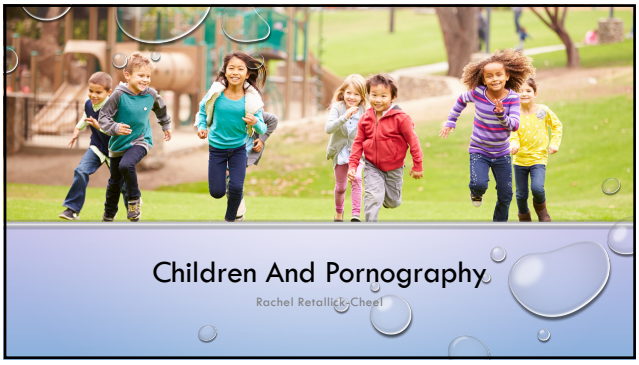
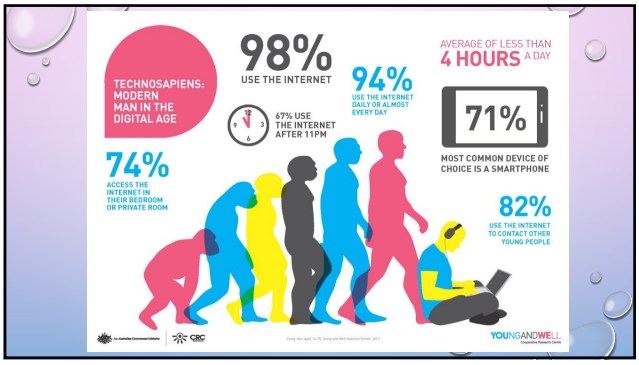
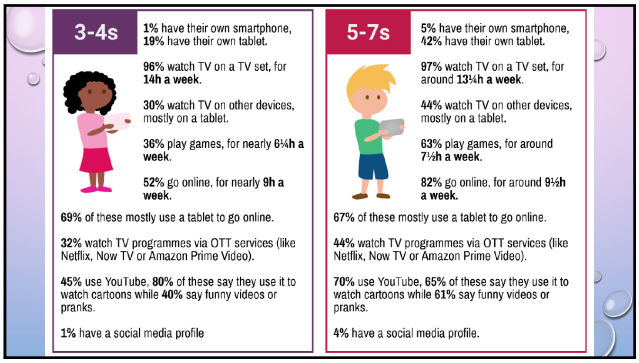
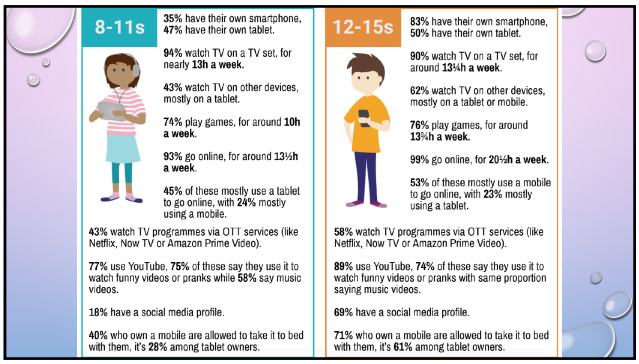


What We Will Cover

- The digital landscape
- Potential dangers
- Why children are so vulnerable
- Ideas for protecting children


TECHNOSAPIENS: MODERN MAN IN THE DIGITAL AGE
98%
USE THE INTERNET
94%
USE THE INTERNET DAILY OR ALMOST EVERY DAY
AVERAGE OF LESS THAN 4 HOURS A DAY
67% USE THE INTERNET AFTER 11PM
71%
MOST COMMON DEVICE OF CHOICE IS A SMARTPHONE
74%
ACCESS THE INTERNET IN THEIR BEDROOM OR PRIVATE ROOM
82%
USE THE INTERNET TO CONTACT OTHER YOUNG PEOPLE
YOUNGANDWELL


3-4s
1% have their own smartphone, 19% have their own tablet.
96% watch TV on a TV set, for 14h a week.
30% watch TV on other devices, mostly on a tablet.
36% play games, for nearly 6¼h a week.
52% go online, for nearly 9h a week.
69% of these mostly use a tablet to go online.
32% watch TV programmes via OTT services (like Netflix, Now TV or Amazon Prime Video).
45% use YouTube, 80% of these say they use it to watch cartoons while 40% say funny videos or pranks.
1% have a social media profile
5-7s
5% have their own smartphone, 42% have their own tablet.
97% watch TV on a TV set, for around 13¼h a week.
44% watch TV on other devices, mostly on a tablet.
63% play games, for around 7½h a week.
82% go online, for around 9½h a week.
67% of these mostly use a tablet to go online.
44% watch TV programmes via OTT services (like Netflix, Now TV or Amazon Prime Video).
70% use YouTube, 65% of these say they use it to watch cartoons while 61% say funny videos or pranks.
4% have a social media profile.


8-11s
35% have their own smartphone, 47% have their own tablet.
94% watch TV on a TV set, for nearly 13h a week.
43% watch TV on other devices, mostly on a tablet.
74% play games, for around 10h a week.
93% go online, for around 13½h a week.
45% of these mostly use a tablet to go online, with 24% mostly using a mobile.
43% watch TV programmes via OTT services (like Netflix, Now TV or Amazon Prime Video).
77% use YouTube, 75% of these say they use it to watch funny videos or pranks while 58% say music videos.
18% have a social media profile.
40% who own a mobile are allowed to take it to bed with them, it's 28% among tablet owners.
12-15s
83% have their own smartphone, 50% have their own tablet.
90% watch TV on a TV set, for around 13¼h a week.
62% watch TV on other devices, mostly on a tablet or mobile.
76% play games, for around 13¾h a week.
99% go online, for 20½h a week.
53% of these mostly use a mobile to go online, with 23% mostly using a tablet.
58% watch TV programmes via OTT services (like Netflix, Now TV or Amazon Prime Video).
89% use YouTube, 74% of these say they use it to watch funny videos or pranks with same proportion saying music videos.
69% have a social media profile.
71% who own a mobile are allowed to take it to bed with them, it's 61% among tablet owners.

The Problems

Poor concentration

Addictions

'Text Thumb'

Inability to read emotions

Poor sleep

Poor posture

Lack of exercise

Addictions

The Dangers

Inappropriate Content	Cyberbullying	Online Grooming	Sexting
Online Reputation	Self Harm	Radicalisation	Online Pornography

The Dangers

Parents and children's workers are afraid of what they do not know

Screen time overshadowing family time

Access to pornography, sexting and paedophiles

Physical and psychological damage

Is Porn A Problem?

- In 2008, more than 560 college students responded to an online survey:
- 93% of boys and 62% of girls were exposed to pornography before 18.
- 14% of boys and 9% of girls were exposed to pornography before 13.
- 69% of boys and 23% of girls have spent at least 30 consecutive minutes viewing internet pornography on at least one occasion. 63% of boys have done so more than once, and 35% of boys have done so on more than 10 occasions.
- 83% of boys and 57% of girls have seen group sex online.
- 69% of boys and 55% of girls have seen same-sex intercourse online.
- 39% of boys and 23% of girls have seen sexual bondage online.
- 32% of boys and 18% of girls have seen bestiality online.
- 18% of boys and 10% of girls have seen rape or sexual violence online.
- 15% of boys and 9% of girls have seen child pornography.

Is Porn A Problem?

According to the *Journal of Adolescent Health*, prolonged exposure to pornography leads to:

- An exaggerated perception of sexual activity in society.
- Diminished trust between intimate couples.
- The abandonment of the hope of sexual monogamy.
- Belief that promiscuity is the natural state.
- Belief that abstinence and sexual inactivity are unhealthy.
- Cynicism about love or the need for affection between sexual partners.
- Belief that marriage is sexually confining.
- Lack of attraction to family and child-raising.

Why Children Are So Vulnerable

- Children are naturally curious.
- All people, including children, are biologically designed to be drawn to sexualized images.
- Pornography produces powerful chemicals that reinforce a child's innate attraction to it.

A Solution?

- A warm and communicative parent–child relationship is the most important factor [in reducing porn use among children]. In addition, open parent–child channels for communicating about sexual and media experiences, sex education at home or school, and parental participation with children on the internet are constructive influences. Finally, for boys already at risk for antisocial behavior, parents should carefully monitor and severely limit access to pornography on file-sharing networks and elsewhere."– Dr. Patricia M. Greenfield

What Can I Do to Keep My Kids Safe?

What Can I Do to Keep My Kids Safe?

What devices have we got?
Where are they situated?
Is access always unsupervised?

Is there access to online devices outside the home?
What about at school?
At their friends house?
What do they carry with them?

What Can I Do to Keep My Kids Safe?

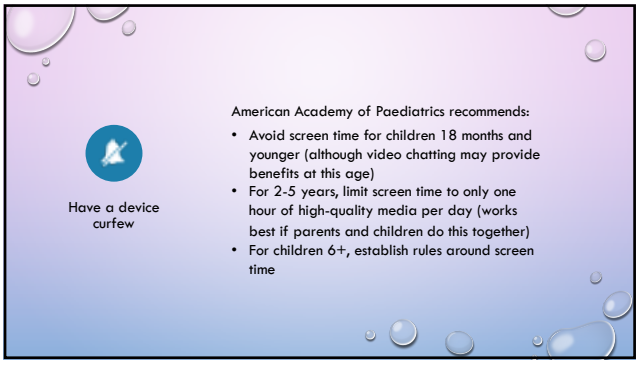
What time limit is appropriate for what age?

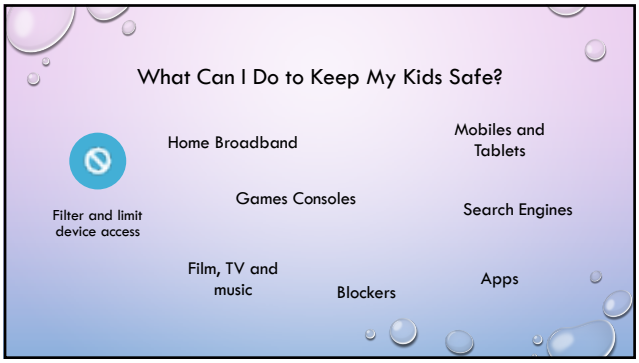
How can we limit time online?

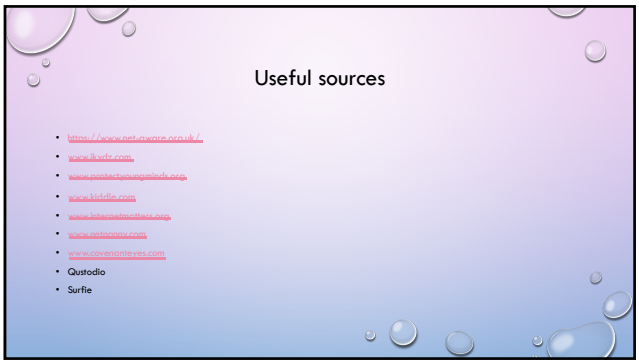
Have a device curfew

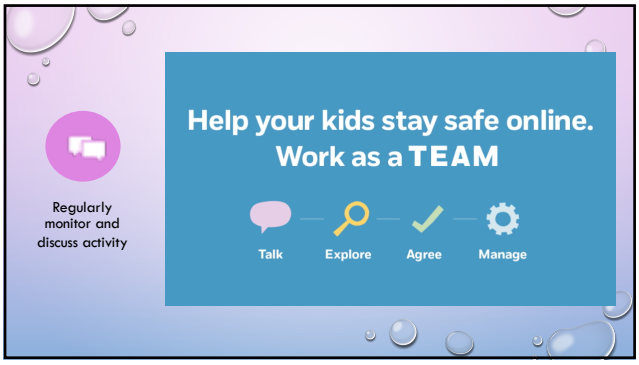
Which devices need to be limited?

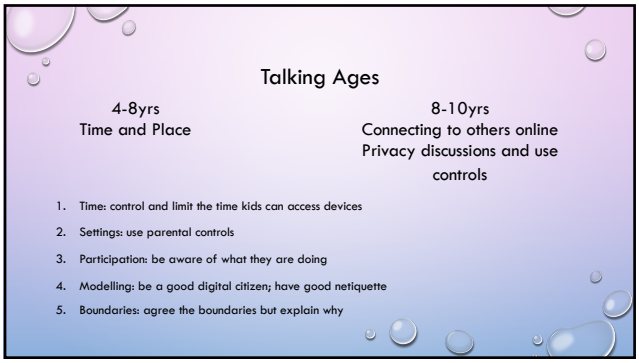
How do we enforce time limits?

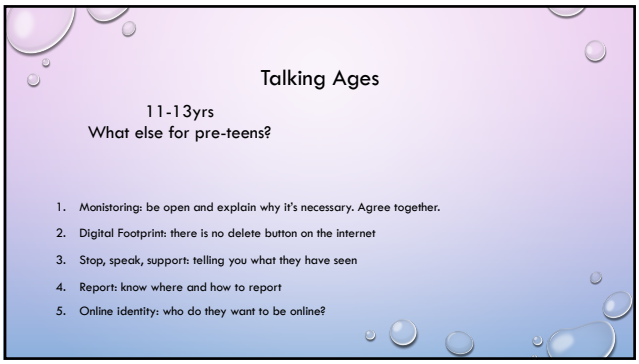





Useful sources
www.ikeepbit.com
www.protectyoungminds.org
www.bbfc.co.uk
www.internetmatters.org
www.saferinternet.org.uk
www.nspcc.org.uk/onlinesafety
www.parentzone.org.uk
www.commonsensemedia.org
www.childnet.com
www.saferinternet.org.uk
www.getsafeonline.org
www.thinkuknow.co.uk
www.ceop.police.uk
www.childline.org.uk
www.net-aware.org.uk
www.kidsmart.org.uk
www.bullying.co.uk
www.childnet.com
www.kidscape.org.uk
www.stopbullying.gov
www.ncpc.org
www.cyberbullying.ca
www.antibullyingpro.com
www.bullyingnoway.gov.au
www.beatbullying.org
www.stopcyberbullying.org
www.cybersmile.org
www.digizen.org
www.kidsmart.org.uk
www.childnet.com


Regularly monitor and discuss activity
Help your kids stay safe online.
Work as a TEAM
Talk
Explore
Agree
Manage


Talking Ages
4-8yrs
Time and Place
8-10yrs
Connecting to others online
Privacy discussions and use controls
1. Time: control and limit the time kids can access devices
2. Settings: use parental controls
3. Participation: be aware of what they are doing
4. Modelling: be a good digital citizen; have good netiquette
5. Boundaries: agree the boundaries but explain why


Talking Ages
11-13yrs
What else for pre-teens?
1. Monistoring: be open and explain why it's necessary. Agree together.
2. Digital Footprint: there is no delete button on the internet
3. Stop, speak, support: telling you what they have seen
4. Report: know where and how to report
5. Online identity: who do they want to be online?

Talking Ages

14+yrs
What else for teenagers and above?

1. Keep on top of things: keep talking to them and stay alert
2. Maintain open door policy: encourage them to seek your help, know when to ask for it and know where to ask for it

Ideas To Combat

Learn the basics:

- Find out why good kids get pulled into porn
- See what pediatricians are saying about the impacts of pornography
- Discover why pornography exposure is being called a public health crisis

Prepare yourself

- Plan a good time to talk.
- Learn why you should be the first one to warn your child about pornography.
- Find out how to avoid parent freak-out if you discover a child viewing porn.

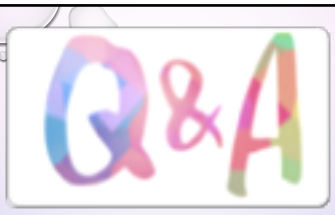
Prepare Young Minds

Teach your kids

- Define the word pornography.
- Keep your kids safe from sexual abuse by teaching them correct names

For body parts.

- Teach kids the power of their thinking brain.



QUESTIONS?