essentials

Welcome to **Parenting** *in the* **Digital Age**

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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**

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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?

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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

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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=2IcpwISszbQ

- 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 safely – 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

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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
- 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.

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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

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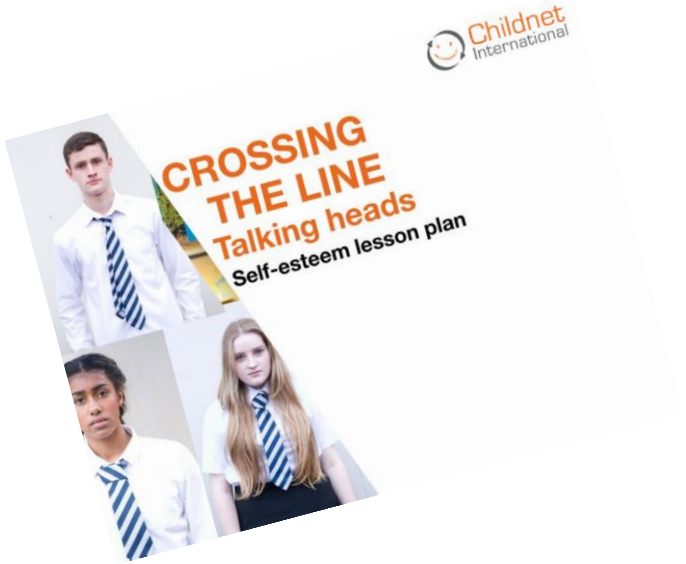
What we've been doing in school



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 **Twitter** and IMS (instant messaging services) like **BBM** and **KIK** allow users to 'follow' and send messages to strangers
Anonymous strangers	Sites like **askfm** allow users to ask other users anonymous questions
Video chat with strangers	Sites like **Omegle** and **Chat Roulette** 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.

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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?

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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

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

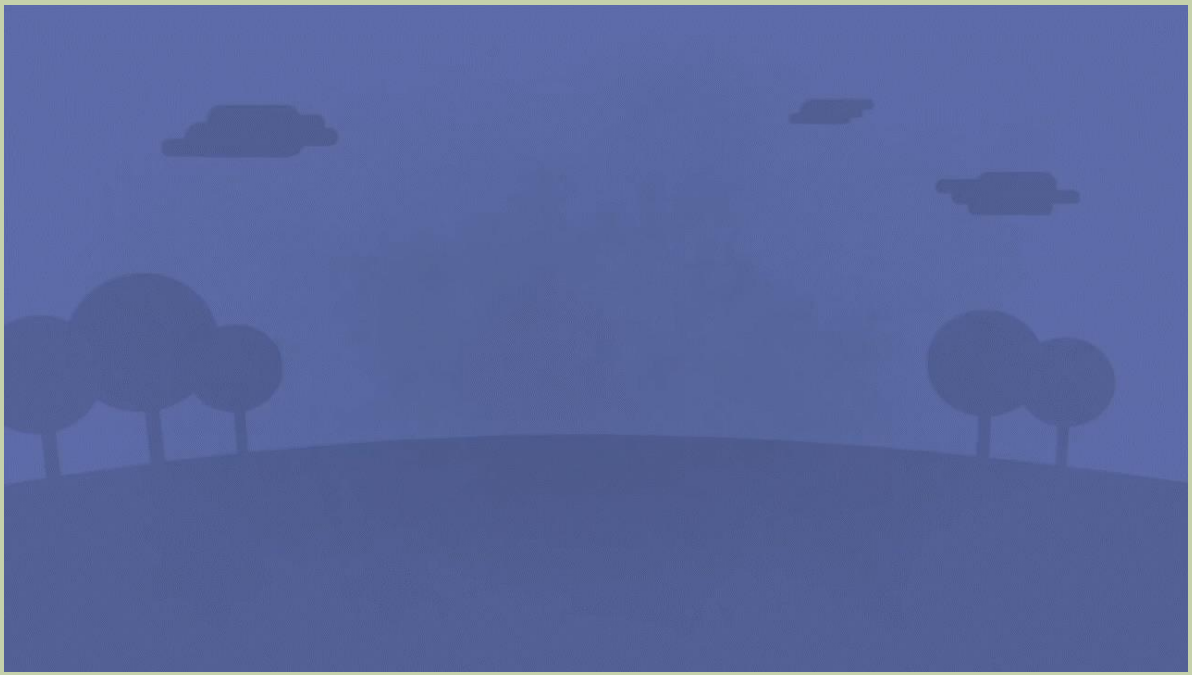
what

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

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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 likes 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

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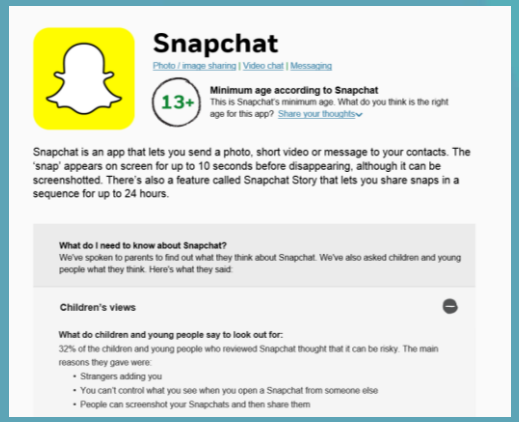
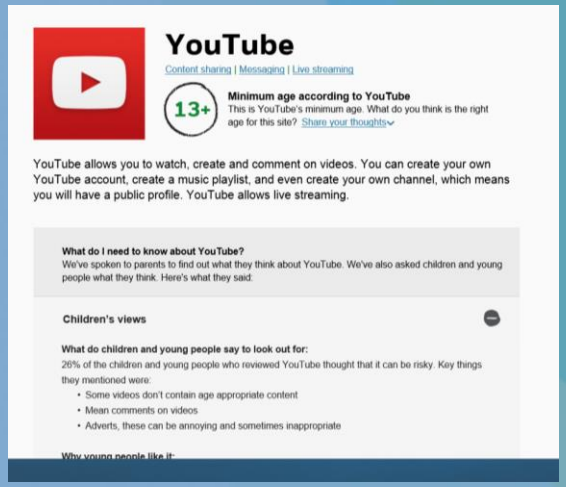
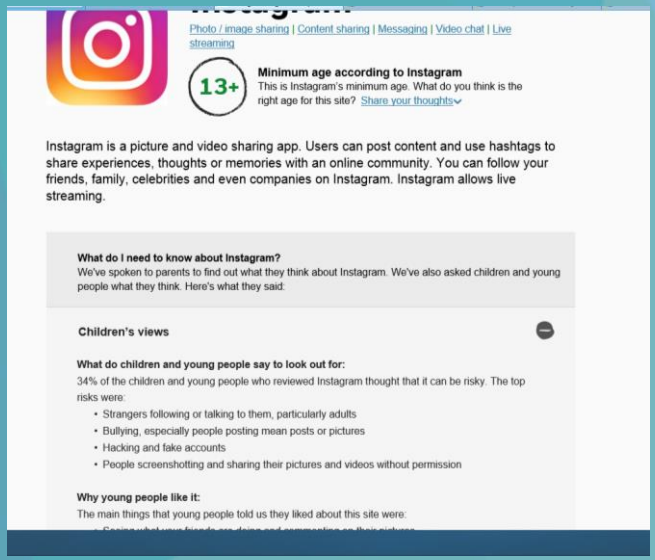
Some commonly used apps and sites

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







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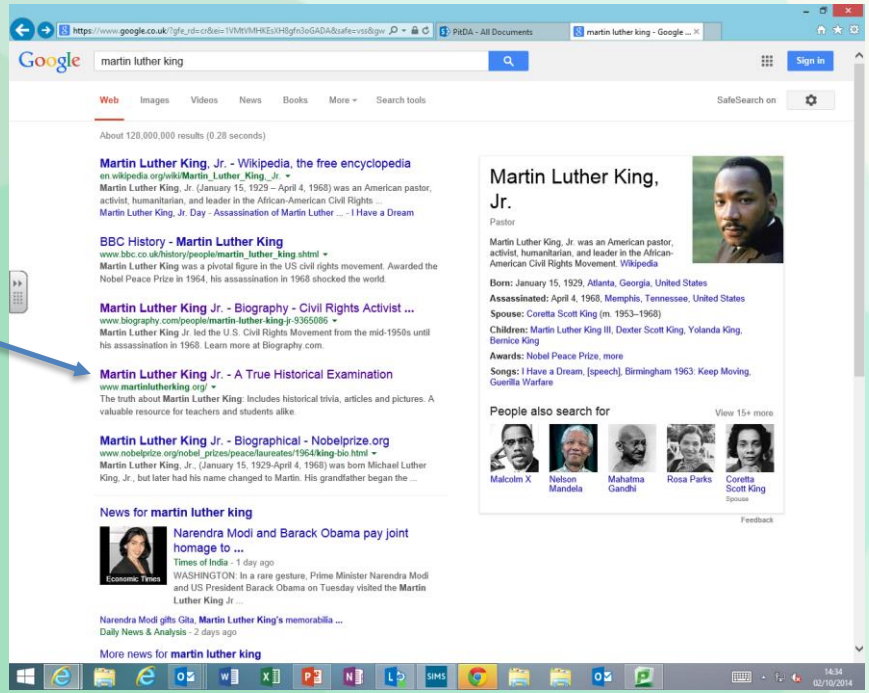
Where do children go online?

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



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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

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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

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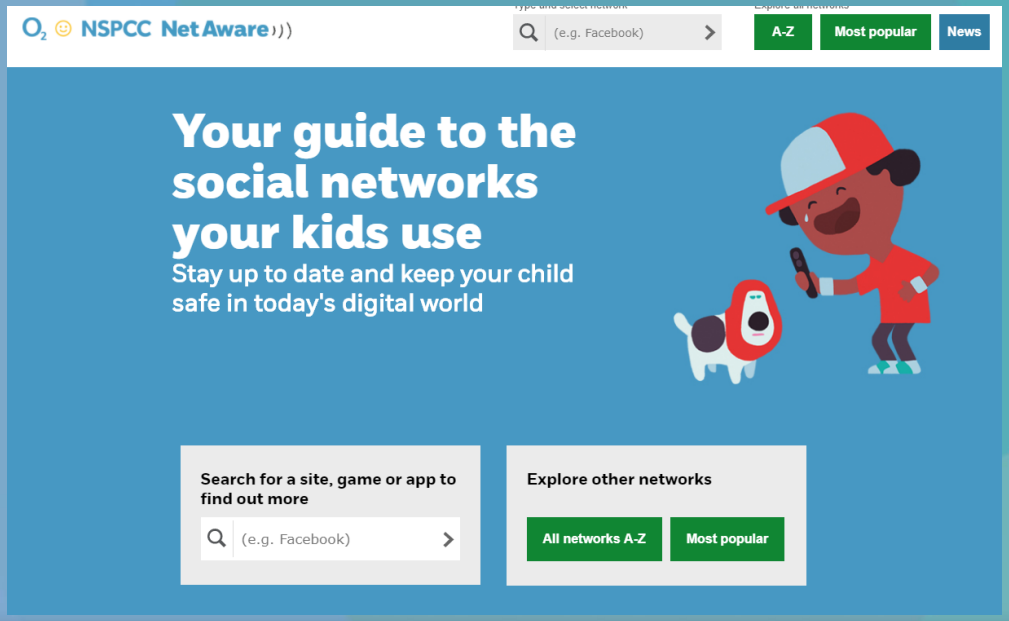
What next?

Talk, explore, agree, manage



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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…

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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?

Any questions?

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

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

dstorey@rwba.org.uk