



Additional Resources

Core Workshop Resources

Resource 1: Scenario Cards

Resource 2: Apps Card

Resource 3: Apps Colour Hand out

Resource 4: Pan European Game Information (PEGI) Hand out

Resource 5: Templates for Family Social Media Plan

Additional Slides relating to Nature and Extent of Internet Use

Slides - How Children and Young People access the Internet?

Slide - How do Children and Young People use the Internet?

Additional Workshop Resources

List of Useful Websites

List of Useful Videos

Ten Digital Citizenship & Internet Safety Tips for Parents (cc kathleenamorris.com)

Optional Group Exercises

Exercise: Considering the likely Impact of Watching Pornography

Exercise: Do you Understand what your Child is saying online?

To contribute resources to this bank, please contact:

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Resource 1: Scenario Cards



Please write out the steps you need to take to complete the following tasks without the use of Internet.
Please estimate the length of time you need to complete the task.

You need directions to travel by car from Tuam, Co. Galway, to Blackrock, Co. Louth, using the shortest route possible.



Please write out the steps you need to take to complete the following tasks without the use of Internet.
Please estimate the length of time you need to complete the task.

You are helping your child with their homework and they must do a project on the Ancient Egyptians. Your knowledge is very limited but you need to support your child to get enough information to complete the assignment.



Please write out the steps you need to take to complete the following tasks without the use of Internet.
Please estimate the length of time you need to complete the task.

You see a job advertised in a newspaper and you want to apply for it. How do you go about finding out more and then applying for the job?



Please write out the steps you need to take to complete the following tasks without the use of Internet.
Please estimate the length of time you need to complete the task.

You want to visit your cousin in Birmingham at short notice.



Resource 1: Scenario Cards (Cont.)




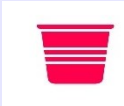
Please write out the steps you need to take to complete the following tasks without the use of Internet.

Please estimate the length of time you need to complete the task.

You want to sell your car.



Resource 2: Apps Card

Insert Name of App	Images	Insert Name of App	Images
			
			
			
			
			
			
			
			
			

Hint-The following Apps are shown here; Google, Twitter, WhatsApp, Yellow, Viber, Houseparty, Pinterest, Instagram, Snapchat, Spotify, Flickr, Yik Yak, Tinder, Snapchat, Facebook, Tor, Musical.ly, Reddit. Please see handout for more information.



Resource 3: Apps Colour Hand out



Facebook is a social media site where friends connect and share information, pictures and videos. Minimum age for account is 13.



Instagram: A social media service to communicate and share through photos and video. Minimum age for account is 13.



Tinder is a dating mobile app that facilitates communication between mutually interested users, in the same area allowing matched users to chat. Minimum age for account is (now) 18. It was 13 up to June 2016.



Google: Search engine for looking up information on the internet. No age restrictions.



Pinterest is a social network that allows users to visually share, and discover new interests by posting images or videos to their own or others' boards. Minimum age for account is 13.



Tor is an app that allows used to access the DARK WEB. The Dark Web is secretive part of the regular web that's become a haven for drug markets, paedophiles and sex traffickers. Recommended minimum age is 17.



Spotify: An Online music/video streaming service. Listen for free or pay for premium service. Minimum age for account is 12 (18 for premium).



Yellow: Dating website for Teenagers (13+). Similar to Tinder



Flickr (pronounced "flicker") is an image hosting and video hosting website. Minimum age is 13.



Twitter is an online news and social networking service where users post and interact with messages, "tweets," restricted to 140 characters. Minimum age is 13.



Yik Yak is a social media smartphone application and it allows people to create and view anonymous discussion threads within a 5-mile radius. Minimum age is 17.



WhatsApp: free to download messenger app for smartphones. Uses the internet to send text, pictures, video and audio. Minimum age is 13.



YouTube allows you to watch, create and comment on videos. You can create your own YouTube account, create a music playlist, and create your own channel, which means you will have a public profile. YouTube allows live streaming. Minimum age is 13.



Snapchat is an app that lets you send a photo, short video or message to your contacts. The 'snap' appears on screen for up to 10 seconds before disappearing, although it can be screen-shot. There's also a feature called Snapchat Story that lets you share snaps in a sequence for up to 24 hours. The minimum age is 13.



Viber: free to download messenger app for smartphones, contact via photo, text, video and audio. Free phone calls via viber app. The minimum age is 13.



TikTok is a free social media music app where users can watch user generated lip sync video, and create video themselves lip-syncing or dancing to music available on the app. It has over 80 million users. The minimum age is 13.



Reddit is a social news website and forum where content is socially curated and promoted by site members through voting. The site name is a play on the words "I read it." No minimum age but not intended for younger than 13.



Houseparty allows users to have a group video chat – Livestreaming with up to eight people at once. Minimum age is 4 +



Resource 4: Pan European Game Information (PEGI) Hand out

About PEGI?

What do the labels mean?

The PEGI labels appear on front and back of the packaging indicating one of the following age levels: 3, 7, 12, 16 and 18. They provide a reliable indication of the suitability of the game content in terms of protection of minors. The age rating does not take into account the difficulty level or skills required to play a game.

PEGI 3



The content of games given this rating is considered suitable for all age groups. Some violence in a comical context (typically, Bugs Bunny or Tom & Jerry cartoon-like forms of violence) is acceptable. The child should not be able to associate the character on the screen with real life characters, they should be totally fantasy. The game should not contain any sounds or pictures that are likely to scare or frighten young children. No bad language should be heard.

PEGI 7



Any game that would normally be rated at 3 but contains some possibly frightening scenes or sounds may be considered suitable in this category.

PEGI 12



Videogames that show violence of a slightly more graphic nature towards fantasy character and/or non graphic violence towards human-looking characters or recognisable animals, as well as videogames that show nudity of a slightly more graphic nature would fall in this age category. Any bad language in this category must be mild and fall short of sexual expletives.

PEGI 16



This rating is applied once the depiction of violence (or sexual activity) reaches a stage that looks the same as would be expected in real life. More extreme bad language, the concept of the use of tobacco and drugs and the depiction of criminal activities can be content of games that are rated 16.

PEGI 18

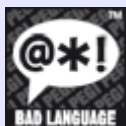


The adult classification is applied when the level of violence reaches a stage where it becomes a depiction of gross violence and/or includes elements of specific types of violence. Gross violence is the most difficult to define since it can be very subjective in many cases, but in general terms it can be classed as the depictions of violence that would make the viewer feel a sense of revulsion.

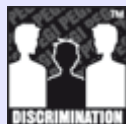


Resource 4: Pan European Game Information (PEGI) Hand out (Cont.)

Descriptors shown on the back of the packaging indicate the main reasons why a game has received a particular age rating. There are eight such descriptors: violence, bad language, fear, drugs, sexual, discrimination, gambling and online gameplay with other people.



Bad Language - Game contains bad language.



Discrimination - Game contains depictions of, or material which may encourage, discrimination.



Drugs - Game refers to or depicts the use of drugs.



Fear - Game may be frightening or scary for young children.



Gambling - Games that encourage or teach gambling.



Sex - Game depicts nudity and/or sexual behaviour or sexual references.



Violence - Game contains depictions of violence.



Online gameplay - Game can be played online.



Resource 5: Templates for Family Social Media Plan

Download at: <https://www.healthychildren.org/English/media/Pages/default.aspx#home>.



Resources relating to the Nature and Extent of Internet Use

Slide - How Children and Young People access the Internet




This study was published in 2014.

For more information, read the Country Report for Ireland: www.netchildrengomobile.eu/reports.

Ask participants if they have ever seen toddlers using tablets and phones while in a buggy. As a group, consider how common a sight this is.



Stress that although use of 'mobile phone' suggests mobility, children are often using phones in their bedrooms at home.


**#E-Powering Parents**


How children access the internet

Our children have access to the internet through a range of devices:

- Smartphone
- Tablet
- Lap top
- Smart TV
- Games Console

An ISPPC survey in 2016 concluded that some children are accessing the internet up to 35 hours per week. Up to 5 hours online on a school day and over 7 hours at the weekend!



**#E-Powering Parents**

Children are going 'mobile'!

Among all the devices asked about, smart-phones are the devices that children are more likely to own (40%) or use to go online at least once a day.

Despite the fact that smart-phones are the devices most likely to be used on the move, smart-phone use is mainly **at home** and smart-phones are often used in the privacy of **child's own bedroom**.

Source: Net Children Go Mobile Study (2014)

Internet Safety Sub-group of Gateway and Roscommon Children and Young People's Services Committee
www.cypsc.ie

Slide - How do Children and Young People use the Internet?

This study was published in 2017 by the UK Safer Internet Safety. The link to study is: www.saferinternet.org.uk/safer-internet-day/2017/power-of-image-report.


Prompts for elaboration:

1: The majority of 8-17-year-old respondents had shared a photo online (84%), with 1 in 6 (17%) saying that they had done this in the last hour.

2: One in 8 of the 8-17 year olds surveyed had shared a selfie in the last hour with young people taking on average 12 selfies before they were happy to share one online. Over two-thirds (68%) of respondents aged 8-17 years old said they had changed or edited a photo before sharing it (e.g., by using a filter, faceswap or facetune).

3: A third (33%) of respondents aged 8-17 years said they have live-streamed, with over 1 in 10 (11%) saying they had done this in the last day. Live-streaming is the instant broadcasting of live video content using a camera and a computer through the Internet.

4: Eighty per cent of children aged 8-17 years said they had been inspired by an image to do something positive in the last year. Over 2 in 3 said in the last year they had posted an image or video on the internet for a positive reason, including to support friends (40%) and to encourage others to do something positive (17%).

**#E-Powering Parents**

How young people use the internet

Research in the UK (2017) shows us that:

- 📷 Images and videos play a central role in young people's digital lives
- 📱 Selfie culture amongst young people is part and part of their life
- 📺 Live-streaming an emerging trend

📖 Young people are using the power of image to make a positive difference: As one teenage girl said "I shared videos and images of me with my friend to show her how much I care about her and how much her friendship means to me when she was going through a rough time."

Source: Power of Image Report 2017

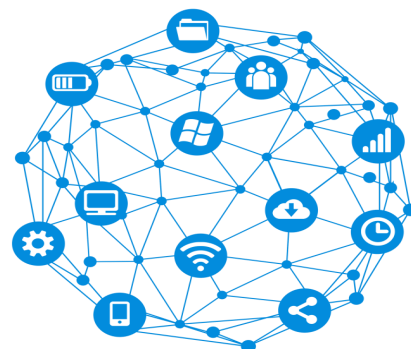
Internet Safety Sub-group of Gateway and Roscommon Children and Young People's Services Committee
www.cypsc.ie



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- Games Console

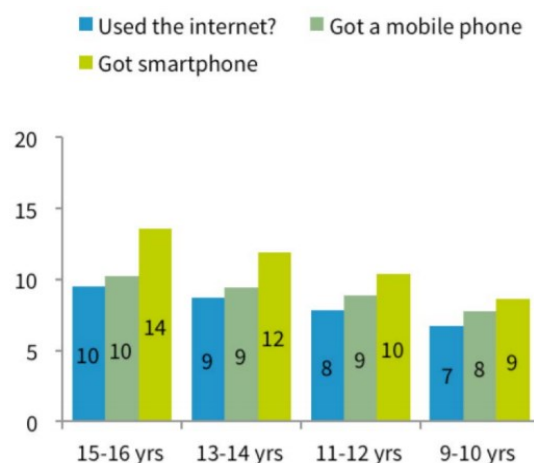


An ISPCC survey in 2016 concluded that some children are accessing the internet up to 35 hours per week. Up to 5 hours online on a school day and over 7 hours at the weekend!

Children are online at younger ages

The age of first internet use is dropping

So is the age children are given their first Smartphone.



Source: NetChildren Go Mobile (2014)

Children are going 'mobile'!





Among all the devices asked about, smart-phones are the devices that children are more likely to own (40%) or use to go online at least once a day.

Despite the fact that smart-phones are the devices most likely to be used on the move, smart-phone use is mainly **at home** and smart-phones are often used in the privacy of **child's own bedroom**.

Source: Net Children Go Mobile Study (2014)

Using the internet

Research in the UK (2017) shows us that:

-  **Images and videos play a central role in young people's digital lives**
-  **Selfie culture amongst young people is part and part of their life**
-  **Live-streaming an emerging trend**
-  **Young people are using the power of image to make a positive difference:** As one teenage girl said *"I shared videos and images of me with my friend to show her how much I care about her and how much her friendship means to me when she was going through a rough time."*

Source: Power of Image Report 2017

List of Useful Websites

Resources for parents

www.webwise.ie

www.internetsafety.ie

www.internetsafety.com

www.yourbrainonporn.ie

www.selfiecop.ie

www.hotline.ie

www.tusla.ie/parenting-24-seven/13plus-years/child-s/teenagers-and-social-media

www.spunout.ie/life/article/sexting?gclid=CNecwtTznc8CFE-17QodQ2QCGA

www.b4udecide.ie

www.cybersafetyireland.org

www.ispcc.ie

www.childline.ie

National Parents Council: helpline@npc.ie

Irish Safer Internet Centre: <https://www.saferinternetday.org/web/ireland/sid>

<http://www.saferinternetday.ie/parents/>

Any suspected illegal contact can be reported to www.hotline.ie

http://www.childrensrights.ie/sites/default/files/submissions_reports/files/YouthWorkIreland-SafeSurfing_0.pdf

<https://www.thinkuknow.co.uk/parents/>

Glossary of terms used on social media

<https://blog.bufferapp.com/social-media-acronyms-abbreviations>

Social media abbreviations that all parents need to know

www.netlingo.com/top50/acronyms-for-parents.php



List of Useful Videos

Ronnie Corbett's Blackberry (comedy for digital tourists)

<https://www.youtube.com/watch?v=kAG39jKi0II>

Talking to your child about online pornography

www.vimeo.com/200804489

Modelling good online behaviour

www.vimeo.com/191045340

Cyberbullying (curtesy of Luke Calhane, Limerick)

<https://www.youtube.com/watch?v=MV5v0m6pEMs>



Additional Group Exercises

The following exercises may be incorporated into the workshop to suit the interests of those participating.



Optional Exercises

Exercise: Considering the likely Impact of Watching Pornography




Participants are invited to think about the following question: So what is the problem with children and young people being exposed to Pornography online?



You will need

No equipment required.

**#E-Powering Parents**

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

- 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

Internet Safety Sub-group of Galway and Roscommon Children and Young People's Services Committees
www.cypsc.ie

- Split parents into small groups of 4 or 5 people.
- Parents are to consider the question above.
- After a few minutes ask parents to share. Summarise points made.



To summarise, watching pornography can:

- ✓ **mean young people learn about sex but not relationships**
 - ✓ **become a replacement for a relationships**
 - ✓ **create false expectations**
 - ✓ **lead to obsessive or addictive behaviour**
 - ✓ **lead to Porn Induced Erectile Dysfunction (PISD)**
 - ✓ **contribute to the exploitation of young females.**
- (source Athrú / HSE)

Helpful websites for this topic:

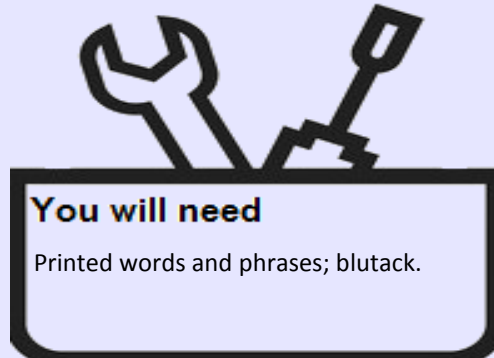
www.internetsafety.ie
www.yourbrainonporn.ie
www.webwise.ie



Exercise: Do you Understand what your Child is saying online?



Participants are encouraged to familiarise themselves with some of the language used by young people online.



- ✓ Print the words and phrases presented below.
- ✓ Before the session starts, the facilitator should display on the wall in the area where participants will be having their tea / coffee break.
- ✓ When breaking for tea / coffee, the facilitator can tell participants that there is a display and invite them to look at it over their break.
- ✓ After the break, inform the participants that a link to where they can find a comprehensive glossary of internet terms is available here:

Glossary of terms used on social media

<https://blog.bufferapp.com/social-media-acronyms-abbreviations>

