

# Parenting in the digital age...



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Sackville School

# Overview of the session

- Pressures on teenagers
- Parental strategies
- Digital Future.....
- Where to look for information

# Today's news!

## Parents struggle to handle children's tech habits

🕒 19 November 2018 | 🗨️ 24

🌐 📧 🐦 📧 🔄 Share



**Parents worry about how excessive mobile use is affecting their children but struggle to tame their tech habits, suggests a survey.**

It found that 43% of 7,000 parents across Europe who were surveyed were concerned that using gadgets meant their children slept poorly.

Others feared what tablet and phone use did to social skills (38%) and children's mental health (32%).

But many said they set a bad example with their own heavy use of gadgets

# DO YOU WANT TODAY'S WIFI PASSWORD?

1. Put away your laundry
2. Empty dishwasher
3. Walk the dog

# Learning from adults??



Michael W  
Torquay, United Kingdom

2 reviews

*"You couldn't make it up."*

●○○○○○ Reviewed 1 week ago

Basil Fawley is the perfect host compared to this place.

Let's get this straight from the start; all of the staff deserves a medal!

We were booked in for Valentines / Wedding Anniversary weekend. On arrival (11:30) there was a woman in the bar, clearly intoxicated she was loud and swearing like a trooper. At one point the CD playing the music in the bar was skipping "Jason, Jason stop that CD from jumping, you know I'm Dyslexic..." she shouted. We assumed she was either a local or a resident, our room was ready and we were shown up to our room by a nice but clearly embarrassed receptionist.

Our impressions of the hotel was it was tired dated and a bit dark, the shower was impractical (temperature kept changing and the shower head falling down) and the room cold, however we asked for a heater and got one.

That night we went down for our Valentines evening meal, the same lady was seated at a table with one can only assume her partner, I was a bit worried, and looking around the dining room not even so much as

Office bullies are colleagues.

But the effects of

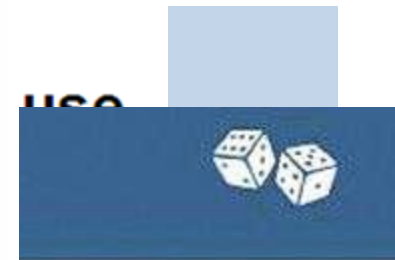
Occupational psy  
cyberbullying had

person can be hated, by the way, that  
would be you. The most hated person!  
loser. Go cut yourself and die,  
faggot.

less than a minute ago

104

07



everyone.  
thing but a  
ou're a  
uch a  
way, that

# Activity 1

- How many devices do you have at home (in total) that contain your personal data?
- Talk to a partner!
- 5 mins
- Average number per household: 7

# How many apps/games can you guess?



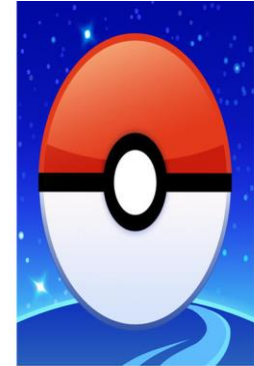
Fortnite



Hot or not



Live Me



Pokemon Go



Bumble



Strava



Spotify



Red Dead  
Redemption 2

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There's an app  
for that...





# Anonymous chat

**YikYak** – location aware for contact within a 5 mile radius



**Ask.fm** – post selfies and talk about themselves

**Omegle** – linking strangers together anonymously in chat or video rooms



**Whisper:** A social "confessional" app users type a confession, add a background image and share it with the Whisper community. Intended for users age 17 and older.

# Temporary apps

**Snapchat** - messaging app that lets users put a time limit on the pictures and videos they send before they disappear.



**Burn Note** - texting-only app that erases messages after a set period of time. Messages are stored until first view and then deleted.



<http://www.net-aware.org.uk/>

# Live streaming

**Periscope** -  
broadcast  
themselves live  
for short  
periods of time



**Facetime** –  
iOS app built  
in to Apple  
devices



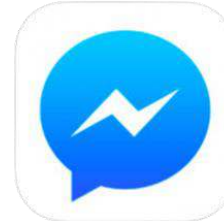
**ooVoo** –  
video chat and instant messag  
app. Can group video chat wit  
up to 12 people



**Meerkat** –  
additional tools  
allow saving of  
live stream and  
live chat



**Facebook Messenger** –



available to all  
Facebook account  
holders

# Photo sharing

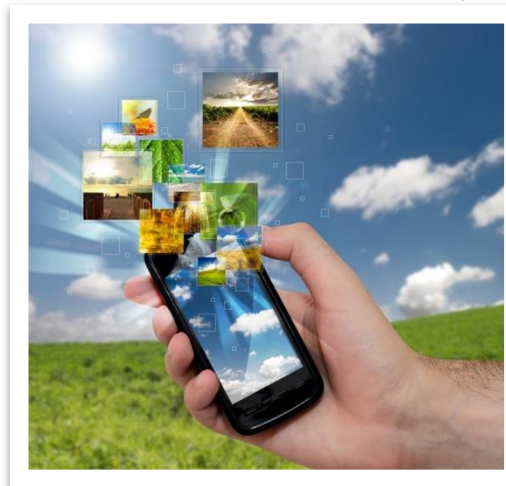
**Instagram** - users often list their Kik usernames in their bios so that other have some kind of way to contact them privately



**Tumblr** – popular blogging platform largely dominated by visual content



**WhatsApp** - extremely popular app for individual and group messaging. Groups of up to 256 people can be contacted at the same time



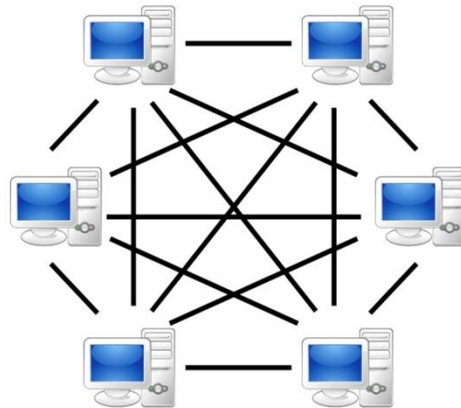
<http://www.net-aware.org.uk/>

# Peer to peer

**BearShare** – beware!  
Known for installing  
malware and other nasties  
on computers



**eMule** – used to find  
'rare content'. Fake  
versions ask for credit  
card details and  
distribute malware



**KCeasy** – free to download  
software making it easier to  
access and share files



# Behaviour Vs Risk

Most young people do know the theory of what to do. But the theory is very different in practice.

We must understand that for many children and young people, risk-taking behaviour is a part of growing up...



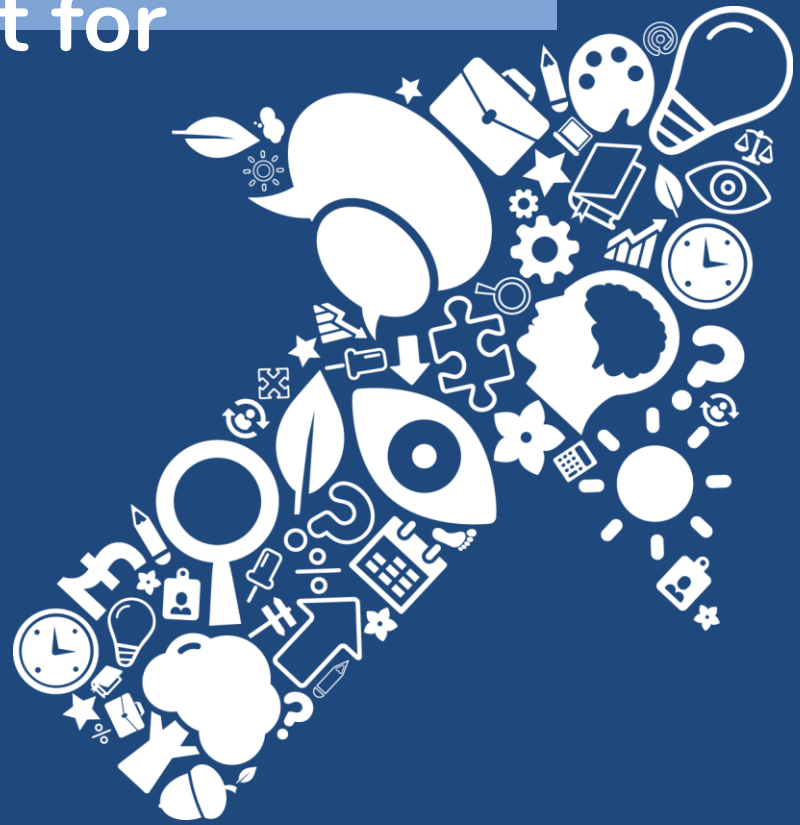
# Activity 2

- How do you monitor your child's internet usage at home?
- Do you know what sites they are using?
- Do you know the current trends in terms of apps/websites?

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# What's Trending?

and what to look out for



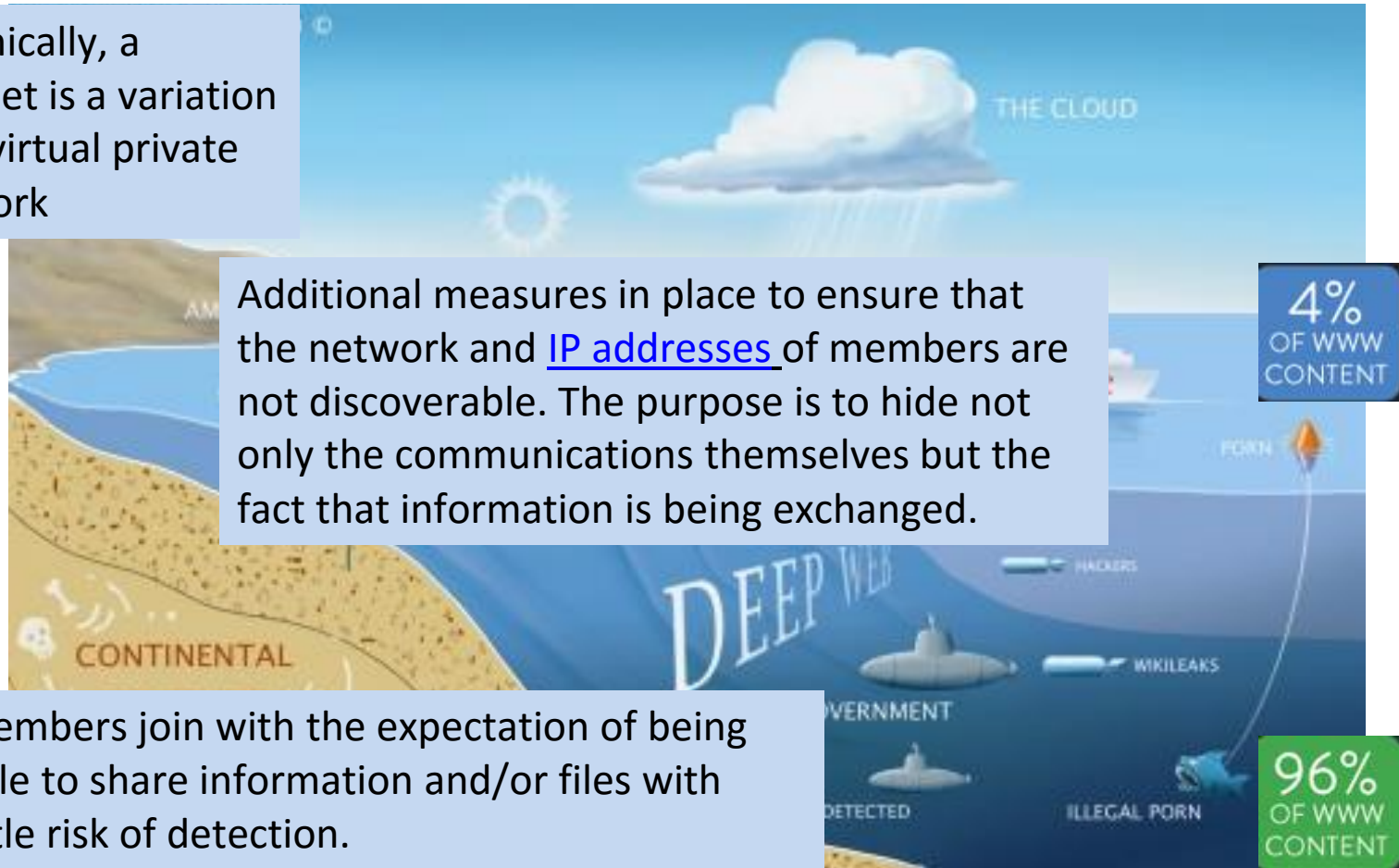


# The Dark Net

Technically, a darknet is a variation on a virtual private network

Additional measures in place to ensure that the network and [IP addresses](#) of members are not discoverable. The purpose is to hide not only the communications themselves but the fact that information is being exchanged.

Members join with the expectation of being able to share information and/or files with little risk of detection.



# Online Image



# Media and Body Image

## Boys have issues with body image too.

Boys' own body concerns and risky behaviors can go unnoticed, and their role in supporting healthy attitudes among girls is vital.

### Pay attention to your son, too

- Listen for negative body talk.
- Look for dramatic weight loss or gain.
- Check the messages from coaches, peers, and online forums about weight, exercise, and muscle-building.



Measurements of toy male action figures exceed even that of the biggest bodybuilders.

## Unrealistic, sexualized, and stereotypical images and messages about bodies and gender are rampant on the media your kid consumes.



of female TV characters aged 10 to 17 are below average in weight.

Media is influential — if all your child sees are unrealistic body types she'll come to believe they're the ideal.

### Immunize your child

- Choose quality media with diverse characters.
- Question assumptions about appearance.
- Challenge stereotypes about gender, body types, abilities.

## Teens feel pressure to look good and cool online, but also feel social media helps their friendships and connections.



of teen girls say they use social media to "make themselves look cooler."

Kids live in a constant feedback loop of criticism and connection that moves quickly and is difficult to escape.

### Be a social media supporter

- Help teens find supportive online communities.
- Encourage social media breaks when online drama heats up.
- Ask teens how online feedback makes them feel.

# Roast Me

<https://www.reddit.com/r/RoastMe> and [www.roastme.co.uk](http://www.roastme.co.uk)

**Roast** brave victims or post a picture to be **roasted** if you dare! Do you have what it takes to **Roast**?

## Roastees:

You must provide at least one high-quality picture of the roastee holding a sign with the text </r/RoastMe>

You may post on behalf of other people, provided that everyone appears in the verification photo described in rule #1.

Your post will not appear until after it has been approved by a moderator. Please send [this message](#) if it takes longer than 30 minutes.

The minimum posting age is thirteen-years-old, your post will be rejected if you look younger.

## Roasters:

This is a comedy subreddit, not a hate subreddit. Act as though you are trying to make an audience laugh.

We rely on user reports to manage the subreddit, please report all rule violations. You are allowed to look through the roastee's post history.

Never post another user's personal information, referred to as 'doxxing'. We will always report violations to the admins. Please don't use link shorteners in comments (bit.ly, tinyurl, etc.)



3

MySecretAccount1  
You don't have a



EyeNano 724 points 2  
Your forehead ma



Roast Me

Honey, if you got anywhere near the heat, you'd light up the whole  
god damned kitchen on the account of your face grease.

4

3



I look like sex I love my friend wrong  
submitted 3 hours ago by Fearghas2011 **Verified Roastee**  
14 comments share

5

13



20 yr old American Pakistani. Roast Me (imgur.com)  
submitted 10 hours ago by roastsss **Verified Roastee**  
22 comments share

# 'Nation of deeply depressed children'

NSPCC chief executive Peter...  
keep up with friends and...  
adding to the sadness that...  
daily basis."

"I hate myself. When I look at other girls online posting photos of themselves it makes me feel really worthless and ugly. I'm struggling to cope with these feelings and stay in my bedroom most of the time."

13 year old

- Promote positive posting in general – do's and don'ts

"I feel like crying all the time. I'm constantly worried about what other people are thinking of me and it's really getting me down. I use social media sometimes but that just makes

**Be Strong** emojis – Vodafone – A virtual hug



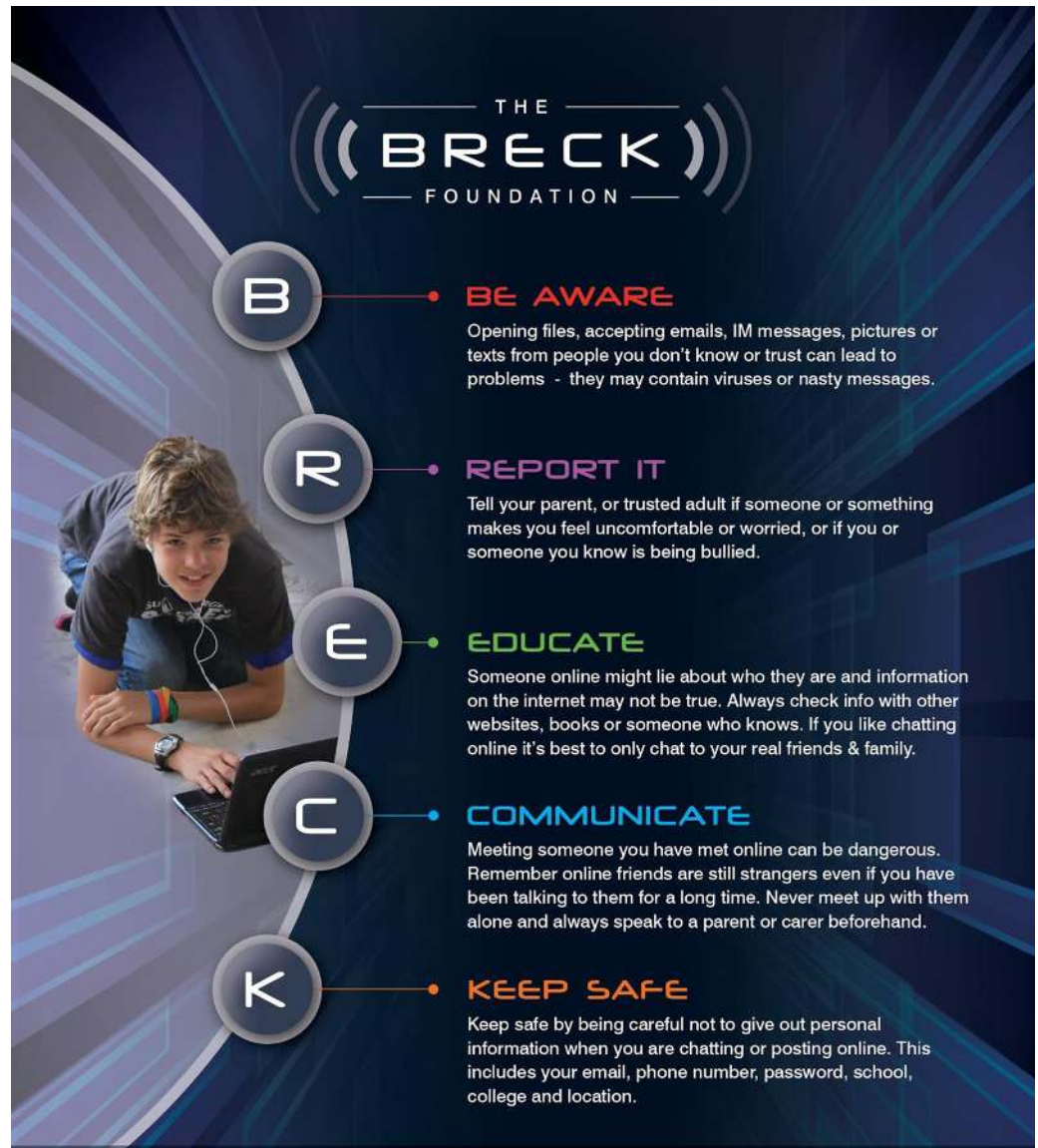
**I am a witness** emoji – Apple



- Encourage looking out for others and reporting cyberbullying and other risky behaviour their friends may be involved with.

# Play Virtual Live Real

<http://www.breckfoundation.org/>



**THE BRECK FOUNDATION**

**B** • **BE AWARE**  
Opening files, accepting emails, IM messages, pictures or texts from people you don't know or trust can lead to problems - they may contain viruses or nasty messages.

**R** • **REPORT IT**  
Tell your parent, or trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied.

**E** • **EDUCATE**  
Someone online might lie about who they are and information on the internet may not be true. Always check info with other websites, books or someone who knows. If you like chatting online it's best to only chat to your real friends & family.

**C** • **COMMUNICATE**  
Meeting someone you have met online can be dangerous. Remember online friends are still strangers even if you have been talking to them for a long time. Never meet up with them alone and always speak to a parent or carer beforehand.

**K** • **KEEP SAFE**  
Keep safe by being careful not to give out personal information when you are chatting or posting online. This includes your email, phone number, password, school, college and location.

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It's not all bad...





# New Collar Workers....

## New Collar jobs of the future — formula for success



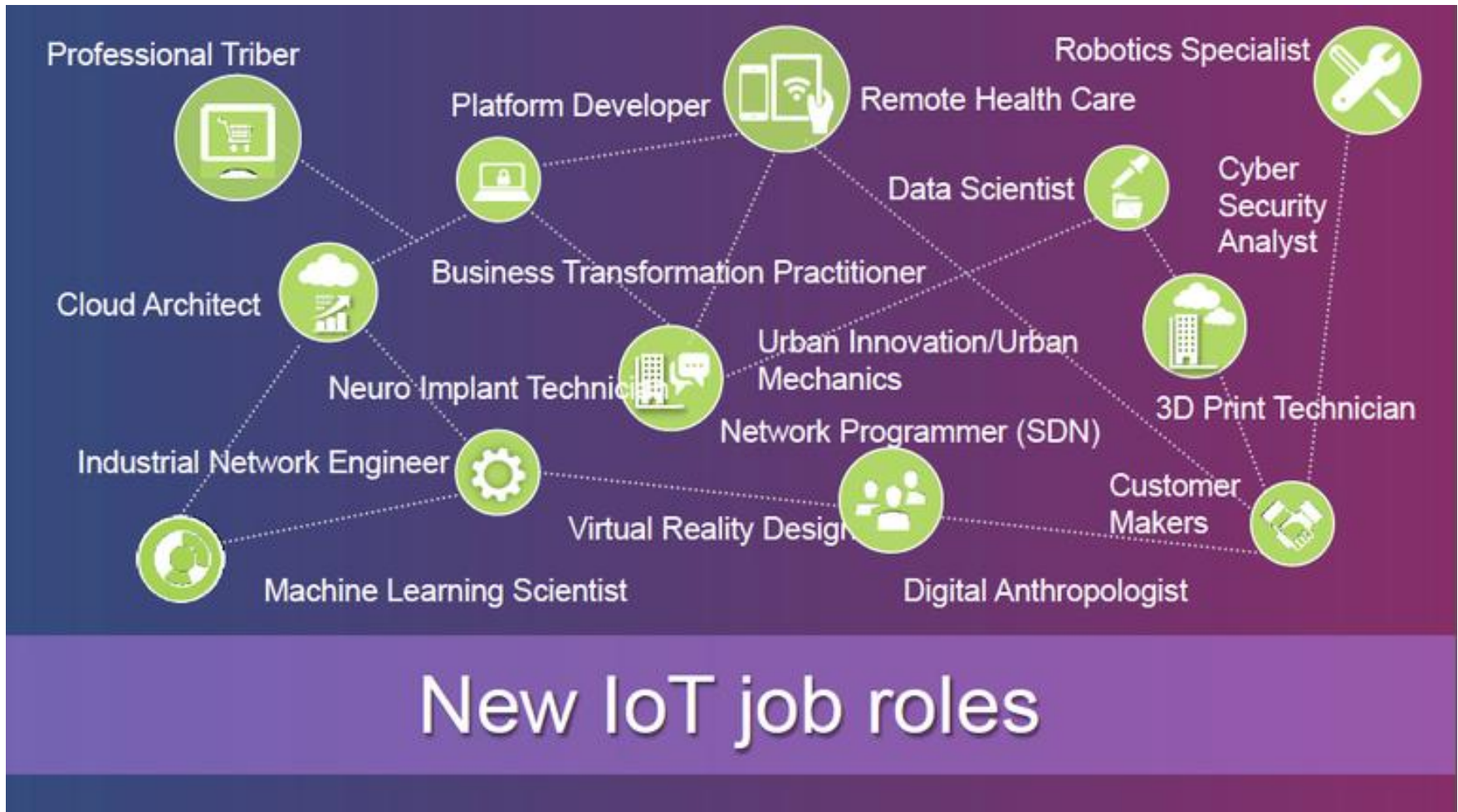
Pathway to college and New Collar careers



[www.ptech.org](http://www.ptech.org)

IBM

# Jobs for the future...



# Robots/automation taking jobs

Technology

## Will a robot take your job?

🕒 11 September 2015 | Technology

Type your job title into the search box below to find out the likelihood that it could be automated within the next two decades.

About 35% of current jobs in the UK are at high risk of computerisation over the following 20 years, according to a study by researchers at Oxford University and Deloitte.



I am a...

Can't find your job? [Browse the full list](#)



# Scratch!

The image shows the Scratch programming environment. At the top, the Scratch logo is on the left, and navigation menus (File, Edit, Tips) and user options (Sign in to save, Sign in) are on the right. The main workspace displays a Scratch Cat sprite in a grassy field with a tree and a blue sky. The script editor on the right contains several event-based scripts. The sprites panel at the bottom left shows the current sprite and its components.

**Scratch Cat Walk Cycle**  
by griffpatch

**Scripts**

- when green flag clicked
- when space key pressed
- when this sprite clicked
- when backdrop switches to backdrop
- when loudness > 10
- when I receive message1
- broadcast message1
- broadcast message1 and wait

**Events**

- Control
- Sensing
- Operators
- More Blocks

**Script 1:**

- when green flag clicked
- forever loop:
  - wait 0.02 secs
  - next costume

**Script 2:**

- when this sprite clicked
- set size to 50 %
- go to x: -195 y: -123
- clear
- switch costume to Walk1
- repeat 8:
  - stamp
  - change x by 55
  - next costume
- set size to 120 %
- go to x: 0 y: 55

**Sprites**

Stage  
1 backdrop

New backdrop:

Scratch Cat, Tree\_3, Glass-Tal..., Glass-Tal..., grass3, grass2, Tree\_2

x: 240 y: -180

# Machine Learning for kids!

## Teach a computer to play a game

Go to your Projects

- 1 Collect examples of things you want to be able to recognise
- 2 Use the examples to train a computer to be able to recognise them
- 3 Make a game in Scratch that uses the computer's ability to recognise them

How can we do it?

Machine Learning for kids

[machinelearningforkids.co.uk](http://machinelearningforkids.co.uk)

kind

I appreciate all of the things that you do I like you  
I think you're amazing Thanks for all of your help  
That jacket looks great on you  
We all think that you're awesome  
you're a fantastic person you're a lovely person  
You're my best friend Your hair looks great today

mean

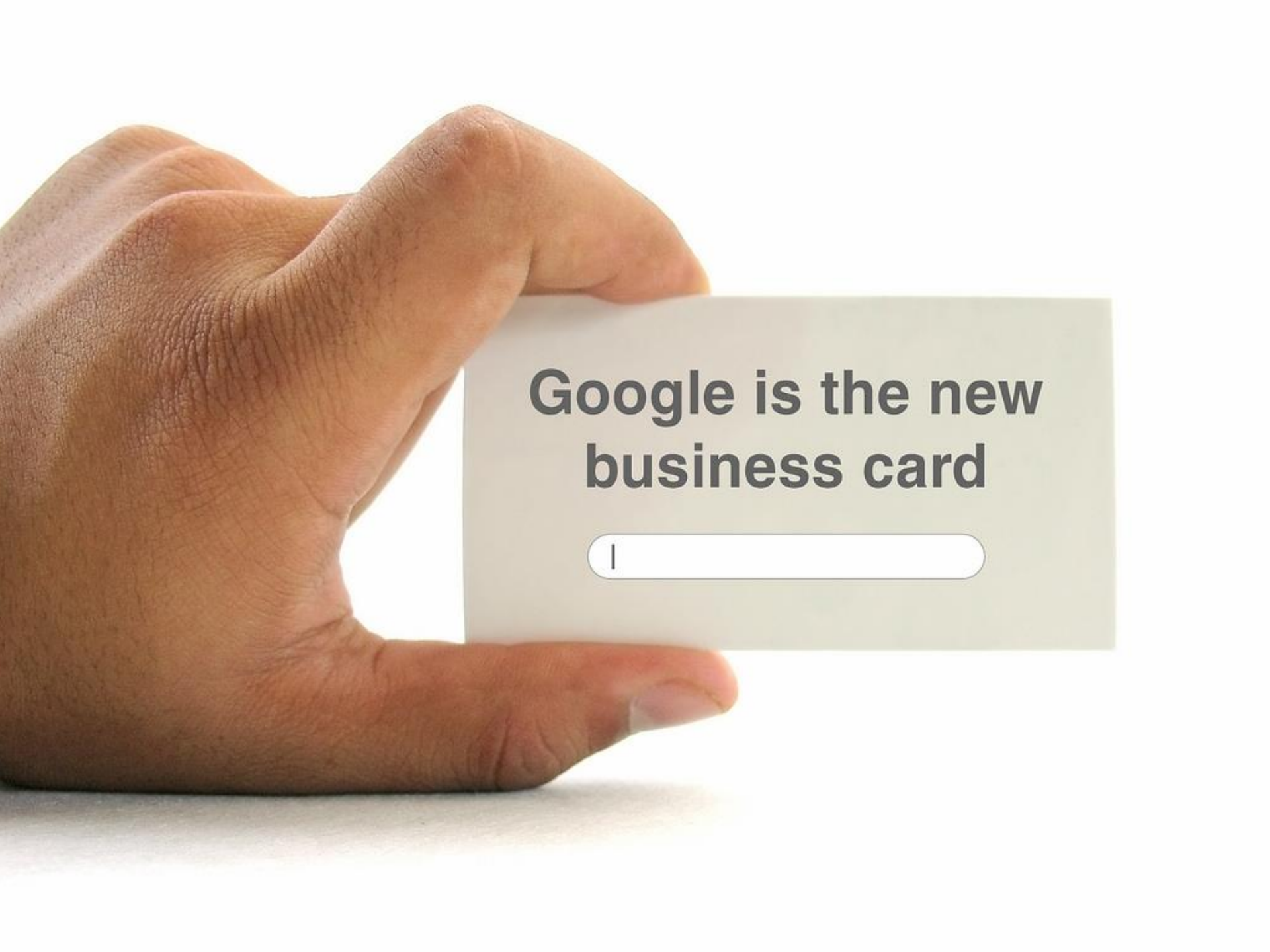
I don't like you I think you're a stupid  
Poo head We're fed up with how u  
You are a terrible person you smell  
You smell bad You're an idiot  
you're as dumb as a bag of rocks  
Your hair looks awful today

1 Collect examples of **text** to train the computer...



How can we do it?

Machine Learning for kids

A close-up photograph of a person's hand holding a light-colored business card. The card features the text 'Google is the new business card' in a bold, dark font. Below the text is a white search bar with rounded ends and a thin black border, containing a single vertical line as a cursor. The background is plain white.

**Google is the new  
business card**

|

# Screen Time



the amount of time 12 - 15 year olds spend online in a week.



## *What can you do to help?*

The challenge is helping children to be able to focus on what they are meant to be doing online

- **Discuss how** screen-time is affecting their overall wellbeing
- Set some **digital boundaries** and help them be in control of their tech
- **Make them aware** that most apps, games and devices are designed to keep them watching and playing
- **Stay engaged** in what your child is doing to help them use a wide range of media from safe sources

# Online peer pressure

From chasing likes on social posts to taking part in risky online behaviour, at this age children are starting to learn about what is acceptable behaviour to follow to be accepted.

Peer pressure can change their behaviour in a positive or negative way depending on who is influencing them.

Also people they've only met online or YouTubers can have the same influence on them as people they know in real life.



## What can you do to help?

- **Stand your ground** & apply rules to counter any negative peer pressure
- **Use a news story or something they can relate to** discuss potential risks of peer pressure
- **Help them build the confidence** to say no if they are asked to do something that puts them or others at risk



# Cyberbullying

Research shows that children experience more cyberbullying as they move through secondary school.

As they are new to the social world online, it can be tricky to see how their words and online actions can impact others. A video created by [BBC Own it](#) showing students reading the nicest and nastiest comments shared by others online brings to life how words can have a real impact on children's wellbeing.

Cyberbullying can affect children's mental health, learning and can lead to legal consequences in some extreme cases.



## What can you do to help?

Getting to grips with 'netiquette' of what is acceptable to post and having coping strategies are essential to help children make smart choices online.

- **Discuss the difference** between banter and bullying
- Discuss the **influence of school culture** in how friends relate to each other
- **Teach them** how to report or block people

Risk is not harm. Positive action can limit risks becoming harmful

## 5 tips for parents:

1

Understand the risks

2

Communicate regularly

3

Keep the risks in proportion

4

Agree helpful mediation strategies

5

Develop coping strategies that foster resilience

internet  
matters.org

# Additional Support - Childnet



The screenshot shows a web browser window with the URL [www.childnet.com/resources/know-it-all-for-parents](http://www.childnet.com/resources/know-it-all-for-parents). The browser's address bar and tabs are visible at the top. The website header includes the Childnet International logo on the left and navigation links for Resources, Shop, Blog, Contact us, and My Account on the right. Below the header, there are links for Young people, Teachers and Professionals, Parents and Carers, Press and Policy, and What we do. A green banner features the 'Know IT All for parents' logo. The main content area has a large orange heading 'Know IT All for Parents' and a paragraph describing the resource as an interactive e-safety guide. A 'Back to resources' button is located on the right side of the page. Below the main text, there is a section titled 'Why not book a Childnet visit?' with a sub-heading 'KIA Parents Presentation' and a paragraph stating that an expert from the Education Team can provide an inspiring, informative, and interactive internet experience.

www.childnet.com/resources/know-it-all-for-parents

Apps Learn Computing - Re iMedia 2010 Computer Science Te CAS Community | Hor A Level Premium Reso Mr Fraser :: Computin

Resources Shop Blog Contact us My Account

Childnet International

Young people Teachers and Professionals Parents and Carers Press and Policy What we do

New for Schools Support Us

**Know IT All**  
for parents

## Know IT All for Parents

← Back to resources

KIA Parents Presentation

Why not book a Childnet visit?

An expert from the Education Team can provide an inspiring, informative and interactive internet

# Additional Support - Internet Matters



In partnership with



[About us](#)

[REPORT ISSUE](#)



[ISSUES](#)

[ADVICE](#)

[CONTROLS](#)

[EXPLORE](#)

[SCHOOLS](#)

Helping parents keep their children safe online



Build your child's digital  
resilience with expert advice



[SEE TOOLKIT](#)

# Additional Support - NSPCC

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

Donate

What we do

Preventing abuse

What you can do

Services and resources

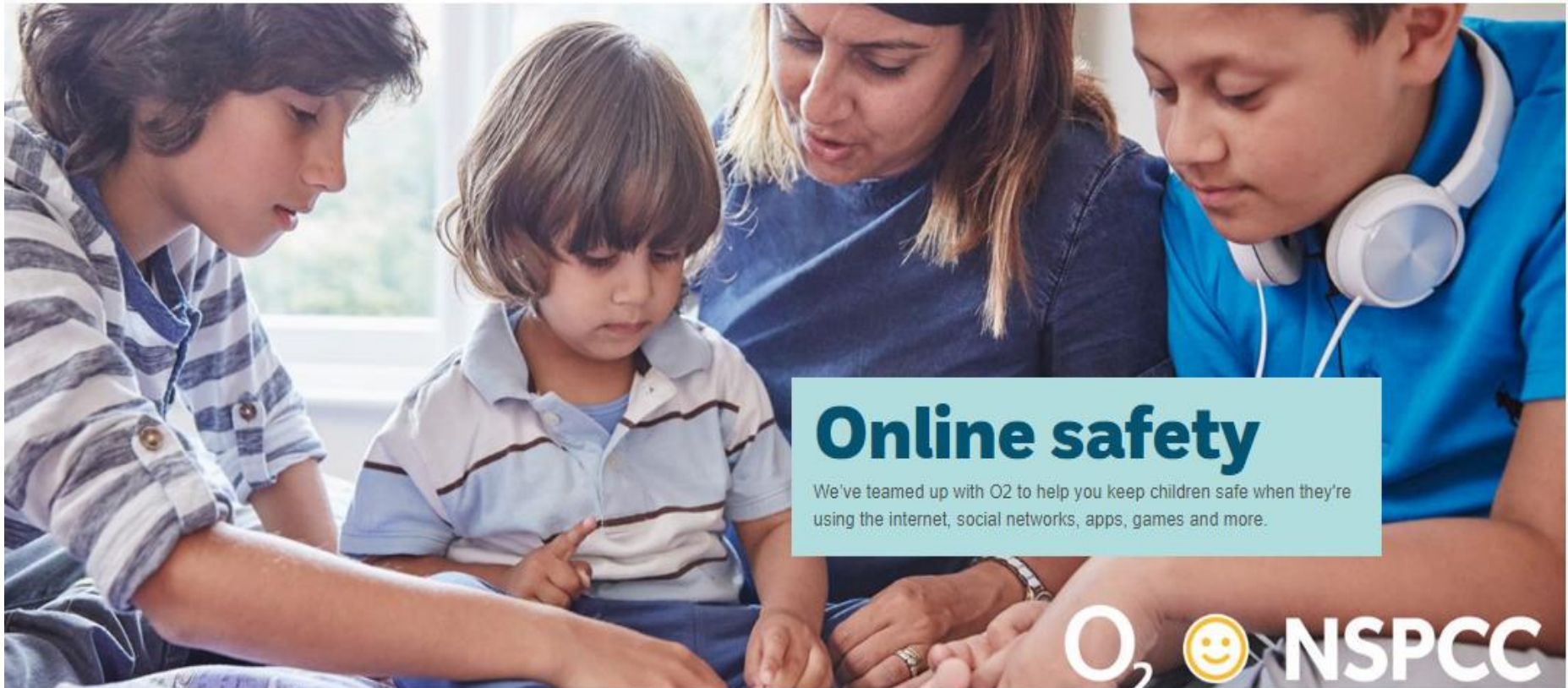
Online shop

Christmas

📞 Helpline

🔍 Search

[Home](#) | [Preventing abuse](#) | [Keeping children safe](#) | [Online safety](#)



## Online safety

We've teamed up with O2 to help you keep children safe when they're using the internet, social networks, apps, games and more.

O2  NSPCC

# And finally.....

## E-parenting tips

- Set house rules such as screen time limits, and what children are allowed to view
- Talk to children about what they do and see online
- Encourage them to communicate with friends in online social spaces
- Teach children to think before they click
- Use tech tools to limit how much inappropriate content they see
- Discuss the risks of posting private data, images and videos to social networks
- Be a good role model