

Navigating the Teenage Years:

Keeping your children safe online

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Let's start with a #bedtimestory...

I made some mistakes
and because of Facebook
everyone knows about it.



Some shocking statistics nationally:

- 1/3 of young people claim to have been the victim of cyberbullying
- Cyberbullying raises the risk of self harm or suicidal behaviour 2.3 times
- There is a strong link between being a cyber-victim and being a perpetrator
- Students who are cyber-victimised are less likely to report and seek help than those victimised by more traditional means

Let's start with a #bedtimestory...

By the age of 14 the average child will have sent more than 35,000 texts, 30,000 WhatsApp messages and racked up more than three solid weeks of video chat, a new study has revealed.

The modern youngster will also have spent the equivalent of six months looking at their phone during that period, averaging 135 minutes' use a day.

The survey of 1,000 kids aged 8-14 and their parents, also found young people spend over an hour a day browsing social media sites like Facebook, Snapchat and Instagram

It also emerged they expect to receive a reply to a message within 15 minutes.

Let's start with a #bedtimestory...

By our calculations...

On average a student sends around 50 post on social media a day...

Which is on average 350 per week...

Which across our 1500 students equates to over half a million messages per week...

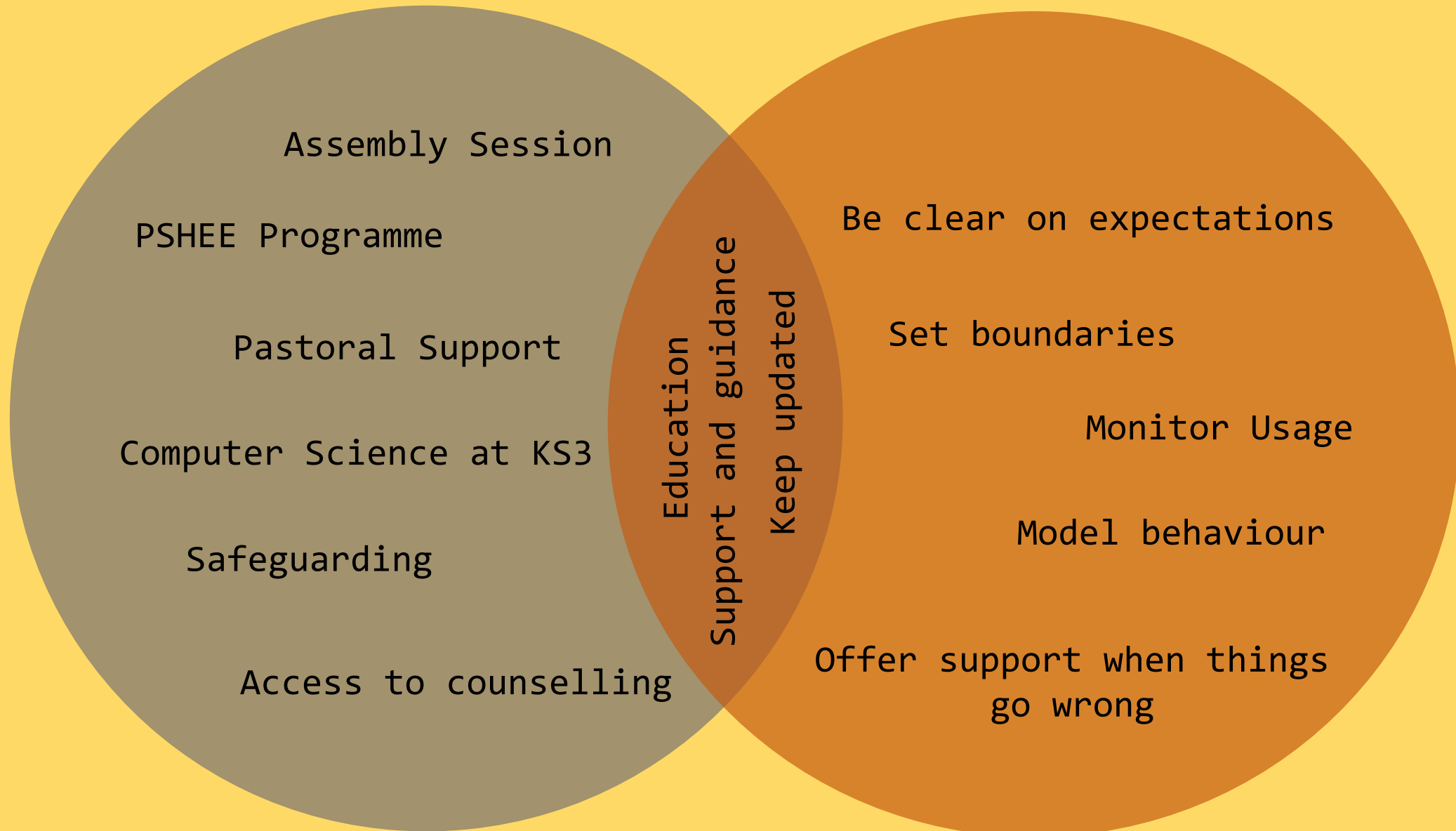
Which in a year is over 27 MILLION messages being posted per year for just our lower school population alone...

Let's start with a #bedtimestory...



Schools
cannot
police
social
media

Role of the school and role of the parent...





Digital Resilience Toolkit
Supporting 14+ year olds

What does good digital parenting look like?

- Online/offline same parenting
- Rules which cover device use in your family (modelling)
- Discussion about sex and sexual images
 - Sending Images
 - Putting pressure on others to send images
 - Pornography – self made and watching (future relationships/ stats)

ONE IN FOUR TEENAGERS HAVE RECEIVED A 'SEXT' BY THE AGE OF 18, STUDY CLAIMS

One in seven teens are actively sending 'sexts'

Olivia Petter | @oliviapetter1 | Tuesday 27 February 2018 13:06 |



'Sexting' is the colloquial portmanteau attributed to the exchange of digital messages containing sexually explicit material in the form of text or imagery - and it's rife amongst teens, a new **study** has found.

While one in seven teenagers have sent sexts, the study of more than 110,000 teens around the world revealed that one in four have received

indy100 TRENDING

A Starbucks barista tried to kick a homeless customer out

Words/phrases your child might use:

Pics – another term used to describe nude images.

N4n or nfn – stands for ‘nudes for nudes’. This phrase is used by people who want to show that they’re willing to send nude images if they receive them in return.

Exposed – used to describe a situation where someone has had their nude images shared widely around their peer group.

Bait Out group or account – a group chat or social media account created specifically to share nude images of others.

COMMERCIAL

AGGRESSIVE

SEXUAL

VALUES

Content
(child is exposed to material)

- Adverts
- Spam
- Sponsorship
- Personal info

- Violent/ hateful content

- Pornographic or unwelcome sexual content

- Bias
- Racism
- Misleading advice

Contact
(child is subjected to interaction)

- Tracking
- In app purchases

- Being bullied, harassed or stalked

- Meeting strangers
- Being groomed

- Self harm
- Unwelcome persuasions (radicalization)
- Curfew (preventing sleep deprivation)

Conduct
(personal behavior likely to cause harm)

- Illegal downloading
- Hacking
- Gambling
- Financial scams
- Terrorism

- Bullying or harassing another

- Creating and uploading inappropriate material

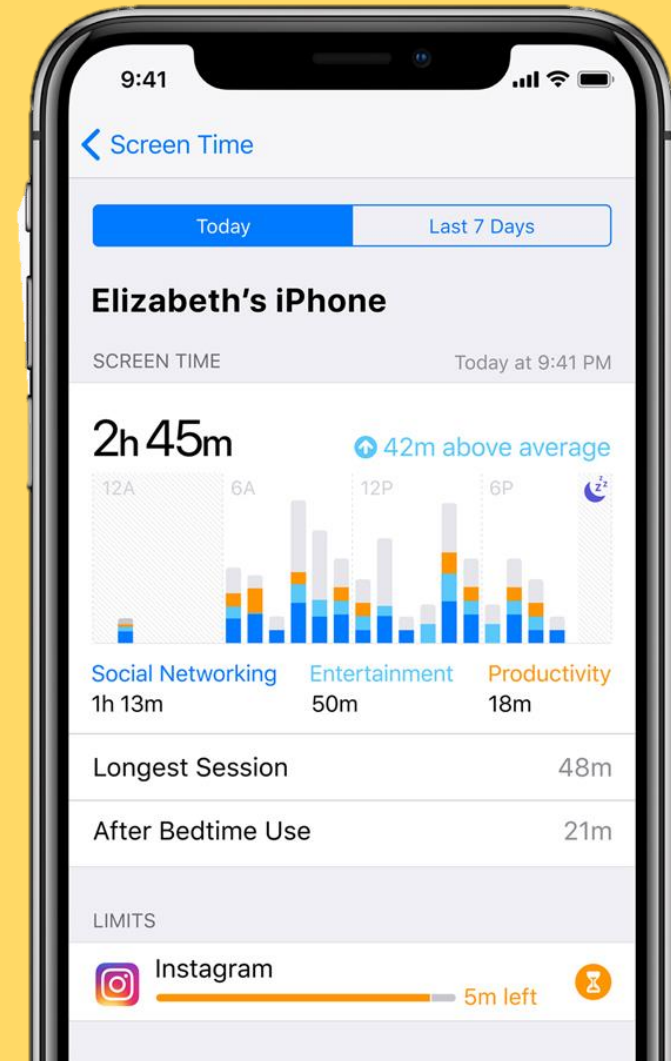
- Providing misleading info or advice

What a good digital parenting home looks like:

- PC console in a public area (not bedroom)
- Filters on Wifi/ devices
- Rules for mealtimes
- Rules for bedtime - sleep deprivation
- Log off your personal accounts

Screen time - what is it replacing?

- Sleep?
- Time with family?
- F2F time with friends?
- Reading a book?
- Keeping active?
- School work/study?



Further help and advice:

- www.swchs.net has many useful guides and links that are regularly updated
- <https://www.internetmatters.org/> has useful guides and updates as new technology emerges
- <https://nationalonlinesafety.com/> publishes hand parent guides – follow them on Twitter for regular updates [@natonlinesafety](https://twitter.com/natonlinesafety)