

Keeping Up With Your Child's Online Experience

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Goodrich School
High Standards For All

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This evening...

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- ✓ **Understand the changing power of social media**
and the challenge of parenting in a portable world.
- ✓ **Enthusied about learning from your child**
- and how to be more present in their online lives
- ✓ **Understand some of the new risks**
- and equipped to better protect your kids
- ✓ **Begin a dialogue around screen time**
- and **challenged** about our own online behaviour
- ✓ **Appreciate the ages and stages of digital life**
-and issues of games (from Moshi, to GTA5)

Time for questions

THE JOB OF A DIGITAL PARENT

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iPod iPad iPaid

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)

Keep it simple...



...but get involved!

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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#GuyWithoutAPhoneMystery
What is the dude doing? Why isn't he holding a phone?
What motivates him?

It's really not just about the kids!

On a scale of 1- 10 rank yourself as to how **confident** you are using internet/social media.

1 ----- 5 ----- 10

"What's a mouse?"



"I taught
Mark Zuckerberg
all he knows"



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Facts and figures

Source: Ofcom & Vodafone YouGov Oct 2013

- A tablet is the device of choice for media consumption – their use has **tripled** since 2012
- **3,500,000** under 8s in the UK have a tablet
- **57%** of 4 yr olds use tablets and smartphones.
- 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 (SN) site profile
- **Of these 98% use Facebook: despite the minimum age at which you can have a profile being... 13**
- **Half** of all parents feel that their child knows more about the internet than they do (**14%** of parents of children aged 3-4).

Social media landscape



The child's ~~online~~ ^{real} world

ALWAYS ON

ANONYMOUS

ACCESS THE WORLD

ACTIVE NOT PASSIVE

CONNECTED LEARNING

AMPLIFIED VOICE

PARTICIPATION

ACCEPTANCE - IDENTITY & STATUS

AWAY FROM SUPERVISION

COMPULSIVE?

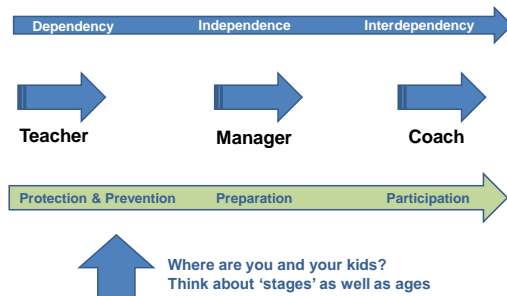
FUN!

The 3R's of digital literacy



Ages and Stages

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What would you like help with?



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



UNDERSTANDING THE RISKS

Getting informed and getting involved



Risk

Commercial	Aggressive	Sexual	Values
CONTENT Young person as Recipient 			
CONTACT Young person as Participant 			
CONDUCT Young person as 'Actor' 			

Risks to young people online

'EU Kids' online project
 25,000 9-16 year olds, 2011

The risks to children online

	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

Original 3 Cs Classification by 'EU Kids' online project

Classifying the risks to children online

Commercial	Aggressive	Sexual	Values
CONTENT Child as Recipient 	Violent and hateful content		
CONTACT Child as Participant 	Being bullied harassed or stalked		
CONDUCT Child as Actor 	Bullying or harassing another		

22% of yp aged 11-18 report having been cyber bullied.



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

How is Cyberbullying different?

OFFLINE

Home is safe
 Often Physical
 One or two people
 See the effect on the person
 People watching intervene

ONLINE

Can be all the time
 Usually words/pictures
 Many people involved
 Don't see effect on the person
 (lack of empathy)
 People watching take part

ADVICE FOR YOUNG PEOPLE



STOP: DON'T RETALIATE OR REPLY

ORANGE: SAVE THE EVIDENCE

GREEN: GO AND TELL SOMEONE

What should I do if my child is being cyberbullied?

- **Reassure** them that you're going to work together to solve the problem
- **Ask** them not to reply
- **Keep** the evidence
- **Block** the bullies
- **Don't** deny access to technology
- **Report** it to the 'website'
- **Speak** to their teachers
- **Tell** the authorities if necessary*



*Cyberbullying itself is not a crime but in serious cases other laws may apply. If you think a crime has been committed or believe your child is in danger, contact the police.

GAMES
and
FILMS

- **THE PEGI RATINGS ARE THERE FOR A REASON.** Are not based on the age of ability.

3 7 12 16 18

- **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

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

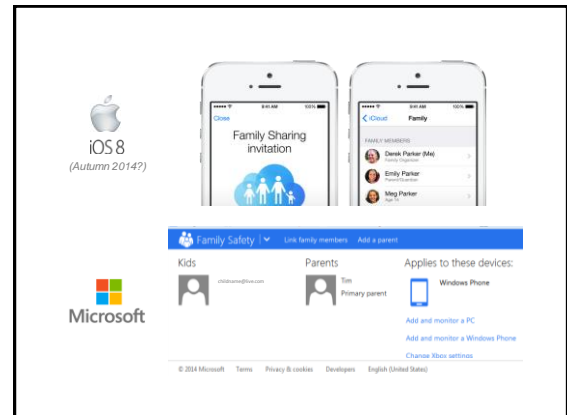


1/3 of 12-15s with SN profile have it set so that it can potentially be viewed by people unknown to them. This is up from 22% in 2012. Ofcom Report on Internet Safety Measures 2014

www.saferinternet.org.uk



<http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parental-controls>



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?" [Would I?]
- ✓ ["Do I have a PIN on my mobile phone?"]
- ✓ ["Have I considered my own online habits & privacy?"]
- ✓ "Would you tell me if you saw something you didn't like?"

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Reputation & Responsibility



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

NEWS FEEDS GAMES & APPS PHOTOS/TAGS

FRIENDS VIDEO

MESSAGING & CHAT EVENTS/ GROUPS

Geo-location ("Friends" only if <18)

WHO'S ONLINE NOW?

ALL FOR FREE BUTWHAT 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

Change your settings here



Re-check your privacy settings using 'View As' function


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Responsibility

WITH GREAT POWER COMES...


...GREAT RESPONSIBILITY.

...to others and to ourselves ...



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...to others



"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*

Think about how what **YOU** do might affect others.

EMPATHY

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...to ourselves

THE IMPORTANCE OF SLEEP

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

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SCREEN TIME

How long is **too long** in front of a screen?

(Tell the person sitting next to you)




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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.
- ✓ Switch off wifi at a certain time?
- ✓ 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 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?"
- ✓ "Why isn't it always a good idea to put photos online?"
- ✓ "How long do YOU think you should stay on-screen?"
- ✓ "Come across anything amazing online recently?"



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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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Questions & comments



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