

Play your part for a better internet



Information and Advice

Is screen time out of control?

The RCPCH said there was no good evidence yet that time in front of a screen is definitely "toxic" to health, although they did publish a list of questions families can ask to assess whether screen use is affecting their children negatively.

The questions are:

- Is screen time under control?
- Does screen use interfere with what your family want to do?
- Does screen use interfere with sleep?
- Are you able to control snacking during screen time?



Information and Advice

Set boundaries

Last year, Anne Longfield published the Digital 5 A Day campaign, which encouraged the whole family to have a healthy digital lifestyle, including parents.

- Set some boundaries. You wouldn't let a nine-year-old walk alone down a busy road. Phone use is the same, if a child has a smartphone at a young age you need to be aware of the dangers on their behalf.
- If screen time is affecting sleep, meal time interaction, diet, and exercise then negotiate and make a deal. This might be that the phone is not used at the dinner table or in the bedroom, or before breakfast, or until homework is completed.
- Consider your own use, parents need to demonstrate good behaviour.



Information and Advice

Dr Richard Graham is a child and adolescent psychiatrist. In 2010, he launched the UK's first Technology Addiction Service for young people, and is on the board of the UK Council for Child Internet Safety.

His tips include:

- Prioritise sleep. A well-rested child is more in control and able to think and discuss than a tired and irritable one.
- Be wary about surveillance as it can drive behaviour underground. It's important children feel they can talk about issues.
- Less time online equals less exposure to the possibility of toxic content. Says Dr Graham: "It makes sense that if the window is not open so wide, less dirt will fly in."





Conduct






- ① Digital footprints
- ② Respect and manners
- ③ Who can view their content?
- ④ Keep their personal information safe
- ⑤ Reporting



Content



- 18 Adult content
-  Hurtful and harmful content
-  Reliable information
-  Illegal downloading



Contact

<https://www.bbc.co.uk/news/technology-46923789>

<https://www.bbc.co.uk/news/uk-england-essex-30730807>



- ♥ Online friends
- 🔒 Privacy settings
- ⚠️ Grooming
- ⚡ Cyberbullying
- 💬 Tell someone they trust!

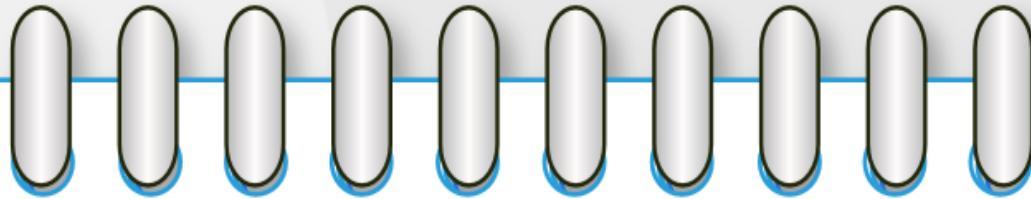


Commercialism

- £ Advertising
- 📱 In-app purchases
- X Pop ups
- ✉ Spam



What can I do right now?



- Open dialogue with your child
- Family agreement
- Consider filtering and blocking software
- Think before you/they post
- Understand the laws
- Privacy settings and reporting
- Save the evidence and report the incident
- Age ratings on apps and games
- Protect their personal information

Sign up to the
UK Safer
Internet Centre
newsletter at:

saferinternet.org.uk



Want more information?



We are happy to answer questions!
education@childnet.com



www.saferinternet.org.uk
www.childnet.com

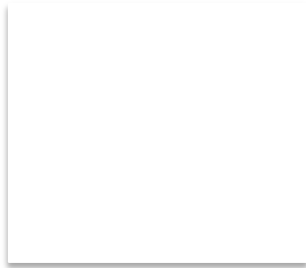
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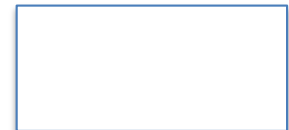
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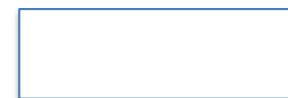
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The Power of Image



There are now more ways than ever before to create, edit and share images and videos online.



Did you know...

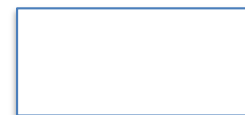
Images and videos get 8,500 likes and 1,000 comments per second on Instagram

400 million snaps are sent on Snapchat each day

On Instagram, photos showing faces are 38% more likely to get 'likes' than photos without faces

The equivalent of 110 years of live video is watched on Periscope every day.

300 million photos are uploaded to Facebook every day



Why do people share images?



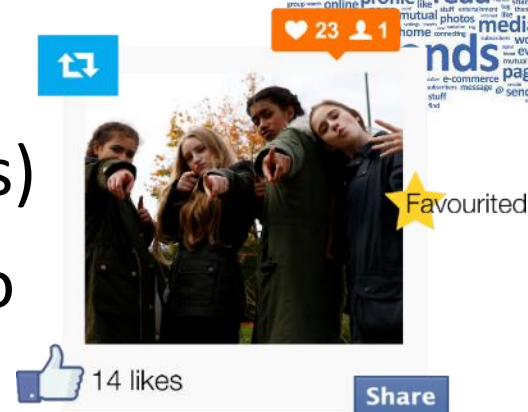
To share memories

To get noticed? (likes and followers)

To show people what you are up to

To raise awareness

To boost confidence?



What's in a selfie?

A story?

Personal
information

A message?

An invitation
to contact or
comment?

A challenge?

Creates an
impression/a
ffects online
reputation



Geotagging data

Reality or fantasy?



Is seeing always believing?



Is seeing always believing?

Real selfie

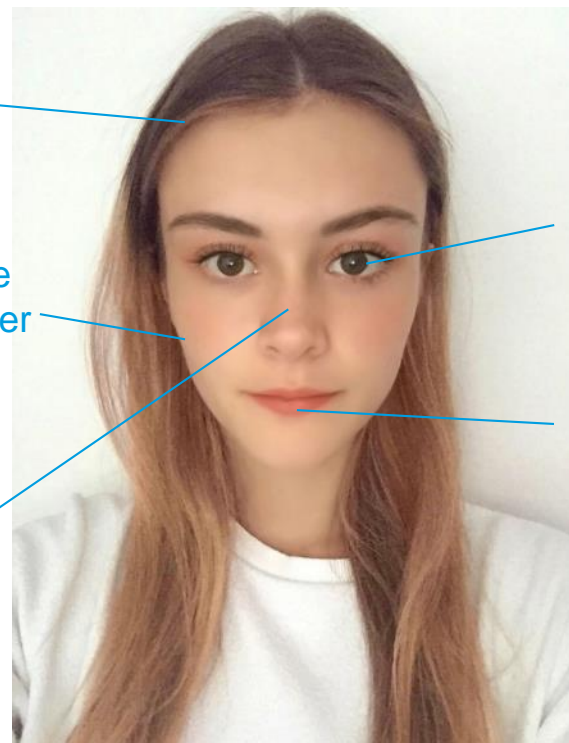


Edited selfie

Hair colour
changed

Face shape
made slimmer

Skin
smoothed
out



Eyes are
whiter

Makeup
added



Online Content

Advice

- Discuss online experiences
- Critical thinking is key
- How does what they see impact on how they feel?

Online Conduct

Advice

- Think before you post
- How do their photos affect others?
- Build an online reputation
- Use privacy settings on social media



Online Contact

Advice

- How many friends and followers?
- Look after personal information
- Why someone may make contact
- Report and block offensive images, messages or users
- Geotagging and geolocation settings



Sexting

Risks

- Creating, distributing or possessing an indecent image of a child – against the law
- UK Police position – first time offenders should not face prosecution
- Emotional and psychological damage
- Reputational damage
- Online manipulation/extortion

www.saferinternet.org.uk/sexting



Sexting

Advice

- Talk to your child about the risks
- Seek help from the school/Police
- ZIPIT app from Childline
- 'So You Got Naked Online' – advice for young people
- Report suspected grooming to Police/CEOP



www.saferinternet.org.uk/sexting

