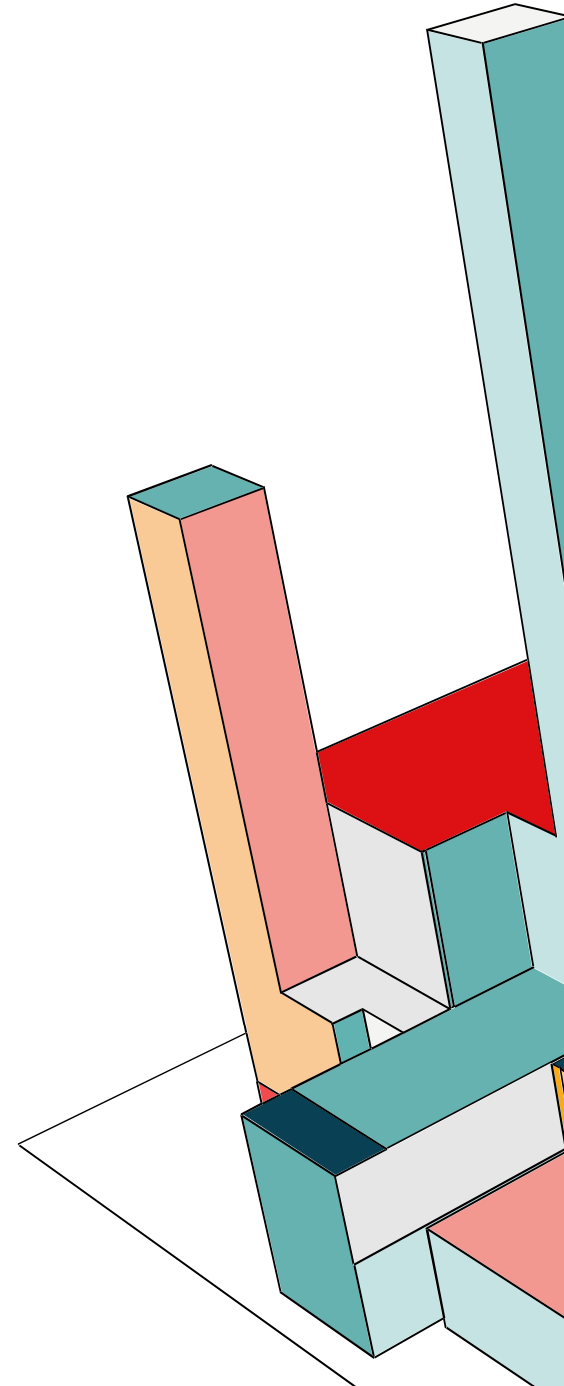


# **ONLINE SAFETY FOR PARENTS**

**FRIDAY 24<sup>TH</sup> MARCH**

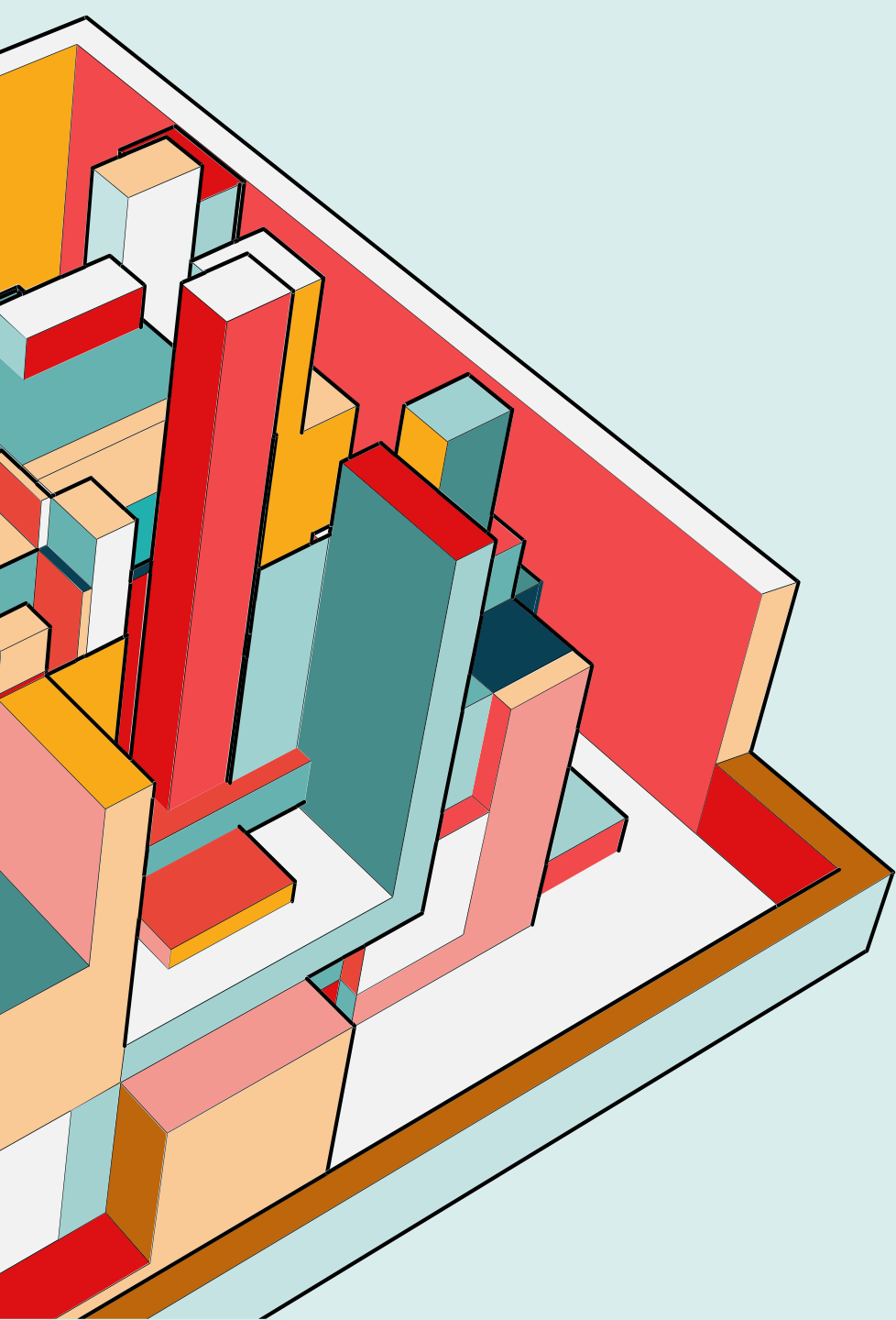
# AIMS OF THE SESSION

- To discuss the reality children face online
- To discuss the impact of the online world on children
- To share strategies to support children with the online world



# THE REALITY OF THE ONLINE WORLD



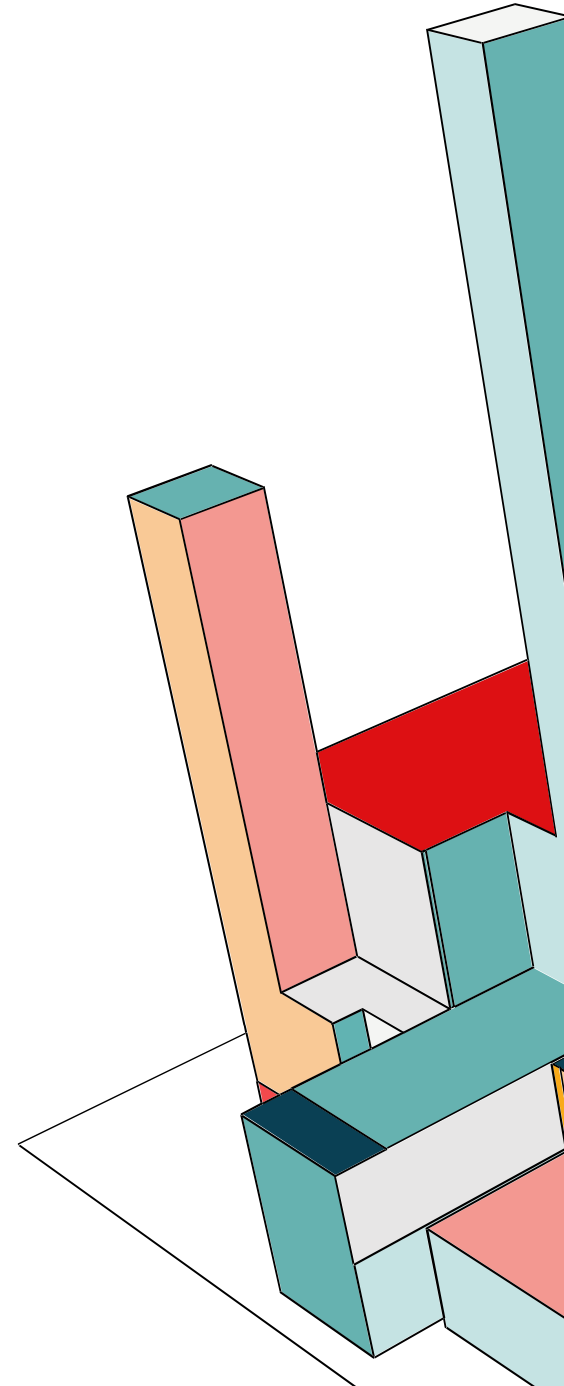


# THE SAFETY OF THE SCREEN

Children struggle to see the online world as 'real'. It can cause them to behave in very different ways to how they might behave in real life.

# THE ONLINE WORLD

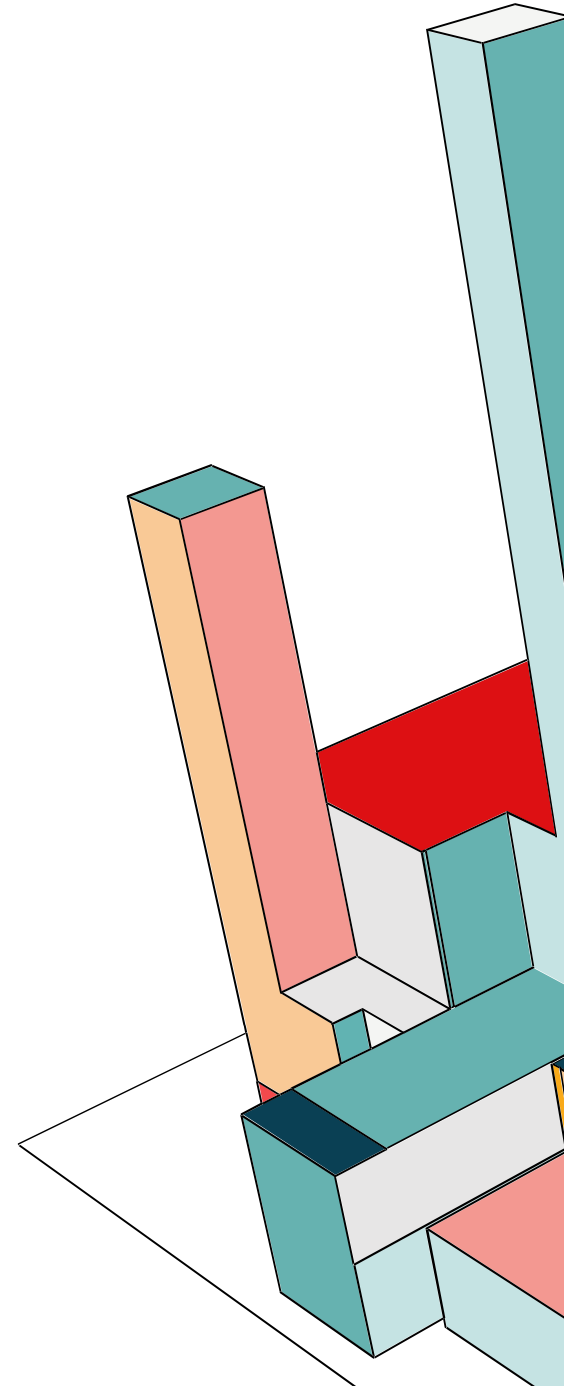
- The online world has brought huge advances in communication, creativity and connectedness to the world. Children today, take that for granted.
- Increasingly, children are being exposed to the risks of the online world at an earlier age, through gaming, unsupervised use of technology and children receiving phones/tablets at younger ages.
- There are many impacts of this: children have no respite from stress, are exposed to unrealistic + harmful depictions of relationships and themselves.
- There is a very genuine risk of harm from the online world. The moment children have a tablet/phone/console they will be exposed to this risk. It is a certainty not a possibility.



# MATURITY

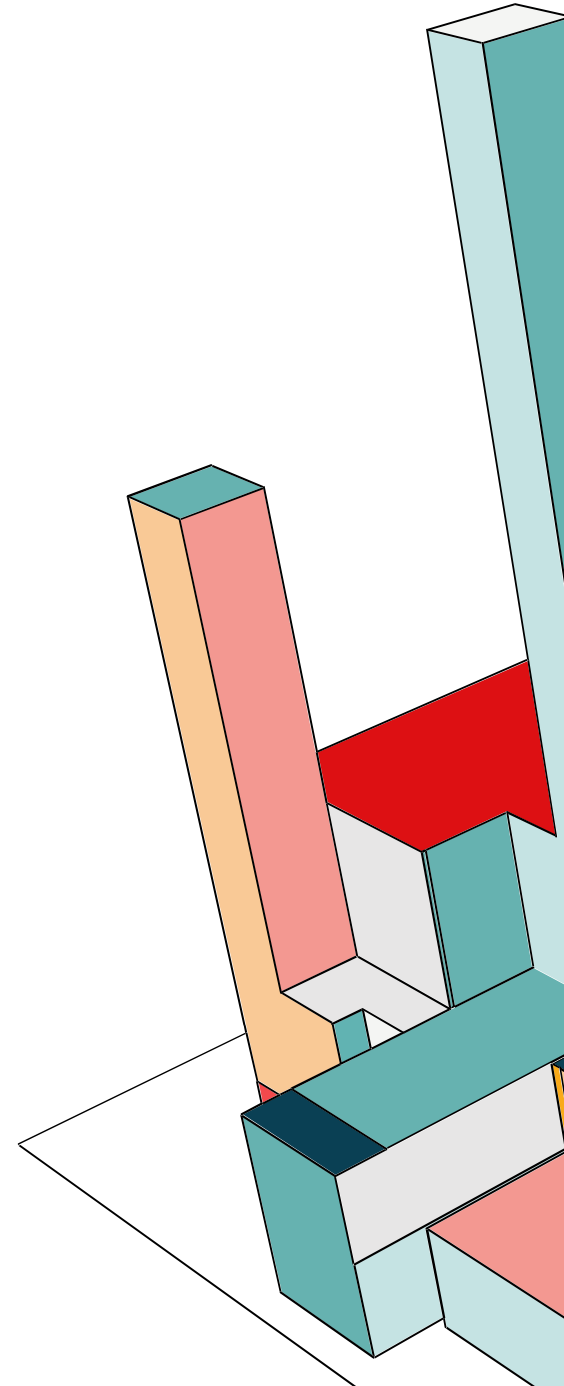
- Navigating the online world requires maturity. It requires the ability to:
  - Put the opinions of others in perspective.
  - Know that words read harsher than when they are spoken.
  - Know when enough is enough.
  - Be able to know what is real and what isn't.
  - Protect yourself from harm.

Children do not have this maturity.



# PEER PRESSURE

- The online world is highly appealing. It's exciting and transformative and compelling.
- When something is forbidden, it becomes exciting to access it as you get older.
- It is about social connections; we know these matter. For children, a natural part of aging is placing increasing value on friendships over family.
- Likes, views, followers = a dopamine hit.
- Not feeling left out.
- The appeal of these things are stronger than the values of a family.

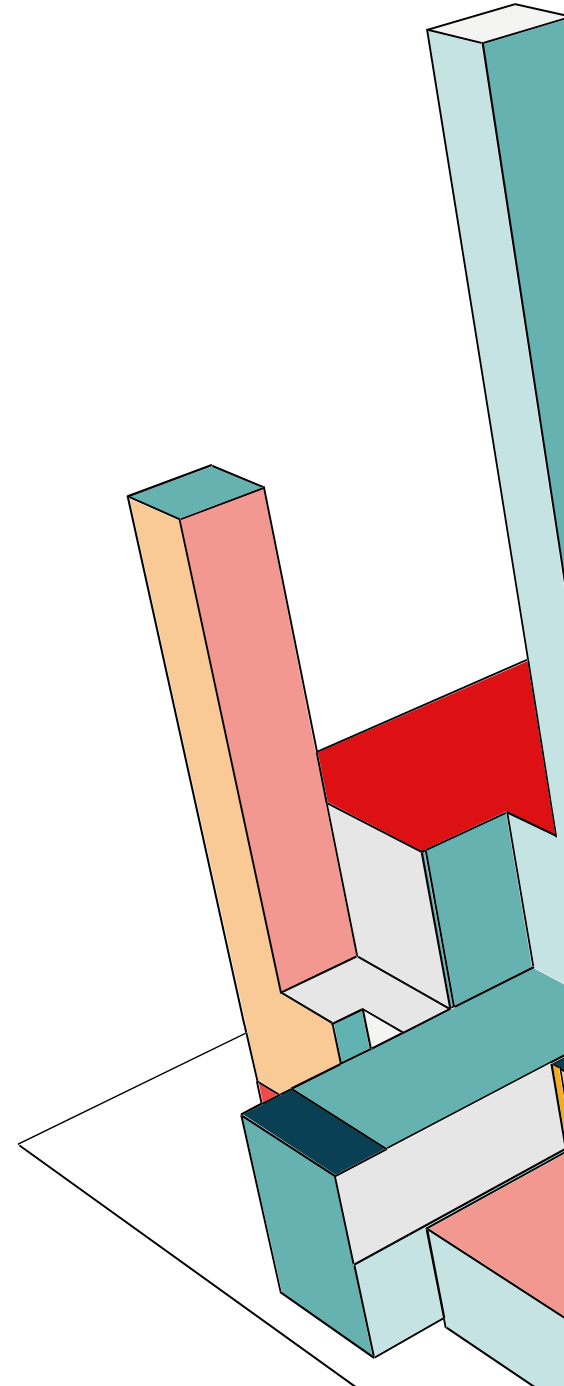




# **THE IMPACT OF THE ONLINE WORLD**

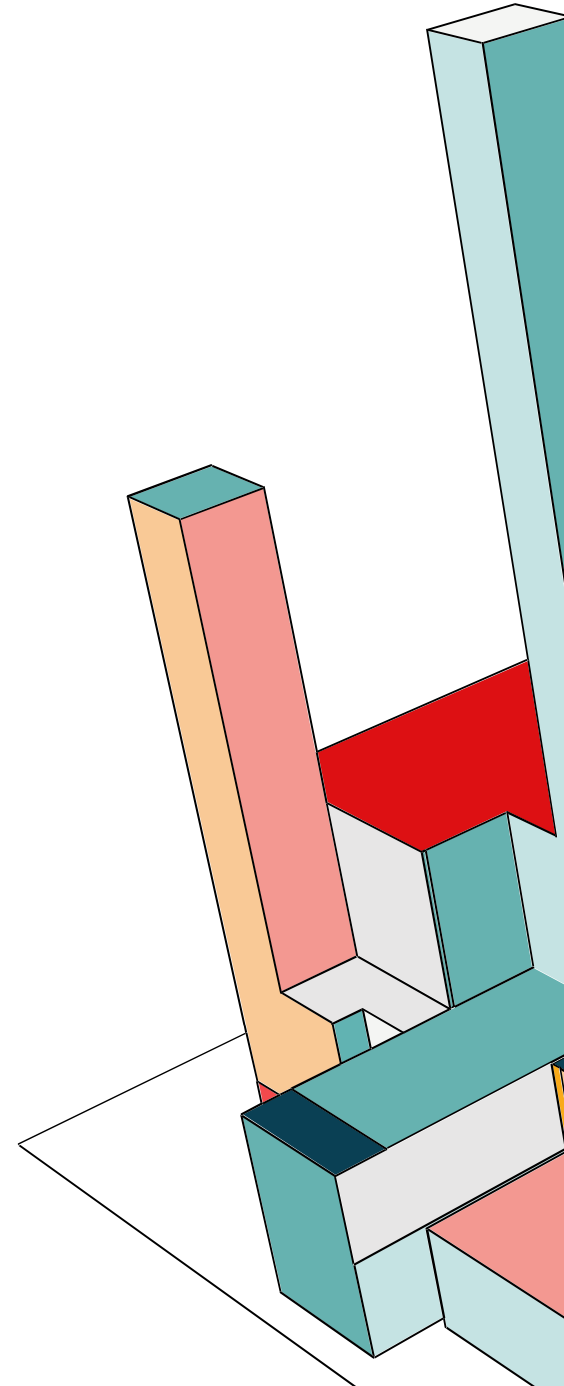
# CYBER-BULLYING

- These can be targeted, repeated negative interactions against children designed to humiliate them.
- Increasingly as a school, we are having issues between children (including non-attendance at school) because of negative online interactions.
- There is no respite.
- Initially, they extend from lack of thought, revenge or a desire to increase social standing with others, rather than outright malice. Deal with that strongly to ensure nothing more serious happens.



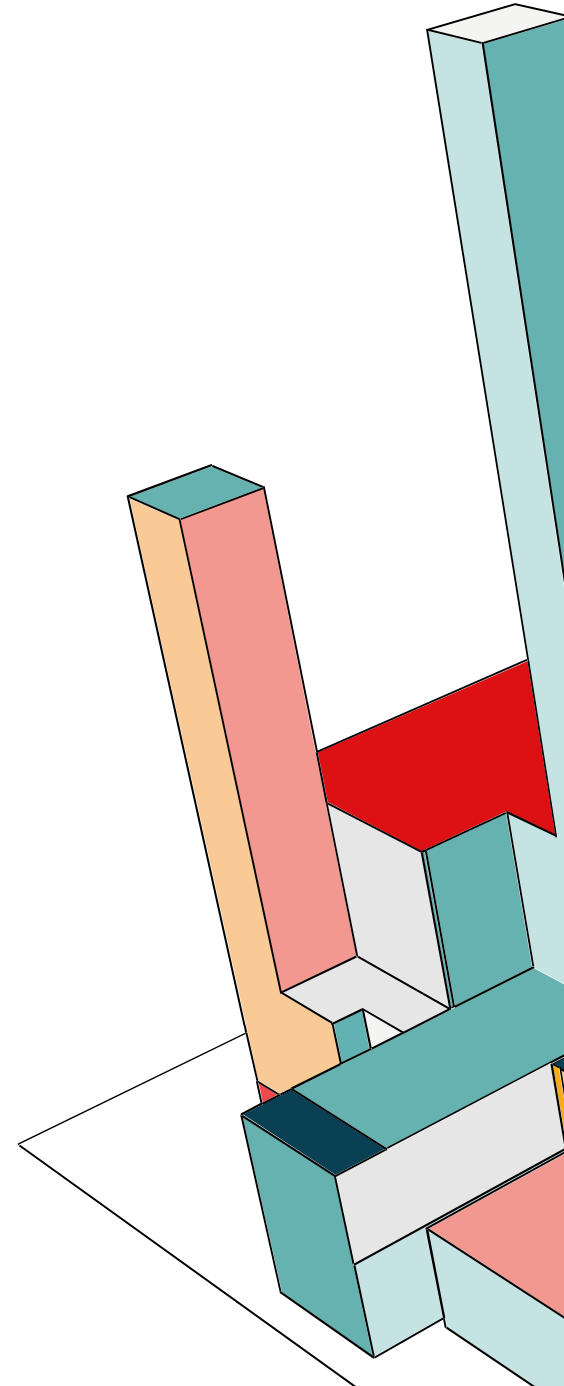
# MANOSPHERE + RADICALISATION

- Who is influencing your child?
- Increasingly, young men's insecurities are being exploited to promote anti-women agendas. This is leading to an increase in misogynistic behaviour towards women and children.
- However, the lack of regulation of the internet means extremist, hateful, untruthful and harmful content can flourish.
- Influencers may not share your values. They will be doing things for money and holding extreme views to increase their profile. A healthy dose of cynicism can go a long way.



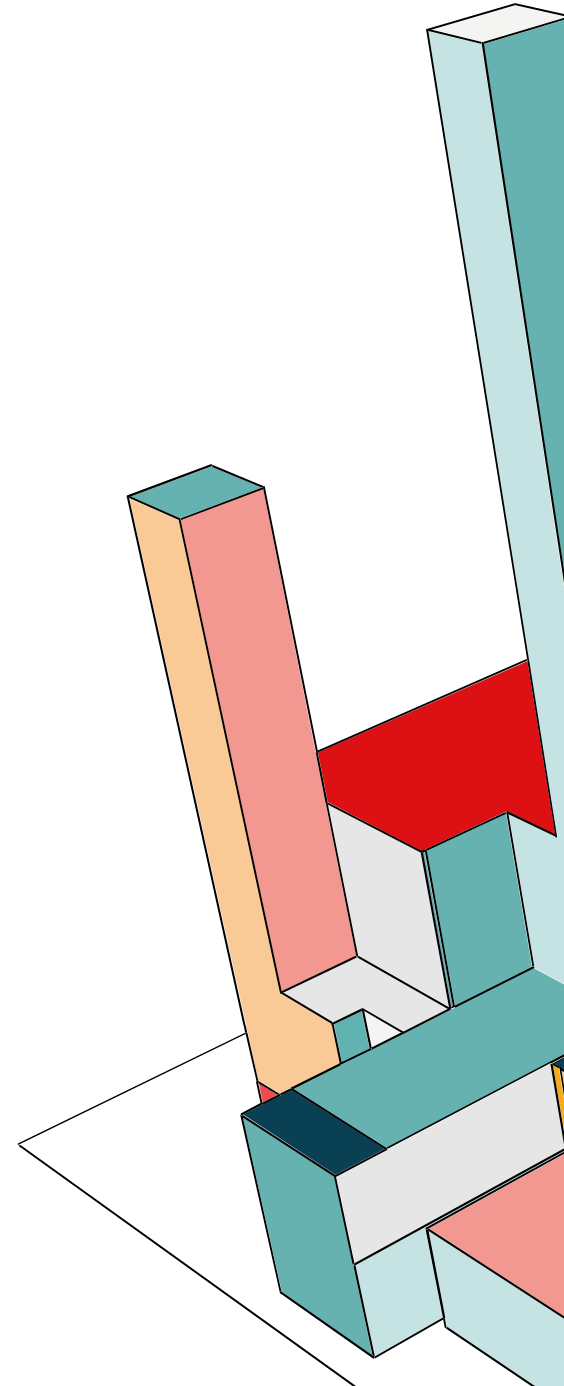
# GROOMING + ABUSE

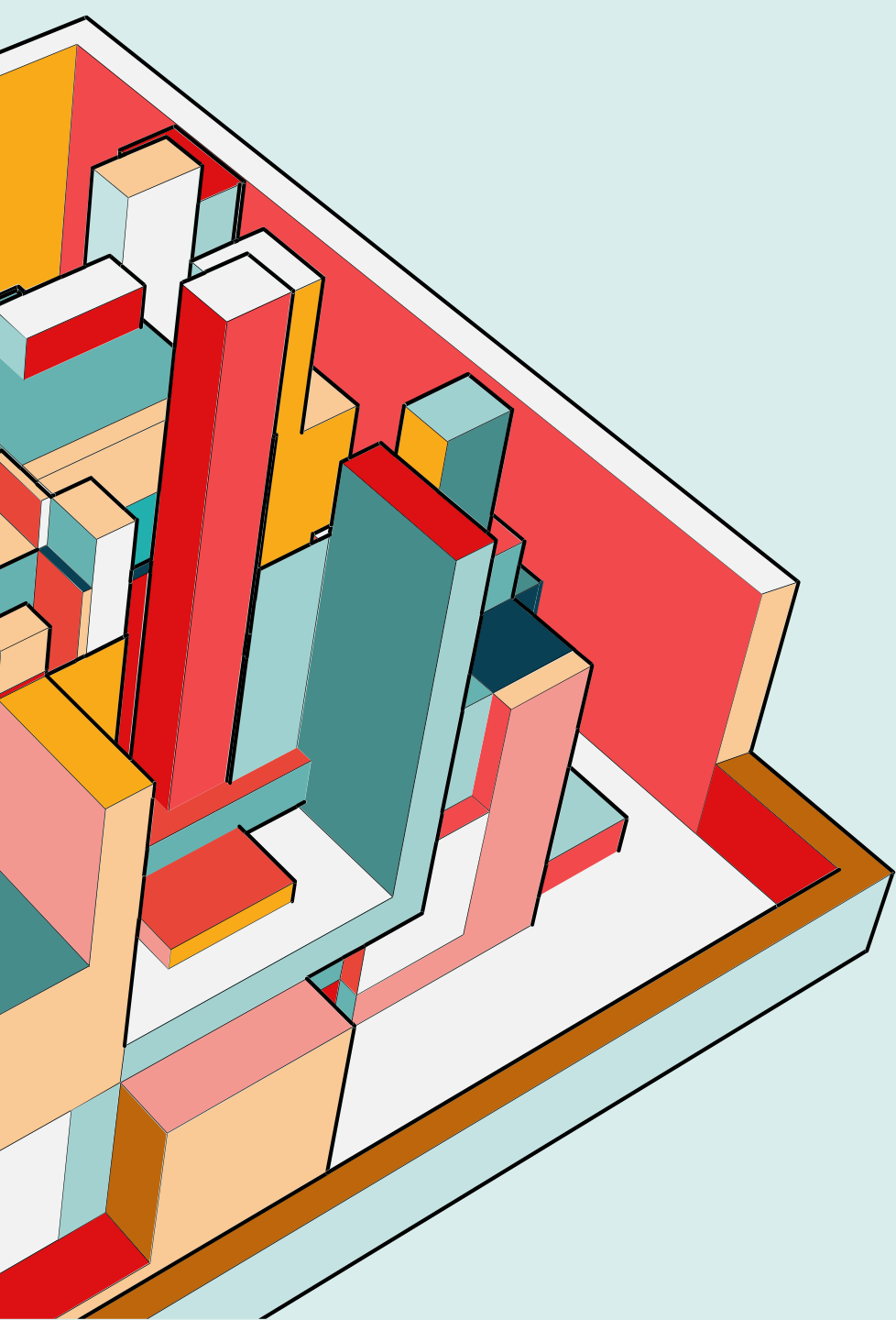
- Your child has already seen things you wouldn't want them to see.
- Adults will use apps to hurt children. They will lie in order to do so.
- Children are increasingly producing CSAM themselves. Increasingly child on child abuse is occurring, either through children being exposed to inappropriate material, or through coercion by adults.
- It begins as flattery and attention and can quickly move into inappropriateness.
- Our strongest tool against this is the removal of shame. Abusers use shame to produce more material; we need to remove that to address things quickly.



# MENTAL HEALTH + WELL-BEING

- The failure to live up to unrealistic expectations, the constant stream of noise and information and the inability to escape painful interactions are causing children to feel overwhelmed, confused and worthless.
- There is a lack of professional services to support them.
- Communication with the school, and ensuring your child is sent into school can nip things in the bud.

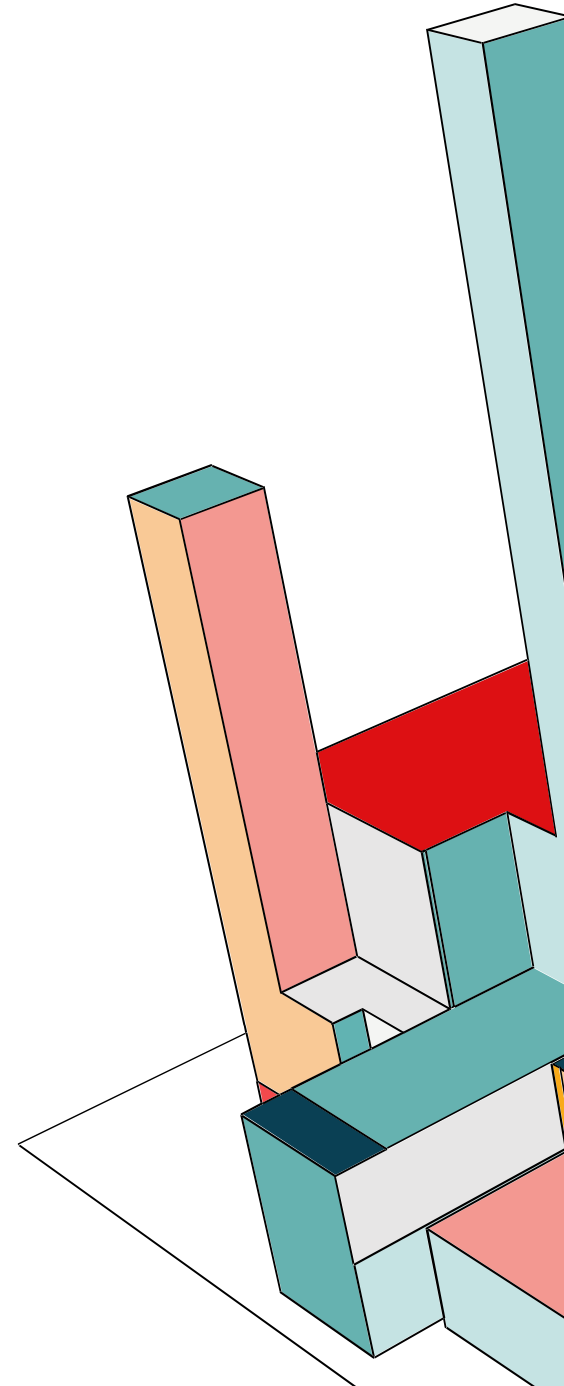




# **STRATEGIES TO SUPPORT YOUR CHILD**

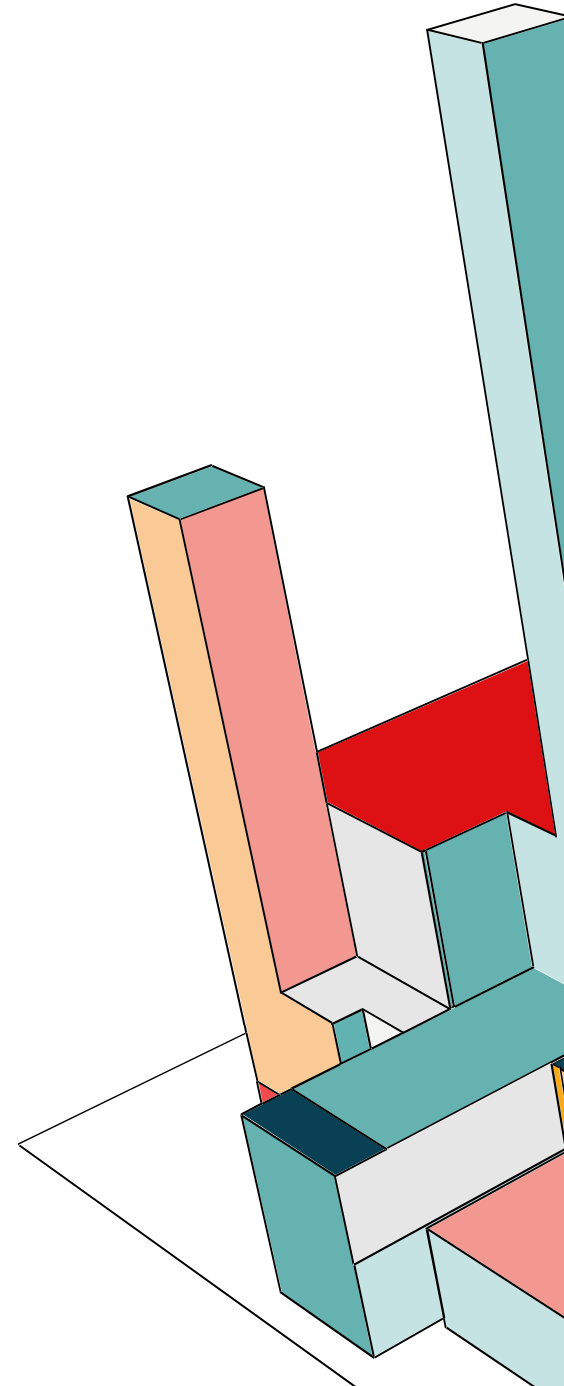
# HOW TO SPOT

- A significant change in behaviour, character or disposition.
- Knowledge of things you haven't discussed.
- Heightened emotions.
- Non-attendance at school.
- Lack of interest in previous interests.



# TOP TIPS

- Age-appropriate guidelines are there for a reason. If the app is for over-13s, enforce this at home.
- Be the first person to have the conversation. If you've educated first, they will have a voice in their head that guides children them to hopefully make the right choice.
- Ensure settings are appropriate. Use blocks or dumb phones to support.
- Discuss what we have spoken about here today
- Check the phone. Regularly. If you pay the bill, the phone is yours. Contract with children if needs be.
- Model the right behaviour yourself. If your phone is constantly by your side, theirs will be too.



# IT'S NOT YOUR FAULT

Speak to me at any point for advice and support.

