



Mrs Cindi Pride e-Safety



"a learning partnership valuing respect, personal best ... and a spirit of fun"

The Police and NSPCC

Used to say that the main risks for young people when using the Internet were:

- **C**ontact – who they talk to
- **C**onduct – how they behave
- **C**ontent – what they can access



... we now also need to add in

- Technology 'addiction' (FOMO)
- Negative impact of technology use on sleep and health
- Negative impact of social media on self esteem and mental health
- Negative impact of use of social media on achievement
- Negative impact of social media on moral development

Recent research

- **CEOP 2015**
 - 1 in 6 young people using Tinder (46% under 15)
 - 37% of children polled using Snapchat up to 10 hours per day
- **Ofcom 2016** – social media use by children (more later)
- **Birmingham University 2015** – social media and moral development (more later)
- **DfE 2016** – girls' mental health issues associated with excessive use of social media (more later)

Recent research

- **RMIT 2016** – impact of social media use on achievement (more later)
- **ChildLine 2016 counselling sessions**
 - Over 35,000 about low self-esteem
 - Over 180,000 about sexting
- **NSPCC 2016** – “It’s vital that parents talk to their children and that young people feel empowered to say no to sexting requests”
- **YouGov 2016** – 78% of parents concerned about their children sexting

Birmingham University 2015

- 93% of parents surveyed were regular social media users
- 55% with children aged 11 to 17 strongly agreed that '***social media hinders or undermines moral development***'
- 40% said they were concerned or extremely concerned about social media having a potentially damaging impact on children

ChildLine 2016

- **One 13-year-old girl told a counsellor:** “I hate myself. When I look at other girls online posting photos of themselves it makes me feel really worthless and ugly. I'm struggling to cope with these feelings and stay in my bedroom most of the time.”
- **A 12-year-old girl said:** “I feel like crying all the time. I'm constantly worried about what other people are thinking of me and it's really getting me down. I use social media sometimes, but that just makes me more depressed as I hardly have any friends online and no one likes my posts/photos.”

DfE Research Project 2016

- 1 in 3 girls suffers from “psychological distress” by the time they start studying for their GCSEs
- 37% of Year 10 girls are experiencing some sort of symptom of mental ill health
- The study of 30,000 teenagers - girls more than twice as likely to suffer from psychological distress than boys
- Psychological distress among teenage girls was also worsening
- “While girls were already displaying greater levels of psychological distress than boys in 2005 it is striking that their situation worsened between 2005-14”
- **The researchers suggested that part of the problem was linked to the increased impact of social media on young people’s lives**

Internet Usage and Educational Outcomes Research 2016

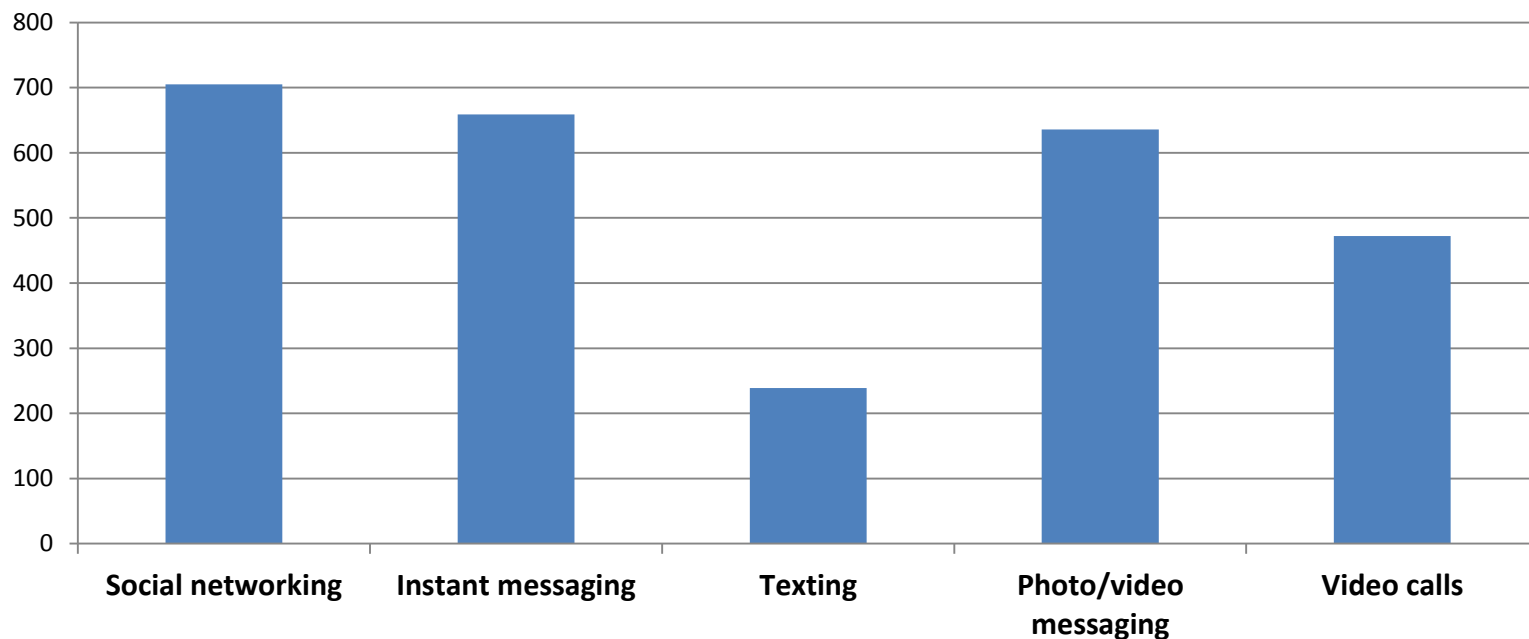
Prof Alberto Posso – Royal Melbourne Institute of Technology

- Analysed educational outcomes from over 12,000 15-year-olds
- Online social networks, such as Facebook or chatting, were **significantly** associated with lower performance in maths, reading, and science
- “Several grades difference between students who were heavy social media users and those who were not”
- More frequent usage has a larger effect

“There is a seemingly high opportunity cost of engaging in social networking” – Prof Posso

Ofcom Survey 2016

Minutes Per Week on Social Media Girls aged 11-15



A total of 45 hours per week
An average of nearly 6.5 hours per day

Dr Craig Canapari

Director - Yale Paediatric Sleep Center

If you met me at a party, and wanted to know my best single piece of advice to keep your child from having sleep problems, here it is:

1. If your child has technology (television, computers, smartphones, tablets, video game systems) in their room at night, **TAKE IT OUT**
2. If your child does not have technology in their room at night, **DON'T LET IT IN THERE**

Dr Craig Canapari

Director - Yale Paediatric Sleep Centre

I recommend:

- All technology should be out of the bedroom an hour before sleep, including parents. ***There is no substitute for physical control of the device***
- Put computers in common areas of the home so that you can monitor what they are doing on them
- Set a good example yourself:
 - Turn off your phone when you get home
 - Make it clear that time with your family is more important than your device
 - If you must check something (eg for work), explain what you are doing and why

Taking charge ...

- The same parenting guidelines apply in both real and virtual environments
- Set limits early and stick by them
 - Know your children's friends, both online and off
 - Know what your children use eg software, apps
 - Know where they are go on the web
 - Know what they do online
- Make a 'media plan'

Making a media plan

- A media use plan for your family should include TVs, phones, tablets and computers
- Screens should be kept out of children's bedrooms
- Put in place a “media curfew” at mealtimes and bedtime
- Put all devices away or plug them into a charging station for the night
- Limit screen time to less than one or two hours per day

Responding to the objections ...

- **“It’s my alarm clock”** - buy an alarm clock
- **“I can’t fall asleep without music”** - a clock radio will do both
- **“I watch Netflix (etc) to fall asleep”** - watching television in bed is associated with shorter sleep, worse grades, and weight gain
- **“We’ve always done it this way. Why are you punishing me?”** - people did not always realize that smoking was bad, either, but now no one would let someone smoke in their child’s room
- **“I read on my tablet”** – hmmm! That one’s easy ...
- **“You do it too!”** - if that is true, you need to set an example by also surrendering your device after a certain hour unless you need it for work