#E-Powering Parent Workshop

Introduction

➢ Welcome and Introduction

➢ Expectations and Agreements for the programme.

Aim: 'To support and empower parents to understand and to activate their roles and responsibilities in keeping their children safe online'

Outline:

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

➢Exploring parents roles and responsibilities in a digital world

Opening Activity

- Parents are invited to consider their own engagement with the internet and social media, reflecting on the benefits in their 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

Section 1

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

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 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
- They are comfortable to have an online persona.
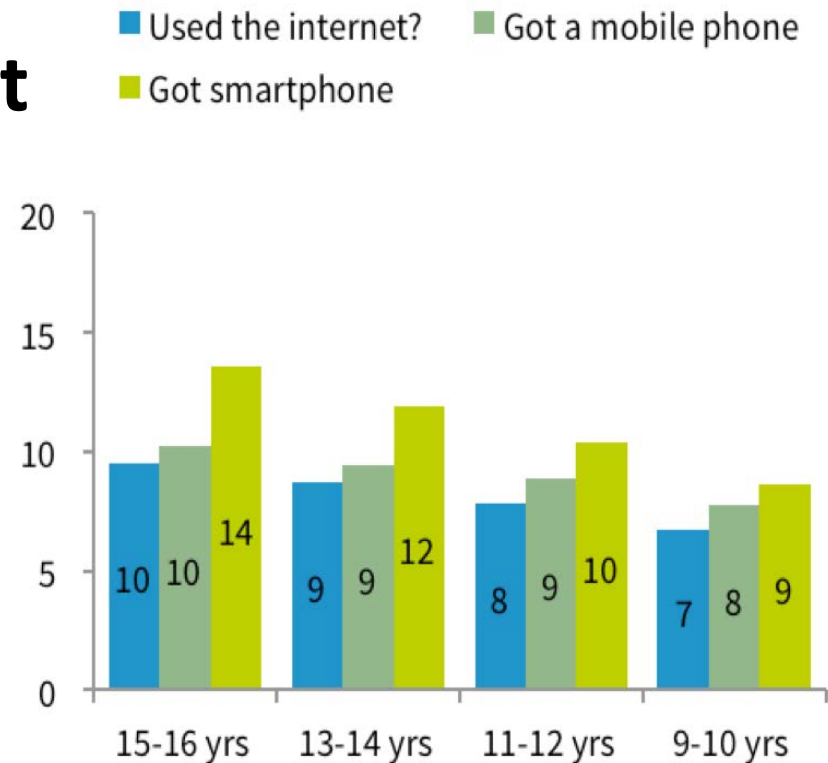
How children access the internet

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

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

An 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.**

Legend: ■ Used the internet? ■ Got a mobile phone ■ Got smartphone

	15-16 yrs	13-14 yrs	11-12 yrs	9-10 yrs
Used the internet?	10	9	8	7
Got a mobile phone	10	9	9	8
Got smartphone	14	12	10	9

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)

How children and 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

- 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

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

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
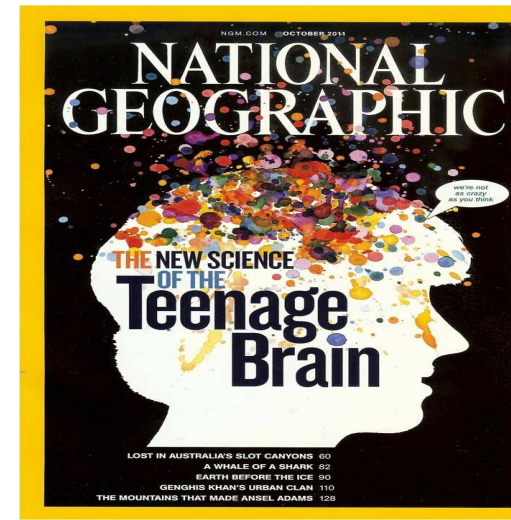
- Watching porn accesses the reward centre of the brain leading to the release of dopamine.
- The more porn is watched the more dopamine is released leading to compulsive or addictive viewing.
- Unlike photos of naked people, videos replace imagination, and may shape sexual tastes or trajectory (especially so for adolescents).
- porn is stored in your brain, which allows you to recall it anytime you need a "hit." which can supplement the need for a sexual relationships
- Unlike food and drugs, for which there is a limit to consumption, there are no physical limitations 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)

Activity

- Recognise and categorise commonly used Apps
- Handout on glossary for social media usage

Section 2:

- **Exploring parents roles and responsibilities in a digital world**

Activity

- **A**ctivity; Brainstorm worries and concerns about children's use of the internet and social media.

Cyber-bullying

- Cyberbullying is the use of information and communications technology such as mobile phones and the internet to deliberately upset some-one else.
- This can take many forms
- It usually occurs between 9-15 years of age
- Some groups of children are particularly vulnerable
- The impacts on those who are bullied can be very serious.

(source Tusla)

Impacts on Health and Wellbeing

- Sleep
- Obesity and physical inactivity
- Development
- Language
- Play
- Creativity Independence and Education

Impacts on Relationships and Family Life

- Work ethic
- Addiction
- Communication/ Relationships
- Losing touch with family and friends
- Cyber crimes
- Time wasting
- Privacy

Whose responsibility is it to protect our children?

- What can the state do? (including policy makers, Gardai 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?time_continue=12&v=kDqD3gDk-h8

Permission to use video given by CybersafeIreland.org

Strategies that can support children's health and wellbeing while growing up in a digital world

- Block adult content with parental controls on all devices.

- Technology use should be in public. Designate screen-free zones in the house (try practicing no-devices in the bedroom/ table rule). Have family email address/ accounts for signing up for apps/games so you can monitor these activities.

- Keep them busy. If your child has things to do (age appropriate chores/ playtime/ outdoor activities) they won't have as much time to send online

Communication and Relationships

- Talk to your child or teen before they get a device asking them what they would do in certain scenarios.

- Talk to your child or teen about appropriate behaviours that apply in both real and online worlds. Remind them about not revealing too much personal information online.

- Talk with your child or teen about your concerns, or worries for them online. Remind them that you are always available if they need to talk about something that upset them online.

- Stay interested in what apps they enjoy or what vloggers they like to follow on YouTube. Encourage your child to use age appropriate sites.

- Have a chat about what's 'real' online. Children and young people often believe something they have seen online without giving it too much critical thought.

- Remember *"its not one conversation – its regular chats offline about online life"* (www. connectsafely.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?

- Think about how much time you spend online and remember "It's the mini-moments of disconnection, when parents are too focused on their own devices and screens, that dilute the parent-child relationship"(*Catherine Steiner-Adair "The Big Disconnect"*)

- 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?

Final Thoughts

- The internet and social media are not going to go away as they are essential elements of modern life.

- It is best to equip yourself with basic knowledge and skills about the digital world in which we all live, and 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.

Section 3: Parents will complete a Family Social Media Plan.

Signposting for further advice and support.

-Handout on useful websites and resources.

- Evaluation