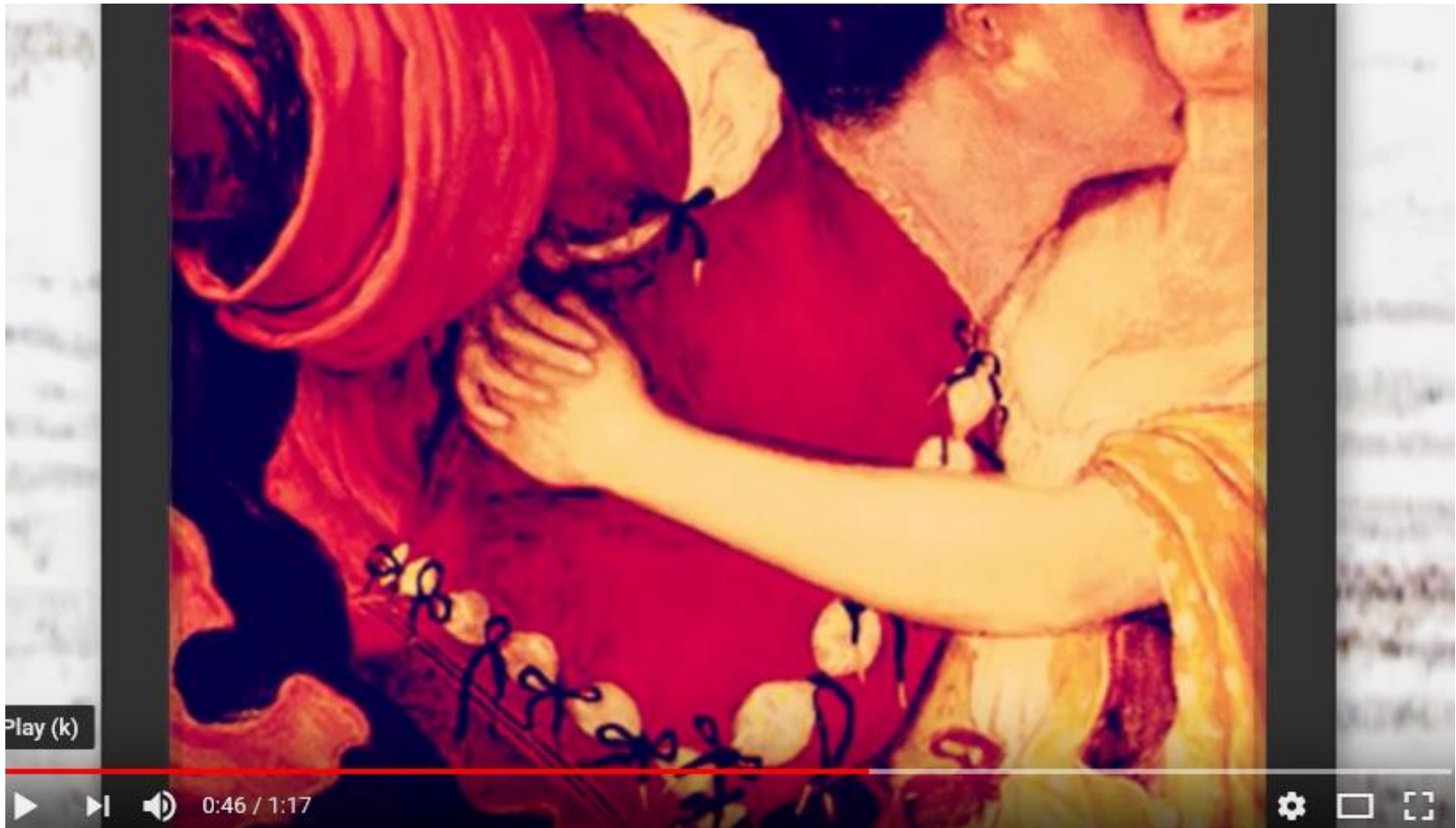# 5 things about the internet that absolutely every parent needs to know*

* 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
SARAHAH
LiveMe
FORTNITE
Houseparty
TikTok
SNAPCHAT
Periscope
X-box Live
Tumblr
Instagram
KIK
Dreamtopia
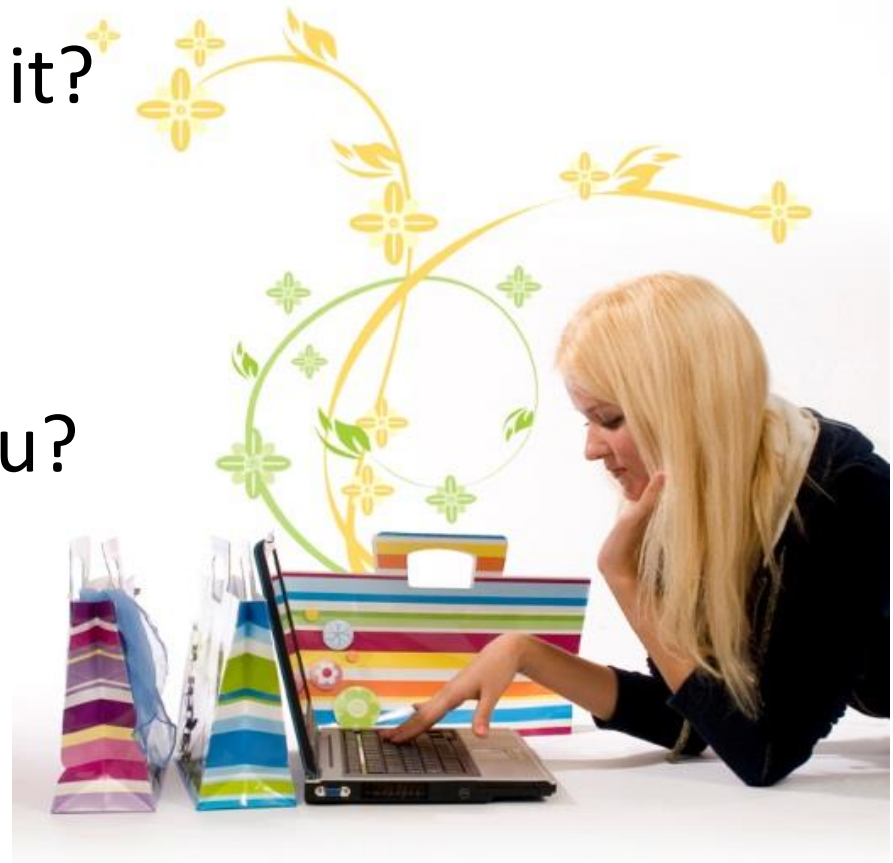WHATSAPP
DeviantArt
FML
After School
VSCO
Wh1sper
OMEGLE
DISCHORD
chatroulette
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You just need to ask the right questions

- 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 is a UK guide to apps and social networks

- www.commonsensemedia.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

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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

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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"

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

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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.

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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!

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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

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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.

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But they've heard it all before….

Awareness among young people is high.

Catfishing, vb.

Pretending to be someone you are not when forming relationships* online.
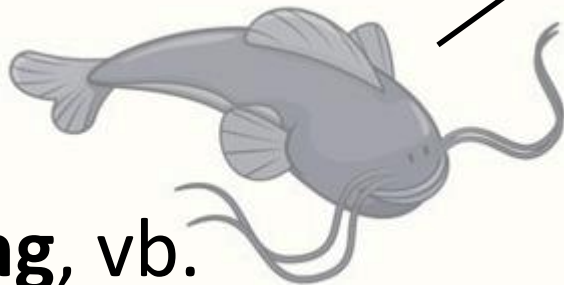
Overall 6% of young people had met an online contact who weren't who they sad they were – 7.5% of boys and 3.5% of girls.

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

* 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

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

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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

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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

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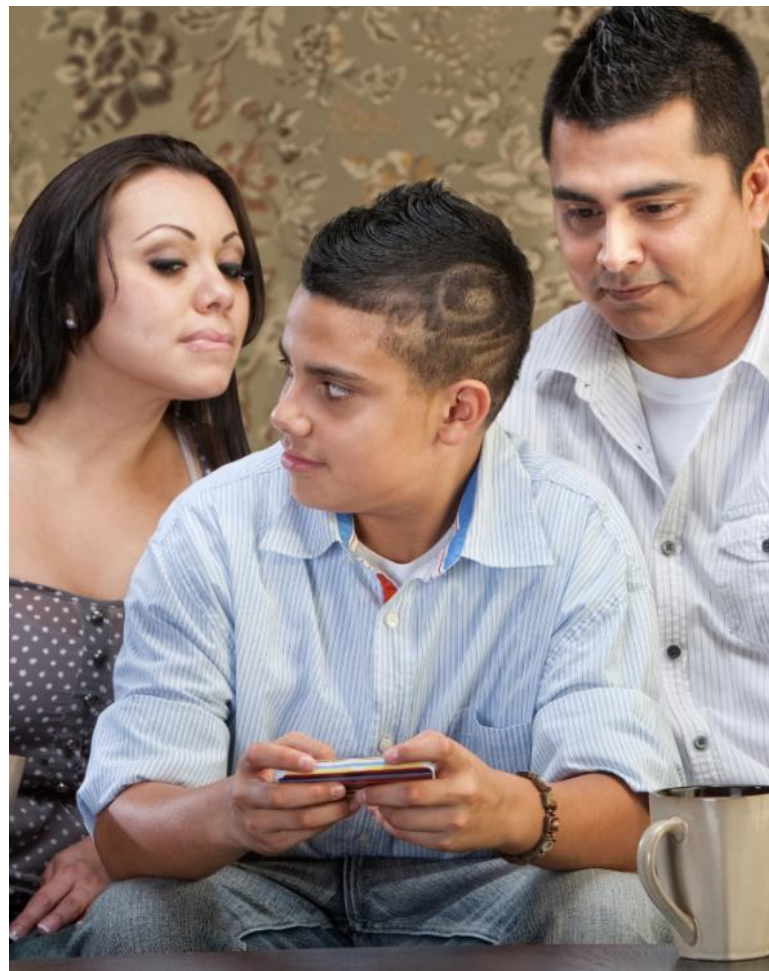
Face time < Face-to-face time

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

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

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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

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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

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