CYPSC
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES
Galway & Roscommon

#E-P⊡wering Parents

Introduction

🖥 Welcome and Introduction

🖥 Expectations and Agreements for the programme.

Workshop Aim

To support and empower parents to keep their children safe online.

Outline:

➢ Information on children and young people's use of the internet and social media

➢ Exploring parents' roles and responsibilities and empowering parents to respond appropriately to their children's internet use.

4 Key Messages

1 **Being Aware, Interested and Involved**

2 **Having Positive Relationships and Family Life**

3 **Knowing how to be a Good 'Digital-Age Parent'**

4 **Being Resourceful and Empowered**
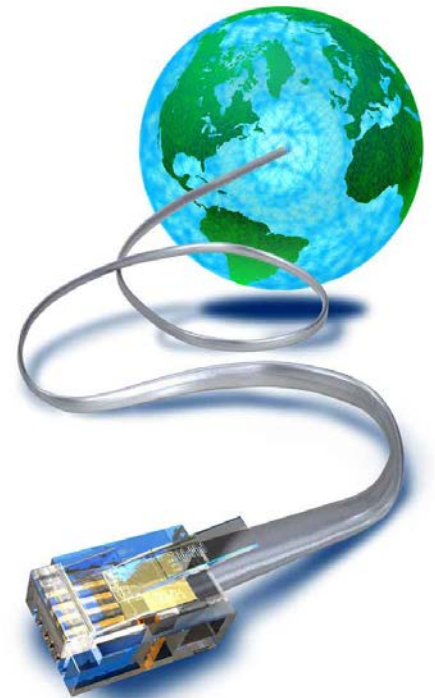
1 Being Aware, Interested and Involved

Opening Activity

Consider your own engagement with the internet and social media

Reflect on the benefits to your day to day lives.

Positive impacts of the Internet

- Communication
- Research
- Education
- Banking
- Real Time Updates
- Leisure
- Online booking
- Searching for jobs
- Shopping
- Blogging
- Exploring the World

The Great Digital Divide…

- While our children are 'digital natives' we parents are 'digital tourists'; we are the first generation of Internet Parents. We have pressures and worries that our parents didn't have.

- Our children know more about the internet then we do!

- The Internet has huge benefits and advantages for our children but there are also risks and dangers that we have to be aware of.

(Source: Tusla, Workforce Training & Development)

What do we mean by 'digital natives'?

- Born after 1990

- Highly connected within the 'bubble' of social media

- Universally play online/ video games, have mobile or smart phones or tables, use instant messaging apps.

- Easily adapt and adopt to changes and advances online

- Generate content

- Personal relationships are highly influenced by social media

- Comfortable to have an online persona

Online Engagement

Do you know how your child is accessing the internet?

Do you know how what they are doing online?

Do you know how long they spend online?

We know that…

- While many online experiences are positive, a significant number of young people have negative experiences

- Girls are particularly likely to face body image pressures

- A significant number of young people have experienced inappropriate images or videos

We know that…

- More support is needed for young people to critically evaluate images and videos online.

- Children and young people often engage in risky behaviour with sharing of images and videos.

- They need support to manage privacy online.

- They need quality time off line engaging with peers and family activities

- They need exposure to positive friendships and relationships offline

2 **Having Positive Relationships and Family Life**

Impacts on Health and Wellbeing

- Sleep

- Obesity and physical inactivity

- Development

- Language

- Play

- Creativity Independence and Education

Impact on Relationships & Family

- Work ethic

- Addiction

- Communication/ Relationships

- Losing touch with family and friends

- Cyber crimes

- Time wasting

- Privacy

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Pornography and Young People

- Online pornography is easy to access, largely unrestricted and can be viewed on different devices.

- 9 out of 10 children are exposed to explicit sexual imagery before the age of 15

- More boys than girls had viewed online pornography through choice

- 135 (14%) of the young people who responded had taken naked and/or semi-naked images of themselves, and just over half of these (7% overall) had shared these images

- Nearly 60% of the children and young people surveyed who had seen online pornography reported seeing it for the first time at home, followed by 29% who reported doing so at a friend's house

Being alone · Fetishes · Voyeurism · Novelty · Multiple tabs · Shock & surprise · Genres · Multiple porn stars per session · Continuously searching & seeking

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Why young people watch porn?

- To Learn about sex

- Curiosity

- As an aid to masturbation

- Because they are bored

- As a strategy for dealing with negative emotions

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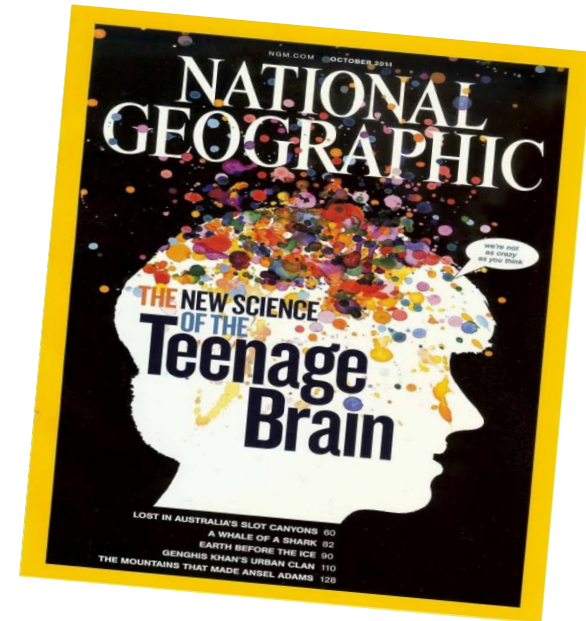
Why young people watch porn?

- Accesses brain's reward centre - releases **dopamine**

- The more porn is watched, the more dopamine is released – can lead to **addictive** viewing

- Unlike photos of naked people, videos replace imagination and **may shape sexual tastes** or trajectory (especially so for adolescents)

- Porn is stored in your brain, which allows you to recall it anytime you need a "hit" which can **supplant** the need for a sexual relationship

- (Unlike food and drugs) there is **no physical limitation** to internet porn consumption

We are raising our children in a world where technology reigns, and the lines between fantasy and reality grow dimmer.

(Newsweek)

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Cyber-bullying

Cyber-bullying is the use of information and communications technology such as mobile phones and the internet to deliberately upset some-one else

- Can take many forms

- Usually occurs between 9-15 years of age

- Some groups of children are particularly vulnerable

- Impacts on those who are bullied can be very serious

(source Tusla)

3 Knowing how to be a Good 'Digital-Age Parent'

Activity

Recognise and categorise commonly used Apps

Handout on glossary for social media usage

Activity

Brainstorm worries and concerns about children's use of the internet and social media

Responsibility to protect our children?

- ## What can the state do?
  (including policy makers, Gardaí, etc.)

- ## What can social media companies do?

- ## What can the community do?
  (schools, etc.)

- ## What can parents do in the home?

Parents are the first line of defence

Video clip (3 mins)

https://www.youtube.com/watch?v=MjXdI_0R0QM
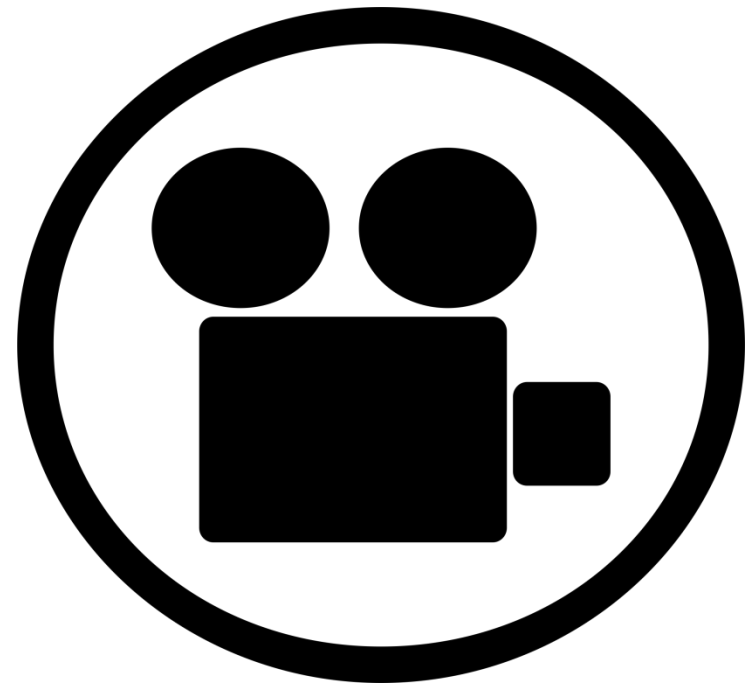
Permission to use video given by CybersafeIreland.org

Be a good digital role model

- You are your child's Social Media Role Model

  Do you 'Post with Care' yourself?

  Do you share images of your children without their consent?

- How much time you spend online?

  Catherine Steiner-Adair: "It's the mini-moments of disconnection, when parents are too focused on their own devices and screens, that dilute the parent-child relationship"

- Are you together but separate?

  Not really "with" your child even when you are sharing a meal, taking them to school or putting them to bed because you are too engaged with your phone or device

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4 Being Resourceful and Empowered

What can Parents do?

- Settings

- Online Resources

- PEGI

- Family Agreement

- Look for Assistance

REMAIN CURIOUS AND KEEP ASKING QUESTIONS

Support Children's Health & Wellbeing

- **Talk** to your child before they get a device - ask what they would do in certain scenarios

- **Talk** about appropriate behaviours that apply in both real and online worlds

- **Remind** them not to reveal too much personal information online

- **Talk** about why you're concerned for them online.

- **Remind** them that you are always available if they need to talk about something that upset them online.

Support Children's Health & Wellbeing

- Block adult content with parental controls on all devices.

- Designate screen-free zones in the house.

- Technology use should be in public. Don't let children have TVs, gaming systems, computers or phones in their rooms.

- Keep them busy. If your child is spending lots of time getting fresh air and exercise then they have less time to spend on their devices.

Support Children's Health & Wellbeing

- Talk about what they like to do online.

- Stay interested in what apps they enjoy or what vloggers they follow on youtube.

- Encourage appropriate sites.

- Chat about what is "real" online. Children and young people often accept something they have seen online as real without questioning it.

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Support Children's Health & Wellbeing

"It's not one conversation – it's regular chats offline about online life"

www.connectsafely.org

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Family Social Media Plan

Parents can complete a Family Social Media Plan

Final Thoughts

- The internet / social media is not going to go away

- It is best to equip yourself with basic knowledge and skills about the digital world - keep in touch with apps and social media terms so that you can stay interested in your child's world

- In doing so, **YOU** become the first line of defence for your children against any of the known risks

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Must do & Can do

MUST DO! CAN DO!

MUST DO

Stay interested and involved in what you child is doing online

CAN DO

Become familiar with apps and ask yourself 'are these suitable for my child?'

MUST DO

Keep talking with your child about their day online and offline.

CAN DO

Be positive and remember to listen – even if it's hard to hear.

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Must do & Can do

MUST DO
BE mindful of how you use the internet in front of your family.

CAN DO
Be open to setting limits for yourself online.

Thank You