

Parenting and Cybersafety in the Digital World

A Look at Student Safety on Computers and the Internet

Secondary Aged Students

Download the handout: <http://wp.me/p5Q7p6-99>

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Our topics for this presentation

- Ergonomics
- Access
- Online Identity
- Social Media and Content Creation
- Parenting Suggestions
- Cyberbullying
- Personal Safety
- Discussion

Ergonomics



- ❑ Physical safety is just as important
- ❑ Lifetime of screen time awaits
- ❑ Things to remember:
 - ❑ Earned time/Limited time
 - ❑ Take a break
 - ❑ The 20-20-20 rule
 - ❑ Sit straight and relaxed
 - ❑ <http://mashable.com/2013/02/19/digital-eye-strain-tips/>

Blurring the Lines Between Home and School

- **We hear that computers and the Internet extend the classroom into the home...**
- **But they also extends the home into the classroom.**
- **Truly, there is little division anymore**



Your children are **Natives to the Digital World...**

They are said to be **Digital Natives.**

- **Blurring of multiple worlds, multiple selves**
- **Strong sense of community**

How Tweens/Teens Communicate

- ❑ **Mobile Phones**
- ❑ **SMS**
- ❑ **Instant Messaging**
- ❑ **Skype**
- ❑ **Social Networking**
- ❑ **Web pages (forums, blogs, etc.)**
- ❑ **Gaming**
- ❑ **Media Sharing**
- ❑ **Email**
- ❑ **Face-to-face (if they have time...)**



Access to technology

- How and when...not if
 - ▣ What is an appropriate amount screen time for age X?
 - ▣ What are the rules and the consequences?
 - ▣ When am I willing to relegate control of this issue?

Some key questions to answer:

- Who is responsible for the device(s)?
- What are your communication and social/behavioral expectations?
- How do you ensure responsible use now, so when they leave for uni they well equipped?



Home Tech Agreement (good through Grade 9)

- **Important to establish rules, boundaries, and an AGREEMENT about media and technology**
- **Some areas to cover:**
 - Who pays for what?
 - What is acceptable use?
 - What are the hours of “no screen time”?
 - What is appropriate/inappropriate sharing?
- **Make it a conversations that is NOT punitive in nature.**

family media
agreement:

3 reasons your family needs one NOW

Top Tips

SERIES ONE
SUPER CYBER SAFETY TIPS
Sheet no: 8b

Family Social Media Agreement: Teens >12

TEENS

My Digital Footprint Matters

- I will never give out my passwords, even though some of my friends will give out there's.
- I will never give out personal information to anyone unless I know them personally.
- I understand why privacy is so important and will ensure that I create solid privacy settings on all social networking and gaming sites.
- I understand how important creating a solid and respectful online reputation is and will not put myself at risk by sending or posting sexy images or scandalous photos, or spreading gossip about anyone.
- I understand that my online behaviour may have a direct impact on my family and friends.
- I will be kind to others online and not participate in any bullying.
- I will not use the internet to cheat in school, games or anything else and will earn my parents' trust.
- If I recognise something as inappropriate I will report through the site's internal reporting structure. I will also speak to either my parents or another trusted adult if I feel scared or threatened in any way.
- I understand that a healthy balance is important to my wellbeing and will still enjoy my offline time with friends and family; giving technology a rest.
- I will help my parents use any of the tools that I like if they show an interest.

Signed by the Teen _____

PARENTS

Parents need to make a pledge too!

- I/We will try to understand why social networking and technology is important to you and learn more about it.
- If you feel frightened about something you have seen or done on the internet; I/We will not pass judgement but will assist you in any way I/We can.
- I/We will respect your privacy as we understand that you need to start finding your own way and what works for you.
- I/We will have regular conversations with you about your online use; we'll always talk openly.
- I/We will help you understand why building a solid respectful online reputation is so important; and I/we'll maintain the same for me/us.

Signed by the Parents _____

CONSEQUENCES

For this agreement to work, there must be defined consequences for not adhering to the above signed pledges.

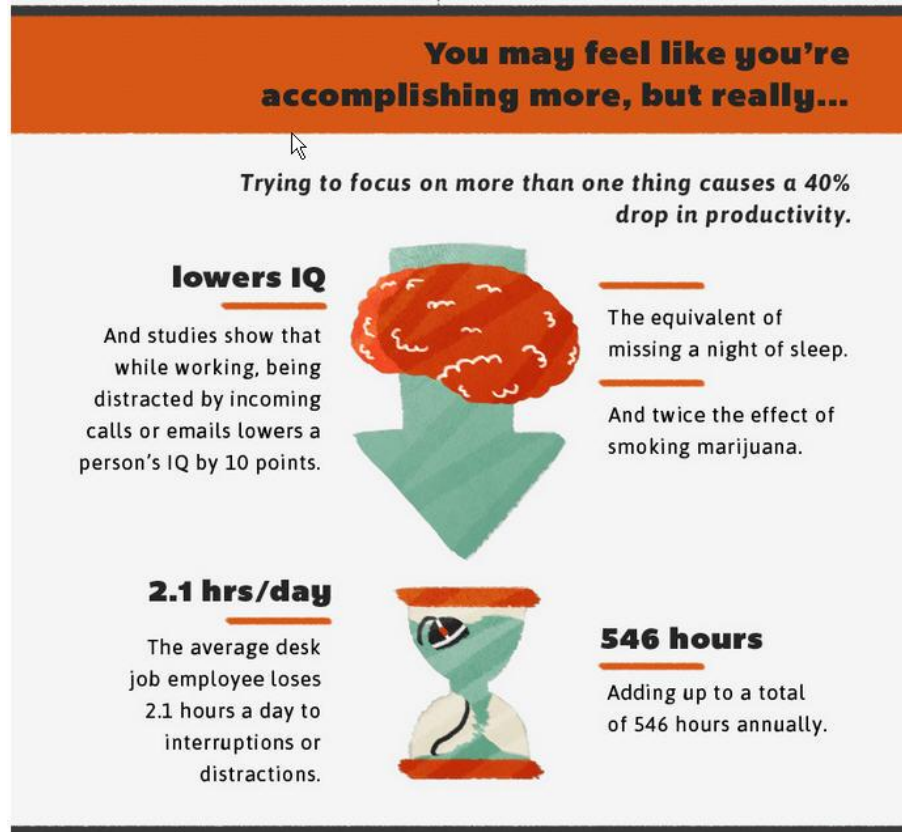
1. _____
2. _____
3. _____
4. _____



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Deny the Fallacy of Multi-tasking



Online Identity

A Teen's online identity is equally as important as their identity in real life

- **Screen names, avatars, profile pictures, speech patterns, icons, etc.**
- **Encourage them to express themselves online as you encourage them in real life**
- **Relationships and friendships have an online component that is vital, yet blurred for older kids**
- **Self portrayal online is an important and delicate part of adolescent development**
- **Remember, that the same safety rules for self-protection still apply**

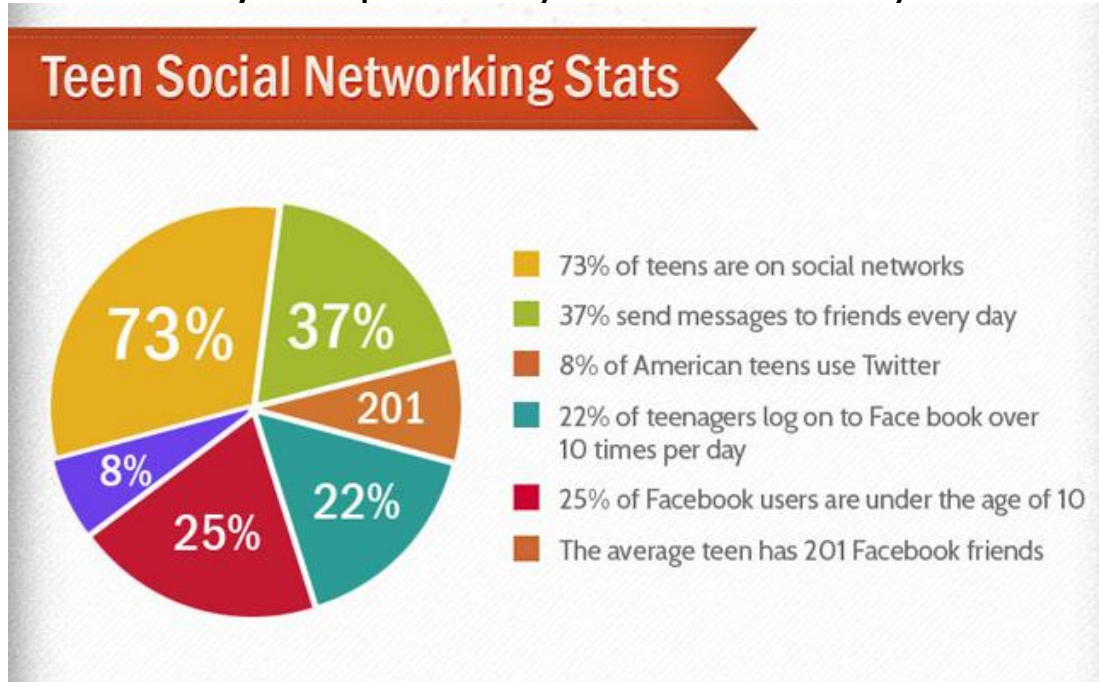
Be wary of false identities or misrepresentation

Digital Citizenry

- **Remember: Online actions have consequences in the real world**
- **Digital communications ARE NOT PRIVATE**
- **How you portray yourself online will reflect on what people think of you offline**
 - ...even when you are a school aged kid.
- **The Internet does not have a half-life...it is there forever**
- **Don't share negative thoughts or pictures of yourself that you aren't comfortable for EVERYONE you know to see.**
- **Act as if...**

Social Media

- It is a part of their lives, both personally and academically...that is not going to change.



- Social media doesn't just mean Facebook...or even a web-based service.

Created content

- Building a “brand” or an “identity” is a positive exercise for teens.
- Create content of value that will you will be proud of years down the line
- Use social media as a yearbook
- But, remember that Social networks have many degrees of connection
You are sharing content with friends of friends of friends...
Don't flame anyone.

Note to self:

Just because it pops
into my head does
NOT mean it should
come out of my
mouth.

someecards
user card



Parenting of **Digital Natives** extends into the **Digital World**.

Most **Digital Natives** think their time on the Internet is unsupervised.

Just like with regular parenting, **everything** is a learning opportunity.

Parenting Practices at Home

- ❑ **Extend your parenting presence online**
- ❑ **NO COMPUTERS BEHIND CLOSED DOORS (for the younger ones)**
- ❑ **Join the party**
 - ❑ **Txt/Whatsapp ur kids**
 - ❑ **IM with your kids**
 - ❑ **Start a Facebook page**
 - ❑ **Skype from time to time**
 - ❑ **Understand Twitter**
 - ❑ **...do this while you are in the same room.**



Personal Safety on the Internet

Personal Information

On the Internet personal information = personal safety

- Name
- Age
- Gender
- Grade
- School
- Address
- Pictures
- Usernames
- Phone numbers
- Friends & family info

Personal Safety

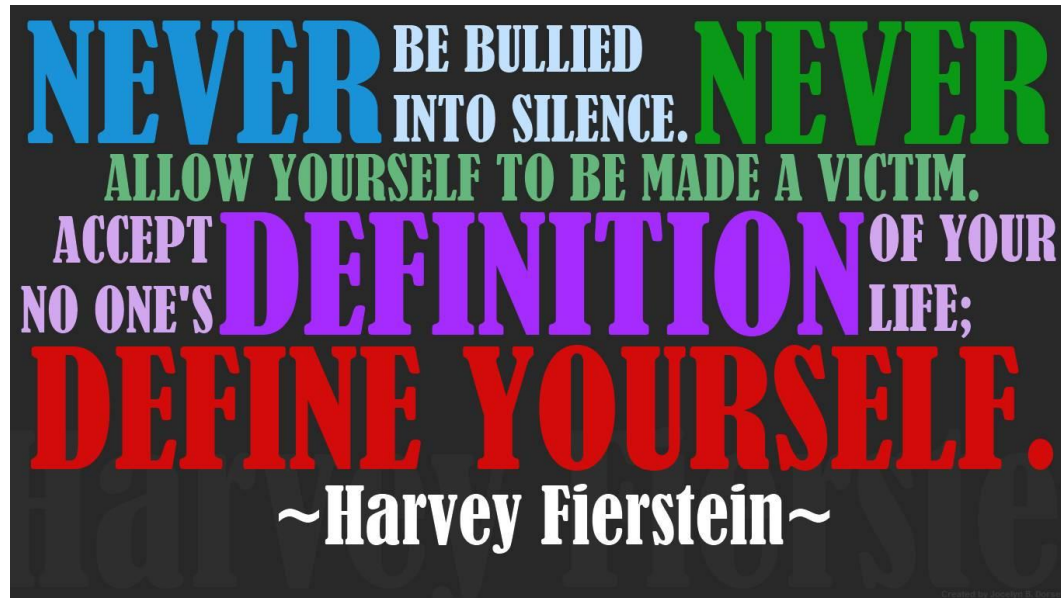
- Treat everyone like a stranger
- Don't respond to unknown requests
- Encourage talking to friends, parents, teachers about any questions
- Protect each other
- Don't Sext.

Cyberbullying

- **Something to take seriously**
- **It comes in many forms and in many severities**
 - **Places to look: Social networking, Texting, IM**
 - **Protect your child**
 - **Have a conversation**
 - **Encourage them to talk with friends or other adults**
 - **Be careful of being bullied or bullying**
 - **Look for signs**
 - **Review material**
 - **Stay calm**
 - **Model behavior**

Silence is Not Golden

- The biggest problems occur with teens when no one knows what's going on.



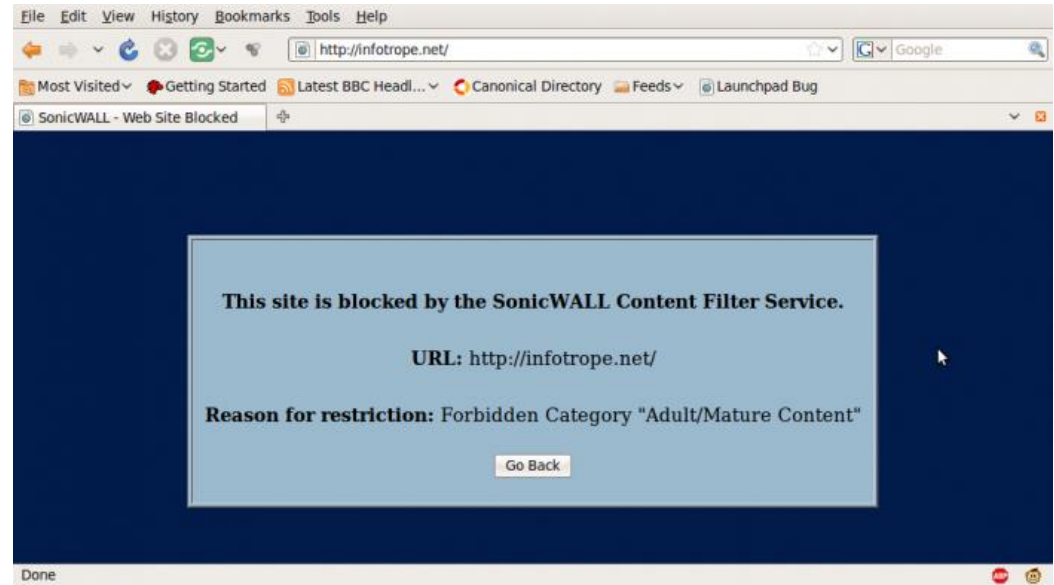
- Encourage them to talk to someone and not to keep secrets about trouble they (or their friends are having)

Bottom line:

- Use **COMMON SENSE** and
- **TALK** and **LISTEN** and
- Protect yourself and your friends and family **AT ALL TIMES.**

Accessing Inappropriate Information

- **This is going to happen...both accidentally and intentionally.**
- **Set clear rules and guidelines...you need to use your values in any discussion**
- **Educate and protect**
 - **Web-filtering**
 - **Limit websites**
 - **Separate accounts or devices**
 - **Extend your parenting presence**



Keeping Computers Safe and Operational

□ **Viruses:**

- **Install virus protection software and update your computer regularly**
- **Avoid unknown email attachments, URLs, or ads**
- **Backup, scan, erase**

□ **SPAM:**

- **Teach your SPAM filters**
- **Delete immediately**
- **Never click “unsubscribe”**

□ **Personal Accounts:**

- **Each user should get their own account**
- **Tweens passwords should not be secret**

□ **Copyrights, License, Pirating:**

- **Check for pirated software or media**
- **Watch for Torrent programs**
- **Check usage licenses**

Further Resources for Parents of Secondary Students

- <https://www.common sense media.org>
 - Common Sense Media – Great resources and parenting guides
- <http://www.cybersmart.gov.au/default.aspx>
 - Commonwealth of Australia cyber education resources – Age specific help for parents
- http://www.digitalcitizenship.net/Nine_Elements.html
 - Digital Citizenship.net – A good look at what is beyond our common worries about cybersafety and bullying
- <http://www.edutopia.org/article/digital-citizenship-resources>
 - Edutopia – A long list of resources and video to for parents
- <http://www.socialmediadictionary.com/resources/freestuff/>
 - Excellent tips for online reputation management

Thank you.

□ Questions or comments?

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