

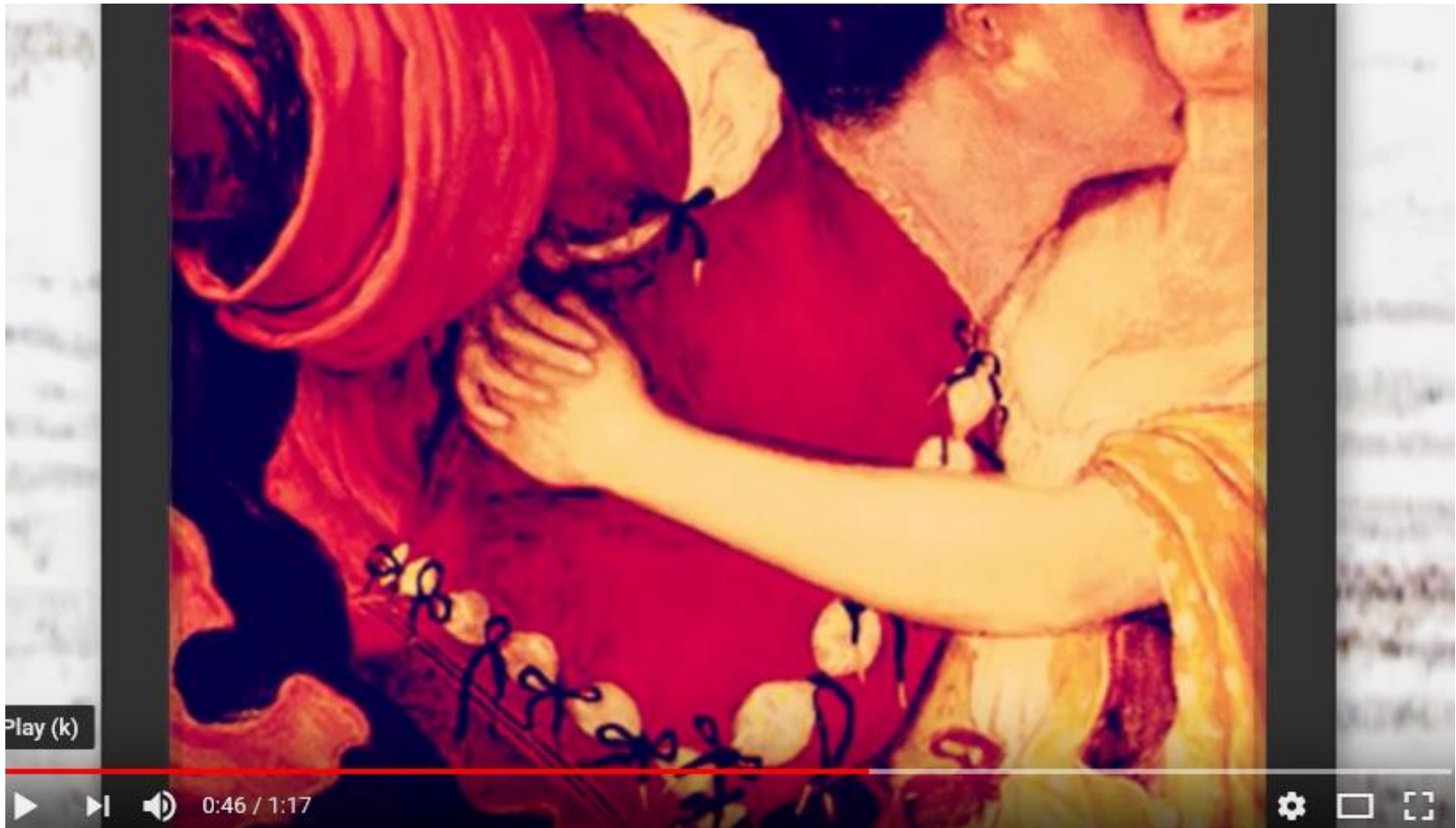


# 5 things about the internet that absolutely every parent needs to know\*



**\* Plus an opportunity to ask questions!**

# 1. Things move quickly in digital space



<https://youtu.be/FNSXxf-luKM>



But you don't need to keep up

Telegram

live me

FORTNITE

SARAHAAH

Houseparty

TikTok

SNAPCHAT

Periscope

X-box Live

KIK

tumblr

Instagram

Dreamtopia

WHATSAPP

DeviantArt

FML

After School

VSCO

OMEGLE

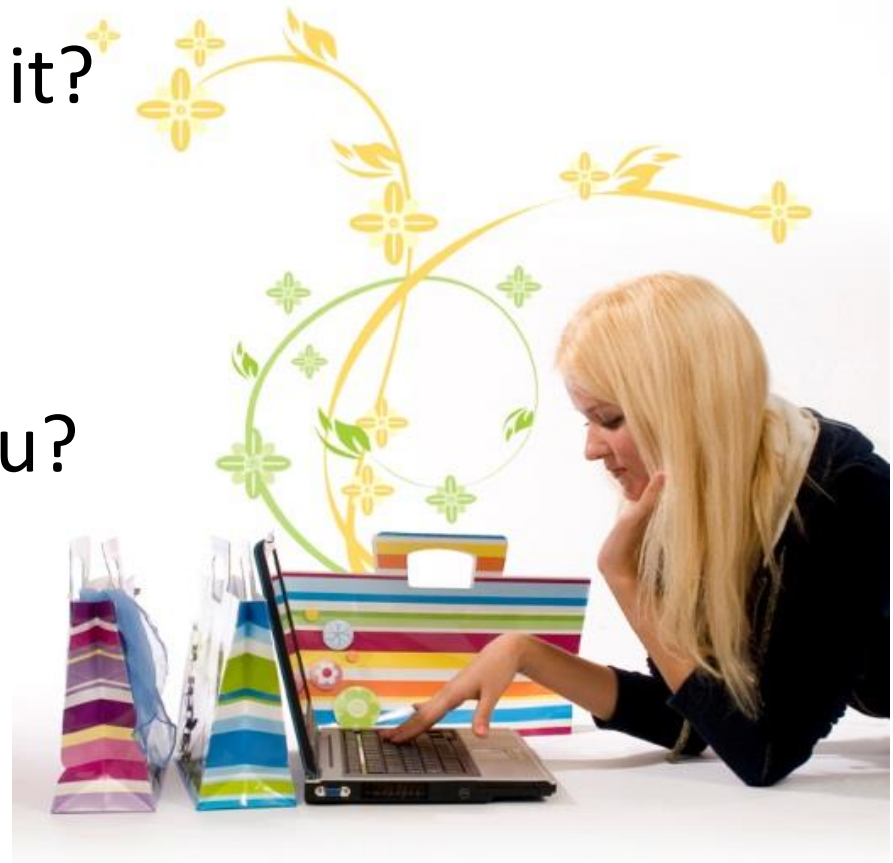
whisper

DISCHORD

chatroulette

# You just need to ask the **right questions**

- What are you doing on it?
  - When do you use it?
  - How do you use it?
  - Why does it interest you?
  - Who is on it?
- ... and **most crucially**
- Is it fun?





# And maybe drop in on the experts

- [www.net-aware.org.uk](http://www.net-aware.org.uk) is a UK guide to apps and social networks
- [www.common sense media.org](http://www.common sense media.org) is a guide to apps, games, networks and more from around the world
- The NSPCC/O2 Parents helpline call on **0808 800 5002** for free, Mon – Fri 9am – 7pm  
<https://www.o2.co.uk/help/nspcc/helpline>



## 2. Online life is real life

- Although we all use terms like IRL and Real Life Friend we're not really living separate online and offline lives now
- Devices are always on and always connected
- This hyperconnected life is presenting challenges





# Streaking and social pressure

- Snapchat friend markers:
  - If people snap each other once a day they get a streak 🔥
  - If they snap each other the most they get a heart 💖
  - If they start snapping someone else more, the heart changes into a smiley 😊
  - Other emojis indicate length of friendship, mutual friends, or “strength of friendship” 😎 😏 🤪 🧒 ⭐ 100

“In our research, features such as these seemed to contribute to jealousy, insecurity and a drive for seemingly meaningless communication”



OXFORDSHIRE  
COUNTY COUNCIL



# Top five ways to reduce digital pressure

1. Keep devices out of the bedroom
2. Listen to your early warning signs – is it fun? If not, stop.
3. Take breaks in conversations to stop and think before you message back.
4. Build up a list of things to do on your device that reliably make you feel good.
5. If you're feeling overwhelmed do a full digital detox – even if it's only for a day.





# A quick word about screentime

- There's lots of concern at the moment over whether screen-time is damaging health
  - Accurate if screen time is a proxy for inactivity
  - Concerns about blue light are iffy
- A useful concept to try and figure out if you are doing too much digitally is "Time on Device" (or TOD). Can you calculate yours?
- Children often say they want their parents to spend less time on their devices!



### 3. There are risks in digital life...

Please not  
ANOTHER  
E-Safety  
lesson...

Sexting

Fake friends Fake news

Online Fraud Scams

Bitcoin Radicalisation

Cyberbullying Grooming Online drug dealing

Exploitation memes Risky Gaming  
Dark web





**Top Tip  
Number**

**1**

People you don't know are strangers. They're not always who they say they are.

**Top Tip  
Number**

**2**

Be nice to people on the computer like you would in the playground.

**Top Tip  
Number**

**3**

Keep your personal information private.

**Top Tip  
Number**

**4**

If you ever get that 'uh oh' feeling, you should tell a grown-up you trust.







# Be smart on the internet

Childnet  
International  
[www.childnet.com](http://www.childnet.com)

S

**SAFE**

Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.

M

**MEETING**

Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.

A

**ACCEPTING**

Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!

R

**RELIABLE**

Information you find on the internet may not be true, or someone online may be lying about who they are.

T

**TELL**

Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

You can report online abuse to the police at [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

THINK  
UK  
KNOW

[www.kidsmart.org.uk](http://www.kidsmart.org.uk)

KidSMART

Visit Childnet's Kidsmart website to play interactive games and test your online safety knowledge. You can also share your favourite websites and online safety tips by Joining Hands with people all around the world.

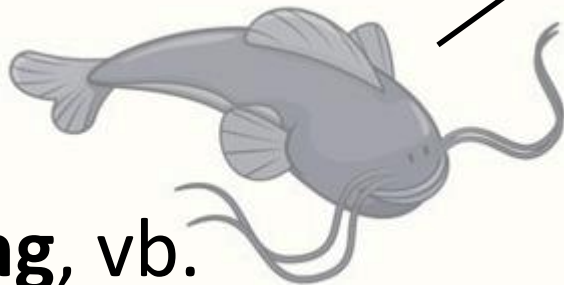


OXFORDSHIRE  
COUNTY COUNCIL



# But they've heard it all before....

Awareness  
among young  
people is high.



Overall 6% of young  
people had met an  
online contact who  
weren't who they said  
they were – 7.5% of  
boys and 3.5% of girls.

## **Catfishing, vb.**

Pretending to be someone you are not  
when forming relationships\* online.

Just like adults, they use safety  
strategies to help reduce risk.

This could reflect  
individual vulnerability,  
revictimization as a  
result of their details  
being shared among  
risky adults, or both.

2.6% of  
respondents  
said this had  
happened to  
them often

\* Broader than grooming, this also  
covers people scamming, seeking  
blackmail material or money, playing  
tricks or jokes or pursuing contact for  
emotional or psychological reasons



**OXFORDSHIRE  
COUNTY COUNCIL**



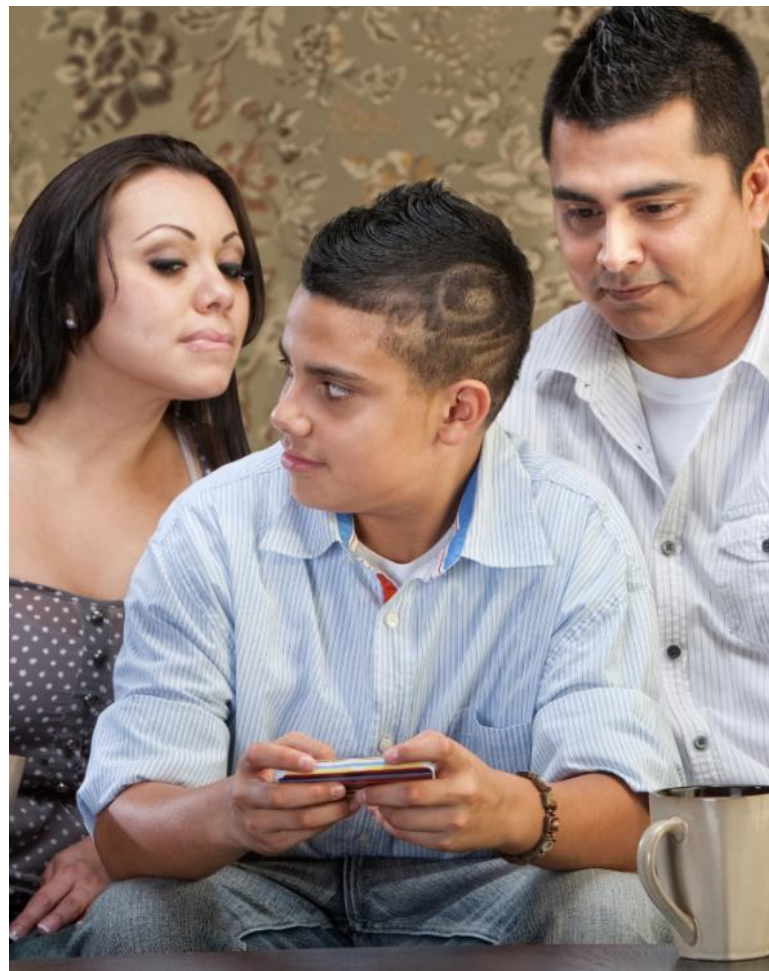
# Examples of children's Safety Strategies

- Getting photos to confirm identity
- Videocall to confirm they are a real person
- Meet in a safe and public place
- Ask the other person to get a friend to walk them there (and you do the same)
- Tell parents and get them to check/take you
- Make sure there are other people there
- Being ready to leave fast if you see them and they seem dodgy



## 4. Children follow your example

- Children copy parents until adolescence, then they start to take cues from friends
- But they still look to parents for normal behaviour (norms), moral arbitration and security





# Face time < Face-to-face time

**Kids are starting a revolution to get their parents to put down their phones**

- Children learn to talk most effectively from face-to-face interaction
- Adolescents say that face-to-face time matters to them more than digital contact



# How safe is your home digital space?

Age-inappropriate content

Online Gambling

Online victimisation

Facebook fights

Angry behaviour

Uncontrolled  
screentime

Heavy  
phone use



Online pornography

Risky adult  
contacts on  
Facebook

Viruses

Heavy Gaming



# Modelling controlled digital life

- Devices handled calmly
- Face to face contact prioritised
- Devices put to bed
- Physical and fun activities prioritised
- Device time is interruptible
- Education and Work activities prioritised






## 5. Digital life is full of surprises



<https://youtu.be/aDycZH0CA4I>



# But there is lots of help available:

- Safer Internet Centre  
<https://www.saferinternet.org.uk/advice-centre/parents-and-carers>
- Think U Know (CEOP)  
<https://www.thinkuknow.co.uk/parents>
- BBC Own it  
<https://www.bbc.com/ownit>
- Parent Info – CEOP and Parentzone  
<https://parentinfo.org>





# ANY QUESTIONS???

Call the NSPCC/O2 Parents helpline on

**0808 800 5002**

for free, Mon – Fri 9am – 7pm

<https://www.o2.co.uk/help/nspcc/helpline>

Jeremy Day - Digital Safeguarding Lead - Family Solutions Service

