

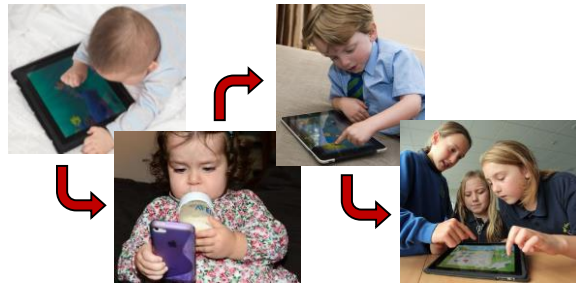
What brings you here today?
What issues are you facing?



KEEP YOUR KIDS
SAFE Online



Growing up online



Mobile Technology



Home vs School



CHILDWISE January 2016

Time spent online 'overtakes TV' among youngsters

More than 2000 children aged 5-16 in schools across the UK complete the survey, on topics including their favourite apps and what they watch on YouTube.

The average time spent online is now **3 hours per day**, compared with 2.1 hours watching television.

67% of young children own a tablet.

Children go online to **watch videos**, **listen to music**, **play games** and research their **homework** - and older children use it for **social networking**, particularly among girls.

YouTube is the dominant destination which is used every day by **almost half** of all five to 16-year-olds, to watch video clips, listen to music and use games-related material.

They particularly want to see "funny" content on YouTube, but about a third watch "how-to" videos, including how to play computer games.

CHILDWISE January 2016

Young people online

3 hours

amount of time 7-16-year-olds

spend online each day

4.8 hours

time 15-16-year-olds spend online

2.1 hours spent watching TV

each day - down from 3 hours in

2000

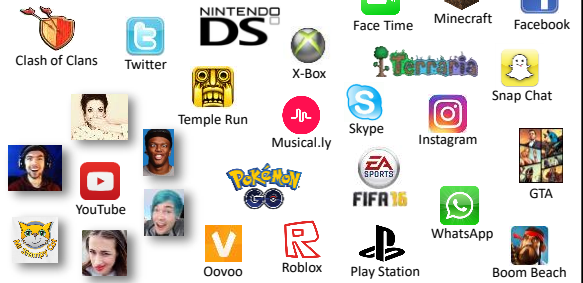
60% watch TV via a phone, tablet

or laptop

38% do most of their TV viewing

on demand

Source: Childwise Monitor report 2016

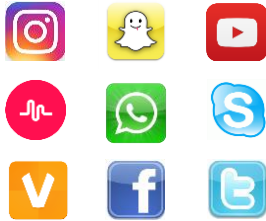
**Games, Apps and Websites****YouTube, Instagram and SnapChat**

Minecraft High School | SCIENCE CLASS DISASTER! | Custom Mod Adventure

**You Tube**

What Social Media sites and apps are children using?

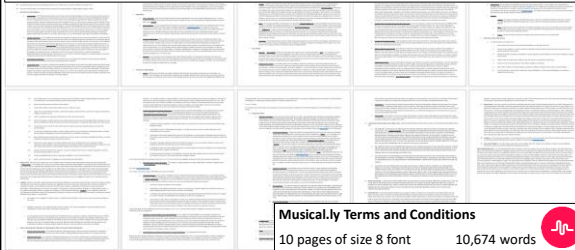
- Instagram
- Snap Chat
- YouTube
- Musical.ly
- WhatsApp
- Skype
- ooVoo
- Facebook
- Twitter
- Other



Age Restrictions On Social Media

13	14	16	17	18	18
Instagram Snap Chat Musical.ly Twitter Facebook ooVoo Skype WhatsApp	LinkedIn		Vine Tinder	Path	13 with parents consent YouTube Keek FourSquare WeChat Kik Flickr

THE SERVICE IS **NOT FOR PERSONS UNDER THE AGE OF 13** OR FOR ANY USERS PREVIOUSLY SUSPENDED OR REMOVED FROM THE SERVICE BY THE COMPANY. IF YOU ARE UNDER 13 YEARS OF AGE, YOU MUST NOT USE OR ACCESS THE SERVICE AT ANY TIME OR IN ANY MANNER. Furthermore, by using the Service, **you affirm that you are at least 18 years of age.**



Musical.ly Terms and Conditions

10 pages of size 8 font 10,674 words

Terms and Conditions

Instagram	You must be at least 13 years old to use the Service
Snap Chat	No one under 13 is allowed to create an account or use the Services
YouTube	You may not use the Service if you are not of legal age to form a binding contract with YouTube
Musical.ly	THE SERVICE IS NOT FOR PERSONS UNDER THE AGE OF 13
Twitter	You must be at least 13 years old to use the Services
Facebook	You will not use Facebook if you are under 13
ooVoo	ooVoo does not provide services for children under the age of 14
Skype	You cannot accept these Terms if you are not of legal age to form a binding agreement with Skype
WhatsApp	You must be at least 13 years old to use our Services

Internet 'not designed for children'

Youngsters are not prepared for what they are signing up to on the internet, and are frequently giving personal information away, according to the Children's Commissioner for England.



Anne Longfield said children did not know how their data was being used due to "impenetrable" terms and conditions.

She said the internet was not designed for children even though they are now the biggest users.

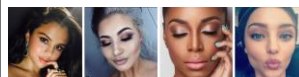
<http://www.bbc.co.uk/news/education-38508888>

5th Jan 2016

Pressure to look perfect hits girls' confidence

Girls are markedly less confident about their looks than they were five years ago, research by Girlguiding suggests.

Just 61% of 7 to 21-year-old girls polled for the [2016 Girls' Attitudes Survey](#) felt happy about their bodies, down from 73% in 2011.



The survey was carried out for Girlguiding by Childwise between March and May this 2016, 4th October 2106 <http://www.bbc.co.uk/news/education-37543769>

Pressure to look perfect hits girls' confidence

Among the 7 to 10 year-olds who took part in the survey:

- 36% said they were made to feel the most important thing about them was their looks
- 38% felt they were not pretty enough
- 35% agreed women were judged more on their appearance than their abilities
- 23% felt they needed to be perfect

The survey was carried out for Girlguiding by Childwise between March and May this 2016.
4th October 2106 <http://www.bbc.co.uk/news/education-37543769>

Pressure to look perfect hits girls' confidence

And these feelings were far more prevalent among the 11 to 21 year-olds who took part:

- 80% felt their looks were the most important thing about them
- 66% felt they were not pretty enough
- 93% agreed women were judged more on appearance than ability
- 47% believed their looks held them back most of the time
- 61% felt the need to be perfect

The survey was carried out for Girlguiding by Childwise between March and May this 2016.
4th October 2106 <http://www.bbc.co.uk/news/education-37543769>

Should Children use Social Media?

VIDEO SHOWN HERE

What to post and share?



Megan secretly films her big brother singing in his bedroom and shares it with all her friends

Sam shares a video of himself pretending to be his pet dog

Ellie shares a picture of her new guitar

Ellie shares a silly selfie only with Sam. Sam sends it to other friends in his class

Alfie shares a video of his cat looking grumpy

Sam shares a photo of his brother who had just got out of the bath



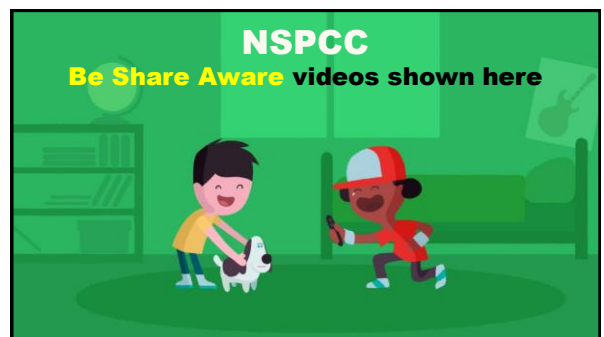
OK to share



It depends...



Not OK to share



Risks children face....



Cyberbullying (and cyber-meanness)

Cyberbullying is the use of technology to harass, threaten, embarrass, or target another person.

Online threats and mean, aggressive, or rude texts, tweets, posts, or messages all count. So does posting personal information, pictures, or videos designed to hurt or embarrass someone else.



Cyberbullying - TOP TIPS

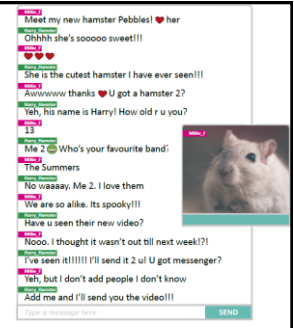
- Don't be afraid to ask questions
- Offer reassurance and support
- Keep the evidence
- Block the bullies
- Know where to go to report and for support



Grooming

Grooming is when someone builds an emotional connection with a child to gain their trust for the purposes of sexual abuse, sexual exploitation or trafficking.

Superb0y:
wanna meet after school???



Grooming via gaming

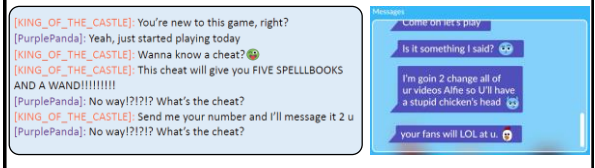
- Does your child play online games?
- Do they know who they're playing against?
- Do *you* know who they're playing against?



Phishing and Blackmail

Phishing is the attempt to acquire sensitive information such as usernames, passwords, and money, by pretending to be trustworthy.

Your child can be threatened into doing something they will regret.



Grooming, phishing, blackmail - TOP TIPS

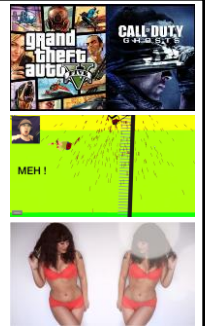
- Talk to your child about their online 'friends'
- Talk to them about online grooming / phishing
- Let your child know that you are always there for support and you understand how easy it is for things to get out of control online
- Learn how to report any inappropriate contact made to your child online

Inappropriate Content

Games, Videos, Apps & Websites

- Pornography
- Violence
- Swearing
- Racial Hatred
- Promoting eating disorders, self harm
- Gambling

How does your child decide what is suitable to watch or play?

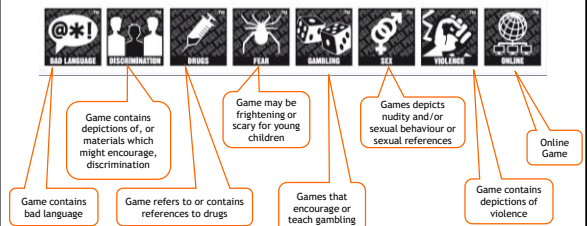


Gaming



Descriptors shown on the back of the packaging indicate the main reasons why a game has received a particular age rating.

There are eight such descriptors: violence, bad language, fear, drugs, sexual, discrimination, gambling and online gameplay with other people.

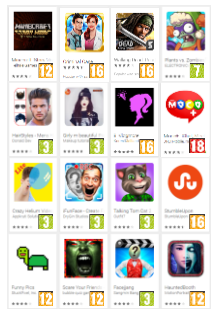


Apps

Does your child use a tablet or phone?

Are all the apps age appropriate?

Have you checked their PEGI rating?



Parental Controls

It is possible to set controls on:

- Tablets
- Mobile phones
- Games Consoles
- Computers
- Laptops
- Smart TVs
- Routers



✓ I want Parental Controls

- ✓ We'll help keep your family safe from inappropriate online content.
- ✓ Protect all the devices in your home
- ✓ Activate with one easy setup, no downloads required
- ✓ Select the appropriate filter level for your family

Continue to set up Parental Controls



Set on *all* devices that link to the internet

Remember...

Blocking and filtering are not 100% accurate and not a substitute for open communication!

Parental Controls - TIPS

Set rules for use

- Limit time
- Choose where they use the technology?
- Ban inappropriate games/YouTube channels
- **CREATE A FAMILY MEDIA PLAN?**



Control and Monitor

- Block games/sites/channels not age appropriate
- What are they playing/watching?
- Who are they playing with?



What do experts say?

By the age of seven the average child will have spent a full year of 24-hour days watching recreational screen media. Over the course of childhood, children spend more time watching TV than they spend in school.

'Managing Screen Time and Screen Dependency' Dr Aric Sigman

"So, your kids must love the iPad?" I asked Mr. Jobs. "They haven't used it," he told me. "We limit how much technology our kids use at home."

Journalist interview with Steve Jobs, co-founder of Apple

Babies show signs of distress when they look to a parent for a reassuring connection and discover the parent is distracted by technology. 70% of kids think their parents spend too much time on devices, and accuse their parents of double standards.

Catherine Steiner-Adair, clinical psychologist

"Brains are being stimulated before bedtime in the way that books don't do. Exciting games just before bedtime is not a good idea. Electronic devices should be switched off at least an hour before bedtime"

'Managing Screen Time and Screen Dependency' Dr Aric Sigman

How much screen time is unhealthy for children?

The **US Department of Health** recommended that children under 2 should not be in front of a screen at all, and over that age the maximum leisure screen time should be no more than two hours a day.

The **French government** has banned digital terrestrial TV aimed at all children under 3, and Australia and Canada have similar recommendations and guidelines.

In **Taiwan** parents are legally obligated to monitor their children's screen time. The Taiwanese government can levy £1,000 fines on parents whose children are using electronic devices for extended periods of times.

Similar measures exist in **China** and **South Korea** that aim to limit screen time.

There is currently no medical or governmental guidelines on screen time in the UK.

The advice from the National Institute for Health and Care Excellence (Nice) is that children should have TV-free days, or have two-hour limits on the time spent in front of screens.

Family Media Plan

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN

Media should work for you & work within your family values & parenting style. When media is used thoughtfully & appropriately, media can enhance daily life. But when used inappropriately or without thought, media can displace many important activities such as face-to-face interaction, family-time, outdoor-play, exercise, unplugged downtime & sleep.

By creating a Personalized Family Media Use Plan, you can be aware of when you are using media to achieve your purpose. This requires parents & users to think about what they want those purposes to be. The tool below will help you to think about media & create goals & rules that are in line with your family's values.

To make YOUR family's Media Use Plan, start by entering your family's information. This information will remain private and confidential.

Create Your Family Media Plan

Media Time Calculator

<https://www.healthychildren.org/English/media/Pages/default.aspx#home>

Edwards Family Media Plan



Jane
6-12 years

Screen Time Limits
How much screen time is allowed each day?
How much screen time is allowed on weekends?
How much screen time is allowed on school days?

Screen Time Times
What times of day are screen devices allowed?
What times of day are screen devices not allowed?

Screen Time Locations
Where are screen devices allowed?
Where are screen devices not allowed?

Screen Time Rules
What are the rules for screen time?
What are the consequences for breaking the rules?

Screening Rules & Off-Screen Time

By creating a Family Media Plan, you can be aware of when you are using media to achieve your purpose. This requires parents & users to think about what they want those purposes to be. The tool below will help you to think about media & create goals & rules that are in line with your family's values.

Screening Rules
What are the rules for screen time?
What are the consequences for breaking the rules?

Off-Screen Time
What are the rules for off-screen time?
What are the consequences for breaking the rules?

Screening Rules
What are the rules for screen time?
What are the consequences for breaking the rules?

Off-Screen Time
What are the rules for off-screen time?
What are the consequences for breaking the rules?

YouTube
KIDS

Dive into a world of discovery, learning and fun

YouTube Kids gives your family an easy way to watch their favourite programmes or explore anything that captures their imagination. It's free, simple to use and full of family-friendly videos.

YouTube Kids. Made for curious little minds.

Get it on Google play

GET IT ON App Store

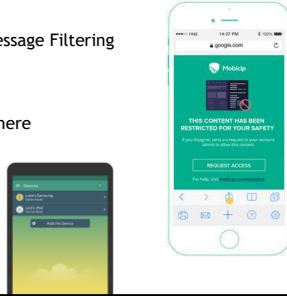
YouTube Kids Parent Guide



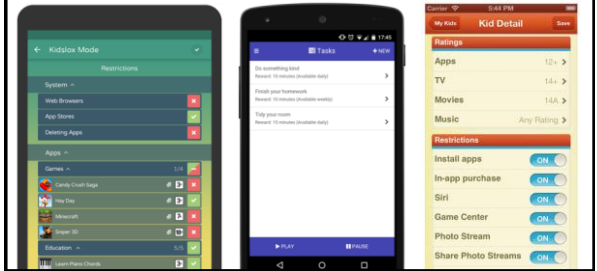
Parental Control Apps

What can they do?

- Limit Contact Lists and Text Message Filtering
- Block Features and Media
- Set Time Restrictions
- App Blocking and Disabling
- Access Parental Controls Anywhere
- Internet Protection
- Read texts
- Review photos
- View call logs



Parental Control Apps



'Sharenting': Are your children OK with what you post?

The first "social media babies" now have their childhoods shared online by their families- and they're not always happy about it.

Research suggests the average parent shares up to **1,500** images of their child online by the time they're 5.

Posting images of your child in school uniform, using their full name or showing them in recognisable places can make it easy to locate your child.

Linking your photos with your profile can reveal a lot about your family's identity and habits.



<http://www.bbc.co.uk/news/23649>

'Sharenting': Are your children OK with what you post?

The internet has a long memory, and it can be very difficult to remove your child's digital footprint. However cute it is, an "embarrassing" photo could be seen by your child's future employer, school friends, or even potential partners.

Your child might not want to be reminded of their "awkward" phase after it's over. A good rule of thumb is not to post the sorts of pictures of your child that you wouldn't be happy sharing of yourself.



<http://www.bbc.co.uk/news/23649>



Keep Safe. Speak to an adult

Summary

- Ensure your child is happy to talk to you
- Establish rules for their online use, (Media Plan?)
- Set parental controls
- Monitor what they are doing
- Speak to them about their online profile
- Know how to report

