Parenting in the digital world Parent presentation script

Slide 1
Here is a video to showcase what they do for parents through their online portal…

Slide 3
[Discuss generation shift in tech and the impact this is having on children]

[Talk about the Pace of change report and what parents feel about their online user versus their children]

In 2015 Internet Matters released research which showed how children were leaving their parents behind when it comes to knowledge and use of the internet.

It revealed the challenges that parents face in keeping up with what their children are doing online, with 48% believing their children know more about the internet than they do and 73% of children agreeing.

However, just a year later the research was repeated and showed that gap in tech-knowledge between parents and their children is narrowing.

It showed that parents had a greater understanding of the common social media platform that their children were using; parent had overtaken children uploading photos, videos and music online and the humble desktop computer was almost retired as 6 out of 10 parents turned to smartphones to go online.

Slide 4
The rise of apps, devices and all things digital

Some interesting facts As of 2017
- More than half of the world's population now uses the internet
- It's only been 25 years since Tim-Berners-Lee made the World Wide Web available to the public
- 2.8 Billion people are actively using social media globally

So as parents, as scientists, mental health specialists, industry itself is playing catch up
One of the big issues is impact on identity

Slide 5
The internet opens up a wealth of opportunities for children and has become a big part of how they develop, discover and see the wider world. With everything, including tech use in moderation is key as it can have an affect your child's brain.

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This is an outline of the key milestone where children may need guidance from parents and or teachers to help them make safe and smart choices online.

Other key life to think about include the following:
- When your child uses your device devices independently
- Watching TV on YouTube
- Getting their first device
- Opening their first social media account
- Gaming online with others for the first time
- Live streaming on social media apps
- Using online dating apps (MYLOL, Yellow, Skout, Tinder, MeetMe)
- Opening their first mobile banking account

Slide 7
There are a number of ways that tech can affect children's development, from sleep cycles and social-emotional development to memory recognition and problem solving.

Slide 8
This table summarises the online safety for children:

Content

This relates to what they see online or could potentially be exposed to, i.e. sexualised material or pro self-harm website etc.

Contact

This includes - accepting 'friends' they've never met which may open them to being groomed or pressured or bullied to send images of themselves. Also, disclosing personal information about themselves (passwords / addresses, school details etc).

Conduct

This relates to a child's behaviour online - such as cyberbullying, online hate, posting inappropriate content of others or themselves.

Slide 9
With the growth of awareness campaigns and coverage in the media parents concerns around specific online risks are increasing. Parent concerns typically peak when a child is 11-12 years old which coincides with the transition to secondary school.

Slide 10
Although there are a number of online risks that children may be exposed to online, it's important to note that these do not directly lead to harm. Being informed about the risk and implementing safeguards to limit the likelihood of your child being exposed is the first line of defence. Here is a five step plan that you can action to start that process. [Talk through the plan]

There are four areas of concern that I'd like to go through to highlights tips on how you can deal with them. They include: inappropriate content, inappropriate contact, inappropriate conduct and sexting.

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It's possible that children may come across things online which are inappropriate for their age and stage of development. Tools like parental controls can help to protect your children from accessing inappropriate content, but you can't check everything they see on the internet. The first step is to have regular conversation about what they do online and encourage them to talk to you if they see anything that upsets them.

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What to talk about

- They can come to you if they see anything that upsets them
- If they have seen pornography…that it presents an unrealistic image of sex and relationships
- The importance of respect for each other and the meaning of consent

Top tips / tools to use

- Parental controls on home broadband
- Content lock on mobile networks
- Safe search on Google (& other browsers) & YouTube; child –friendly search engine

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There's a chance that your child may meet people online who aren't who they say they are. Grooming is a word used to describe people befriending children in order to take advantage of them for sexual purposes. Many parents worry about online grooming so it's important to talk to your children about how to stay safe.

Facts about contact:
- 48% of secondary school children have talked to people they don't know on social media
- 48% of 11 year olds have a social media profile, despite minimum age usually being 13

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What to talk about
- Sometimes people hide behind fake profiles for dishonest reasons
- Agree how they will respond to requests from people they don't know in real life
- Never ever to meet up with anyone they don't know in real life

Top tips / tools to use

- Set up safe social media profiles that don't share personal information
- Turn off geo location settings on devices
- Use the strongest privacy settings on social media
- Learn how to report / block/ mute

Side 15
Cyberbullying stats
- 25% of children will experience cyberbullying
- 50% of children say someone has been nasty to them online

Slide 16
The internet and social media has changed the way children interact and share their lives so it is really important to have regular conversations with them about what they sharing online. As a parent, It can be difficult to stay on top of all the different apps and sites that children are using but there are simple things that you can do to make sure they become 'Good digital citizen' and avoid sharing or saying something that they would later regret.

What to talk about
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Top tips / tools to use
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The term 'sexting' is used to describe the sending and receiving of sexually explicit photos, messages and video clips, by text, email or posting them on social networking sites. It's increasingly done by young people who send images and messages to their friends, partners, or even strangers they meet online.

There are many reasons why a young person might get involved in sexting. Exploring sex and relationships is a natural part of adolescence. Young people often feel that they love and trust their partner and want to express their sexual feelings.

Most young people don't see sexting as a problem and are reluctant to talk to adults about it because they're afraid of being judged or having their phones taken away. If your child has shared an explicit photo or video of themselves they may be very upset, especially if it's been widely circulated. If you become aware of this, try to stay calm and reassure them that they have your support.

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All teaching and non-teaching staff should be aware and able to recognise e-safety issues with high-quality leadership and management to make e-safety a priority

- High priority given to training and continuation training to all staff, including the contribution of the wider school community. One member of staff to receive accredited training (for example: to become an e-safety officer)
- Clear reporting processes
- Rigorous, plain English policies and procedures integrated with other relevant policies
- Progressive e-safety curriculum
- Provision of a recognised internet service provider (ISP) with age-related filtering
- Good risk assessment

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Schools are encouraged to adopt a whole community approach to teaching online safety so it is embedded across Computing/ICT, PSHE, SRE and citizenship, as well as touching on e-safety issues across the curriculum whenever and wherever children are using technology.

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A lot has been written about the impact of screen time, it is either quite negative and focuses on the risks children face online or is more positive and focuses on the educational, school related benefits for children online. But parents often feel that they are being a 'bad' parent if they have let their children have too much 'screen time'.

A sensible balance of 'screen time' and other activities is important but this will vary from family to family and from child to child according to their individual needs, interests and family circumstances and whether it is unsupervised time alone or as a shared activity.

Rather than being anti-social, lonely and isolating, screens can be social, connecting and creative. Playing games together, looking up new places to visit or finding out 'what's on' in your area are great ways to share screen time in a positive way.

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Internet Matters gives five tip to help parents manage their children's screen time:

1. Let's start with possibly the hardest one. Set a good example with your own device use. Children will tend to model their behaviours on you, so if you start reading a book, they may follow your lead.

2. Talk together about the time they spend online to better understand what they're doing, and explain your concerns.

3. Once you've agreed on an appropriate length of time that they can use their device, put in place a family agreement to set some boundaries and don't break them.

4. Then get the whole family to unplug and play by creating 'screen free' zones at home.

5. Technology can actually help you limit screen time. For example, the Forest app is a great tool that enables them to grow a beautiful forest of different trees each day when they don't

use their phone for a set amount of time. The iPad's 'Guided Access' limits the time you can access any given app, which can be great for younger children.

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It is important to give children the tools they need to take control of their own behaviour online and make smart choices. These are the three things you can do to teach your child how to be 'digitally resilient' - encouraging them to create positive content, offer support to others and feel confident and equipped to deal with challenging content.

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Internet Matters is a great source of information, created uniquely for parents to learn about the online risks that children face. It is packed full of practical tips from industry experts and offers a one-stop shot to the best resources available to deal with the most pressing issues your child may face.

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In addition to Internet Matters, there are some other useful support services that can help inform you and your child on online safety issues.