


Kingsdale Foundation School
NURTURING DIGITAL CITIZENSHIP
What parents can do to help their children stay safe and healthy online?

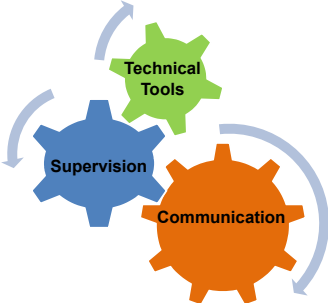
Tim Mungeam and Stephen Carrick-Davies

DAVID BROOKS ON CHARACTER IN THE SELFIE AGE
Tagged with: ADOLESCENCE BEHAVIOUR CHANGE
23rd November 2016




<https://www.thersa.org/discover/videos/ras-shorts/2016/david-brooks-on-character-in-the-selfie-age?id=newsletter/fellowship/281116>

iPod iPad

THE ROLE OF A DIGITAL PARENT?

'DIGITAL PARENTING'

Tech literate
vs.
Life literate


#GuyWithoutAPhoneMystery
What is the dude doing? Why isn't he holding a phone?
What motivates him?
It's not just about the kids!

On a scale of 1- 10 rank yourself as to how **confident** you are about this technology.
1 -----5-----10
"What's a mouse?" *"I taught Mark Zuckerberg all he knows"*



Half of all parents of children aged 5-15 feel that their child knows more about the internet than they do (10% of parents of children aged 3-4)
*Ofcom 2016

What would you like help with?



Vodafone's Digital Parenting magazine
www.vodafone.com/parents



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Our perception of harm!



WHAT'S MOST SCARY MIGHT NOT BE MOST DANGEROUS

Sharks kill 1 person per year.



Cows kill 20 people per year.



Illustrations from Washington Post based on data from Centers for Disease Control (<http://www.cdc.gov/sharkdata/>)

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Safeguarding

A fence at the top of a cliff...



How can we as parents engage in positive prevention?



e-safety may be described as the school's ability: **to protect and educate pupils and staff in their use of technology to have the appropriate mechanisms to intervene and support any incident where appropriate.**

Is better than an ambulance at the bottom...

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Year 7 students

Most had already had e-safety training in primary schools – focused more on online citizenship

A positive approach: the opportunity to be a positive leader online.

Digital wellbeing is increasingly an issue

Many are members of large WhatsApp groups and get hundreds of 'pings' a day

Many spoke of being woken at night by their phones



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When you are young you need RULES and instructions on how to behave



Like following a **SAT NAV**

But as you grow and encounter more challenges and risks you need to shape your Character and find your **COMPASS**



The 3 R's of Digital Citizenship



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Risk

ACTUAL EXAMPLE FROM A PRIMARY SCHOOL

Child discloses to teacher that she is upset because of conversation on WhatsApp

Teacher finally finds out that child was told on WhatsApp that their father has committed suicide after R her mother!

Head Teacher investigates and views WhatsApp conversation on child's phone. Calls the police in.

The WhatsApp Chat involved a number of year 5 & 6 students and included video clips of hard core pornography.

Head Teacher calls in parents of the children for meeting

Parents shocked by the content but also their children's vulnerability and exposure to content so young

What next?



Key issue
Adding people to groups

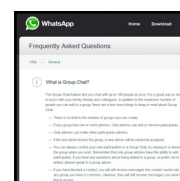
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In small groups of 3 discuss the following:

- 1) Is this the school's responsibility?
- 2) What age should you be to use *WhatsApp* ?
- 3) How is it that a child could be added to a *WhatsApp* conversation
- 4) What do you think will happen to the child who disclosed this incident ?
- 5) What can we do as parents to prevent this kind of activity?

Minimum age for users is
16 **13**



<https://parentzone.org.uk/article/whatsapp>

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If online interactions turn sour...



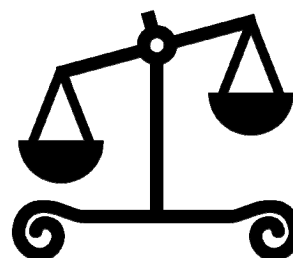
STOP: DON'T RETALIATE OR REPLY

ORANGE: SAVE THE EVIDENCE

GREEN: GO AND TELL SOMEONE

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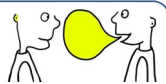
IS IT LEGAL?



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ADVICE

Conversations about Risk



- ✓ "Do you know who all your online friends are offline?"
- ✓ "Is your/our antivirus software up to date?"
- ✓ "What information should you never share/put online?" Do you think before you post...? [Do I?]
- ✓ "Do you change your password/PIN regularly?" [Do I?]
- ✓ "Do you ever give it away?" [Do I?]
- ✓ "If you do something online you later regret, let me know. I will try to help and not to over-react."
- ✓ "Would you know what to do if you saw something you didn't like or which upset you?" [Would I?]



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The 3 R's of Digital Citizenship



Reputation

Taking control of your digital footprint

4.2m CCTV cameras in UK

1 UK's position in global league table for ratio of cameras to people

14 number of people for each camera

£500m total spent installing CCTV in past decade

300 times a person may be viewed on CCTV

WHAT GOES ONLINE STAYS ONLINE

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➤ **Our own reputation**

How our online behaviour influences what people think about us

Future job, partner, & success



➤ **Reputation by association**

Is our reputation being shaped by others?

Our family, friends, peer group and community.



Controversial law which has been used to convict people associated with a crime

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watch your thoughts: they become words

watch your words: they become actions

Is the **action** I am about to take, a reflection of **who I am** and **what I want to be** ?

watch your actions: they become habits

watch your habits: they become your character

watch your character: it becomes your destiny

frank outlaws

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Is the **action** I am about to take, a reflection of **who I am** and **what I want to be** ?

WARNING
Handle with extreme care!

When you are angry or want revenge...



PAUSE

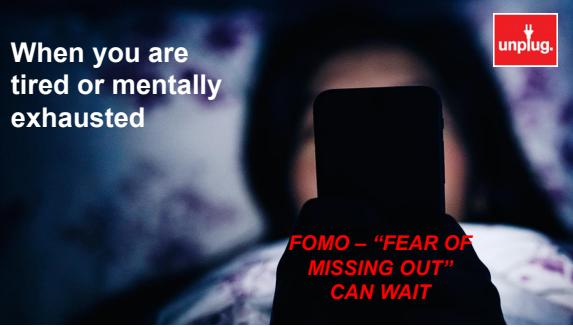
....Don't do **ANGRY** when you are **ANGRY**

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Is the **action** I am about to take, a reflection of **who I am** and **what I want to be** ?

WARNING
Handle with extreme care!

When you are tired or mentally exhausted



unplug.

FOMO – "FEAR OF MISSING OUT" CAN WAIT

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Is the **action** I am about to take, a reflection of **who I am** and **what I want to be** ?

WARNING
Handle with extreme care!

When you're anxious about your place in your peer group...



Ask yourself

Do members of this group **really** respect me ?

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Is the **action** I am about to take, a reflection of **who I am** and **what I want to be** ?

WARNING
Handle with extreme care!

When you couldn't say it to their face...

...then **don't say it online!**

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7
6
5
4
3
2

MY BAD
ONLINE

We all make mistakes online. It's a **sign of strength** to say sorry and to work to **repair relationships** and **reputations**.

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CHARACTER FOUNDATIONS

Which ones are especially important online?

Empathy

Bravery	Open-mindedness	Self-control	Kindness	Integrity
Grit (persistence and resiliency)	Fairness	Creativity	Humor	Love
Zest	Gratitude	Curiosity	Humility/modesty	Social Intelligence
Perspective	Hope (optimism)	Leadership	Forgiveness and mercy	

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The importance of character strengths

If you come to your home early with a problem, you get a problem.
If you come late with a solution, you get a bonus.

- ✓ **STRENGTHS CAN BE DISCOVERED**
"I'm recognizing that I'm good at that"
- ✓ **STRENGTHS CAN BE GROWN**
"What activities help me strengthen character muscles?"
- ✓ **STRENGTHS CAN LEAD TO SUCCESS**
"Knowledge is power, these will help me succeed"
- ✓ **STRENGTHS HELP YOU ONLINE**
"These strengths will help me protect myself"

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✓ **R**eputation/character Check List

- ✓ Check your settings and your public search
- ✓ Know how to get things taken down
- ✓ Look out for your peers and help protect them
- ✓ Make sure you promote the positive things you are doing (volunteering, fundraising, leadership)
- ✓ Lock down privacy settings
- ✓ Ask permission to take photographs
- ✓ But most importantly....

Consider your reputation and those of others every time you post.

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The 3 R's of Digital Citizenship

Risk: Our safety, conduct & understanding risky behaviours

Reputation: Looking after the future you!

Responsibility: Screen life balance, leadership, and resilience

MOBILES, Games, SOCIAL MEDIA

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Responsibility

➤ For Ourselves

- Our screen/life balance



➤ For others

- For our friends and siblings
- Those who are vulnerable



FOR BAD THINGS TO HAPPEN ONLINE IT ONLY TAKES GOOD PEOPLE TO DO NOTHING.

Responsibility To be informed



- The ratings are there for a reason (and not based on ability).

- It is against the law to sell a 12+ title to younger children (£5,000 fine).



PEGI



- Recognise 'compulsion' (tiredness, irritability, aggression, low concentration levels)

- Inform yourself about games: make sure you're happy with content.

- Check out YouTube for examples

Responsibility to sleep!

FIND IT HARD TO SWITCH OFF

FEELING DEPRESSED?

IGNORING OFFLINE ACTIVITIES

EMPATHY EROSION

ARGUE ONLINE?

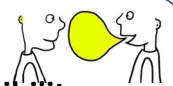
FEEL TENSE IF YOU CAN'T GET ONLINE



"Screen 'addiction' is increasingly being used by physicians to describe the growing number of children engaging in screen activities in a dependent manner."
Psychologist Dr Aric Sigman

ADVICE

Conversations about Reputation & Responsibility



- ✓ "Remember what goes online stays online"
- ✓ "Can you show me how to check my privacy settings?"
- ✓ "Can we talk about being 'share aware': agree what should be kept safe?"
- ✓ "How do your online friends behave towards you / each other?"
- ✓ "What are the risks that come with posting online?"
- ✓ "How long do YOU think you should stay on-screen?"
- ✓ "Come across anything amazing online recently?"



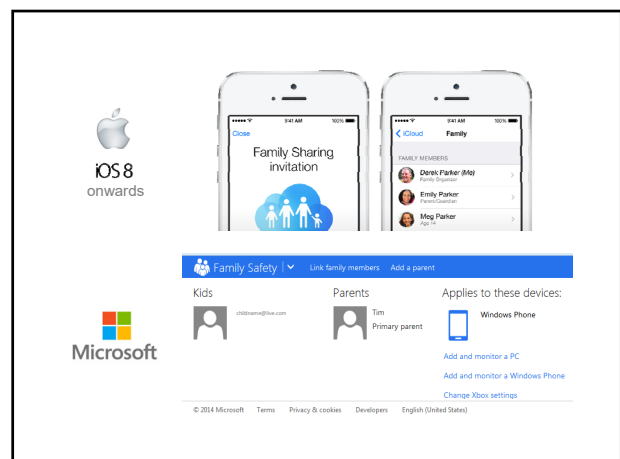
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Technical Tools (if you're not sure, ask someone)

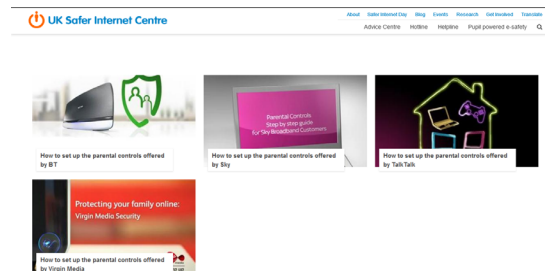


Many adults still DON'T use security / parental controls

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www.saferinternet.org.uk



<http://www.saferinternet.org.uk/advice-centre/parents-and-carers/parental-controls-offered-your-home-internet-provider>

Digital Parenting

Expert Advice | Features | Useful Tools

HOME - USEFUL TOOLS

3 apps to help manage your child's screen time
Do you want to help your child balance their time on and off devices? These three great apps could help.

How to stop your child making in-app purchases
Apps are excellent tools for learning, but how can you prevent your child from making in-app purchases? We share some tips.

How to report inappropriate content
Here's how you can report content that's harmful or illegal, as well as unsuitable images or online content with an adult.

5 tips for creating a strong password
Setting a password can be baffling – especially if you have to create many across multiple devices. These steps can help.

Safety and privacy controls on social networks
We've rounded up the best ways to help your child to manage settings and messaging apps safely.

Safety and privacy controls on live streaming services
These helpful tips and tricks could ensure that your child avoids risky situations on these real-time video services.

Outdoor apps to help teens enjoy life offline

Free apps for children under 10

How to set third-party parental controls
These dedicated programmes or apps can help you ensure that your

How to set a safe mode on video websites
Make sure your child only views age-appropriate content online.

ADVICE Digital Parent Checklist Essentials

- ✓ **THINK** about how you guide your family in the real world and do the same in the digital world
- ✓ **HAVE** a go at some of the technologies your child enjoys
- ✓ **TALK** to your friends, family and other parents about how they help their kids manage their digital world
- ✓ **MAKE** the most of tools like *parental controls*, *privacy settings* and *security settings*
- ✓ **TRY** to set boundaries for switching off occasionally
- ✓ **MAKE** digital issues part of your family conversation

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Useful places for more info



UK Safer Internet Centre
www.saferinternet.org.uk



Vodafone's Digital Parenting
www.vodafone.com/parents



www.childnet.com
Non-profit organisation working with others to help make the internet a great and safe place for children.



www.internetmatters.org
Independent not for profit agency supported by the four major UK internet service providers (BT, Sky, TalkTalk & Virgin Media)

Questions & comments



PARENTING IN THE DIGITAL AGE	
<p>FAMILY INTERNET USE</p>	<p>How a family uses, accessed, to digital parenting</p> <ul style="list-style-type: none"> Make a family plan and encourage a regular use of your family's internet. Remember to create and share rules in a positive way using the National Media Literacy and Skills Framework. Keep track of your usage as well as age and consider the influence of the online setting and time on digital activities.
<p>GAMES</p>	<p>All games and apps are a mix of fun and educational. The key is to ensure that your child is using games that are appropriate for their age and that they are using them in a positive way.</p> <ul style="list-style-type: none"> Use the PEGI (Pan European Game Information) rating system to help you choose games that are appropriate for your child's age. Remember to create and share rules in a positive way using the National Media Literacy and Skills Framework. Keep track of your usage as well as age and consider the influence of the online setting and time on digital activities.
<p>SOCIAL MEDIA</p>	<p>Use social media to connect with friends and family, but be aware of the risks of sharing personal information online.</p> <ul style="list-style-type: none"> Remember to create and share rules in a positive way using the National Media Literacy and Skills Framework. Keep track of your usage as well as age and consider the influence of the online setting and time on digital activities.
<p>MOBILE PHONE USE</p>	<p>Use mobile phones to stay connected, but be aware of the risks of using them in a way that is not appropriate for your child's age.</p> <ul style="list-style-type: none"> Remember to create and share rules in a positive way using the National Media Literacy and Skills Framework. Keep track of your usage as well as age and consider the influence of the online setting and time on digital activities.