

DIGITAL WELL BEING

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Agenda

- Why - context
- What is Digital Well Being?
- Impact of Technology on Children
- Supporting Childrens well Being
- Ideas and resources



No sedentary screen time for babies, WHO says

By Michelle Roberts
Health editor, BBC News online

© 24 April 2019



Babies and toddlers should not be left to passively watch TV or other screens, according to new World Health Organization guidelines.

WHO warnings over children's screen time disputed by UK experts

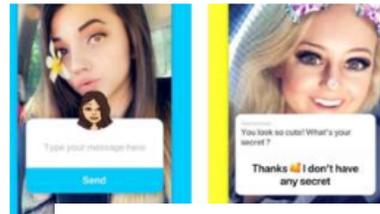
Paediatricians say latest guidelines on TV, bedtimes and play based on poor evidence



The WHO guidance fails to recognise that not all screen time is bad for children, UK experts in child health say. Photograph: Alamy

12:18 9 May

Viral app Yolo raises abuse concerns



Leo Kelion
Technology desk editor

Child safety campaigners are worried about an app that lets Snapchat users post anonymous messages.

Read more >

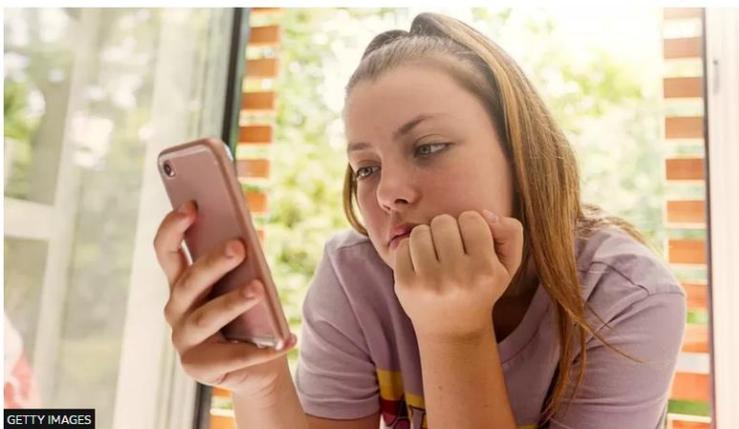
TikTok may be fined £27m for failing to protect children

© 26 September



A third of children have adult social media accounts - Ofcom

© 11 October



GETTY IMAGES

Molly Russell: Coroner's report urges social media changes

© 14 October



RUSSELL FAMILY

Tech giants 'failing' to protect children

© 13 May 2019



Independent Inquiry into Child Sex Abuse



GETTY IMAGES

The world's largest technology companies have been accused of failing to protect children at risk of sexual abuse, an inquiry has heard.



A changing landscape



XBOX LIVE



DISCORD



Bing

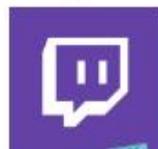


WIKIPEDIA

NETFLIX



OVERWATCH



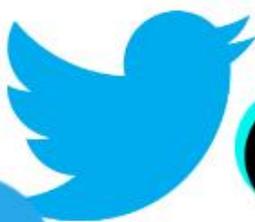
Google

yahoo!

BuzzFeed



FORTNITE



askfm

tumblr

deezer



FIFA 21



kik

yubo



LEGO



CLASH OF CLANS





Digital wellbeing can relate to the use of digital technology including social media and other apps and how this can affect an individual's life.

It can be affected by many things, such as

how long we spend on devices,

how we behave online,

how we interact with others, how others interact with us,

what we expose ourselves to,

what we're influenced by

how we use technology to achieve desired outcomes



Much like general wellbeing, it can contribute to other areas such as our overall physical and mental health.

How does using a device make you feel?

Positive



Negative



Remember ...

As the technology critic Tristan Harris likes to say,
each time you open a social media app, there are

“a thousand people on the other side of the screen”
paid to keep you there”

so it’s unrealistic to expect users to resist the assault
on their time and attention

How does using a device make your child feel?

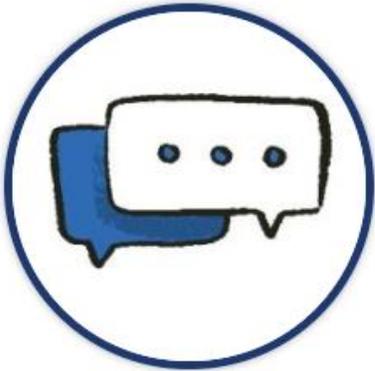
Positive



Negative



What Are Signs of Healthy Digital Wellbeing?



Appropriate, positive and healthy interactions towards others



Critical thought towards online information and harmful content



A regular and consistent online/ offline balance



Using technology for areas of life, but not for everything

What Are Signs of Unhealthy Digital Wellbeing?



Negative or harmful interactions towards others



Allowing exposure to harmful online content



Being too heavily reliant on technology



Poor mental, physical or emotional health

<https://swgfl.org.uk/topics/digital-wellbeing/>

How Can We Support Digital Wellbeing?

Technology is great and can assist us with a lot of different things. Children and young people especially may be introduced to technology from a very young age so it's important what can support them with their digital wellbeing.

This can include:

- Encourage effective time away from devices
- Develop healthy and appropriate expression online
- Encourage positive influences, interactions, and encounters
- Develop critical thinking around information and online harm

How do schools encourage Well-being ?

- Encourage appropriate breaks away from devices
- Create safe spaces for individuals to talk through concerns
- Encourage the use of parental controls and filtering options for apps where necessary
- Appropriate offline activities in school
- Have staff maintain a good understanding of trends and popular apps
- Develop a school community approach towards online critical thinking
- Explain what harmful online content is and the ways it can present itself
- Making the community aware of reporting routes



Understand the risks ...

- What are we exposing children to online and how can it affect well being?
 - Content
 - Conduct
 - Contact
 - Commercial

Content

- Some online content is not suitable for children and may be hurtful or harmful.
- Pegi ratings attached to games and other content indicate inappropriate content for young children
- Reliability of online material which may not be true or written with a bias. Children may need your help as they begin to assess content in this way.



Exploring Reliability in the Online World Parent Guide - Free download

Jan. 25, 2021

Exploring Reliability in The Online World Parent Guide



UK Safer Internet Centre simple aws

Conduct

- Children may be at risk because of their own behaviour, for example, by sharing too much information
- Digital footprint
- Easy to feel anonymous online – risks & responsibilities?
- It's important to keep personal information safe and not share it with strangers – who are strangers?
- The importance of recognising, and reporting inappropriate conversations, messages, images and behaviours

Contact

- Children can be contacted by bullies or people who groom or seek to abuse them
- New friends made online may not be who they say they are
- Once a friend is added to an online account, you may be sharing your personal information with them.

**be SMART
ONLINE!**

Did you know that the use of hashtags provide strangers with an easier way to access and save children's photos?

Think about your children's safety !

INHOPE
ins@fe

European Commission

Commercialism

- Young people can be unaware of hidden costs and advertising in apps, games and websites – addictive nature of games/apps
- Young people's privacy and enjoyment online can sometimes be affected by advertising, marketing schemes
- Inadvertently – or intentionally spending money – real or digital currency online, for example within games



REMOVING RISK VS MANAGING RISKS

Taking risks is something children need to do .. Its part of their development



Risk taking needs to be viewed in the context of each child

- Levels of maturity and development
- Exposure to online safety education
- Personality traits
- This can make them more or less resilient to harm.

So how do we support our children?
How do we develop their digital resilience



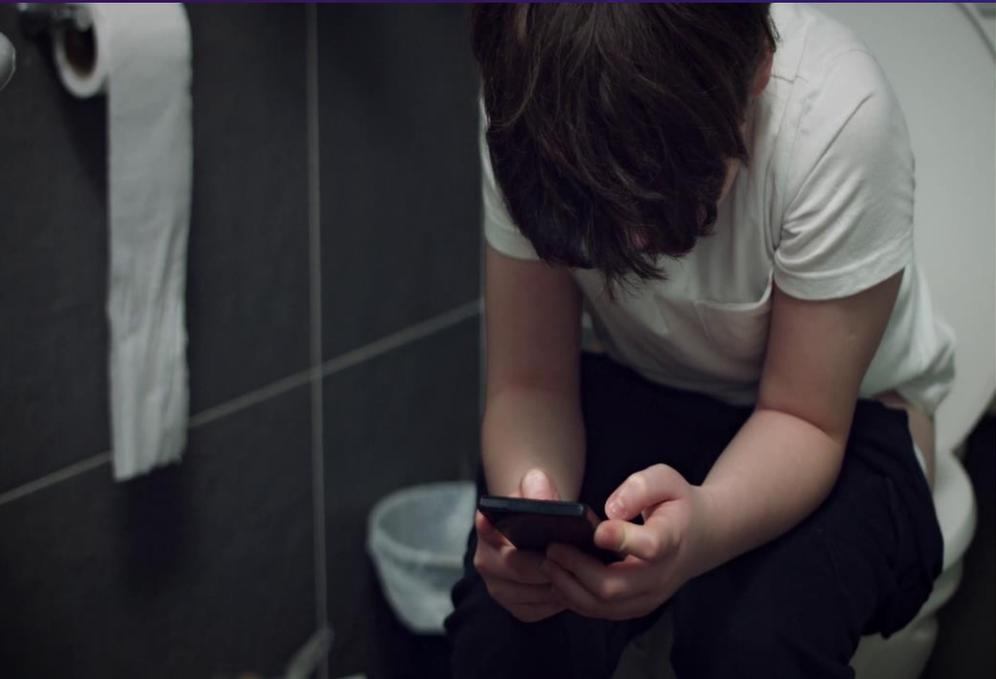
Establish Clear Boundaries

- What rules do you want to set for media and technology use at home?
- Clear family rules can help your child have a positive start to their digital life and get the most out of being online.



Quality and Quantity

Think about the quality of the activity and how long they spend using technology





TAKE AN INTEREST

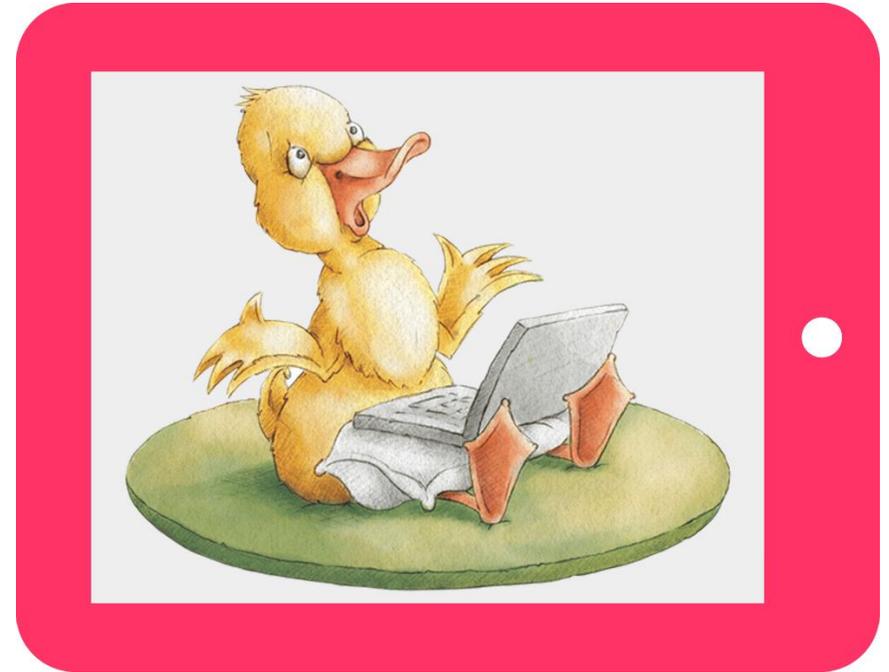
- **Start Early**
- **<https://www.childnet.com/parents-and-carers/have-a-conversation>**



Conversation starters ...

- Ask your children to tell you about what they enjoy doing online.
- Ask them about how they stay safe online.
- Ask them if they know where to go for help
- Encourage them to help you
- Discuss how you use devices as a family

USE STORIES ...



Being your child's Role Model ...

Security

Sharenting

Apps use

Age appropriate content & PEGI ratings

Personal information

Appropriate times

Openness

Rules

DEMONSTRATE YOUR OWN 'NETIQUETTE'



When things go wrong

Reframe the Blame



I told you not to use that App

You shouldn't have been talking to them

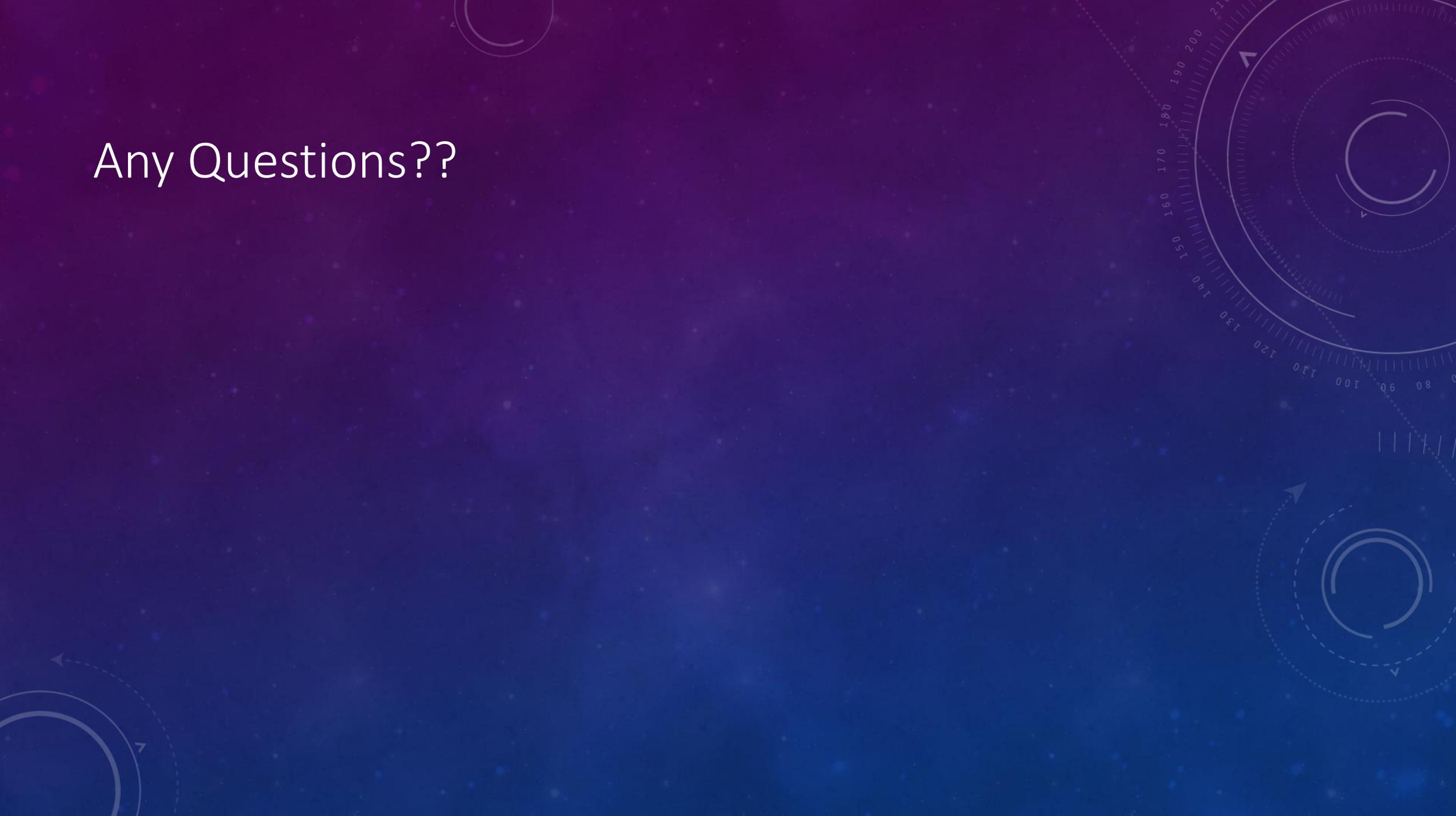
You shouldn't have sent that picture

"Some children say they won't tell their parents in case their parents stop them using the app or their devices."

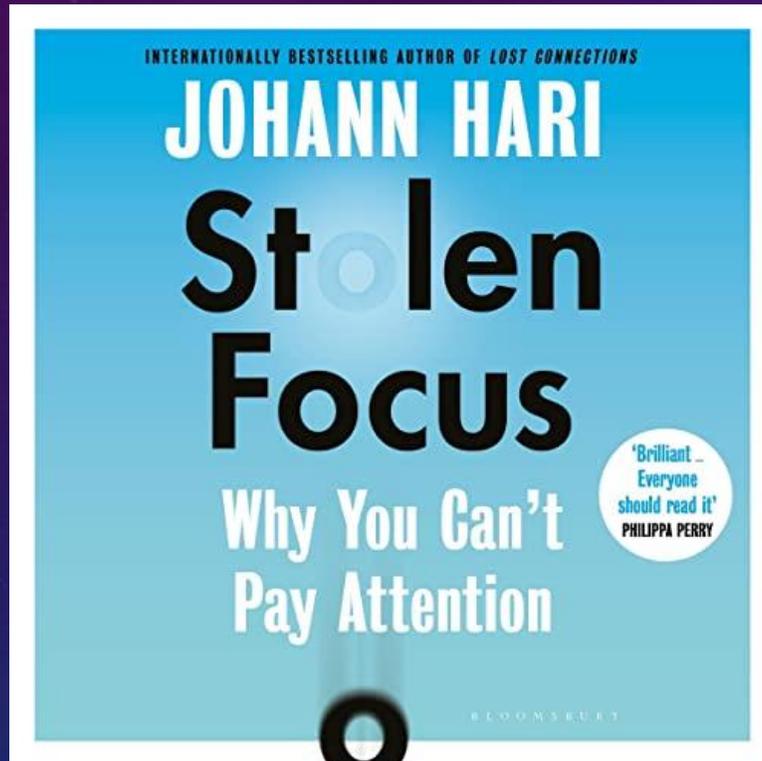


Reframe the response – build trust so they will come to you

Any Questions??



A Good Read



Manage your Child's access

- Set your homepage to a child-friendly site like Swiggle CBBC
- Create a user account for your child on the family computer or device that only allows access to chosen sites.
- Use Guided access on tablets
- Use Device tools to limit time, notifications, access
- Select websites, apps, online games, and age-appropriate films or content.
- Create shortcuts and install appropriate apps on devices used by your child.
- Supervise your child's use – know what they are doing

<https://www.common sense media.org/>

Keeping Children Safe online

- Install parental controls on your home broadband.
- Most internet-enabled devices also allow you to set parental controls so you can manage what content your child can see and how they interact with others online.
 - <https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parents-guide-technology>
 - <https://www.internetmatters.org/parental-controls/>
- Search safely – Use search tools

- Further Help
- [*www.saferinternet.org.uk/parents*](http://www.saferinternet.org.uk/parents)
- Advice on screen time from Common Sense Media:
- [*www.commonsensemedia.org/screen-time*](http://www.commonsensemedia.org/screen-time)
- Family agreement from Childnet:
- [*www.childnet.com/resources/familyagreement*](http://www.childnet.com/resources/familyagreement)
- Advice for parents from Internet Matters:
- [*www.internetmatters.org/parental-controls*](http://www.internetmatters.org/parental-controls)

- **Apps and social media**
- Guides to social media platforms <https://www.net-aware.org.uk/>
- UK Safer Internet Centre: www.saferinternet.org.uk/advice-centre/social-media-guides
- Advice on apps from Internet Matters: www.internetmatters.org/advice/appsguide
- **Games**
- Advice on games and how to check if they are appropriate for your child:
- www.askaboutgames.com
- www.pegi.info/en/index
- www.common sense media.org/reviews

