

Living Life Online

THURSDAY 20TH APRIL

What are the main issues and concerns?

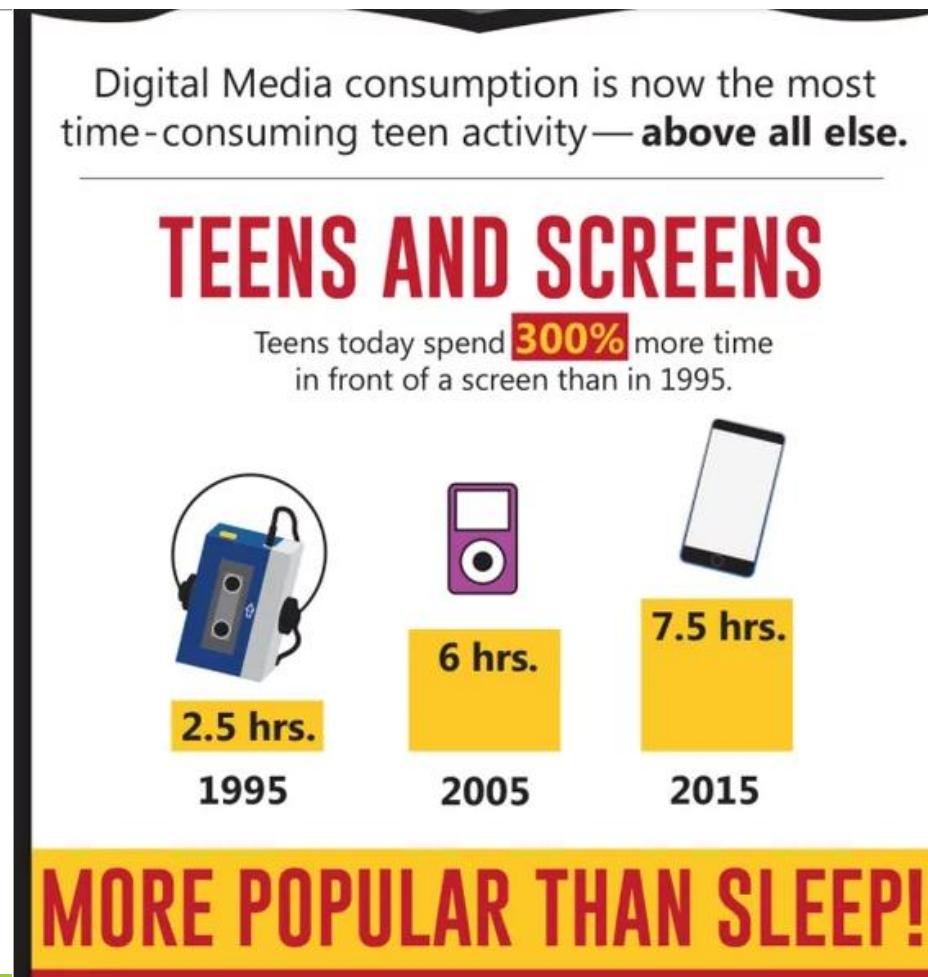
How can we support our children?

So they can

manage and balance online lives and
screen time at home?



Teens and screens - facts



Teens and screens - facts

More than 75%
of teens have
access to a
smartphone

Digital
consumers,
including teens,
own roughly 3.64
connected
devices

71% of teens have more
than one social
networking account



At least 91% of
teens go online
daily

Teens spend roughly
9 hours per day on
screens

Snapchat, Instagram
and Facebook are the
most popular apps
among teens

TOP CONCERNS FOR PARENTS

1 in 3 parents say they have had concerns about their child's technology use in the last year

Privacy/ Safety



72% worry their child will reveal inappropriate information to strangers online

Bullying



72% of teens report being cyberbullied in the last year

Sleep Deprivation



4 in 5 teens sleep with phone within reach. Most get less than 8 hrs sleep a night.

Minimal Physical Activity

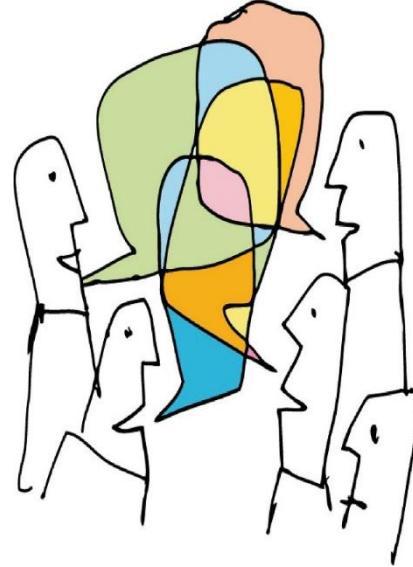


Teens average **only 42 mins** of physical activity a day

Risks and worries

- Stumbling upon offensive and dangerous content
- Interacting on unmonitored, risky sites
- Oversharing
- Engaging in or being a victim of abuse (e.g. cyberbullying)
- Forming unhealthy beliefs/habits/obsessions (e.g. gaming, shopping, stalking, etc.)
- ???

Why do teens spend so much time online?



The kids haven't changed.

You have.

Teens hang out, gossip, flirt, people watch, joke around, and jockey for status. These dynamics are at the heart of teen life...so they relish any opportunity to log in and engage with peers.

'It's complicated' danah boyd

Exit full screen



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What can we do?

- remember:

To keep teens safe online, they need to learn to manage risk.

**How To Monitor
Your Teen On
Facebook** by Mumsgather MG

Do not allow your teen to set up a

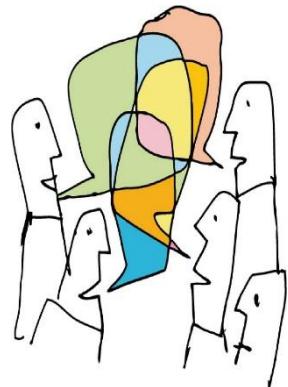
Help your teen set up his or her

Teach your teen to set his



What can we do?

- Know that you are the responsible adult
- Be informed
- Tackle the important stuff upfront
- Establish boundaries
- Understand the importance of ‘real life’ behaviour
- Seek help from others (including the internet)
- Report and support



What can we do?

-
- Know that you are the responsible adult

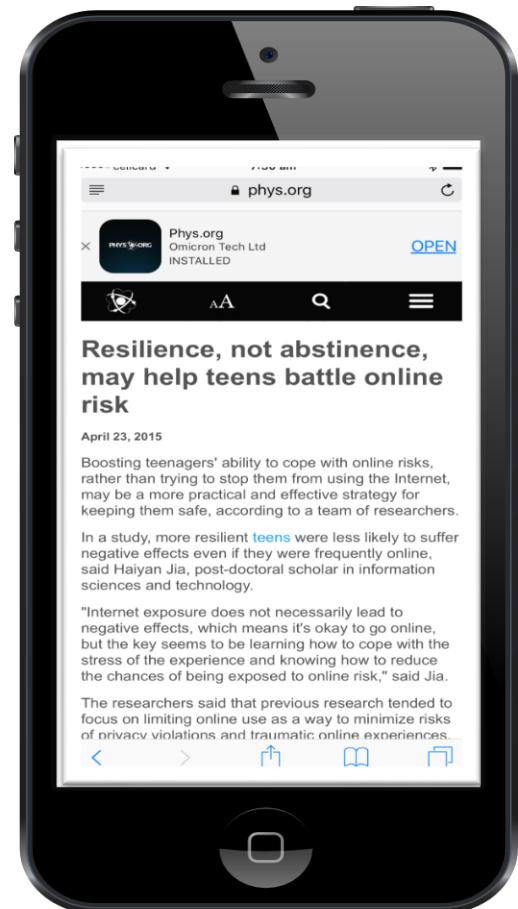


What can we do?

- Establish boundaries
 - Monitor openly, and ideally, with agreement

"You don't want to parent strictly based on fear, you want to parent based on empowerment," Wisniewski.

Read more at: <https://phys.org/news/2015-04-resilience-abstinence-teens-online.html#jCp>



What can we do?

- **Be informed:**
- Learn about the internet, and the kinds of sites and apps your child enjoys using.
- The more you understand, the better you will be able to communicate and make good decisions.



What can we do?

"By the time they are age 16 or 17, it's probably too late to jump in and start to intervene," said Wisniewski.

Parents who learn more about technology can better guide their children, according to the researchers, who presented their findings at the recent Computer Supported Cooperative Work conference in Baltimore.

"Our analysis also suggests that parents' level of digital literacy moderates their mediation strategies," the researchers noted. "Parents who knew more about technology tended to be more actively engaged in their teens' online behaviors



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What can we do?

8:20 am

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commonsensemedia.org

For Parents For Educators For Advocates

common sense media



How to Handle the Violent Videos at Kids' Fingertips

Another day, another raw video scrolling by. Get tips for talking to your kids about the impact of graphic violence in their social media feeds.

Find Great Media for Kids by Age and Type

Ages 2 - 18

Select an entertainment category

Go!



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8:18 am

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internetmatters.org

internet matters.org

Helping parents keep their children safe online



Get the right advice to help your child deal with cyberbullying

SEE GUIDE >

Latest Articles



6 out of 10 parents concerned kids will spend holidays glued to devices

Share This

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digitalcompass.org

Digital Compass is the only educational game that gives kids the freedom to explore how decisions made in their digital lives can impact their relationships and future.

Where are you headed? Play now.

Available for iPad, Android phone and tablet, and Chromebook.

GET THE APP

Digital Compass Introduct...



Where are you headed?

What can we do?

- **Tackle the important stuff upfront**

When parents DO talk with their children, including teenage children, they listen!

The most important thing that we can do as parents and carers is to show that we care about them.

We need to help teens develop the skills to navigate the online world in order to be safe, productive and happy.

■ Tackle the important stuff upfront

- Engage in conversation – find out what they are doing online. Ask them to show you their favourite sites (their Facebook pages, Skype, etc.)
- Find out what they are already doing to stay safe
- Ask them to explain how they study/do their homework. How do they manage their time online?
- Think carefully before you decide if you want to do anything/restrict them and then talk together again about the possible solutions.

What can we do?

Expectations



Reality?

What can we do?

Tackle the important stuff upfront

← → C Secure | <https://www.healthychildren.org/English/media/Pages/default.aspx#home>

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Family Media Plan

Media should work for you & work within your family values & parenting style. When media is used thoughtfully & appropriately, media can enhance daily life. But when used inappropriately or without thought, media can displace many important activities such as face-to-face interaction, family-time, outdoor-play, exercise, unplugged downtime & sleep.

By creating a Personalized Family Media Use Plan, you can be aware of when you are using media to achieve your purpose. This requires parents & users to think about what they want those purposes to be. The tool below will help you to think about media & create goals & rules that are in line with your family's values.

To make YOUR family's Media Use Plan, start by entering your family's information. This information will remain private and confidential.

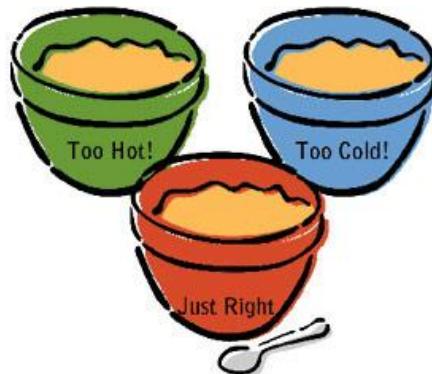
To find this information in Spanish, click [here](#).

What can we do?

- Establish boundaries:

- How long?
- When is not ok?
- Where does family time fit?

- The Goldilocks principle



Helpful links

These are the links referred to during the workshop. There are many others.

CEOP video: <https://www.youtube.com/watch?v=ffyFOAENPL8>

Educare video: <https://www.youtube.com/watch?v=hvmuLCrVMrY>

Healthy Children – Family Media Plan:

<https://www.healthychildren.org/English/media/Pages/default.aspx#planview>

Suggested apps article with links: <http://www.npr.org/sections/health-shots/2017/02/27/517491502/to-keep-teens-safe-online-they-need-to-learn-to-manage-risk>

DQ World: interactive learning site: <https://www.dqworld.net/#!/>

Reading: <http://www.bbc.com/news/technology-38611006>

Reading: <https://www.popsugar.com/tech/How-Much-Time-Do-Teens-Spend-Front-Screen-41218476>