Living with technology
Helping your family to stay in control
The workshop

We are going to cover:

1. The technologies children, young people and their families are using
2. Some of the challenges and issues they bring
3. Some practical ideas and tools to help you to stay in control
What technologies are you and your family using?
childnet-int.org

“Helping to make the internet a great and safe place for children”
## Top 10 internet activities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Top 10 internet activities carried out at least once a week, by age: 2012</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>5-7yrs</td>
</tr>
<tr>
<td>Schoolwork / homework</td>
<td>38</td>
</tr>
<tr>
<td>Online games</td>
<td>47</td>
</tr>
<tr>
<td>Surfing / browsing</td>
<td>15</td>
</tr>
<tr>
<td>Social networking</td>
<td>3</td>
</tr>
<tr>
<td>Videos</td>
<td>9</td>
</tr>
<tr>
<td>Music</td>
<td>7</td>
</tr>
<tr>
<td>Avatar websites</td>
<td>33</td>
</tr>
<tr>
<td>TV</td>
<td>24</td>
</tr>
<tr>
<td>Wikipedia website</td>
<td>4</td>
</tr>
<tr>
<td>Instant messaging</td>
<td>1</td>
</tr>
</tbody>
</table>

* Ofcom – March 2012
## Media in children’s bedrooms

<table>
<thead>
<tr>
<th>Activity</th>
<th>% of children who have the following media in their bedroom (2012)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>TV</td>
</tr>
<tr>
<td>3-4 year olds</td>
<td>33</td>
</tr>
<tr>
<td>5-7 year olds</td>
<td>43</td>
</tr>
<tr>
<td>8-11 year olds</td>
<td>58</td>
</tr>
<tr>
<td>12-15 year olds</td>
<td>73</td>
</tr>
</tbody>
</table>

* Ofcom – March 2012
## Use of tablet computers

<table>
<thead>
<tr>
<th>Activity</th>
<th>% of children who use a tablet computer</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2010</td>
</tr>
<tr>
<td>5-7 year olds</td>
<td>0</td>
</tr>
<tr>
<td>8-11 year olds</td>
<td>2</td>
</tr>
<tr>
<td>12-15 year olds</td>
<td>5</td>
</tr>
</tbody>
</table>

*Ofcom – March 2012*
# Smartphone ownership

<table>
<thead>
<tr>
<th>Activity</th>
<th>% of children who own a smartphone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2011</td>
</tr>
<tr>
<td>5-7 year olds</td>
<td>5</td>
</tr>
<tr>
<td>8-11 year olds</td>
<td>12</td>
</tr>
<tr>
<td>12-15 year olds</td>
<td>41</td>
</tr>
</tbody>
</table>

* Ofcom – March 2012
Changing technologies
60 seconds of the Internet

- 1 NEW EXTRAVAGANZA IS ADDED ON CUP CAKE
- 1,600+ READS ON Scribd
- 13,000+ HOURS MUSIC STREAMING ON PANDORA
- 12,000+ NEW ADS POSTED ON craigslist
- 370,000+ MINUTES VOICE CALLS ON skype
- 08,000+ TWEETS
- 20,000+ NEW POSTS ON tumblr
- 13,000+ iPhone APPLICATIONS DOWNLOADED
- 100+ NEW COUNTER ACCOUNTS
- 100+ NEW Linked in ACCOUNTS
- 70+ QUESTIONS ASKED ON THE INTERNET
- 600+ NEWS VIDEOS
- 25+ HOURS TOTAL DURATION
- 70+ DOMAINS REGISTERED
- 60+ NEW BLOGS
- 168 MILLION EMAILS ARE SENT
- 1,700+ Firefox DOWN LOADS
- 694,445 SEARCH QUERIES
- 510,040 COMMENTS

GO-Globe.com
In the last 25 seconds...

... there have been:

- **264** new blog posts
- **245** members added on Facebook
- **14,699** tweets sent on Twitter
- **293,981** videos watched on YouTube
- **72,613,488** emails sent globally
- **587,962** searches made on Google
- **4,832,576** SMS’s sent worldwide
Changing use of the web

Web 1.0 vs. WEB 2.0

- Downloading → + Uploading
- Consuming → + Creating and distributing
- Corporate → + Personal
- Separate media → + Converged media
- Static → + Truly interactive
Some things never change

Many things children do online are things they have always done…
Some things never change

… like looking up rude words!
Knowledge vs. wisdom

Knowledge

Many children pick up technology quicker!

Wisdom

Understanding how to behave in a virtual world.
“Children and young people need to be empowered to keep themselves safe - this isn't just about a top-down approach. At a public swimming pool we have gates, put up signs, have lifeguards and shallow ends, but we also teach children how to swim.” Tanya Byron
What are the main benefits of digital technologies for your family?
Parent Zone video
What concerns you about your child’s use of technology?
Key challenges / issues

- Sexting
- Excessive use
- Online shopping
- Cheating
- Cyberbullying
- Inappropriate content
- Online advertising
- Pornography
- Digital footprint
- Online grooming
- Mobile costs
- Security
- Privacy
- Downloading
- Violent gaming
Did you know…?

* Ofcom UK Children’s Media Literacy Report, April 2011

Half of parents say they know less about the internet than their children.*
You’re not alone…

I’ve read about sexting in the paper, but I’m sure my child would never do it.

I had no idea he had more than 300 friends on Facebook!

She told me that she’s been getting nasty text messages from some girls at school.

All my daughter’s friends have mobiles… I don’t think she’s old enough for one.

He’s always on the computer. I’m worried he’s on it too long and also about what he might see.
But remember!

YOU have the PARENTAL WISDOM
So... what should you do now?

1. Get involved in your children’s online activity at home and TALK
   Check you know what applications they are using, especially chat rooms and games played with others online. Ask who their ‘e-pals’ are. Get them to teach you about how things work.

2. Support the school
   Sign the Acceptable Use Policy and take an active interest in what your children are doing in ICT at school.

3. Encourage Internet use that builds on offline activities
   It helps to keep the computer in a family room not tucked away in a child’s bedroom. Help your children to use the Internet for homework and leisure interests.

4. Use some of the tools on the computer to help you
Conversation starters

If you’re ever worried or confused about something that happens to you (or to one of your friends) on the internet or your mobile, you do know you can talk to me about it don’t you? I’m sure I’ll be able to help and I promise I won’t just say I’ll take your internet/mobile/games console away from you.

Lots of my friends are on Facebook, can you help me to set up my profile please?

Can you spare 10 minutes to show me how to download a few apps onto my mobile please?

When you play games, do you ever play against other people over the internet?

Have you ever Googled your or my name to see what comes up about you or me online?

Do you go on the computer when you’re at [insert name of friend]’s house? What kind of things do you do?
Tools

✓ Passwords
✓ Google SafeSearch
✓ YouTube Safety Mode
✓ Parental controls on your Internet service
  (e.g. BT Family Protection)
✓ Parental controls and separate accounts on your computer
✓ Parental controls on your mobile phone
  (e.g. Vodafone Content Control)
✓ Parental controls on your games console
  (e.g. Nintendo DS and important control to turn off 3d for children under 7, Xbox and restriction of Xbox live)
✓ Facebook privacy controls
Option 1: Passwords

Why are passwords so important?
Passwords: what you can do

- Change passwords for important accounts regularly (banking, iTunes, Amazon, etc.)
- Make sure you know who knows them
- Choose strong passwords (a good combination of uppercase and lowercase characters, numbers and symbols)
Option 2: Google SafeSearch
Google SafeSearch

SafeSearch helps you to keep adult content out of search results by screening websites that contain sexually-explicit content and removing them from the search results.
Option 3: YouTube Safety Mode
YouTube Safety Mode
Option 4: Internet provider parent control
Internet provider parent control

- You can set different age limits for your children so you can make sure they only see content appropriate to their age.

- They enable you to set limits on how long your child stays online and when they go online.

- You can allow or block specific programs, like Instant Messenger, or hardware like webcams.
Internet provider parent control

BT Family Protection
Get started here

McAfee

Yours at no extra cost
Software download details inside

In association with

BT

Bringing it all together
Getting started

1. Download McAfee Family Protection at www.bt.com/familyprotection
2. Log in as administrator to create or change your settings
3. The Family Summary page will open – from here you can set up and control your users and their settings
What it does

✓ Web blocking – by category or by address
What it does

✓ Allows you to set up safe searching
✓ Set filters for YouTube
✓ Block media players
✓ Set controls for American TV sites (UK coming soon)
✓ Monitor music downloading
What it does

Allows you to:

- Block email addresses
- Block and/or monitor Instant Messenger
- Block online gaming and gaming websites
What it does

- Allows you to set time limits for online use
OpenDNS FamilyShield

What does FamilyShield block?

- **Adult websites** that are unsuitable for kids
- **Proxy and anonymizer sites** commonly used by savvy kids to bypass traditional Web filters
- **Phishing sites** that aim to trick you into handing over personal or financial information
- **Some virus-spreading malware websites**

**Set up FamilyShield**

Free! No credit card required.
Option 5: Parental Controls on your computer
Adjust your computer’s settings

System and Security
- Review your computer’s status
- Back up your computer
- Find and fix problems

Network and Internet
- View network status and tasks
- Choose homegroup and sharing options

Hardware and Sound
- View devices and printers
- Add a device

Programs
- Uninstall a program

User Accounts and Family Safety
- Add or remove user accounts
- Set up parental controls for any user

Appearance and Personalization
- Change the theme
- Change desktop background
- Adjust screen resolution

Clock, Language, and Region
- Change keyboards or other input methods

Ease of Access
- Let Windows suggest settings
- Optimize visual display
Computer Parental Controls

- Allowed
- Blocked
Parents and Community

As part of Northumberland’s integrated approach to developing schools as e-safe communities, we have provided schools with Policy Central Enterprise to help ensure the online safety of pupils and staff when using the school’s network and internet connection.

We would now like to offer families in Northumberland the opportunity to use a similar product free for up to 12 months, designed specifically for parents to use in the home.

CyberSentinel is also published by Forensic Software and offers similar tools for parents, but with a simpler, easy to use interface. Click here to view a ten minute video guide.

How to obtain the software
A letter has been sent to all Northumberland schools with details of a voucher code. This can be distributed to parents, enabling them to download the software from the CyberSentinel website at http://www.cybersentinel.co.uk/shop/index.aspx

The licence key will give parents the opportunity to use the software with up to five users for up to 12 months, free of charge.

More information from the CyberSentinel website:
CyberSentinel will help protect your children – while maximising their online freedom – within safe boundaries set by you. Our software is unique, filtering out harmful web sites and scanning for any ‘danger’ keywords that appear on the screen. With CyberSentinel, you can make peace not war! You don’t have to keep invading their ‘personal space’, going into their rooms or watching over their shoulder. Instead, you can say ‘yes’ again ... when they want to go online.
Option 6: Parental Controls on your mobile
Mobile Parental Controls
Mobile Parental Controls

Vodafone Guardian app

The Vodafone Guardian app helps to keep children safer when using a smartphone

Digital Parenting magazine

Expert View articles, ‘How to’ guides and Take Action checklists will help you feel more confident about getting involved
Option 7: Parental Controls on your games console
Console Parental Controls
Option 8: Facebook privacy controls
Welcome to the fully updated 2012 edition of A Parents' Guide to Facebook (PDF). It’s designed to help you understand what Facebook is and how to use it safely. With it, you will be better informed and able to communicate with young Facebook users in your life more effectively. That’s important because 1) if something goes wrong, we want our children to come to us and 2) as the Internet becomes increasingly social and mobile, a parent’s guidance and support are ever more key to young people’s well-being in social media and technology. The guidebook is published in partnership with the KeepSafe Coalition.

**A Parents’ Guide to Facebook**

*(Revised 2012 Edition)*

The guide covers how to:

- Configure Facebook’s new timeline (what used to be called your profile)
- Review your activity log
- Use the site’s new in-line privacy tools
- Use Facebook’s “social reporting” tools to resolve problems
- Protect your online reputation
- Use Facebook Mobile safely
- And much more. Do check it out...

[Click here to read or print out the 34-page guide in PDF format.](#)
Facebook privacy controls
Sharing on Facebook

- Click on ‘customise settings’ in the ‘Sharing on Facebook’ section
- Choose who your child is happy seeing and commenting on things they share, post or are tagged in – your child can choose ‘Everyone’, ‘Friends of Friends’ or ‘Friends’
Basic directory information

✓ Certain information is visible to everyone on Facebook and can’t be customised
✓ Other basic settings can be changed
✓ Go to ‘Account/Privacy Settings’
✓ Click on ‘View Settings’ in the ‘Basic Directory Information’
✓ Decide who can see particular information
Applications and websites

- This section controls what information is shared with applications, games and websites
- Click edit settings to choose things like ‘who can see your recent games and application activity’
Block lists

✓ This lets your child block certain people from interacting with them, or seeing their information.

✓ Click on ‘Edit your lists’ and you can enter in the name and email address of people your child wants to block.
Summary – what can you do?

- Take 10 minutes to look at and set the parental controls on all the devices in your home
- Go through the Facebook privacy controls with your child and any other social networks
- Set SafeSearch
Looking for more information?
Useful links

- Teachtoday: www.teachtoday.eu
- Vodafone Digital Parenting: vodafone.com/parents
- Mumsnet: www.mumsnet.com
- ParentPort: www.parentport.org.uk
- The Parent Zone: www.theparentzone.co.uk
- Child Exploitation & Online Protection Centre: www.ceop.police.uk
- Missing & Exploited Children: www.missingkids.com
- Childnet International: www.childnet.com
- CEOP: www.thinkuknow.co.uk/parents/parentsguide
Any questions?

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