

A woman with long brown hair, wearing a blue tank top, is smiling and looking at a smartphone held by a child. The child, wearing a red long-sleeved shirt, is lying on their back and looking at the phone. They are in a play area with colorful blocks and green grass. The background is a blurred indoor setting with blue and green walls.

Parenting in the digital age

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There are lots of positives...



Online games can enhance teamwork and creativity



Add to the child's store of knowledge



Households with computers perform better academically



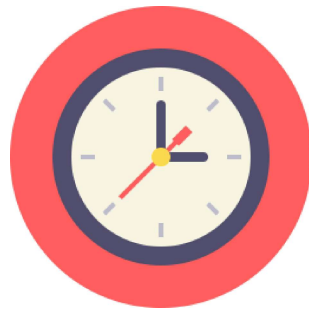
Improve both visual intelligence and hand-eye coordination

Research shows the outcomes for children are better if they benefit from connected technology

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But technology can affect children's development...

- **Sleep cycles** are affected by blue light from screens
- Screen-based entertainment increases central nervous system arousal
- Millennials are **more forgetful** than OAP's
- One study found that the **more distracted** you are the less able you are to experience empathy



And there are of course risks...

	Content (Child as receiver of mass productions)	Contact (Child as participant in adult-led activity)	Conduct (Child participation, perpetrator or victim)
Aggressive	Violent	Harassment	Cyberbullying
Sexual	Pornographic	Grooming, sexual abuse	Sexual harassment, 'sexting'
Values	Racist / hateful	Ideological persuasion	Harmful user generated content
Commercial	Marketing	Personal data misuse	Gambling, copyright infringement

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

5 tips for parents:



**Understand
the risks**



**Communicate
regularly**



**Keep the risks
in proportion**



**Agree helpful
mediation
strategies**



**Develop coping
strategies that foster
resilience**

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Dealing with inappropriate CONTENT

What to talk about

- They can come to you if they see anything that upsets them
- If they have seen pornography...that it presents an unrealistic image of sex and relationships
- The importance of respect for each other and the meaning of consent

Top tips / tools to use

- Parental controls on home broadband
- Content lock on mobile networks
- Safe search on Google (& other browsers) & YouTube; child –friendly search engines

Dealing with inappropriate CONTACT

- **What to talk about**

- Sometimes people hide behind fake profiles for dishonest reasons
- Agree how they will respond to requests from people they don't know in real life
- Never ever to meet up with anyone they don't know in real life

- **Top tips / tools to use**

- Set up safe social media profiles that don't share personal information
- Turn off geo location settings on devices
- Use the strongest privacy settings on social media
- Learn how to report / block/ mute

Dealing with inappropriate CONDUCT

- **What to talk about**

- Talk to a trusted adult if they experience anything upsetting online
- Think carefully about sharing images of others
- Be responsible online, remembering they are creating their own digital footprint

- **Top tips / tools to use**

- Report inappropriate posts/content to the social media providers
- Think carefully about using monitoring apps that identify inappropriate behaviour

Controlling tech time

Your children will be watching the way you use technology and they will copy; make sure there is some consistency in how you **role model** good behaviour:

- 1 Turn off notifications on apps to avoid that constant 'ping'
- 2 Buy an alarm clock so you don't have devices in the bedrooms
- 3 Keep phone on silent in your pocket or bag when you pick the kids from school
- 4 No phones at the table rule or no phones between 6 and 7 rule
- 5 Family tech free days!

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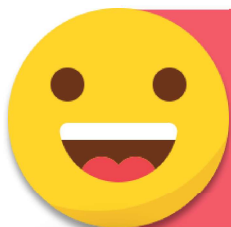
Controlling tech time

And there are tactics you can put in place to help manage their screen time....

- 1. Set a good example**
- 2. Talk together about the time spent online**
- 3. Agree on appropriate length of time they can use their device**
- 4. Get the whole family to unplug & create screen free zones**
- 5. Use technology / apps to help manage screen time e.g. Forest App**



Three things to teach your child



Be a confident communicator



Be a critical thinker



Be a capable tools user

Other useful support services

- **Child Exploitation & Online Protection Centre**
 - For concerns about online sexual abuse or the way someone has been communicating online ceop.police.uk/CEOP-Reporting/
- **NSPCC Net Aware**
 - A guide to social networks that children use net-aware.org.uk/#
- **Childline 0800 1111**
 - 24 hour free helpline service for children and young people

