Living with technology and e-Safety

Helping your family to stay in control
Platanos College

The workshop

- We are going to cover:

1. The technologies children, young people and their families are using

2. Some of the challenges and issues they bring

3. Some practical ideas and tools to help you to stay in control

What technologies are you and your family using?

Top 10 internet activities

Activity	Top 10 internet activities carried out at least once a week, by age: 2012 (%)		
	5-7yrs	8-11yrs	12-15yrs
Schoolwork / homework	38	67	82
Online games	47	51	47
Surfing / browsing	15	38	71
Social networking	3	19	75
Videos	9	25	56
Music	7	19	53
Avatar websites	33	36	15
TV	24	21	28
Wikipedia website	4	19	38
Instant messaging	1	11	45

Media in children's bedrooms

Activity	% of children who have the following media in their bedroom (2012)						
	TV	Games console	DVD/Blu-ray	Digital TV	Internet (PC/Laptop)	Radio	Digital video (DVR)
3-4 year olds	33	15	17	8	1	3	4
5-7 year olds	43	36	24	14	3	7	6
8-11 year olds	58	60	31	21	14	19	8
12-15 year olds	73	64	41	37	39	30	14

Use of tablet computers

Activity	% of children who use a tablet computer		
	2010	**2011**	**2012**
5-7 year olds	0	2	11
8-11 year olds	2	6	13
12-15 year olds	5	6	17

* Ofcom – March 2012

Smartphone ownership

Activity	% of children who own a smartphone	
	2011	**2012**
5-7 year olds	5	4
8-11 year olds	12	15
12-15 year olds	41	62

Changing technologies

Today's technologies
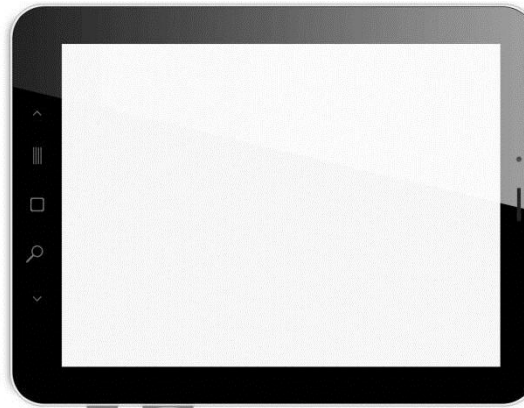
60 seconds of the Internet

Knowledge vs. wisdom
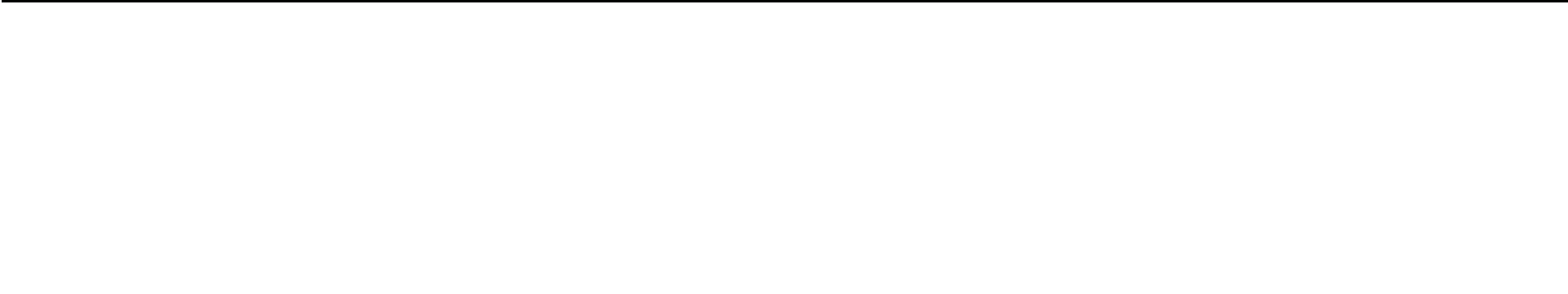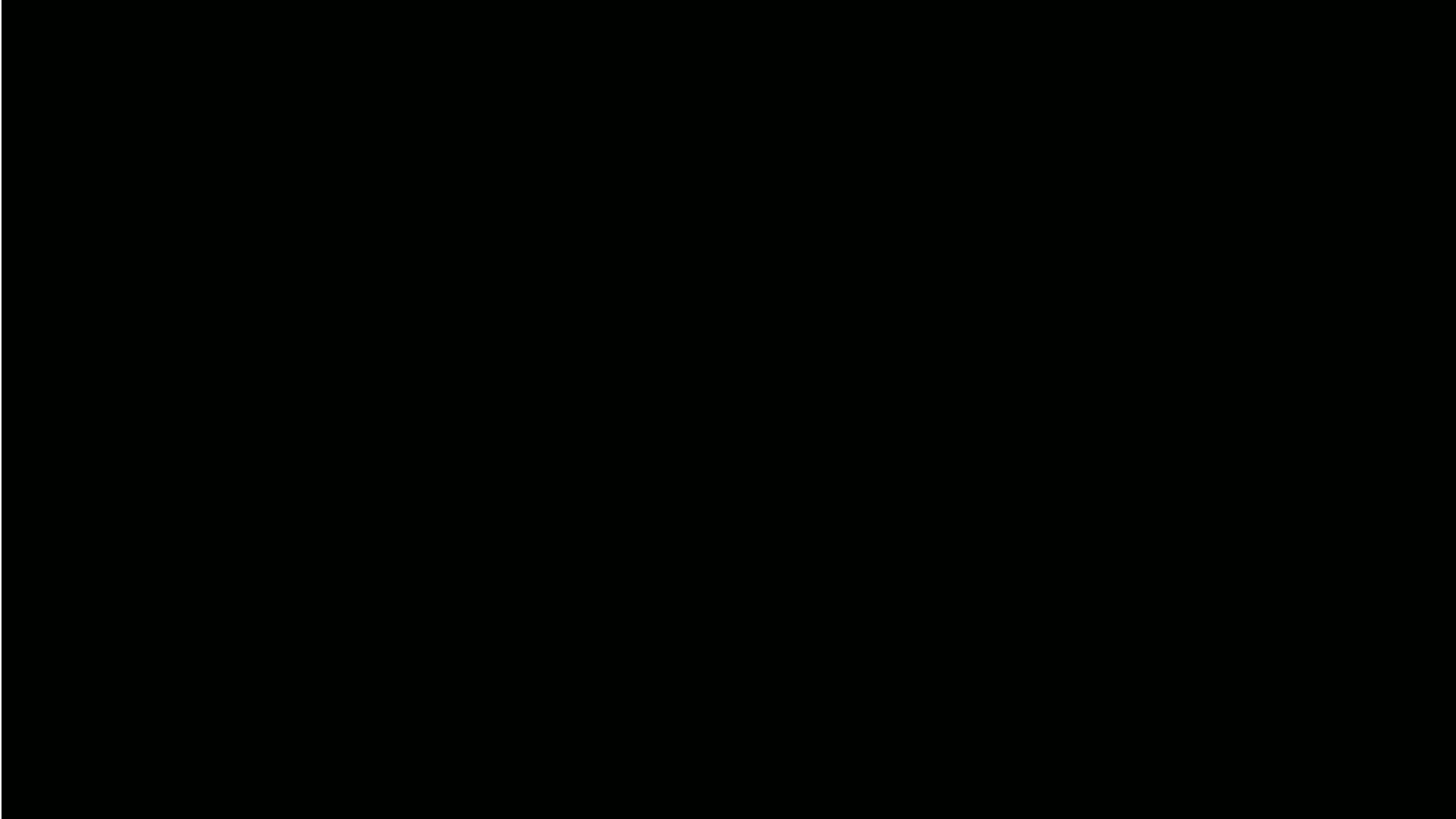
Knowledge

Many children pick up technology quicker!

Wisdom

Understanding how to behave in a virtual world.

What are the main benefits of digital technologies for your family?

Key challenges / issues

Did you know…?

HALF say OF PARENTS they know THE LESS INTERNET about than their children*

* Ofcom UK Children's Media Literacy Report

But remember!

YOU

have the

PARENTAL WISDOM

So… what should you do now?

1. Get involved in your children's online activity at home and TALK

Check you know what applications they are using, especially chat rooms and games played with others online. Ask who their 'e-pals' are. Get them to teach you about how things work.

2. Support the school

Sign the Acceptable Use Policy and take an active interest in what your children are doing in ICT at school.

3. Encourage Internet use that builds on offline activities

It helps to keep the computer in a family room not tucked away in a child's bedroom. Help your children to use the Internet for homework and leisure interests.

4. Use some of the tools on the computer to help you

Conversation starters

If you're ever worried or confused about something that happens to you (or to one of your friends) on the internet or your mobile, you do know you can talk to me about it don't you? I'm sure I'll be able to help and I promise I won't just say I'll take your internet/mobile/games console away from you.

Lots of my friends are on Facebook, can you help me to set up my profile please?

Can you spare 10 minutes to show me how to download a few apps onto my mobile please?

When you play games, do you ever play against other people over the internet?

Have you ever Googled your or my name to see what comes up about you or me online?

Do you go on the computer when you're at [insert name of friend]'s house? What kind of things do you do?

Tools

- ✓ Passwords

- ✓ Google SafeSearch

- ✓ YouTube Safety Mode

- ✓ Parental controls on your Internet service
  (e.g. BT Family Protection)

- ✓ Parental controls and separate accounts on your computer

- ✓ Parental controls on your mobile phone
  (e.g. Vodafone Content Control)

- ✓ Parental controls on your games console
  (e.g. Nintendo DS and important control to turn off 3d for children under 7, Xbox and restriction of Xbox live)

- ✓ Facebook privacy controls

1. Passwords

Why are passwords so important?

Passwords: what you can do

- ✓ Change passwords for important accounts regularly (banking, iTunes, Amazon, etc.)
- ✓ Make sure you know who knows them
- ✓ Choose strong passwords (a good combination of uppercase and lowercase characters, numbers and symbols)
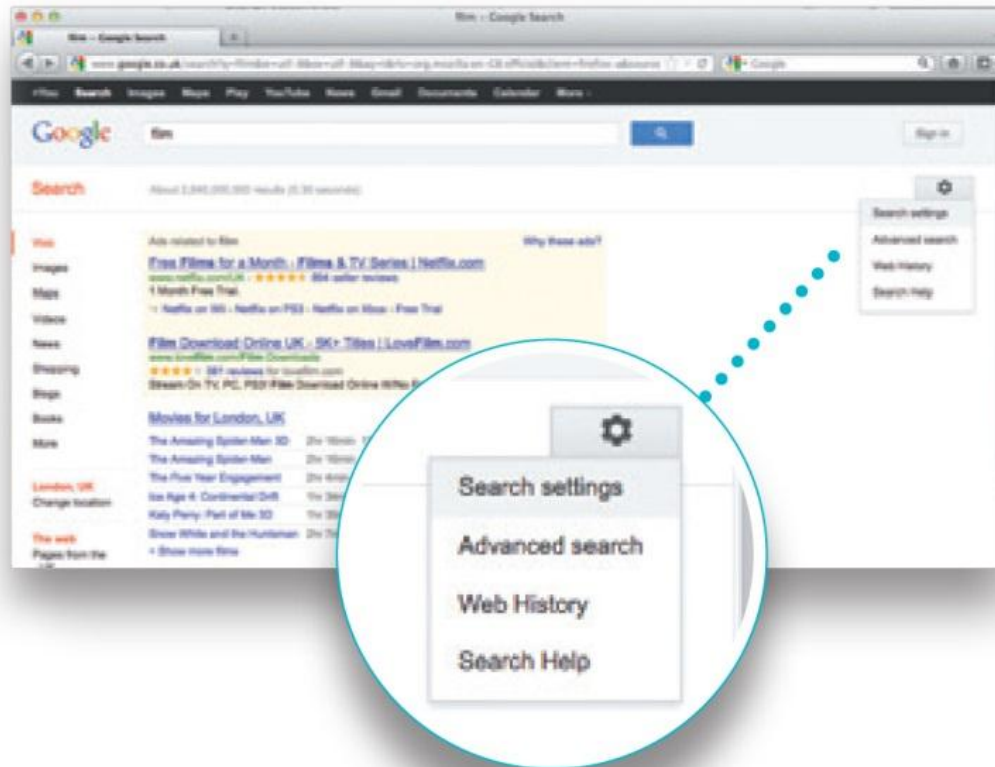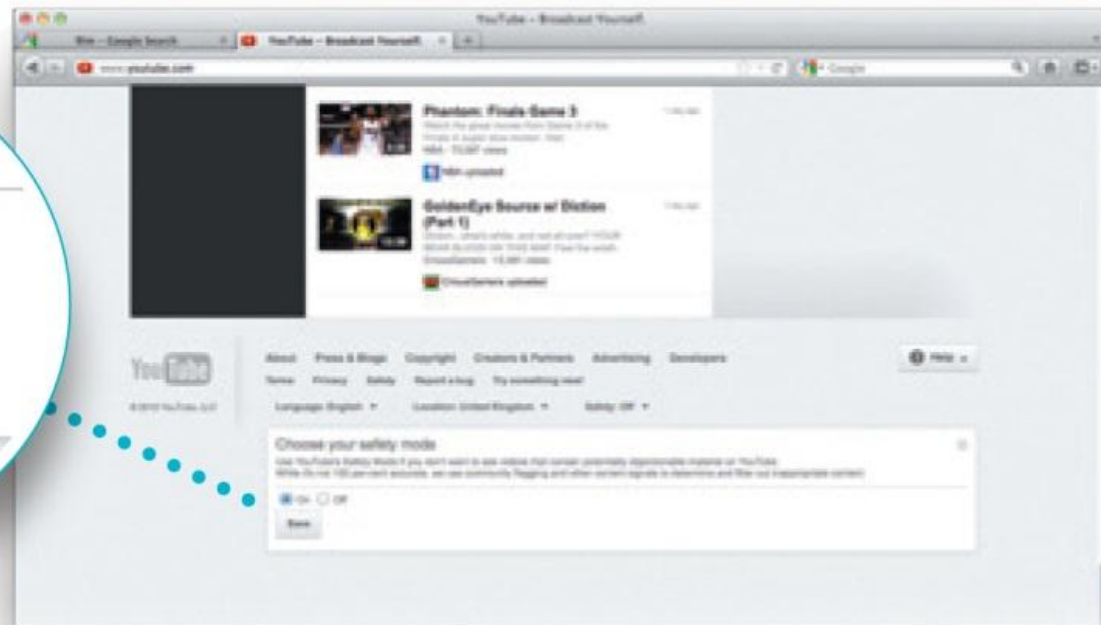
2. Google SafeSearch

Google SafeSearch

SafeSearch helps you to keep adult content out of search results by screening websites that contain sexually-explicit content and removing them from the search results.

3. YouTube Safety Mode

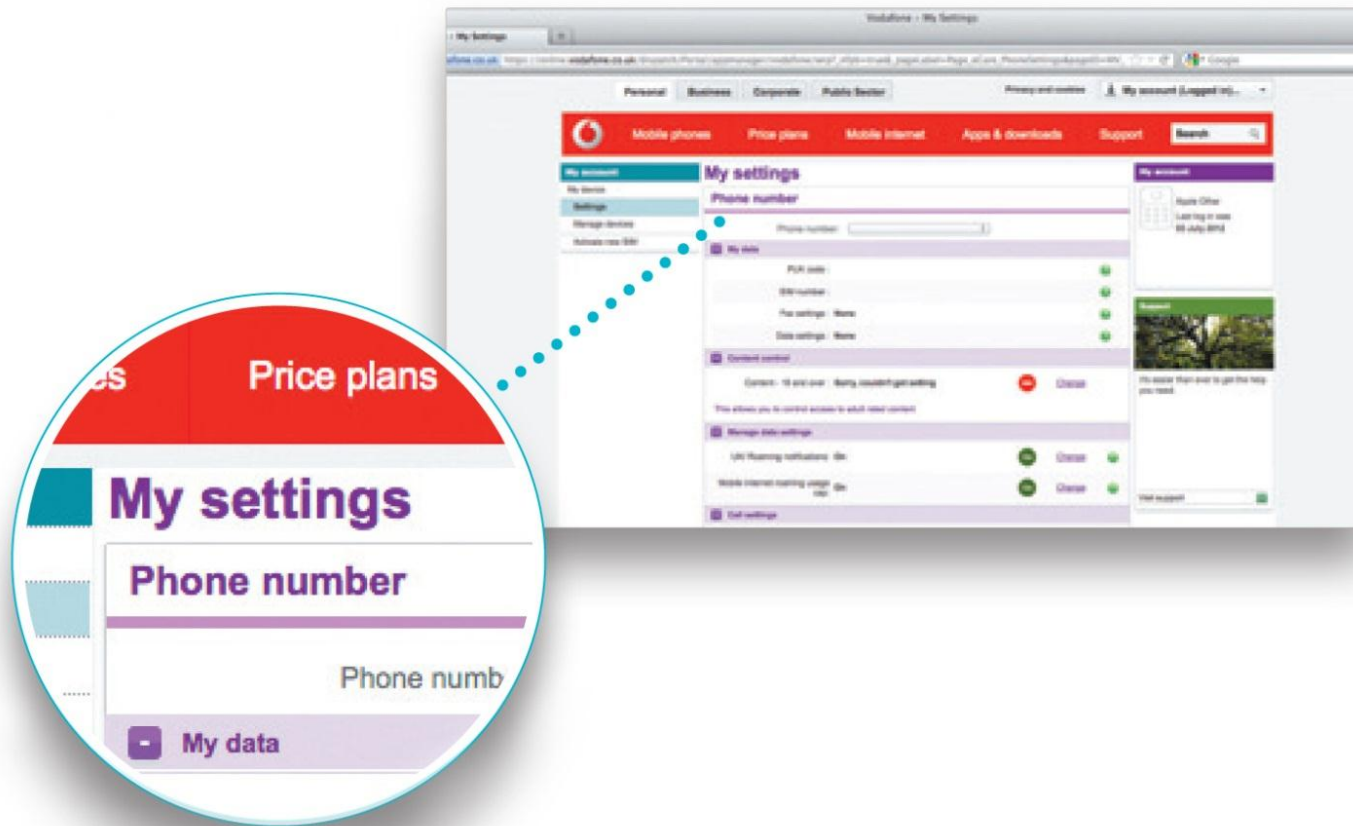# 4. Internet provider parental control

Internet provider parental control

✓ You can set different age limits for your children so you can make sure they only see content appropriate to their age

✓ They enable you to set limits on how long your child stays online and when they go online

✓ You can allow or block specific programs, like Instant Messenger, or hardware like webcams

5. Parental Controls on your mobile

Mobile Parental Controls

Mobile Parental Controls

Vodafone Guardian app

The Vodafone Guardian app helps to keep children safer when using a smartphone

Digital Parenting magazine

Expert View articles, 'How to' guides and Take Action checklists will help you feel more confident about getting involved

6. Parental Controls with Social Media

Facebook privacy controls

Sharing on Facebook

✓ Click on 'customise settings' in the 'Sharing on Facebook' section

✓ Choose who your child is happy seeing and commenting on things they share, post or are tagged in – your child can choose 'Everyone', 'Friends of Friends' or 'Friends'

Basic directory information

✓ Certain information is visible to everyone on Facebook and can't be customised

✓ Other basic settings can be changed

✓ Go to 'Account/Privacy Settings'

✓ Click on 'View Settings' in the 'Basic Directory Information'

✓ Decide who can see particular information

Looking for more information?

Useful links

- Vodafone Digital Parenting: vodafone.com/parents

- Mumsnet: www.mumsnet.com

- ParentPort: www.parentport.org.uk

- The Parent Zone: www.theparentzone.co.uk

- Child Exploitation & Online Protection Centre: www.ceop.police.uk

- Missing & Exploited Children: www.missingkids.com

- Childnet International: www.childnet.com

- CEOP: www.thinkuknow.co.uk/parents/parentsguide

- UK Safer Internet Centre: www.saferinternet.org.uk