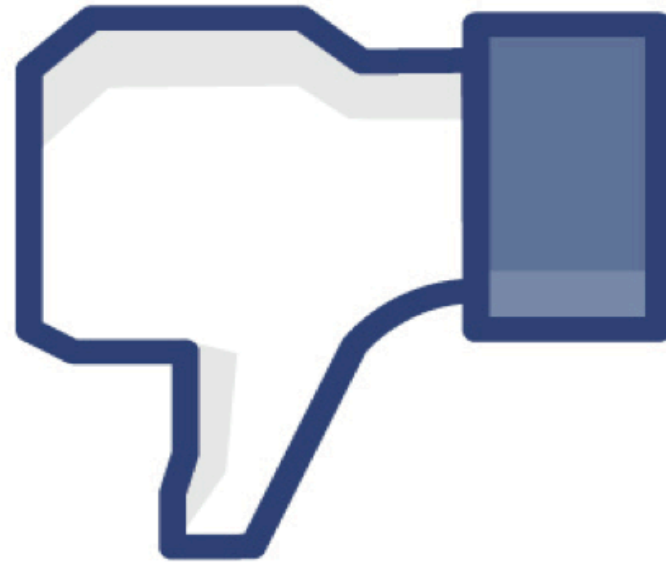


PARENTING IN THE DIGITAL AGE

1. What's the problem?
2. What do we know about children's media habits?
3. What about Ulidia students?
4. Evolution of problems
5. How can you help?



The Internet: Good or Bad?



A balanced view is needed

- Technology has changed all our lives and has given everyone much easier and faster access to information - from our pocket
- The internet has become an essential educational tool for adults and children.
- Communication with friends and family all over the world has been transformed.



What do we know about children's media habits?

Children's Media Lives – OFCOM 2014-2016 - A study of 50 children aged 10-16

- Those with active offline lives tend to use media in a purposeful manner rather than to socialise
- Catchup services and VoD dominates children's TV viewing
- Children often assume that the first result on search engines is the best and most trustworthy
- They are more emotionally invested in console games than mobile/tablet app-based games
- Social interaction in 'live' games is common, but mostly with people they know in real life. Chat is 91% *about* the game. In-game etiquette discourages conversations straying into more personal territory. When bullying during gaming does occur it's known as 'griefing'



OFCOM Media Literacy 2016 Fast Facts

- Adults who use social networking sites – 54%
- <16 who use social networking sites – 96%
- Adults who regularly use their mobile to access the internet – 61%
- <16 who regularly use their mobile to access the internet – 91%
- **Easy access to technology in a child's bedroom causes anxiety and sleep loss 63% of the time** - having televisions and games consoles in the bedroom teaches the brain to see the room as an entertainment zone rather than a place for quiet and rest.



Games are not just 'Games' anymore!

Look at the games your children are playing or asking for. Search for them on commonsensemedia.org to satisfy yourself in regards to the content of the games.



Ulidia student survey

- 49% of year 8 claim to be on a Social Network, despite the legal minimum age being 13 (Kik, 18 without parental permission)
- 74% of years 8-10 pupils claim to have a WhatsApp account, despite the minimum age being 16
- 34% of years 8-10 pupils feel they have been subjected to unkind comments which make them feel upset, or CyberBullying
- 64% of years 8-10 pupils feel inferior in comparison to their friends activity online.



Girls face an intensification of the ‘image-focused’ pressures that exist in the offline world

“The girls in the sample were subject to intense physical and social scrutiny on social media. Getting an acceptable number of ‘likes’ and positive comments was very important and they put a lot of effort into curating how they looked online. ‘Selfies’ and other images were an important way of portraying their identity. There was a strong disinclination to put anything up on social media that would mark them out as different, or push the boundaries of social norms.”

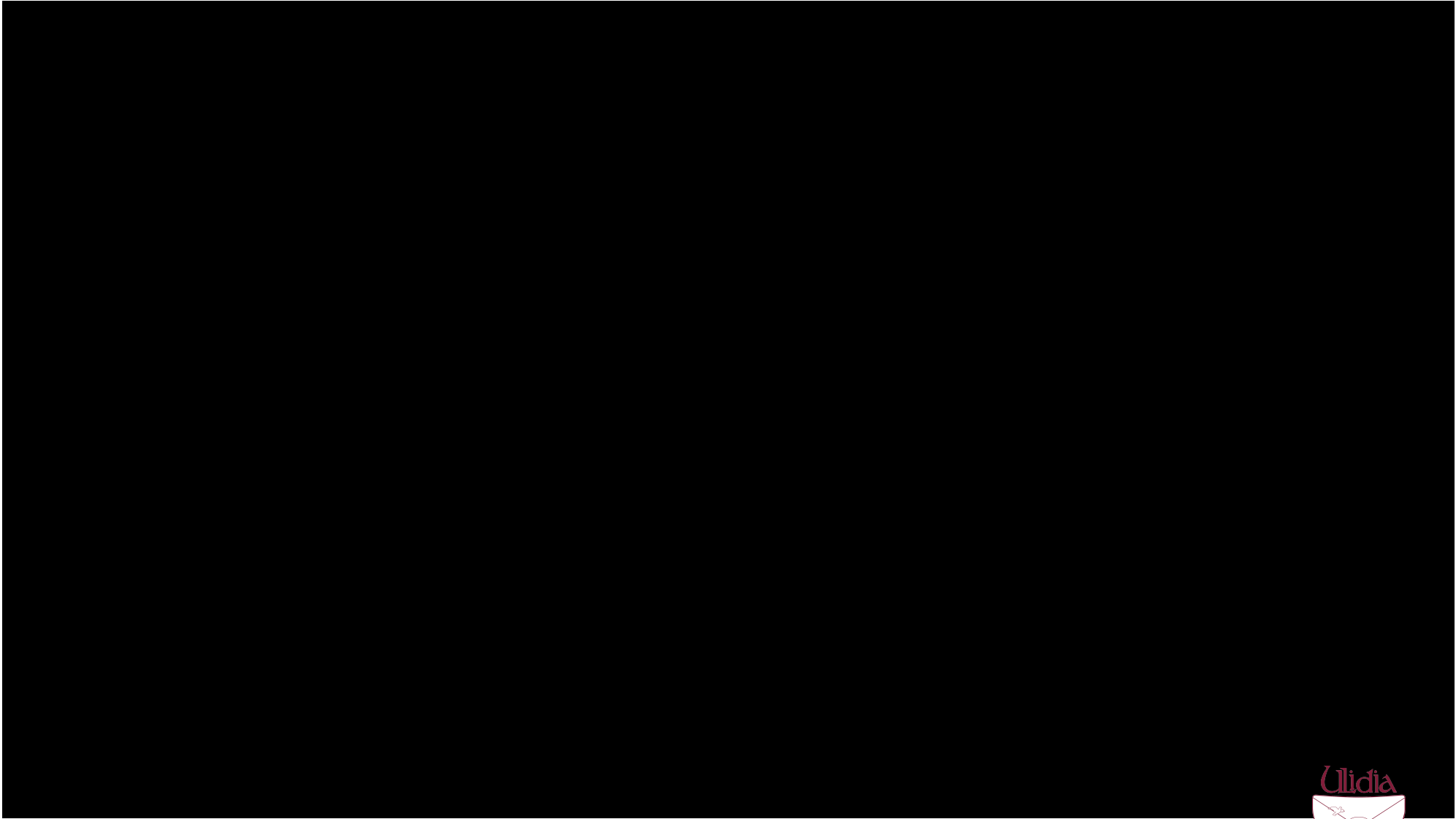


The pressures on boys are more about acting 'tough' or being 'laddish'

“While some boys did post selfies, this was less common than with girls. Boys appeared to be subject to pressures around testing boundaries, and social media seemed to provide a space whereas male friendship groups might act more 'tough' and rude than they would in real life. This was enhanced by the fact that many of them participated in large group-chat functions on social media, through services like Facebook messenger and WhatsApp.”



As technology evolves, so do the problems



How can you help?

- Learn about these technologies first hand. There is simply no better way than to have a profile yourself. It will also enable you to "friend" your children and monitor them online. Beware of clone accounts!
- Share a bit about your daily social media use as a way to facilitate daily conversation about your child's online habits. Get your children talking about their social media lives (if you can) just so you know what they are doing.
- Keep the computer in a public part of your home, such as the family room or kitchen
- Look at the apps, Google them, ask your children what they are if you don't recognise them.



It's good to talk!


It is really important to chat with your children on an ongoing basis about staying safe online. These conversation starter suggestions can help.

- Ask your children to tell you about the sites they like to visit and what they enjoy doing online. Ask them for advice!
- Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?
- Ask them if they know where to go for help, where to find the safety advice, privacy settings and how to report or block on the services they use.



Family rules

- Each family decides their own rules about issues relevant to family life and it is therefore entirely up to you whether this is an area where you want to enforce strict rules or shared values.
- It is recommended that there are guidelines for younger children in the way they use the internet and for how long.
- However, you must bear in mind that it is very difficult to 'police' older children in this area and therefore you have to teach them the principles, the reason for these and the importance of staying safe.



www.housewivesofriverton.com

- I will not share my personal information with others online
- I will not ask others for their personal information
- I will not click on inappropriate pop ups or ads
- If anything inappropriate comes up on my electronic device or computer, I will turn it off and get an adult.
- I know that anything I put online will never go away
- I know that what I read online is not always true
- I know that my parents can see everything I access online
- I will not cyber bully or encourage cyber bullying. I will tell an adult if myself or someone else is a victim of cyber bullying
- I will be responsible and make good choices while using electronic devices, computers, and the internet.



BEFORE YOU POST...

THINK!



T - is it true?

H - is it hurtful?

I - is it illegal?

N - is it necessary?



K - is it kind?

Coercively

- Turn off the wifi router
- Guest wifi
- Our Pact App
- Guest WIFI Signal
- Internet Parental Controls – Nintendo, Sony and Microsoft consoles also have parental controls



Our Pact



Parental controls

- Virgin:

<http://www.virginmedia.com/shop/broadband/parental-control.html>

- Sky Broadband:

<https://www.sky.com/help/articles/sky-broadband-shield-explained>

- BT Broadband

http://bt.custhelp.com/app/answers/detail/a_id/46768/~bt-parental-controls---how-to...-guide

- Talk Talk

<https://myaccount.talktalk.co.uk/myserVICES/help/securityhub>



**internet
matters.org**

learn about it / talk about it / deal with it





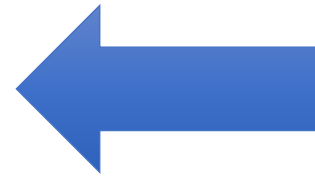
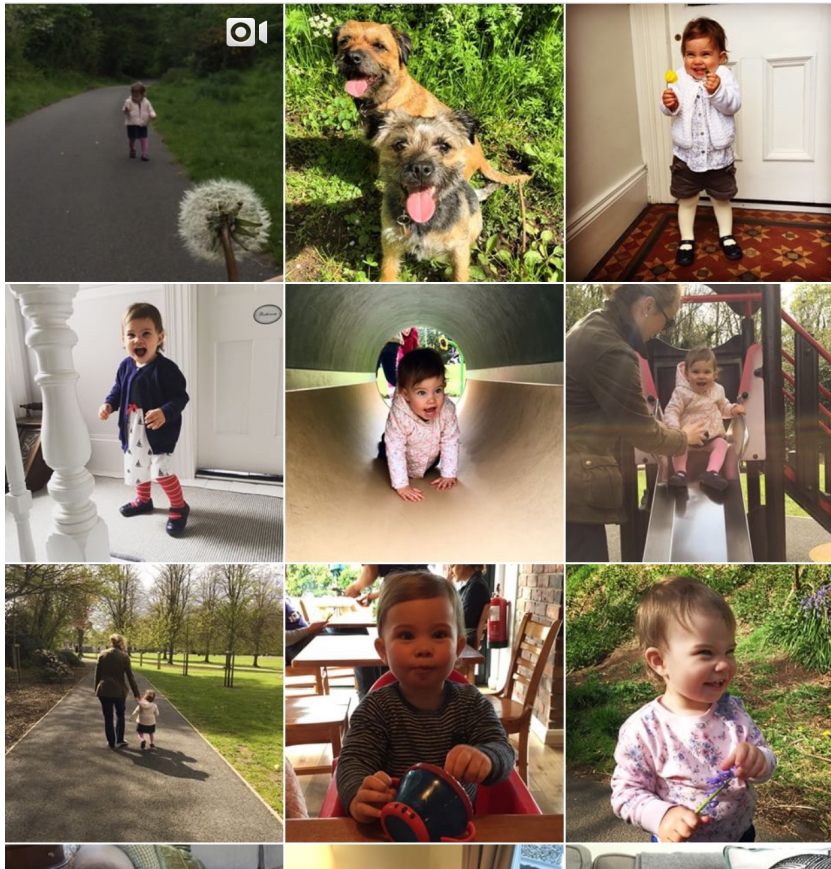
164
posts

160
followers

189
following

Edit Your Profile

Dom Barnard
IV



← OPTIONS

FOLLOW PEOPLE

 Find Facebook Friends >

 Find Contacts >

Invite Friends

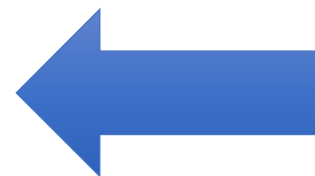
ACCOUNT

Edit Profile >

Change Password >

Posts You've Liked >

Private Account



When your account is private only people you approve can see your photos and videos on Instagram. Your existing followers won't be affected.

SETTINGS

Linked Accounts >

Push Notification Settings >

Cellular Data Use >

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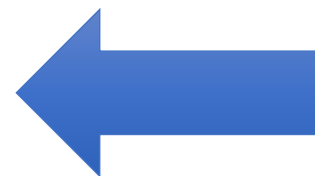
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Edit profile

Ulidia College

@ulidiacollege

Educating together, Catholics & Protestants, & those of other religions, or none, in an atmosphere of understanding & tolerance to the highest academic standard

Carrickfergus ulidiacollege.com

15 FOLLOWING 520 FOLLOWERS

Tweets

Media

Likes



Ulidia College @ulidiacollege · 4h

Just a reminder that Mr Barnard is delivering a talk tomorrow between 7pm-8pm looking at the issues children... fb.me/8yt0DnXzL



Ulidia College @ulidiacollege · 1d

ulidiacollege.com/duke-of-edinbu... fb.me/16qHY012



Home



Explore



Notifications



Messages



Me





Edit profile

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ulidiacollege.com/duke-of-edinbu... fb.me/16qHY0112



Home



Explore



Notifications



Messages



Me

Settings

Done

@ulidiacollege

Account >

Timeline >

Notifications >

Privacy and safety >

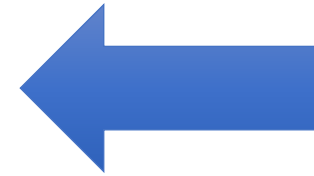
Orders and payments >

GENERAL

Display and sound >

Data usage >

About Twitter >



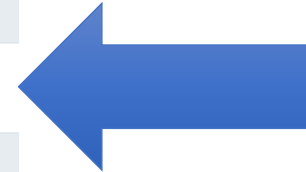


Privacy and safety

Done

PRIVACY

Protect my Tweets



Only your current followers and people you approve in the future will be able to see your protected Tweets. [Learn more](#)

Receive Direct Messages from anyone



If selected, you will be able to receive messages from any Twitter user even if you do not follow them. [Learn more](#)

Send/Receive read receipts



When someone sends you a message, people in the conversation will know when you've seen it. If you turn off this setting, you won't be able to see read receipts from other people. [Learn more](#)

Photo tagging

On >

Let others find me by my email address



Let others find me by my phone number



Tailor ads based on info from ad partners



This lets Twitter display ads about things you've already shown interest in. [Learn more](#)

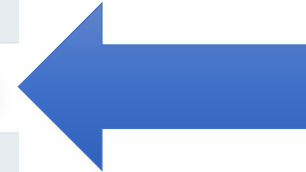


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Let others find me by my email address



Let others find me by my phone number

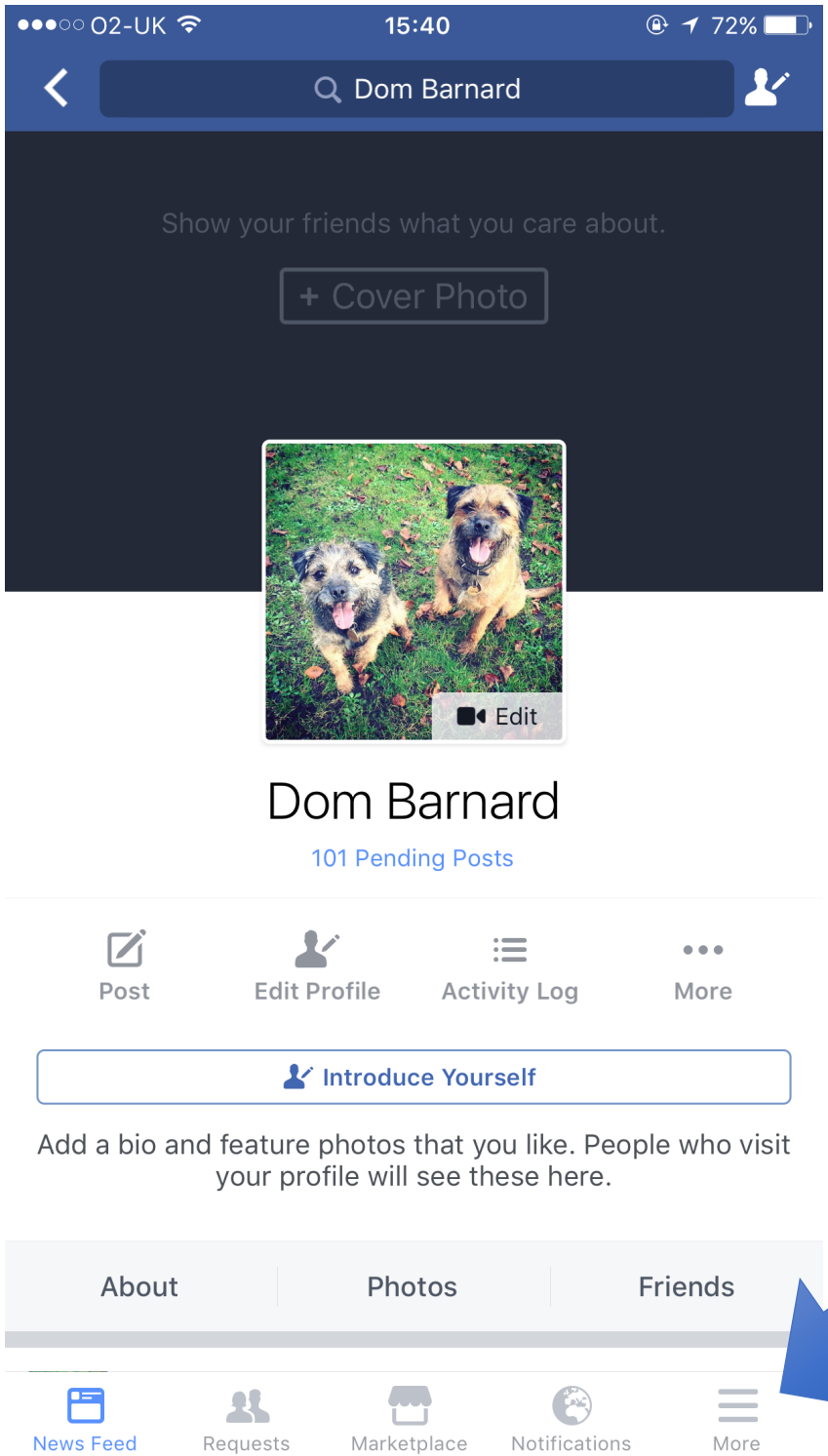


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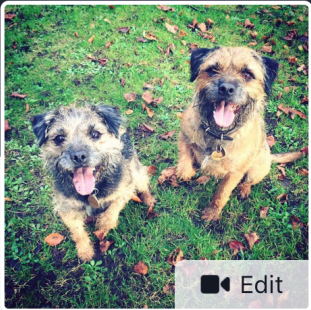


Dom Barnard



Show your friends what you care about.

+ Cover Photo



Edit

Dom Barnard

101 Pending Posts



Post



Edit Profile



Activity Log



More

Introduce Yourself

Add a bio and feature photos that you like. People who visit your profile will see these here.

About

Photos

Friends



News Feed



Requests



Marketplace



Notifications



More



- Device requests >
- Find Wi-Fi New >
- Pages >
- Saved >
- Protect >

See More...

FAVOURITES Edit

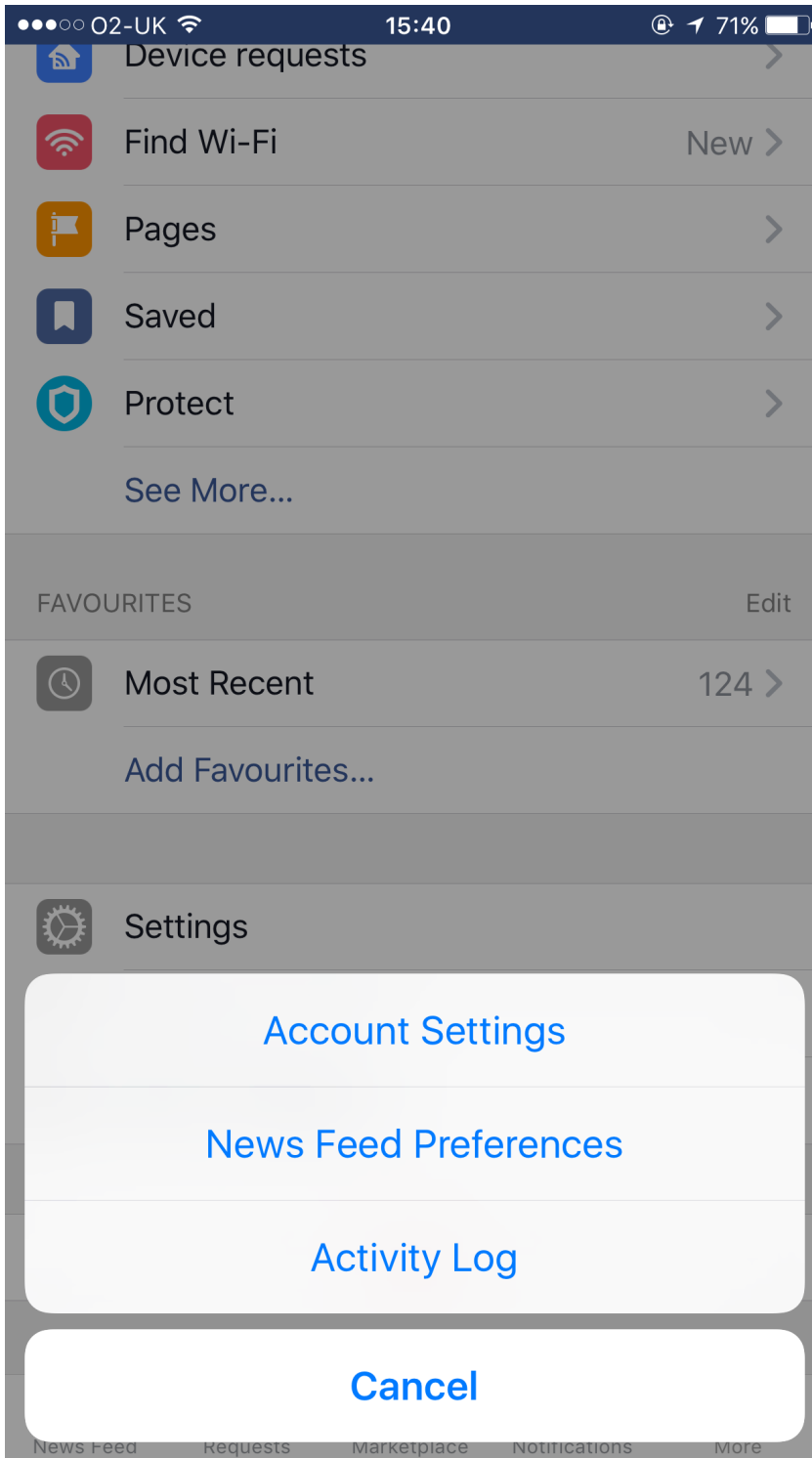
- Most Recent 124 >

Add Favourites...

- Settings
- Privacy Shortcuts >
- Help and Support

Log Out





Settings

- General >
- Security >
- Privacy >
- Timeline and Tagging >
- Videos and Photos >
- Sounds >
- Blocking >
- Notifications >
- Text messaging >
- Followers >
- Apps >
- Adverts >
- Payments >



Timeline & Tagging

Who can add things to my timeline?

- Who can post on your timeline?**
Friends
- Review posts that friends tag you in before they appear on your Timeline?**
On



Who can see things on my timeline?

- Who can see posts you've been tagged in on your timeline?**
Only Me
- Who can see what others post on your timeline?**
Custom



How can I manage tags people add and tagging suggestions?

- Review tags people add to your own posts before the tags appear on Facebook?**
On
- When you're tagged in a post, who do you want to add to the audience if they aren't already in it?**
Only Me

