



# Parenting in a Digital World

November 27<sup>th</sup> 2019



# Agenda





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Isn't Tech  
brilliant!









Giving children the skills to be happy and thrive in our connected world.



**DIGITAL  
LEADERS**

## Our Children at BPS - Positives





**DIGITAL  
LEADERS**

## Our Children at BPS - Concerns







# Discussion







# The full picture

**STRANGER**  
**! DANGER !**

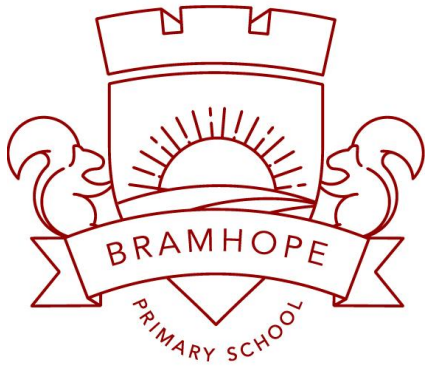


**Physical danger, sexual  
exploitation and abuse**



# Mindfulness.





# Techno-ference.





# Tips for Mindfulness.







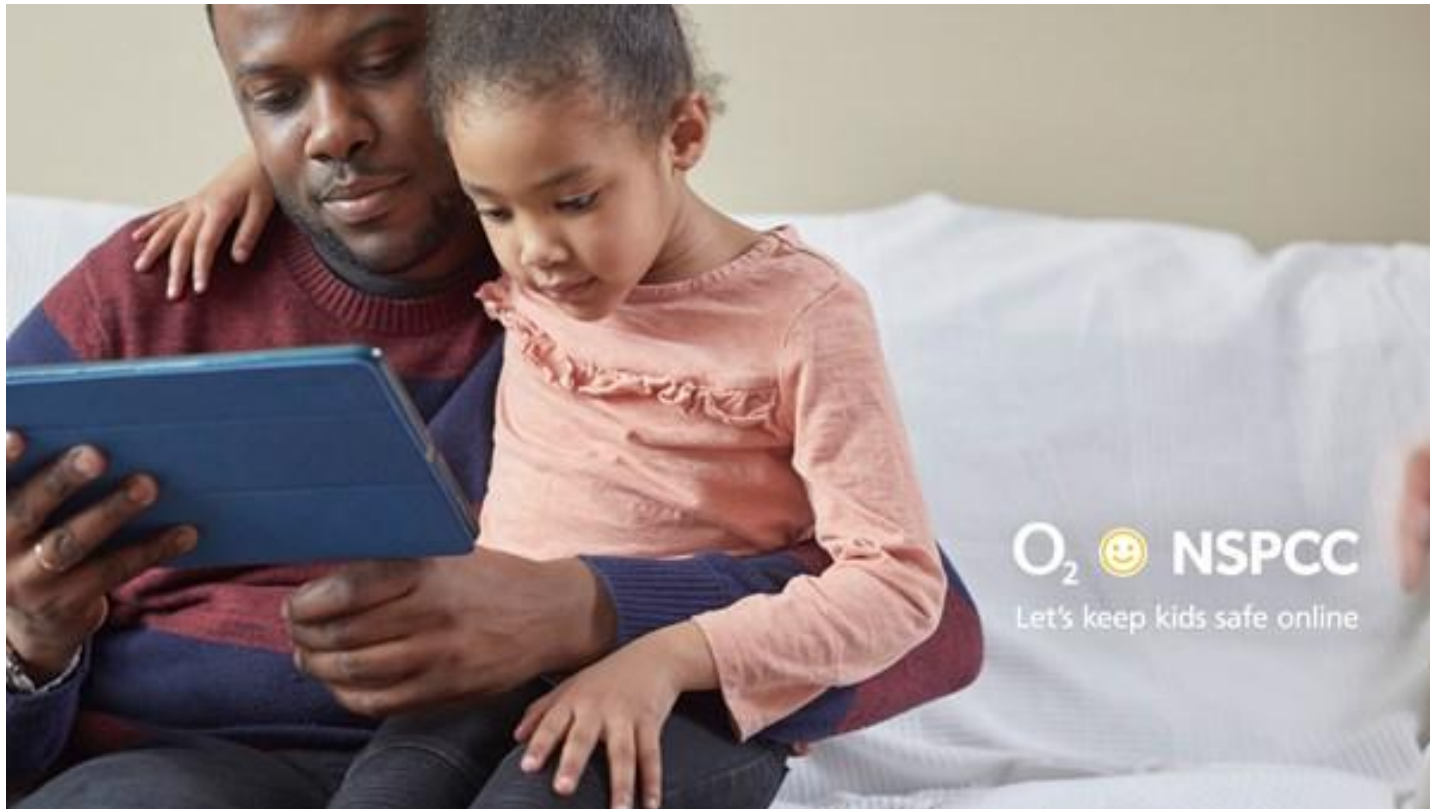
**NSPCC**

# Create a family agreement





# Parental Controls





# Sleep







# Device Free Dinner







## DEVICE - FREE CHALLENGE



Imagine a day  
without any  
screens.....





# School's tech-free challenge proves a hit

**MORE than 100 children have completed a 'tech-free weekend' challenge.**

Bramhope Primary School asked pupils (plus families and staff) to give up screen-time on Saturday, February 2 and Sunday, February 3.

Instead, they were encouraged to pursue activities that did not involve any electronic devices. In the end 115 children took up the challenge with one family winning a voucher for four to enjoy themselves at Clip 'n Climb climbing centre, in Leeds.



# Discussion







# Gaming.







# Potential watch outs.

- Temper
- Aggression.





# Potential watch outs.

- Withdrawn
- Anxiety







# Damaging Content







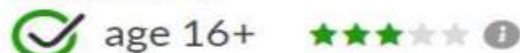
# Review sites parents

## Tik Tok - including musical.ly

App review by [Patricia Montic...](#), Common Sense Media



Common Sense says



Sing, lip-synch, and share videos; watch for iffy content.

iPhone, iPod Touch, iPad, Android | Free | Social Networking

Save | Rate app

[Sign in or join to save for later](#)

Parents say

age 14+



Based on [98 reviews](#)

Kids say

age 12+



Based on [182 reviews](#)

Get it now

Common Sense is a nonprofit organization. Your purchase helps us remain independent and ad-free.

### LOT OR A LITTLE?

The parents' guide to what's in this app.

Ease of Play

not present  
Violence

Sex

Language

Consumerism

Drinking, Drugs & Smoking

### WHAT PARENTS NEED TO KNOW

Parents need to know that Tik Tok - including musical.ly is a social network for sharing user-generated music videos. Users can create and upload videos, remix others' work, or browse content created by other users and by famous recording artists. Users often livestream via [LiveMe](#) - [Live Video Chat](#), directly interacting with online audiences through chat. Because the app employs popular music, expect swearing and sexual content in the songs. Though the videos viewed during the



# Gaming Review Sites for Parents



ROBLOX

*ROBLOX Corporation*

ROBLOX is a gaming hub populated primarily by user generated games. Only games listed in the featured section at the time of examination have been rated by PEGI. These games were created by the developers...

[WEBSITE](#)

*System:*

**Xbox One**

*Release Date:*

**15/06/2016**



Consumer advice

*This was rated PEGI 7 for frequent scenes of mild violence and scenes which younger children may find frightening. It is not suitable for persons under 7 years of age.*

- PEGI



# National Online Safety



National  
Online  
Safety®







# National Online Safety

An infographic titled "What parents need to know about FORTNITE CHAPTER 2". It features a background image of a child playing Fortnite on a PC. The infographic is divided into six sections, each with a title, a paragraph of text, and a small illustration. The sections are: Battle Royale, Is Fortnite Addictive?, Free to Play... Or is it?, Seasonal Updates, Crossplay is Available, and Is Fortnite Violent?.

## What parents need to know about FORTNITE CHAPTER 2

### BATTLE ROYALE

Battle Royale games have become very popular over the last couple of years, and most tend to follow a very similar setup. Taking Fortnite as an example, 100 players drop into a map, loot buildings for weapons and armour and attempt to beat all the other players to be crowned victor at the end. If you've ever seen the Hunger Games movies, you'll have an idea of what this entails. Each game can take up to 20 minutes (assuming you last to the end) and can be restarted relatively quickly once 100 free players have been found.

### IS FORTNITE ADDICTIVE?

Fortnite is at the forefront of gaming addiction discussions because it is so popular with young people. But whether it actually contributes to gaming addiction is up for debate. WHO (World Health Organisation) have classified gaming as a legitimate addiction, but this is not solely a concern with Fortnite. Signs of addiction can include irritability when not playing, lying about the amount of time played and a preoccupation with thoughts of the next gaming session. Realistically, it must be down to parents and carers to recognise these symptoms and act accordingly if they think they are developing.

### FREE TO PLAY... OR IS IT?

While Fortnite is technically free to play (in that you can download and play it without paying) it does come with the caveat that spending money on things like skins and emotes in-game is heavily pushed to players. The currency used in-game is called 'V-Bucks' and can be bought with real money through the game's online store. It's worth remembering that these purchases are absolutely not necessary, are cosmetic only and that V-Bucks can be earned in-game with enough play time.

### SEASONAL UPDATES

Every 10 weeks or so Fortnite is updated with a new season. This essentially adds new things like skins and emotes to the game, while also sometimes changing up the game map in interesting ways. These seasons are free to everybody and don't require additional money to play, though battle passes for each season can be bought with V-Bucks. A battle pass will typically allow a player to earn experience faster and gain fun in-game items by completing a host of daily challenges.

### CROSSPLAY IS AVAILABLE

One of the wonderful things about Fortnite is that it can be played cross-platform. This means that no matter what platform a person plays on (PC, PlayStation 4, Xbox One etc) they can play with friends who own the game on a different platform. To do this, an Epic Games account must first be created online (which is free) and then linked with your platform account. Doing this removes the age-old boundary of not being able to play together because you don't have the same console and opens up a whole new world of playing online with friends.

### IS FORTNITE VIOLENT?

Fortnite has been rated by the ESRB (Entertainment Software Ratings Board) as teen, as it contains cartoony violence and the weapons and acts depicted in the game are some way removed from their real life inspirations. Characters don't draw blood when shot and instead of dying, they are simply beamed up off the map. Naturally, players younger than the recommended age limit will want to play the game and that should be at the discretion of parents and carers.



# Other Gamers



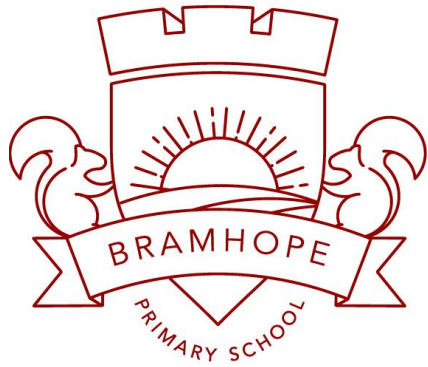




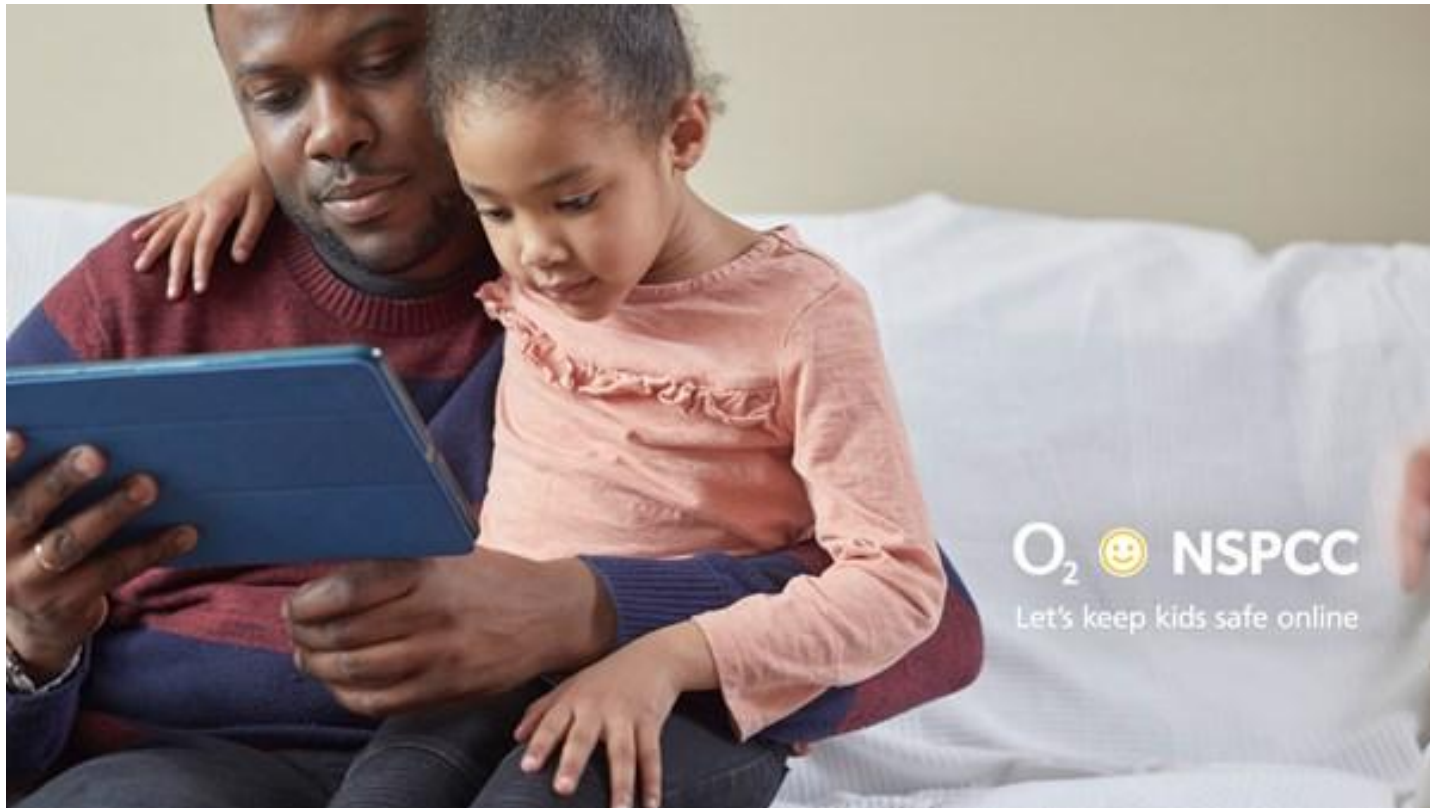
# Gambling and advertising.







# Solutions to help gaming challenges.





# Social Media



# You Tube



# YouTube





# Social Media -Sharing personal .





# Privacy Settings





# Social Media & Mobile Phones – Legal Restrictions

- .









# Emotional Resilience





# National Online Safety



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Online  
Safety®

Snaphat is a photo sharing app for mobile phones and tablets. The app allows users to share images, videos and chat with friends through voice call or text message. Users can share images and videos directly to specific friends, or through a 'story' shared with their entire friend list, which documents the previous 24 hours. In a study, Snaphat was ranked the 4th most negative app in terms of having an impact on young people's health and wellbeing, with children feeling that they can use the app Snaphat to "make you look pretty."

Edit date: 29/05/19



What parents need to know about  
**SNAPCHAT**







# Set up

internet  
matters.org

Set Up Safe

Helping parents keep their  
children safe online.

internet  
matters.org

We've designed a simple checklist to give  
you peace of mind regarding your child's  
safety on the internet.

Set your children's device up before you give it to them so  
you know they're safe online as soon as they start playing.



## Get started



Set parental controls on  
your broadband to prevent  
your children seeing things  
they shouldn't.



For smart phones check  
parental controls are  
also set up on the  
mobile network

## Set up the device safely



Use the device setting  
so you can only download  
age appropriate apps  
and games



Set up password control  
or disable in-app purchasing  
so big bills are not run up  
accidentally



Disable location services  
so your child doesn't  
unintentionally share  
their location with others



Download age appropriate  
apps you're happy for  
your child to use



# Resources.



**Childnet**  
International

**internet  
matters.org**



**National  
Online  
Safety®**

**NSPCC**



**common  
sense  
media**



# E Safety Curriculum

## Education for a Connected World

A framework to equip children and young people for digital life







### Self-image and identity

This strand explores the differences between online and offline identity beginning with self-awareness, shaping online identities and how media impacts on gender and stereotypes. It identifies effective routes for reporting and support and explores the impact of online technologies on self-image and behaviour.



### Online relationships

This strand explores how technology shapes communication styles and identifies strategies for positive relationships in online communities. It offers opportunities to discuss relationships and behaviours that may lead to harm and how positive online interaction can empower and amplify voice.



### Online reputation

This strand explores the concept of reputation and how others may use online information to make judgements. It offers opportunities to develop strategies to manage personal digital content effectively and capitalise on technology's capacity to create effective positive profiles.



### Online bullying

This strand explores bullying and other online aggression and how technology impacts those issues. It offers strategies for effective reporting and intervention and considers how bullying and other aggressive behaviour relates to legislation.



### Managing online information

This strand explores how online information is found, viewed and interpreted. It offers strategies for effective searching, critical evaluation and ethical publishing.



### Health, well-being and lifestyle

This strand explores the impact that technology has on health, well-being and lifestyle. It also includes understanding negative behaviours and issues amplified and sustained by online technologies and the strategies for dealing with them.



### Privacy and security

This strand explores how personal online information can be used, stored, processed and shared. It offers both behavioural and technical strategies to limit impact on privacy and protect data and systems against compromise.

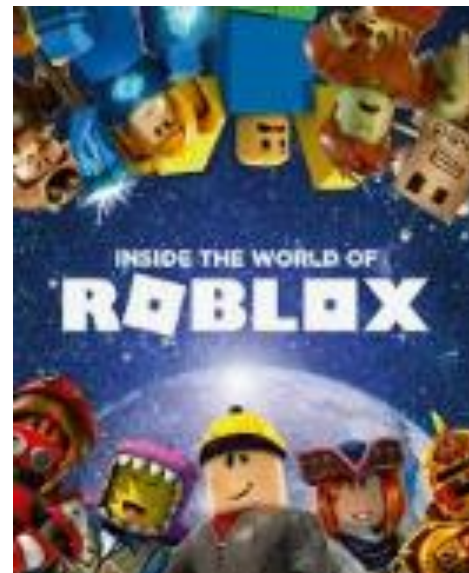


### Copyright and ownership

This strand explores the concept of ownership of online content. It explores strategies for protecting personal content and crediting the rights of others as well as addressing potential consequences of illegal access, download and distribution.



# E Safety Warm Ups KS1





# E Safety Warm Ups KS2



**Setting a  
Secure  
Password**







# E Safety Warm Ups KS2





# Digital Leaders





# Key Messages in Standalone sessions.







# Key Messages in Standalone sessions.

**Be Share  
Aware  
NSPCC**





## Discussion

Learnings

Involving parents.

Feedback.





Any questions?