbc.co.uk/news/education-19870199

Influence of older siblings, uncles, aunts, etc...
 “It’s not fair...!”

Recognise the influence and pressure

Recognise kids need to differentiate themselves

Recognise that underage use of gaming raises important issues which YOU need to have a view on.



Recognise that other parents will have different views from you - Dialogue, dialogue, dialogue...!

Influence of older siblings, cousins, friends!
 “It’s not fair ...”

Identify different times of the day and places for different children.

Empathy checking – ask what age would YOU set this?

Don’t get them to stop a game half-way through !

Mediate and play together and don’t be afraid to say “not yet”



Monitor signs of attention span, tiredness, irritability, aggression, levels of concentration

ADVICE


Conversations about Reputation & Responsibility



- ✓ “Remember what goes online stays online”
- ✓ “Let’s check our privacy settings and change your password”
- ✓ “Can you teach me to.../ show me how to play...?”
- ✓ “What do your online friends say about/to you?”
- ✓ “Let’s make a fundraising page together”
- ✓ “How long do YOU think you should stay on-screen?”
- ✓ “Come across anything amazing online recently?” 

ADVICE

Digital Parent Checklist Age 5 & under




- ✓ It's not too early to get into good habits/set boundaries
- ✓ Keep devices out of reach
- ✓ Set PINs on your own devices (change them regularly!)
- ✓ Inform yourself – know the ratings of games
- ✓ Avoid too much of the digital babysitter
- ✓ Explain *your* rules to babysitters, grandparents etc.
- ✓ Remember public Wi-Fi may not have Parental Controls

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ADVICE

Digital Parent Checklist Ages 6-9




- ✓ Agree a list of sites they *can* visit (including homepage)
- ✓ Talk about the kind of info they *shouldn't* share
- ✓ Decide (agree?) some time limits
- ✓ Talk to your older children about their influence – talk with them about agreeing some family rules
- ✓ Familiarise yourself with age ratings for games, films and apps
- ✓ Talk to other parents – don't believe the hype!

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ADVICE

Digital Parent Checklist Ages 10-12



- ✓ Set some tech boundaries *before* they get first device
- ✓ “Remember what goes online stays online”
- ✓ Hold the line about age restrictions - talk to other parents
- ✓ Ask “Can you teach me to..?”
- ✓ Remind them that they shouldn't say anything online that they wouldn't face to face
- ✓ Make digital issues part of your normal conversation

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Useful places for more info



UK Safer Internet Centre
www.saferinternet.org.uk



Vodafone's Digital Parenting Magazine
www.vodafone.com/parents




www.childnet.com
Non-profit organisation working with others to help make the internet a great and safe place for children.









www.screenlessweek.co.uk
Ideas and resources to help families to recalibrate their online offline balance. Also resources for schools.

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Need Help?

 www.saferinternet.org.uk/need-help

 YouTube - Advice for Teens Website	 Playstation Network Support Website
 Twitter - Tips for Teens Website	 Xbox Support Website
 Facebook - Advice for Teens Website	 Skype Support Centre Website

Questions & comments




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