

# Online Safety and digital citizenship

Helping children to flourish in a rapidly changing world

# What have you heard?

What we see in the news can often be contradictory...



It can be overwhelming and not always accurate.

How do we actually prepare our children for a future of social media, ever changing work technologies and fake news?

## A little video gaming 'linked to well-adjusted children'

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Playing video games for a short period each day could have a small but positive impact on child development, a study by Oxford University suggests.

Scientists found young people who spent less than an hour a day engaged in video games were better adjusted than those who did not play at all.

But children who used consoles for more than three hours reported lower satisfaction with their lives overall.

# What is digital citizenship?

A digital citizen is someone who:

- Develops the skills and knowledge to use the internet effectively.
- Uses it in an appropriate and responsible way that helps them to engage with society, politics and education.



Increasingly big data and social media are overlapping.

- Supermarket rewards cards
- Facebook likes
- Shopping habits
- Google searches

How can you get a positive experience from this?

# The myth of the digital native

We often assume that children have great intuitive skills because they've grown up around it.

But being a digital native does not necessarily mean they are tech savvy!

- 83% of millennials say they sleep with their Smartphones but 58% have poor technology problem solving skills.



Don't assume children will naturally gain the skills they need to grow up in the digital world.

We want them to grow up to be critical thinkers.

# Keeping younger children safe

Making sure that the apps, games and videos younger children use at home are safe is key. They won't always know when something is wrong, and websites aimed at younger children can be easily targeted.



Set up parental controls on all of your devices. Your broadband provider can often provide help with this.

Don't rely on the restrictions unconditionally. They're not fail safe, and nothing beats a glance over a shoulder.

Watch out for YouTube!  
Encourage videos from Netflix or iPlayer, and games for Cbeebies or Disney.

# Gaming

Online gaming is schools number one concern for most primary age children. Websites such as Roblox are deceiving and trends can come and go really quickly.

Set up parental controls on the devices. Xbox and Playstation can allow users to play online, using headphones. Disable this if at all possible.

New apps for games come out regularly. Not all of them contain actual games, and can instead be links straight through to chat rooms. Check them!

Watch out for adverts and clickbait in new games – these are generally unregulated.

## Roblox:

Encourage children to set up fake profiles with no personal information.

Discuss with them how everyone else is also using a fake profile!

Check their account regularly, and encourage them to tell you about any strange conversations or bullying that they see online.

# Cyberbullying

<b>Threats and intimidation</b>	Threats sent to people by mobile phone, email, or online
<b>Harassment or stalking</b>	Repeated, prolonged, unwanted contact or monitoring of another person.
<b>Vilification/defamation/ prejudice-based</b>	These may be general insults or racist, homophobic or sexist bullying.
<b>Ostracising /peer rejection/ exclusion</b>	Set up of a closed group refusing to acknowledge one user on purpose.
<b>Identity theft, unauthorised access and impersonation</b>	'Hacking' by finding out or guessing a username and password.
<b>Publicly posting, sending or forwarding information or images</b>	Disclosing information on a website.
<b>Manipulation</b>	May involve getting people to act or talk in a provocative way.

# What is social media?

The first social media site was called 6Degrees and invented in 1997.

Social Media has been taken to a new level with Smartphones.

Our children are probably using different social media to us. New apps like Musicy, Roblox, Periscope etc. Live video streaming and opportunities to talk with strangers are abundant and worrying.



Live Internet Statistics:

<http://www.internetlivestats.com/>



# What are the age restrictions?

*Age*

## Social Media & Internet

*Restrictions*

**13**

Twitter, Facebook, Instagram, Pinterest, Google+, Tumblr, Reddit, Snapchat, Secret, Pandora, iTunes, Spotify, Skype, Myspace, Minecraft

**14**

LinkedIn

**16**

Whats App

**17**

Tinder, YikYak, Vine

**18 (Or, need adult permission)**

Youtube, WeChat, Kik, Keek, Foursquare, Flickr Path, Xbox Live (child account until 18), Playstation Network (sub account until 17)

Current age limits as of 2/24/2015

<http://theparentingskill.com>

They're not always very good at verifying the age of their users!

Websites like Roblox are designed for younger children. They usually have more safety tools in place but this can be deceiving.

# The 'dopamine hit'

We get a dopamine hit every time we see a 'like' on our social media page.

For young people this can mean that they put too much value on the interactions they having on social media and gaming and the opinions of others.

Talking about this dopamine hit with children can help them to put their internet useage into proportion. This can also contribute to FOMO.



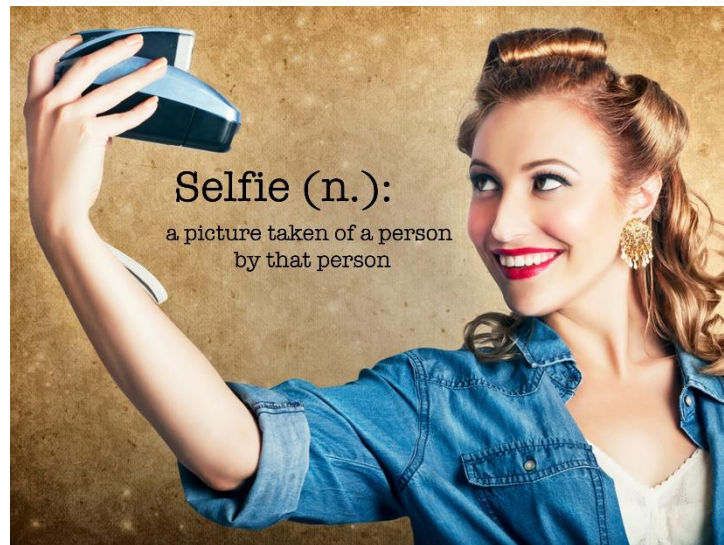
Encourage children to turn off devices regularly and take a break.

Use devices in a shared family area – don't take them to bed!

Discuss it with your children – understand what is or is not important online.

# Self Esteem

What does selfie culture do to our self esteem?



Show children that what is in the media is often photoshopped.

Discuss the fact that people only post the things they want others to see.

We never normally share boring photos online!

# Fake News, Click Bait, Sharing

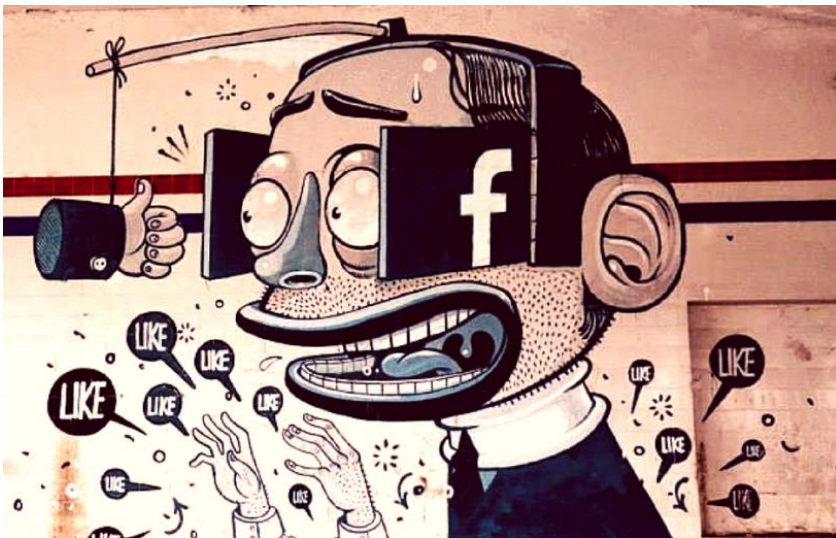
When we turn to social media for our news and opinions two things can happen:

- We might get more, better news but also...
- We can end up in an 'echo chamber' of unreliable sources and similar opinions.
- Algorithms at work in social media will use our data to send us unreliable and limited content.

Show children examples of fake news or click bait and discuss ways that they could spot it.

Discuss alternative opinions, and more reliable news websites such as the BBC or newspaper sites.

Get children to think about the consequences of sharing 'junk'. Get them to think before they share.



# How can children be digital creators?

How can we encourage our children to get a more engaging and fulfilling experience of the digital world?

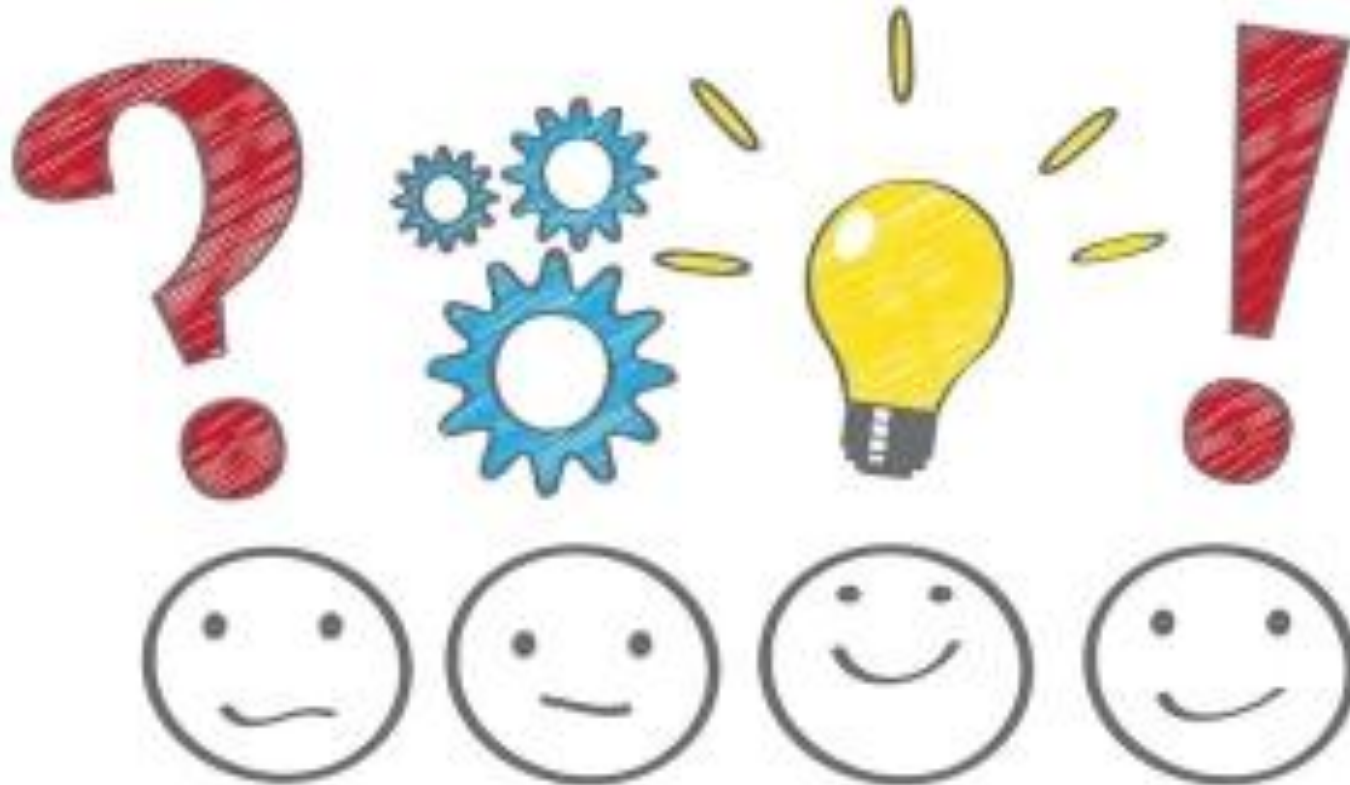
Encourage positive social media sharing and safe ways of networking through websites, apps and games.

Keep an open discussion with your children about what they are up to online. Let them feel confident in coming to you with questions.

Encourage coding, digital art, content creation and projects, homework projects from online research, and self organization with devices. This is what technology is for!



# Any Questions?



# Further resources

- [CBBC LifeBabble guide to digital safety](#)
- [BBC Own It](#)
- [UK Safer Internet](#)
- [ChildNet](#)
- Ask your school – and report any problems!