

essentials

# Welcome to Parenting *in the* Digital Age



PitDA<sup>®</sup>

Microsoft

theparentzone

# About Me

- David Storey  
Head of Year 9

Parent of 2 young  
children

HOY for 10 years

Anything that is in the world when you're born is normal and ordinary and is just a natural part of the way the world works.

Anything that's invented between when you're 15 and 35 is new and exciting and revolutionary and you can probably get a career in it.

Anything invented after you're 35 is against the natural order of things.

**Douglas Adams**

# Warm Up - OnlinevOffline



In **pairs**, think of one **offline** activity, group or club that your child attends.

What were the **3** main questions you asked before they started?

Now think of their favourite **website** or online activity.

What were the **3** questions you asked before they started using it?

# What do parents think?

- **97%** of parents think that technology helps with **education**.
- **Most** parents believe that their children have **not** seen inappropriate content it is therefore a **hypothetical risk-**
- **But in the last term we have had** cyberbullying, underage use of social media sites, id fraud, sexting, requesting inappropriate images of a child (student), filming fights, filming mental health issues, sharing terrorist activities, extreme views, sharing images designed to humiliate or cause harm, threats, plagiarism, mimicking behaviors, creating false social media

# Why is this important?

- As the Internet becomes increasingly essential to our personal and professional lives, educating children in e-safety, rather than simply preventing them from using it, is an essential responsibility for parents, governments and schools.
- <https://www.youtube.com/watch?v=2lcpwISzbQ>
- If we bury our heads in the sand to this, then our children will find out how to conduct themselves online on their own, which is much more risky. In fact, teaching Internet safety should be no less important than teaching road safety – a call recently asserted by sexual abuse charity, the Marie Collins Foundation.

- What is this data?

3 hrs 18 mins	23 hrs 6 mins
3 hrs 31 mins	24 hrs 37 mins
11 hrs 50 mins	82 hrs 52 mins
2 hrs 9 mins	15 hrs 9 mins
7 hrs 53 mins	55 hr 15 mins
4 hrs 59 mins	34 hrs 55 mins
4 hrs 35 mins	32 hrs 12 mins
10 hrs 57 mins	70 hrs 45 mins
2 hrs 56 mins	9 hrs 7 mins
a lot	
3 hrs 25 mins	24 hrs 28 mins
absent	
4 hrs 30 mins	34 hrs
5 hrs 51 mins	41 hrs 1 min
3 hrs 25 mins	23 hrs 58 mins
4 hrs	48 hrs 7 mins
5 hrs 14 mins	36 hrs 44 mins
5 hrs 4 mins	35 hrs 35 mins
2 hrs 54 mins	20 hrs 20 mins
58 mins	6 hrs 46 mins
4 hrs 15 mins	32 hrs

# Screen time challenge

- Conflicting evidence about screen time
- Some students up to 11 hours per day average and spend less time outside than prisoners!
- Many between 5 and 6 hours perday
- Many around 2 hours
- Snap streaks...fomo...addictive design
- [https://www.youtube.com/watch?v=ymb\\_s9baYV0](https://www.youtube.com/watch?v=ymb_s9baYV0)
- Talk and review your child screen time- easy on an iphone
  
- Set realistic limits on certain apps
- Turn off notifications
- Phone free days....for everyone
- Arrange other family activities to keep their interest
- All phones down stairs at night
- Allow more passive activities like YouTube- more active ones like gaming or social media can over stimulate the brain.

# The current situation

More than a third of the children surveyed had added a stranger to their contacts in the past six months, and quarter said they were likely or very likely to add someone they didn't know in the future

Last year, a YouGov survey found that while one in five UK parents talked to their children about their online lives roughly once a fortnight, many were not confident that their children were using the internet safely



“ A third have seen violence and hatred online ”

“ Two thirds of children admitted to using apps while under the age limit. Popular sites such as YouTube, Facebook, SnapChat, Instagram, Twitter, Periscope, WhatsApp and Musical.ly all have a minimum age of 13 -Hold the line! ”

“ fifth have seen sexual content and bullying ”



# What we've been doing in school



**CROSSING THE LINE**  
Talking heads  
Self-esteem lesson plan



**CROSSING THE LINE**  
"Gone too far"  
Cyberbullying lesson plan



**CROSSING THE LINE**  
"Back me up"  
Peer pressure lesson plan



**CROSSING THE LINE**  
"Just send it"  
Sexting lesson plan



who

**32% of children worry  
about the way people  
behave online and contact  
from people they don't  
know or don't want to be  
in touch with**

EU Kids Online 2013

who

# Who do children talk to online?

Gamers	Children can play against friends and strangers through games consoles or online games like Minecraft - typing and talking
'Friends' and 'Friends of Friends'	Social networking sites allow interaction with people your children might not know, but that are friends of their friends on the site
Avatars	Characters created on sites like Moshi Monsters and Club Penguin - limited chat is allowed

who

# Who do children talk to online?

Strangers	Sites like <b>Twitter</b> and IMS (instant messaging services) like <b>BBM</b> and <b>KIK</b> allow users to 'follow' and send messages to strangers
Anonymous strangers	Sites like <b>askfm</b> allow users to ask other users anonymous questions
Video chat with strangers	Sites like <b>Omegle</b> and <b>Chat Roulette</b> are designed for webcam enabled chat with strangers

who

## How to Fake an Exotic Holiday on Facebook: This Student Did



Zilla took a month long holiday to Asia - specifically, to Thailand, Cambodia and Laos - or so she portrayed on her Facebook profile. In truth, she sat indoors in her Amsterdam apartment, photoshopping herself into images of Asian monasteries, exotic beaches and with people. She kept up the facade for almost a month, with her family as well.

who

# Why is **Who** so important?



Children could be speaking to someone who is not who they seem



Children could be being bullied



Children could be receiving bad advice from others

who

# Why is **Who** so important?



who

# How to find out **Who** your children talk to online



Ask your children if they have friends online that they don't know offline



Have a look to see how many friends they have on Facebook



Create an avatar so you can play with them.



Talk to other parents about their family rules about texting and using social networking sites



who

# What to do if you have a **Who** worry



Explain to your child why you are worried about the people they are in touch with online



If someone is bullying your child online:

- Keep the evidence – screenshots and/or texts
- If it's someone from their school, talk to their teacher
- Report to the service provider
- Find out how to block users on sites like Facebook



If you are concerned about a person who is talking to your child, you can report it to CEOP

what

**Nearly half of 12-15s  
think downloading  
shared copies of music  
and films for free should  
not be illegal**

Children and Parents attitudes to Media  
Ofcom 2012

what

# What do children do online?

Bullying or harassment of others	This may be someone they know via a site like Facebook, or anonymously through sites like askfm and Omegle – ‘trolling’
Gambling or ‘underage purchasing’	Age verification on most sites is carried out by asking for a date of birth and confirming through an email address, both of which can be falsified
Hacking	This could be a friend’s Facebook account (‘fraping’ or ‘brapeing’)

# what

ADR - Address	NALOPKT - Not A Lot Of People Know That
AEAP - As Early As Possible	NIFOC - Nude In Front Of The Computer
ALAP - As Late As Possible	NMU - Not Much, You?
ASL - Age/Sex/Location	P911 - Parent Alert
CD9 - Code 9 - it means parents are around	PAL - Parents Are Listening -or- Peace And Love
C-P - Sleepy	PAW - Parents Are Watching PIR - Parent In Room
F2F - Face-to-Face, a.k.a. face time	POS - Parent Over Shoulder -or- Piece Of Sh**
GNOC - Get Naked On Cam	RU/18 - Are You Over 18?
HAK - Hugs And Kisses	RUMORF - Are You Male OR Female?
ILU - I Love You	S2R - Send To Receive
KOTL - Kiss On The Lips	TDTM - Talk Dirty To Me
KFY -or- K4Y - Kiss For You	WTF - What The F***
KPC - Keeping Parents Clueless	WUF - Where You From
LMIRL - Let's Meet In Real Life	WYCM - Will You Call Me?
MOOS - Member Of The Opposite Sex	WYRN - What's Your Real Name?
MOSS - Member(s) Of The Same Sex	
MorF - Male or Female	
MOS - Mom Over Shoulder	

what

# Why is **What** so important?



Your child may be involved in illegal activity like hacking or sharing sexual images



They may be making deliberate or accidental purchases without you knowing



They may be struggling to manage their online friendships and get involved in bullying or harassment

what

# Why is **What** so important?



what

# How to find out **What** your children are doing online



Talk to your child about illegal and legal activity online and ask them if they create films- **Illegal to take , make or share indecent images of anyone under the age of 18.**



Ask your child about the sort of images they receive and send and find out if they use web cams- **46% of teenagers think it is ok to send explicit images to each other if in a relationship (NSPCC).**



**Make sure your child knows that can talk to you if they are feeling pressured into sending or receiving sexual images**

what

# What to do if you have a **What** worry



Turn off in-app purchasing on smartphones and tablets



Check your child's privacy settings on sites like Facebook and image sharing sites like Instagram. Note, that they may have more than one FB account and only show you one of them.



Decide whether you need to involve your child's school or even the police



where

57% of children  
worry about the content  
they see

EU Kids Online 2013

where

# Where do children go online?

Social Networking sites	Sites for younger children restrict and monitor chat – other sites may have ways of reporting offensive content or chat
Gaming sites	Chat on gaming sites is not monitored – and players can talk to each other on some games consoles
Video sharing sites	Sites like YouTube have millions of videos uploaded by anyone with an account – there will be content that is inappropriate for your children
Shopping sites	May sell age inappropriate products and services unless they have effective age verification systems

# Some commonly used apps and sites

<https://www.net-aware.org.uk/networks/?order=-popularity>

**Facebook and Messenger**  
Facebook is a social networking site where you can create a page about yourself. Facebook Messenger allows you to instant message in group chats or one to one.

**ASKfm**  
ASKfm is a social networking site where you can ask other people questions. You can choose to ask the question anonymously.

**BBM**  
BlackBerry's BBM is an instant messaging app. You have your own unique 4 digit pin and other people can only add you using this.

**Google+**  
Google+ is a space where you can share photos and videos, instant message or make video calls.

**Instagram**  
Instagram is a picture and video sharing app. Users can post content and use hashtags to share experiences, thoughts or memories with an online community.

**Kik**  
Kik is an instant messaging app which lets you create your own username, share photos, videos and text messages.

**Snapchat**  
Snapchat is an app that lets you send a photo, short video or message to your contacts.

**YouTube**  
YouTube allows you to watch, create and comment on videos. You can create your own YouTube account.

**Minecraft: Pocket Edition**  
Minecraft is a game that lets you build and create a virtual world using building blocks.

**Skype**  
Skype is a computer programme and app, which lets you send instant messages and make audio and video calls.

**Snapchat**  
Photo / image sharing | Video chat | Messaging

**13+**  
Minimum age according to Snapchat  
This is Snapchat's minimum age. What do you think is the right age for this app? [Share your thoughts](#)

Snapchat is an app that lets you send a photo, short video or message to your contacts. The 'snap' appears on screen for up to 10 seconds before disappearing, although it can be screenshotted. There's also a feature called Snapchat Story that lets you share snaps in a sequence for up to 24 hours.

**What do I need to know about Snapchat?**  
We've spoken to parents to find out what they think about Snapchat. We've also asked children and young people what they think. Here's what they said:

**Children's views**

**What do children and young people say to look out for:**  
32% of the children and young people who reviewed Snapchat thought that it can be risky. The main reasons they gave were:

- Strangers adding you
- You can't control what you see when you open a Snapchat from someone else
- People can screenshot your Snapchats and then share them

**Instagram**  
Photo / image sharing | Content sharing | Messaging | Video chat | Live streaming

**13+**  
Minimum age according to Instagram  
This is Instagram's minimum age. What do you think is the right age for this site? [Share your thoughts](#)

Instagram is a picture and video sharing app. Users can post content and use hashtags to share experiences, thoughts or memories with an online community. You can follow your friends, family, celebrities and even companies on Instagram. Instagram allows live streaming.

**What do I need to know about Instagram?**  
We've spoken to parents to find out what they think about Instagram. We've also asked children and young people what they think. Here's what they said:

**Children's views**

**What do children and young people say to look out for:**  
34% of the children and young people who reviewed Instagram thought that it can be risky. The top risks were:

- Strangers following or talking to them, particularly adults
- Bullying, especially people posting mean posts or pictures
- Hacking and fake accounts
- People screenshotting and sharing their pictures and videos without permission

**Why young people like it:**  
The main things that young people told us they liked about this site were:

- Easy to use and fun
- Being able to share photos, videos and memories with their friends

**YouTube**  
Content sharing | Messaging | Live streaming

**13+**  
Minimum age according to YouTube  
This is YouTube's minimum age. What do you think is the right age for this site? [Share your thoughts](#)

YouTube allows you to watch, create and comment on videos. You can create your own YouTube account, create a music playlist, and even create your own channel, which means you will have a public profile. YouTube allows live streaming.

**What do I need to know about YouTube?**  
We've spoken to parents to find out what they think about YouTube. We've also asked children and young people what they think. Here's what they said:

**Children's views**

**What do children and young people say to look out for:**  
26% of the children and young people who reviewed YouTube thought that it can be risky. Key things they mentioned were:

- Some videos don't contain age appropriate content
- Mean comments on videos
- Adverts, these can be annoying and sometimes inappropriate

**Why young people like it:**

where

# Where do children go online?

Chat Sites	Some sites encourage children and young people to talk to strangers online
Search Engines	Search engines will capture information about your child's browsing history in order to target advertising
Advice Sites	Not all advice sites will provide your children with information you are comfortable with

where

A screenshot of a Google search results page for 'martin luther king'. The search bar shows 'martin luther king' and the results are filtered by 'Web'. The top result is from Wikipedia, followed by BBC History, Biography.com, and a site called 'A True Historical Examination'. A blue arrow points from the word 'where' in the top left towards the 'A True Historical Examination' result. The right sidebar shows a knowledge panel for Martin Luther King, Jr. with a photo and biographical details. The bottom of the page shows a Windows taskbar with various application icons and the system clock showing 14:38 on 02/19/2014.

A screenshot of the website 'A True Historical Examination' for Martin Luther King, Jr. The page features a large portrait of King and several sections of text and links. The main heading is 'Martin Luther King, Jr. A True Historical Examination'. Below the portrait, there are sections for 'Historical Writings', 'Truth About King', 'Death of the Dream', 'The King Holiday', 'Civil Rights Library', 'Jews & Civil Rights', and 'Suggested Books'. There are also links for 'Rap lyrics', 'Watch the new Martin Luther King Educational Video', and 'Bring the Dream to life in your town! Download flyers to pass out at your school.' The 'Civil Rights Library' section has a large image of a group of people. The page footer includes 'Join MLK Discussion Forum Hosted by Steamfreak'.

where

# Why is **Where** so important?



They might be visiting sites that are not age appropriate



They could see upsetting or frightening content



They could be exposed to advertising including marketing linked to their browsing history

where

# How to find out **Where** your children go online



Talk to them about their favourite sites – ask them to show you, be snoopy, be their own special constable. Young people will talk to strangers online, so risk assess and educate about what to share and what not to.



Talk to other parents about which sites their children use



Look at your child's browsing history with them although they may use private browsers or delete history.



Get them to show you their favourite videos on You Tube



Read reviews of children's sites and choose some sites you are happy for your child to visit

where

# What to do if you have a **Where** worry



Talk to your child about your concerns



Agree sites that you're happy for them to use



Set YouTube SafetyMode and Google SafeSearch to help filter 'inappropriate content'



Familiarise yourself with reporting tools on sites like Facebook, YouTube, live streaming



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# What next? Using the **Who, What , Where** approach at home Talk, explore, agree, manage

# What next?

## Talk, explore, agree, manage

O<sub>2</sub> NSPCC NetAware

type and select network  > [A-Z](#) [Most popular](#) [News](#)

### Your guide to the social networks your kids use

Stay up to date and keep your child safe in today's digital world

Search for a site, game or app to find out more  >

Explore other networks [All networks A-Z](#) [Most popular](#)

## What next?

### Explore sites and apps together

Talk about what might be OK for children of different ages. Ask your child what sites or apps they like. Write a list, and look at them together.

Be positive about what you see, but also be open about concerns you have: "I think this site's really good" or "I'm a little worried about things I've seen here".

Talk to your child about what you think is appropriate – but also involve them in the conversation. Ask what they think is OK for children of different ages – they'll feel involved in the decision-making.

Be aware that your child might talk about friends who use apps or visit sites that you've decided aren't suitable. Be ready to discuss your reasons, but recognise that they may not agree with you. Listen carefully for the reasons why.

Go through a final list of sites you both agree are OK, and work out when you'll next discuss it.

We hope that this evening's session  
has made you want to take action  
when you get home!

Here are some simple ideas...

# When You Get Home

## Who

Ask your children **who** they talk to online – remember to ask if they have friends they only know online, people they play games with online but don't know and if they talk to anyone that upsets or worries them

## What

Find out **what** they do online – do they share pictures of themselves, are they always kind to other people online, do they 'hack' their friends accounts or post comments on YouTube

## Where

Get them to tell you **where** they go online – have they signed up for any commercial websites, have they been to any sites that have upset them are they sent links to sites that they then visit?

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Any questions?

<https://www.net-aware.org.uk/networks/?order=-popularity>

<https://www.thinkuknow.co.uk/>

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