



Parents & Carers Online
Safety Update

P Flynn

Learning Technologies
Team

www.lttonline.net

What do we want for our children?

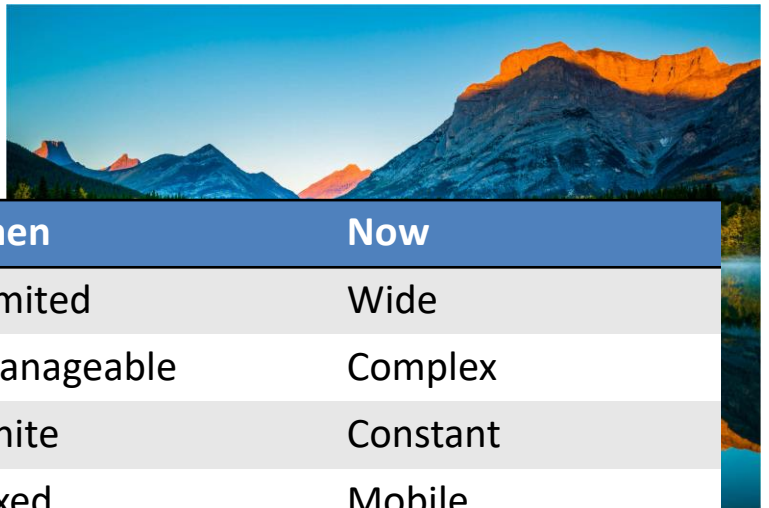
- To use technology positively, respecting themselves and others whilst using it
- To understand how their actions in the present may have future consequences
- To be in control of their digital lives (what they share, with whom and how they communicate)
- To build online resilience
- To be able to critically evaluate content
- To avoid health risks related to technology use

Positives

- Technology is a good thing (if used appropriately!)
- Technology assists with our lives – it can be an enabler
- A world of technology is second nature to our young people – they see no difference between their online and offline lives



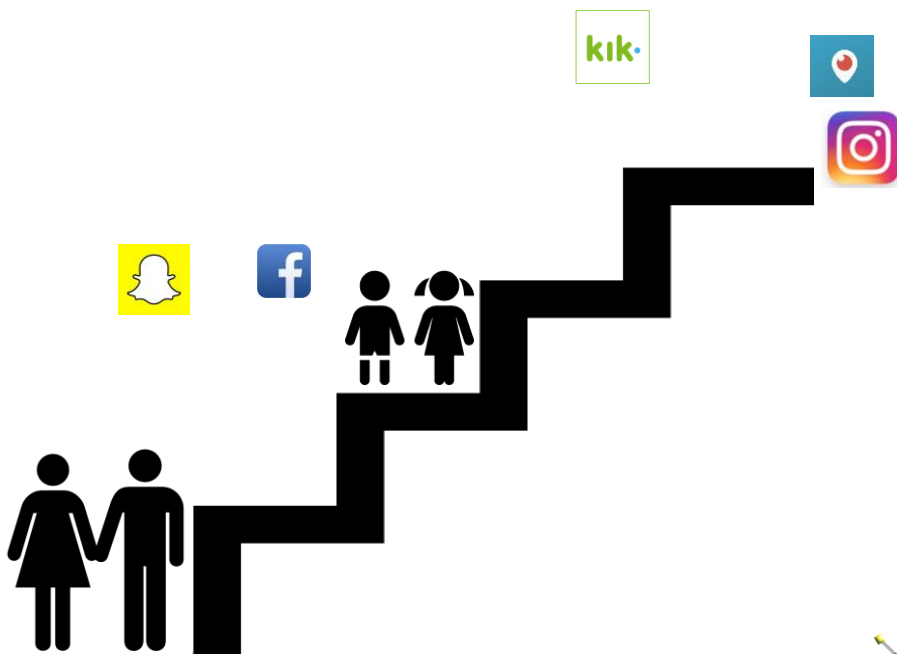
Changing landscapes



	Then	Now
Choice	Limited	Wide
Privacy	Manageable	Complex
Connectivity	Finite	Constant
Access	Fixed	Mobile
Socially	Selective	Transparent
Technology	Simple	Sophisticated



We don't go online
anymore...



Part of the problem ...

“It’s fine ... I know X is safe because when I look at his internet history it’s always empty...”

Wolverhampton parent, 2016



Part of the problem ...

“I’m more worried now about what my daughter gets up to on her iPad in her bedroom than I am when she’s with her friends out on the street”

Wolverhampton parent, 2017





BEHAVIOUR



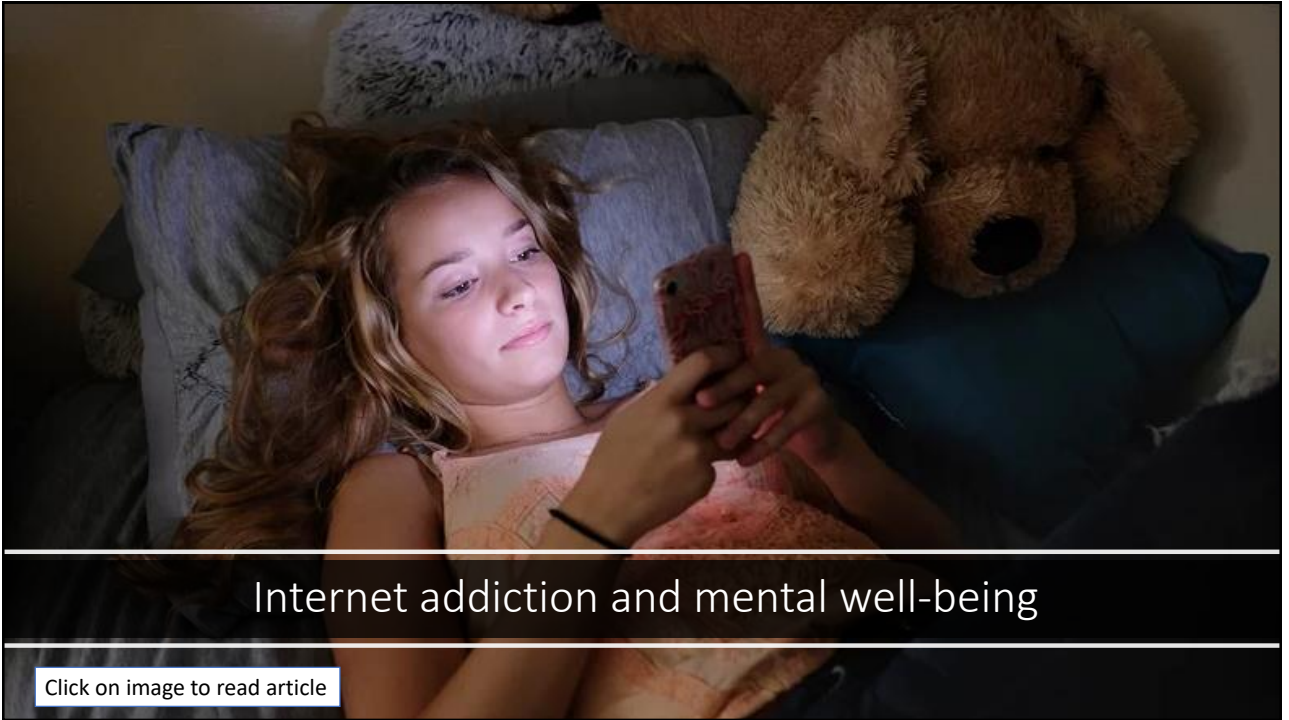
"It's important to encourage children to stay safe, but we should also encourage them to create positive content, to offer support to others who are struggling, to build empathy and responsibility, to identify and deal with challenging content, and to explore how to balance their lives online and offline"

Sarah Brennan, Chief Executive of YoungMinds

YOUNGMINDS

The voice for young people's mental health and wellbeing

Digital resilience



The factors asked about were as follows:

1. Awareness and understanding of other people's health experiences
2. Access to expert health information you know you can trust
3. Emotional support (empathy and compassion from family and friends)
4. Anxiety (feelings of worry, nervousness or unease)
5. Depression (feeling extremely low and unhappy)
6. Loneliness (feelings of being all on your own)
7. Sleep (quality and amount of sleep)
8. Self-expression (the expression of your feelings, thoughts or ideas)
9. Self-identity (ability to define who you are)
10. Body image (how you feel about how you look)
11. Real world relationships (maintaining relationships with other people)
12. Community building (feeling part of a community of like-minded people)
13. Bullying (threatening or abusive behaviour towards you)
14. FoMO (Fear Of Missing Out – feeling you need to stay connected because you are worried things could be happening without you)

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YOUNG
HEALTH
MOVEMENT

RSPH
ROYAL SOCIETY FOR PUBLIC HEALTH
VISION, VOICE AND PRACTICE

#StatusOfMind

social media and young people's mental health and wellbeing





DrMichael Carr-Gregg @MCG58 · 19h
Isn't it time to teach sleep hygiene in schools? #beducation

Quality sleep delivers the goods

Anna Patty

Younger employees often put in long hours, cutting back on sleep to get ahead, and chief executives usually lead the charge with a ferocious attitude to red-eyed invincibility.

But BHP chief executive Andrew Mackenzie said less was more when it came to productive hours at work.

"I've found that the more senior I've become, the more important it is that I work fewer hours," Mr Mackenzie said. "A rested Andrew can do more in four hours than a tired Andrew can do in eight."

"It's not only diminishing returns, [not being rested] is like a scorpion's tail; it can undo things," he told Qantas magazine. That's true of everyone's productivity, particularly in an intellectual role like that of a CEO. A lot of boards don't get that. People need to be fresh."

Mr Mackenzie said he needed 6½ to seven hours of sleep each night, or eight hours if he had not eaten sensibly and exercised.

Professor David Hillman, of the Sleep Health Foundation, said Mr

Mackenzie's comments squared with research on the importance of sleep for productivity in the workplace.

"It is very refreshing to see that this message has penetrated to important places like the head of BHP," he said.

A recent study by Deloitte Access Economics found 39.8 per cent of Australians did not get enough sleep and that sleep deprivation cost the economy an estimated \$66.3 billion in health bills, lost productivity and wellbeing in 2016-17. Lost productivity included "presenteeism", where workers were present at work but too tired to be productive.

The study estimated productivity losses were \$17.9 billion or \$2418 a person, and costs to the health system were \$1.8 billion or \$246 a person. Costs to overall wellbeing were estimated at \$40.1 billion.

"The need for good sleep is underappreciated by the community generally, so a lot of people are trying to get by on less sleep than they require," Professor Hillman said. "And that has effects on not just productivity, but safety and mood."

A sleepy operator of heavy machinery or a sleepy driver, for example, is not only a danger to themselves, but to others.

Ron Grunstein, a professor of sleep medicine at the Woolcock Institute of Medical Research, University of Sydney, and a senior staff specialist at Royal Prince Alfred Hospital, also found Mr Mackenzie's attitude "refreshing" after hearing how some prime ministers and busy executives survived on four hours of sleep a night. "Too many times we've seen these executives, prime ministers and politicians saying they only need four hours' sleep," he said.

"That's basically rubbish. They usually get more and if they don't, they are dangerous."

Younger people often thought they were "invincible" and did not need as much sleep. However, they generally needed more sleep than their elders. On average, most people needed between seven to eight hours of quality sleep. "As a general rule of thumb, people who on a chronic basis get eight hours of sleep do better than people who get four hours of sleep."

MICHAEL ADLER

Click on image to read article

"The 24 hour nature of social media along with the constant stream of airbrushed images on television and in magazines is encouraging girls in particular to strive for an ideal which doesn't exist in reality."



(Image: PA)



Childline has seen an increase in girls having counselling for worries about how they look

Body image

[Click on image to read article](#)

Hundreds of youngsters contacted Childline's base in Manchester with anxieties about the way they look.

Shocking new figures reveal many children and teens are reporting fears about their weight, problems with acne and overall appearance.

The findings from the last two years have been published by bosses at national children's charity Childline.

Childline's Manchester-base provided 541 counselling to youngsters with body image concerns between 2015 and 2017.

Concerns about appearance were far more prevalent among girls with 10 times as many young females contacting Childline as boys.

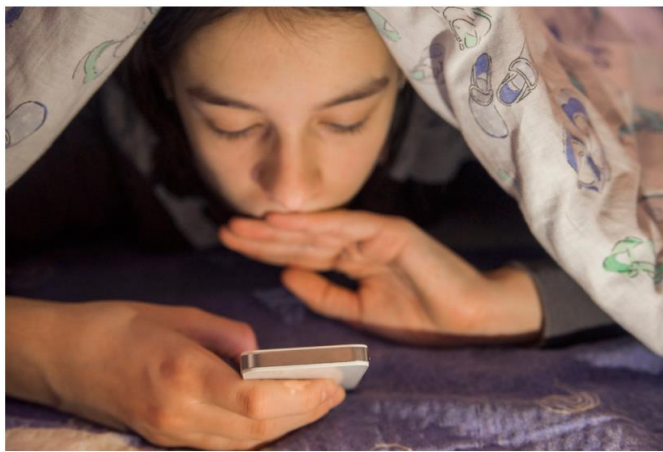
Many girls said 'body perfect' images across, magazines and social media are adding to their anxiety over their own appearance.

1 in 3 children
have been the
victim of online
bullying



Source: McAfee survey of children and parents as reported in the Guardian (14 November 2014) "Number of children who are victims of cyberbullying doubles in a year"

STUDY SHOWS ALARMING NUMBER OF TEENS CYBERBULLY THEMSELVES



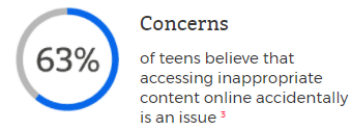
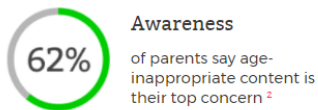
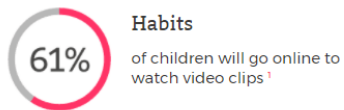
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HOUSTIAN | 10/30/2017

inappropriate content

It's possible that children may come across things online which are inappropriate for their age and stage of development. You can use filters to block this content and prepare your child by showing them the best ways to avoid it.

- Learn about it
- Talk about it
- Deal with it



[Click on image to access website](#)

Police investigate 17 child sexting cases a day

8 hours ago | UK

[f](#) [t](#) [m](#) [e](#) [Share](#)



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8% of Wolverhampton children (2017) have been asked to send an 'inappropriate' picture of themselves. (165 young people)

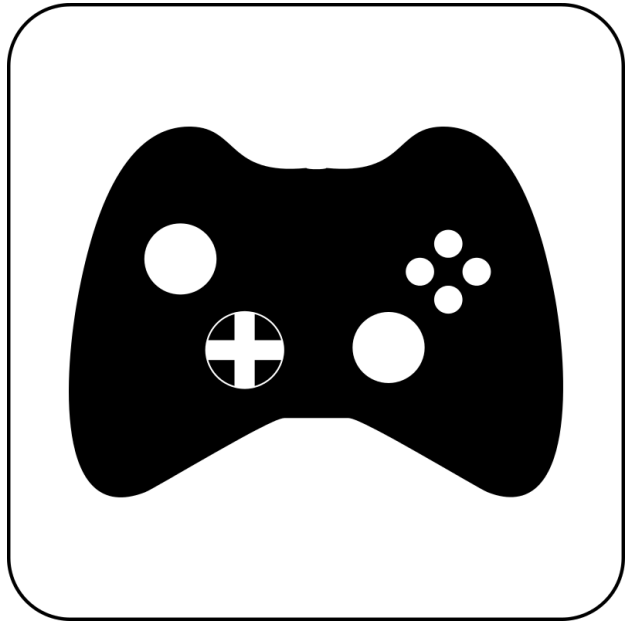
Of those, a further 6% have actually sent

Source: LTT eSafety survey, 2017

Online
challenges



Online gaming



eSafety

Staying safe online: some golden rules

- don't give out personal information, such as your address or phone number
- don't send pictures of yourself to anyone, especially indecent pictures
- don't open emails or attachments from people you don't know.
- don't become online 'friends' with people you don't know
- never arrange to meet someone in person who you've met online
- if anything you see or read online worries you, tell someone about it



Children's Commissioner 5 a Day

1. Connect: Message, have fun and play with friends and family both online and offline.
2. Be active: Take some time off and get active - movement helps boost emotional wellbeing.
3. Get creative: Don't just browse the internet but use digital tools to create content, to build new skills and discover new passions.
4. Give to others: Be positive online, report bad content and help others to balance their own 5-a-day.
5. Be mindful: If time online is causing stress or tiredness then take some time off and ask for help when you need it.





Reality check



Young people are inquisitive

They are risk takers



They feel pressure

- **To conform**
 - Online presence
 - Body image
 - Belonging – FOMO
- **To be different**
 - To rebel
 - Alter-ego
 - To express alternative views





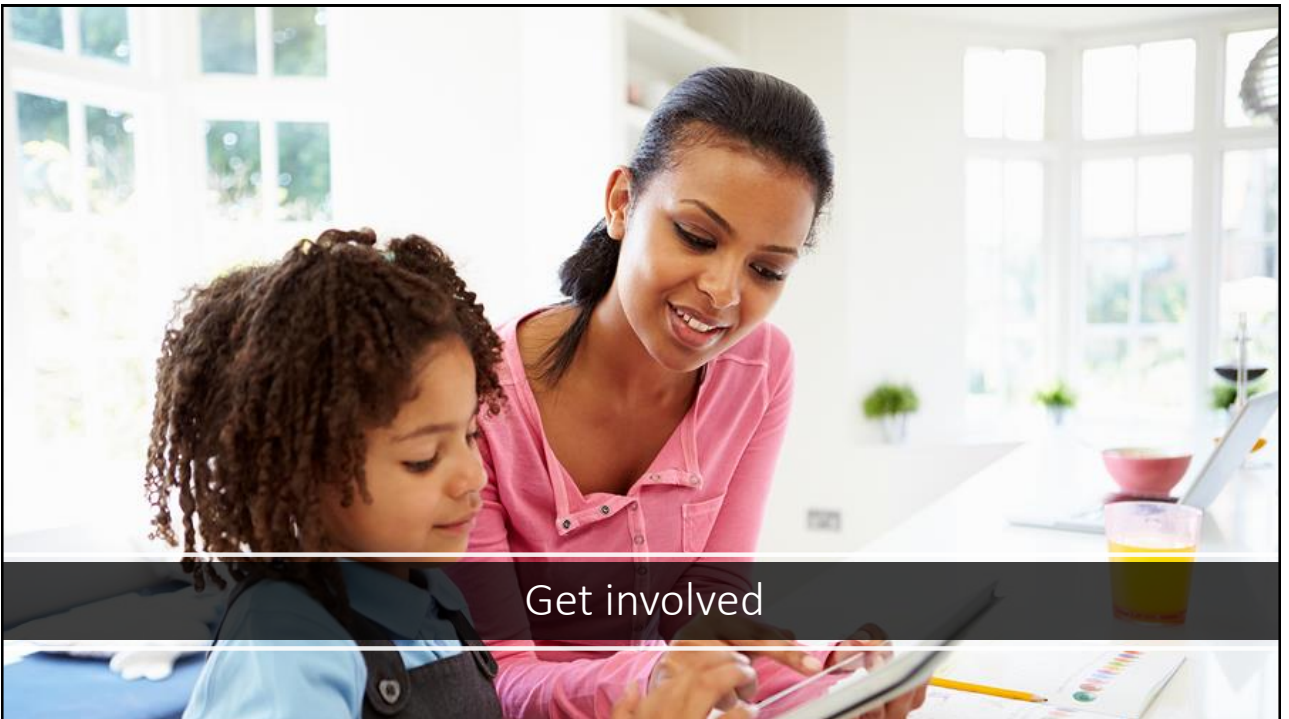
Young people are young people!



Romeo & Juliet

<https://www.youtube.com/watch?v=FNSXxf-luKM>

So
what
should
you?



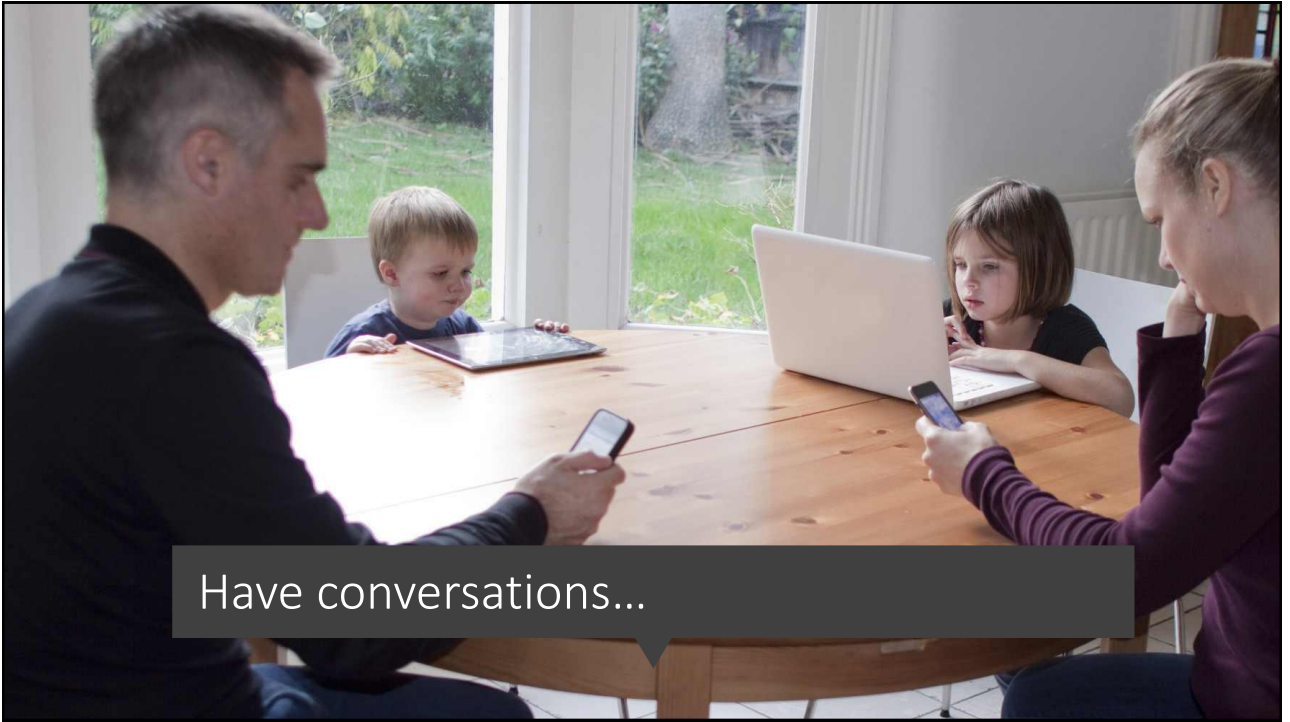
Get involved



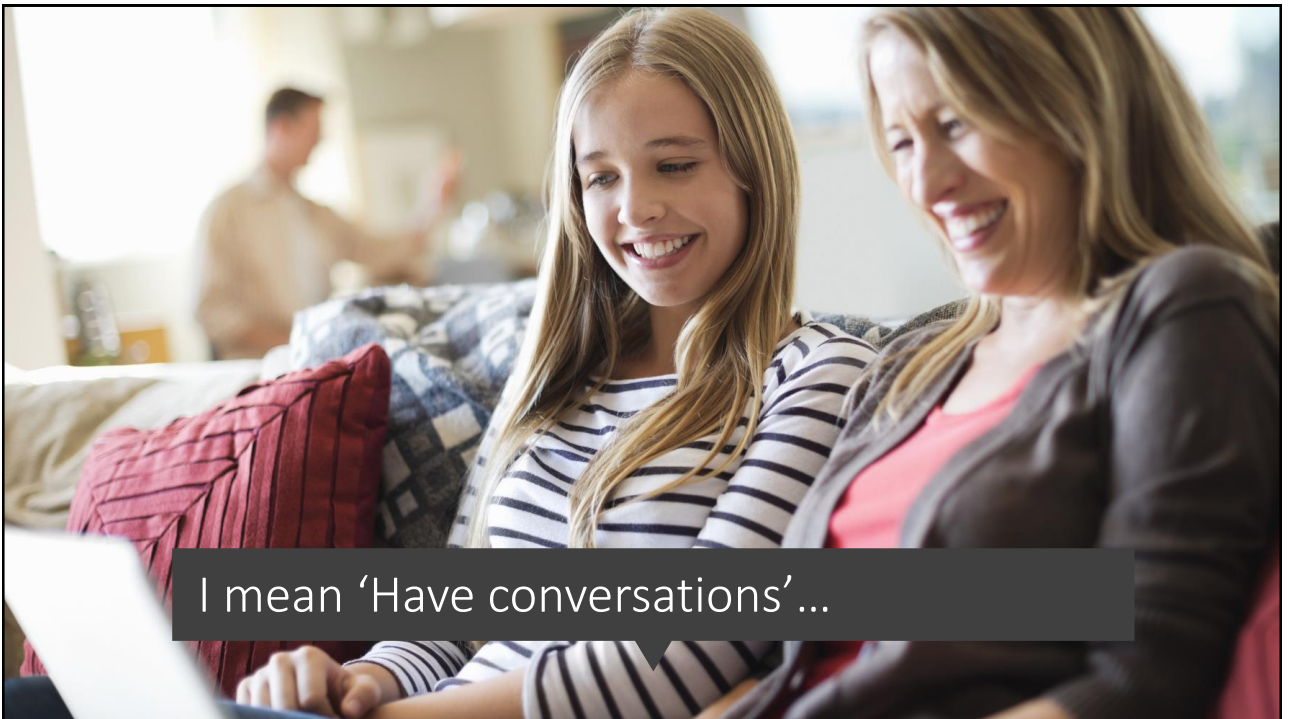
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Have conversations...



I mean 'Have conversations'...

21st century digital attributes

- Critical evaluation & thinking
- Empathy
- Respect
- Self-respect
- Consent
- Choice
- Self-control
- Health
- Sense of consequence



Supporting young people

Control and filter



www.parentalcontrols-on.org/

Useful links:



Playstation Network
Support
Website



Xbox Support
Website



PEGI
Website



Nintendo Support
Website

www.childnet.com/parents-and-carers/hot-topics/gaming



www.internetmatters.org



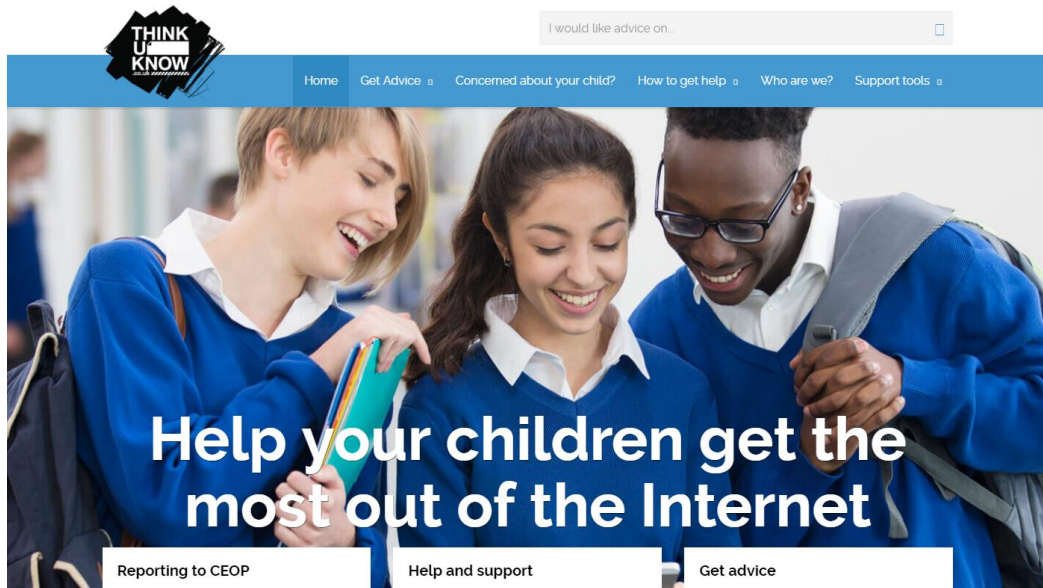
www.parentinfo.org



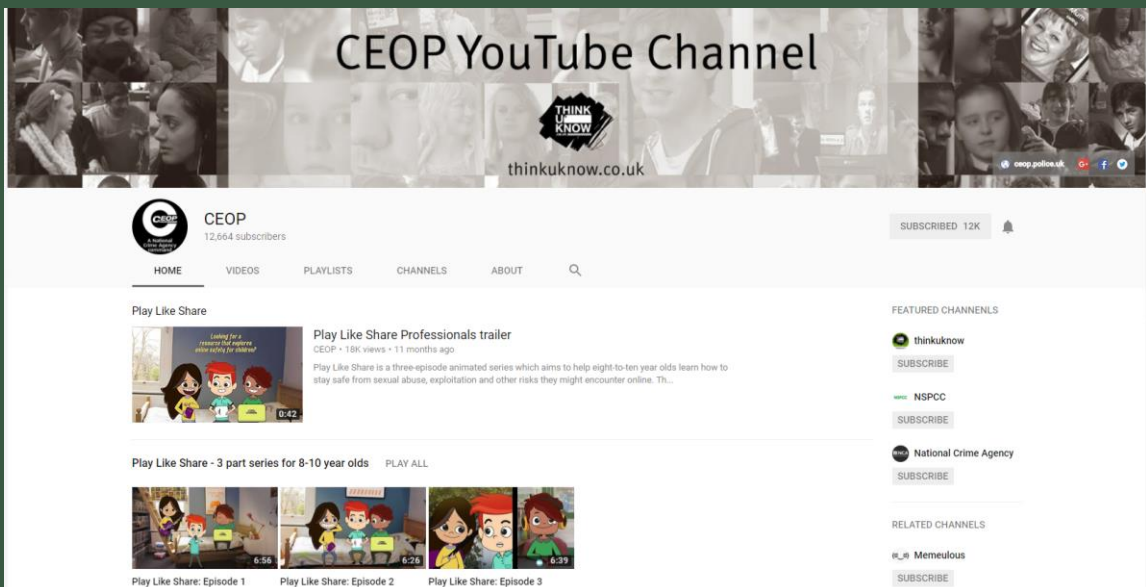
www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety

Resources





Click on image to access website



Click on image to access website

What you can do

- Be involved – they probably want you to be!
- Apply parental controls
- Ensure technology is used in shared spaces
- Talk to your child – ask to see what they are doing online, what apps they are using and who their online 'friends' are
- If your children have social media, have accounts yourself
- Watch for changes in your child's behaviour
- Be a positive role model



And if things go wrong ...

- **Reassure your child and be prepared to discuss and support**
- Keep any worrying content, block users if necessary and report the issue
- Contact the school
- Report inappropriate content to the website or social network
- If the incident is particularly serious, contact the police on 101 or contact CEOP - www.ceop.police.uk/Ceop-Report/



And finally...

More cases of parents using social media inappropriately to:

- voice concerns/opinions
- discuss the school
- make inappropriate comments about staff
- post pictures/videos of other children
- Anything published on social media **is** in the public domain
- Remarks could be classed as libellous

**School does have
the right to take
legal action**



And finally ...

What will be your
next steps?



Many thanks

Patrick Flynn

Learning Technologies Team

Twitter @LTTonline

YouTube: Wolverhampton LTT

