

Parenting in the Digital Age

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In this session:

- Exploring children's digital lives
- Considering online risks
- Pointing to resources and support for parents & carers

Main themes

- Communication is key
- Explore the online world with your child
- You don't need to be a tech wizard
- Parental controls are useful, but not the answer in themselves

Quiz Time!

Who is MrBeast?

What is a sandbox game?

What is a loot box?

What is a sweaty gamer?

What are Robux?

In Snapchat, what is Ghost Mode?

Safe, Smart, Social



Safe – Up to 6 years (the walled garden approach)



Smart – 7 to 11 years, start to loosen restrictions



Social – Restrictions are lifted. More freedom to explore. More likely to take risks and for things to go wrong.



**Resilience-
building**



What children see online



Inappropriate, hurtful or harmful content.



Live comments and chats.



Reliability, bias & commercialism.



Online Behaviour & sharing



Impact of my online activity; how do others perceive me?



Who can view and share my information?



Contact

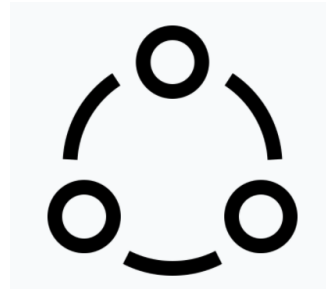
Online Communication



Unwanted contact, grooming.



Cyberbullying, peer to peer pressure.



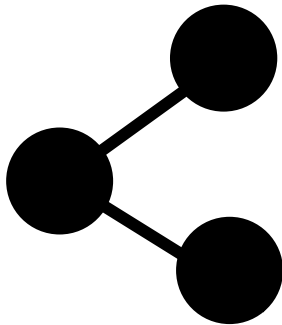
Connect



Learn



Play



Share

What is the online
world like for young
people?



Inspiration

| Focus on Screen Time

- Not all screen time is equal
- No 'one size fits all' for families

Does device use interfere with what your family want to do?

Persuasive Design

- Notifications
- Autoplay
- Endless scrolling
- Pressure to communicate instantly
- Dopamine hits

Practical steps...

- Modelling good example
- Agree device free zones
- Use tools to set digital boundaries
- Recognising when device use is 'too much'
- Is screen time the best reward?

Have a conversation



How to create an environment for kids to talk

internet
matters.org

1 Talk early and often

- Talk with children from an early age to make it easier to maintain good communication
- Have bitesized conversations that are relevant to them



2 Choose the right time

- Choose to talk when you are due to spend some time together, like over a meal or during their bedtime routine
- Bring digital experience into normal, everyday conversations

3 Open up and share too



- Model the behaviour you want them to show by sharing about your day
- Be open and encouraging to make them feel supported

4 Create a safe space for your child

- Ask open-ended questions
- Ensure that your child feels listened to rather than cornered
- When they start talking, hold off with questions and really listen
- Be prepared, calm and patient with them



Conversation Starters

What is it that you like about this....?
(e.g. app/website/game)

What can we do as a family to help keep each other safe online?

Are there any updates/new features to your favourite apps/games? Can you show me how they work?

What would you do if..?
(e.g. you watched a worrying video, you were sent a mean message)

Looking ahead...

“You can download that app, but first we should have a chat about you being safe while you’re on it.”

“There’s a few things we need to talk about now you’re getting/have got your first phone.”

talk.iwf.org.uk/talk-to-your-child/

nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/

0-5 years

- Explore apps and games together
- Try out some online safety activities together

Resources

Digiduck Stories

A collection of five stories created to help parents and teachers educate children aged 3–7 about online safety, with accompanying teaching activities.



swiggle.org.uk/

internetmatters.org/advice/0-5/

Create a Family Agreement

ukie **POWERUP PACT**

LET'S MAKE A PACT ON HOW WE PLAY VIDEO GAMES AT HOME

PLAY TIME Amount of time spent per day playing video games.

SPENDING Amount of pocket money spent per week in video games.

AGE APPROPRIATE We can play games with these PEGI ratings: ☐ 3 ☐ 7 ☐ 12 ☐ 16 ☐ 18

ONLINE CHAT The people we are going to play with online: (Can be one or both).
☐ real-world friends ☐ others online

The chat functions we can use: (Can be one or both).
☐ text chat ☐ voice chat

Here's how we will interact with others online: (Consider where in the house, how we treat others, times at which it is appropriate to chat online)

Date: / /

Sign here! Child

ParentPowerUps
Empowering families to PLAY

Family agreement

A great way to start positive family conversations around safe and responsible internet use, and to agree clear expectations and boundaries.

Things to consider

Getting started

- What do we enjoy doing online?
- What apps, games and websites do we use the most?
- What devices, tech, toys or games do we have with internet access?
- Do we already have any rules about use of tech we want to include in our family agreement?

Managing time online

- How long do we spend on our devices?
- How does it feel when we use tech for too long?
- How do we know when our screen use is interfering with family life?
- What can we do to help avoid overusing tech?

Sharing

- What is or isn't okay to share online?
- What should we check before posting images and videos online?
- How do we keep personal information belonging to ourselves and others safe?
- Do we need a family email address to use when signing up to new accounts?
- Do we know how to use privacy settings and strong passwords, and why these are important?
- How can we use features like livestreaming and disappearing content safely?

Online content

- What can we do if we see something online which seems unreliable or untrustworthy?
- When is it okay to download files, games or apps, or click on a link?
- Do we know what the age requirements, or ratings, on the games and apps we use mean?
- Do we need any restrictions on making in-game or in-app purchases?
- Which websites are okay for us to use?

Use the questions below to help guide your conversations, focusing on those most relevant for your family.

Turn over the page for a template where you can record your agreements and expectations in writing.

Communicating online

- Who can we talk/chat/play games with online?
- Do we only know them online, or offline too?
- How can we keep ourselves safe when communicating with people who we only know online?
- How can we be a good friend when we are online?

If things go wrong

- What can we do if we feel uncomfortable or upset by anything we see or hear online?
- What should we do if someone we only know online asks us for photos, to meet up, or to share personal information?
- Do we know where the report and block buttons are online?

To finish...

- How could parental controls help our family?
- What will happen if one of us breaks the family agreement?
- When should we review our family agreement?

Once you've talked about your family's use of technology and the internet, think about what simple steps you can take going forward. We've given some examples for different ages below...

We agree to... (Under 11s)

I will use my tablet for mins a day.
I will make sure the children's favourite games are bookmarked for them to get to easily.

Who is responsible for this?

Hannah and Izzy
Nan

We agree to... (Pre-teens)

I will tell mum and dad when I see something that worries me.
I will put parental controls in place but review it as the children grow up.

Who is responsible for this?

Tom, Ella and Yasmin
Mum

We agree to... (Teenagers)

I will make sure all my social networking sites are private.
I won't post photos of our children without their permission.

Who is responsible for this?

Amar and Yasmin
Dad

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askaboutgames.com/poweruppact

childnet.com/resources/family-agreement/

Roblox Guide for Parents

- Players have their own property and a virtual toolbox for building.
- You can earn currency (Robux) to buy stuff and get new skills, tools and materials.
- You can meet, play, chat and collaborate on creative projects with other members.
- Roblox does offer a [parental login](#) – useful to keep an eye on things.

Epic Game Store Parental Controls

- Games include Fortnite, Fall Guys and Rocket League.
- U13s will have a cabined accounts – provides limitations over purchases & chat.
- Parental consent will need to be provided to access these features.
- To use parental controls in the Epic Games Store you'll need to setup a PIN.

Managing in-game spending

- Use available tools to set spending limits
- Gift cards can be very useful for game credit
- Set a weekly or monthly spend on in-game purchases
- Discuss free versus paid

internetmatters.org/wp-content/uploads/2021/03/Internet-Matters-In-Game-Spending-Guide-ver2.pdf

askaboutgames.com/play-parents-guide-to-keeping-gaming-costs-sensible

Ask About Gaming Website

- What parents need to know about games
- Setting up family controls
- Discover amazing family games

Children and Social Media

13+

What are the risks?

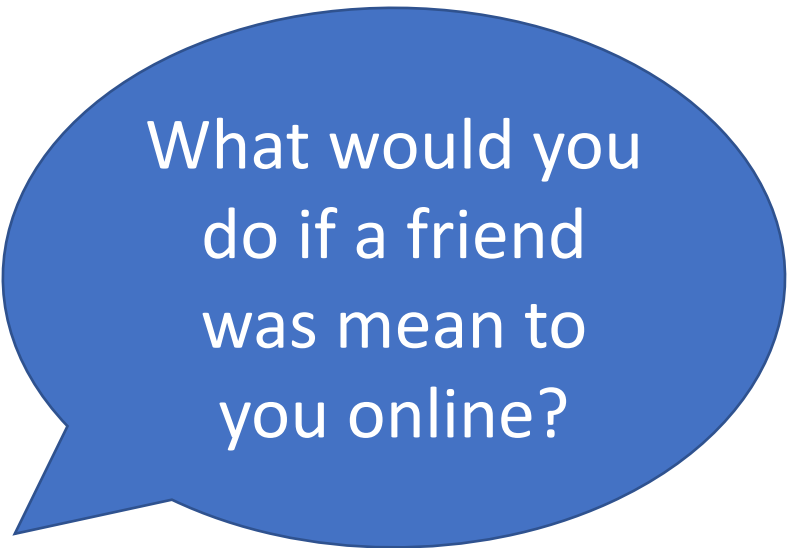
- Upsetting/inappropriate content
- Inappropriate behaviour
- Over-sharing
- Feelings of loneliness
- Exposure of personal information
- Promotion of harmful behaviours
- Unrealistic sense of body image or reality

Is your child ready?


- Minimum age requirements – the age of digital consent
- Development and maturity
 - What are their social skills like?
 - How do they deal with negative experiences?
 - Will they come to you if they need help?
- Are you ready?

What Conversations do we need to have with our children?

- Friends and relationships
- Share with care
- Know how to report and get help
- How to setup privacy settings

A blue speech bubble with a tail pointing towards the top-left.

What would you do if a friend was mean to you online?

A green speech bubble with a tail pointing towards the top-left.

What does a healthy relationship look like?

TikTok Parental Control Settings

- Family pairing – link the parent and teen accounts
- Manage screen time limits (within Digital Wellbeing)
- Turn on restricted mode
- Make an account private
- Filter comments

parentzone.org.uk/article/tiktok

internetmatters.org/parental-controls/social-media/tiktok-privacy-and-safety-settings/

Snapchat Parental Controls

- [Snapchat Family Centre](#) - in-app tool that allows parent to connect to their child
- Privacy settings allow you to:
 - Change contact settings
 - Choose who can view your story
 - Turn off location sharing (Ghost Mode)
 - Block & report someone

Parental Controls from your Internet Provider

The 4 big internet providers in the UK – BT, Sky, TalkTalk and Virgin Media – provide their customers with free parental controls which can be activated at any time. They have come together to produce these helpful video guides to help you to download and set-up the controls offered by your provider.

Google Family Link

- Allows creation of Google accounts for U13s
- You will need to create a Google account
- Google Family Link helps manage a child device user by allowing parents to set digital rules and setting up supervised devices (Android)



- Manage app access
- Set screen time / bedtime routine
- Purchasing rules

internetmatters.org/parental-controls/smartphones-and-other-devices/google-family-link/

internetmatters.org/parental-controls/smartphones-and-other-devices/windows-11-parental-controls/

Focus on YouTube/YouTube Kids

YouTube Kids

- Parent Allowlisting.
- Select content based on child's age.
- Approve what your kids can watch.
- Limiting screen time.

Main YouTube

- Supervised Experience (for 9+).

Apple Family Sharing

- Allows parent or guardian to set up an Apple ID for a child under 13
- Useful if you are an Apple household
- Up to 5 family members can share Apple services
- Parental controls include device location, “Ask to Buy” & screen time limits for specific apps

Useful Websites

- <https://www.internetmatters.org/>
- <https://parentzone.org.uk/>
- <https://www.askaboutgames.com/>
- <https://www.bbc.com/ownit>
- <https://www.thinkuknow.co.uk/parents/>
- <https://www.childnet.com/parents-and-carers/>