



DOVER COURT
INTERNATIONAL SCHOOL
SINGAPORE
A NORD ANGLIA EDUCATION SCHOOL

Internet Safety Workshop



Online Safety Parents' Workshop

- Mr Andrew Tallett – Primary ICT & Computing Specialist Teacher
- The internet is incredible!

Aims:

- Raise awareness of issues
- Inform parents so they can engage and act where necessary

My slides will be available so that you can click the [blue links](#) that are relevant to you and your child

Online Safety Parents' Workshop

- Last Year's Presentation Topics (Mrs. Rinaldi)
 - 2017 Presentation & Resources
 - Personal Information
 - 'Oversharing'

Topics covered today:

- Filtering (vs Monitoring)
- Screen Time
- Social Media – including selfie culture

'Water has risks, but we don't keep our children from it, we teach them how to swim.'

Filtering at home

- What is it and why is it important?
- Filtering means that children have restricted access (accidentally or otherwise) to any inappropriate content i.e. gambling, adult sites, violence etc.

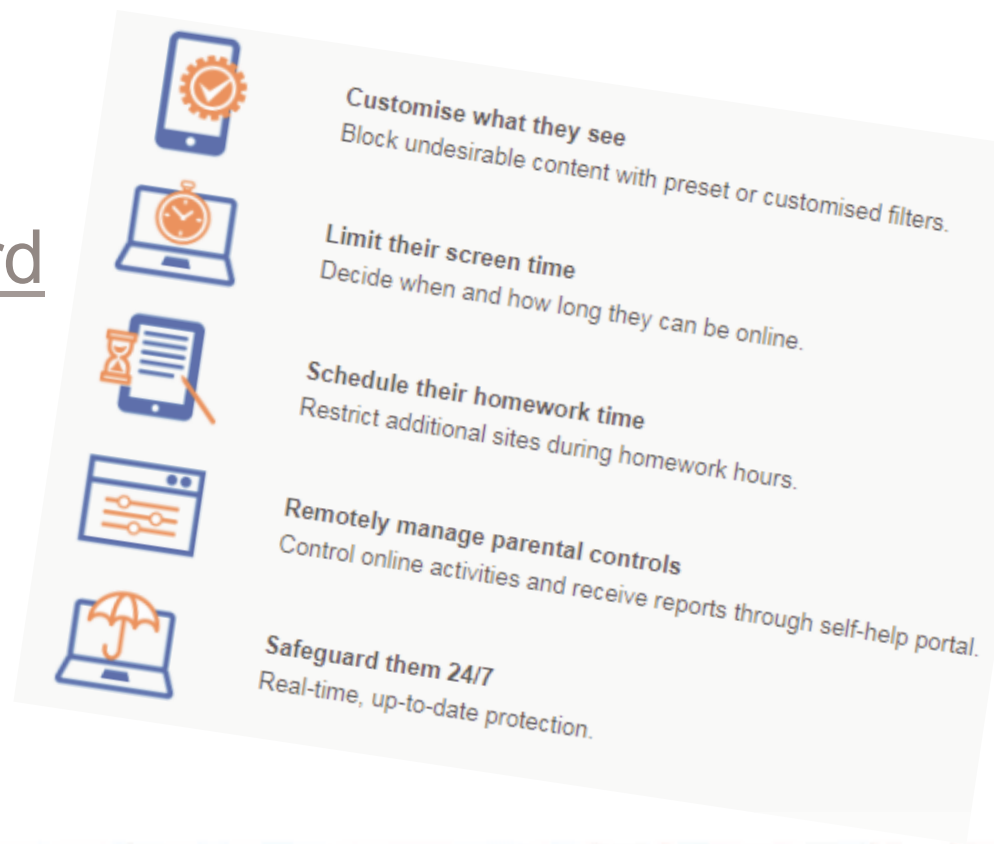
*'you would never leave your child alone in the middle of a city
- the internet is like a big city with all kinds of
neighbourhoods.'*

- How to get it?
 - At home – line filtering
 - Mobile – on a device



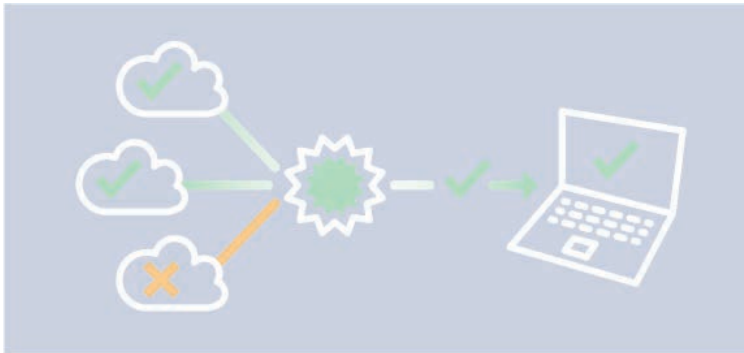
Filtering at home

- Singtel - Home Internet Filter
- Starhub - JuniorProtect
- M1 – Cyber Guardian
- ViewQwest – Fibre Guard
- MyRepublic - F-Secure



Filtering at home

- Levels of filtering
 - The better options will offer different levels of filtering based on the age of your children



| Categories | Lite | Teens | Child |
|------------------------------|------|-------|-------|
| Adult Content | X | X | X |
| Advertisement & Pop-ups | | X | X |
| Anonymizers | | X | X |
| Cults | | X | X |
| Dating | | X | X |
| Drugs & Alcohol | | X | X |
| Entertainment | | X | X |
| Forums & Newsgroups | | | X |
| Gambling & Cheating | | X | X |
| Hate & Intolerance | X | X | X |
| Internet Security Threats | | X | X |
| Objectionable | | X | X |
| Online Games | | | X |
| Politics | | X | X |
| Shopping | | X | X |
| Social Network, Chat & Blogs | | | X |
| Sports | | | X |
| Streaming Media & Downloads | | X | X |
| Weapons & violence | X | X | X |
| Web-based email | | | X |

Filtering - mobiles

- **Mobile filtering:**
- Monitor and manage your child's internet access
- Smartphones and tablets
- Manages time on internet if desired
- Notifications if your child accesses inappropriate content

- Singtel Mobile Internet Filter
 - Qustodio - Extras like location tracking, Panic button, call monitoring
- Starhub - Junior Protect (includes video)
- M1 - Cyber Guardian

Filtering vs Monitoring

Should be about protecting!

DinnerTime - Limiting device use during dinnertime, study time, and bedtime

Famigo - Child-proofing the device you share with little ones

VideoMonster - Finding kid-friendly YouTube videos, and blocking ads and links

Ignore No More - Your child ignoring your calls

Qustodio - Web browsing and social media safety

Avira Social Network Protection - Cyberbullying, suspicious social media contacts, and your child's reputation online

ContentWatch Net Nanny 7 - Filtering web content and setting Internet time limits for multiple kids/devices

10 Apps for Parents to Monitor Kids' Mobile Use

Google Family Link

- ‘Whether your children are younger or in their teens, the Family Link app lets you set digital ground rules to help guide them as they learn, play, and explore online.’

Family Link

- Monitor their app usage
- Manage which apps they can install
- Add teacher-recommended apps directly to their device
- Keep an eye on their screen time
- Lock their device
- See where they are



Already available in 38 countries so will be in Singapore before long.

- FAQs

Screen Time

- Not all screen time is bad!
 - make screen time high quality
- How much is enough?
 - It depends
- Health issues
 - Digital addiction
 - Sleep problems
 - Mental health

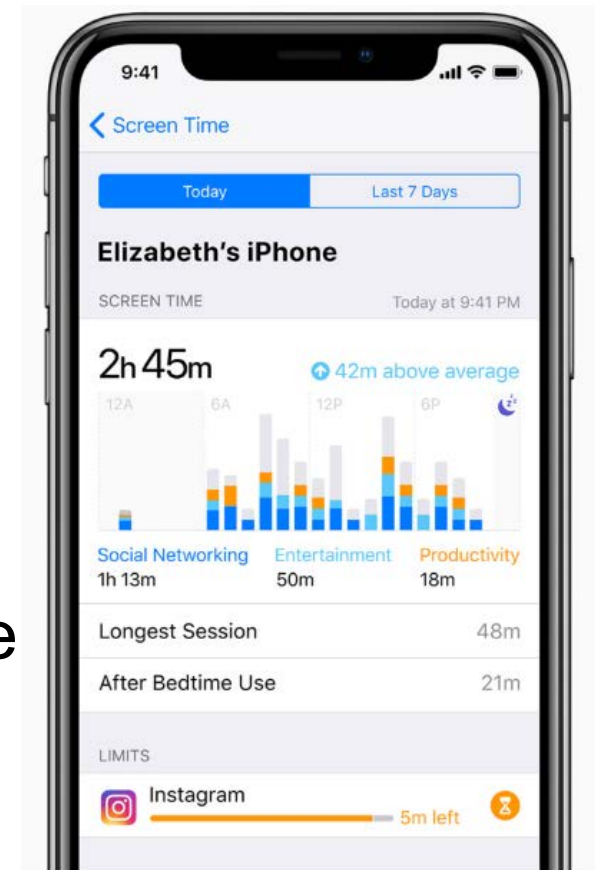


Screen Time - Apple

Apple have introduced Screen Time

- Screen Time
- Do Not Disturb
- Notifications

- Built into iOS 12
 - ‘designed to help customers reduce interruptions and manage screen time for themselves and their families’



Screen Time - Google

- ‘Great technology should improve life, not distract from it.’
- Google have developed Digital Wellbeing
 - features aimed at giving a complete picture of digital habits and helping users to disconnect if that is what they want.
 - ‘Shush’
 - ‘Wind down’
 - Time limits
 - Rolling out at the moment

- **You Tube** – Take a break



Social Media

- What are the issues?

- Addictive

- Gamification
- Self esteem

- 'Perfect' life

- Selfie culture

- Self esteem
- Body image
- 'Selfitis'



Digital Addiction – is it real?

Matt Hancock warns of dangers of social media on children's mental health

The Chief Medical Officer is reviewing the impact that too much social media use can have on children's mental health and will draw up guidance to help parents.

Published 2 October 2018



Social media



'I am trying to make friends outside of Facebook applying the same principles.

Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have done the night before, what I will do later and with whom.

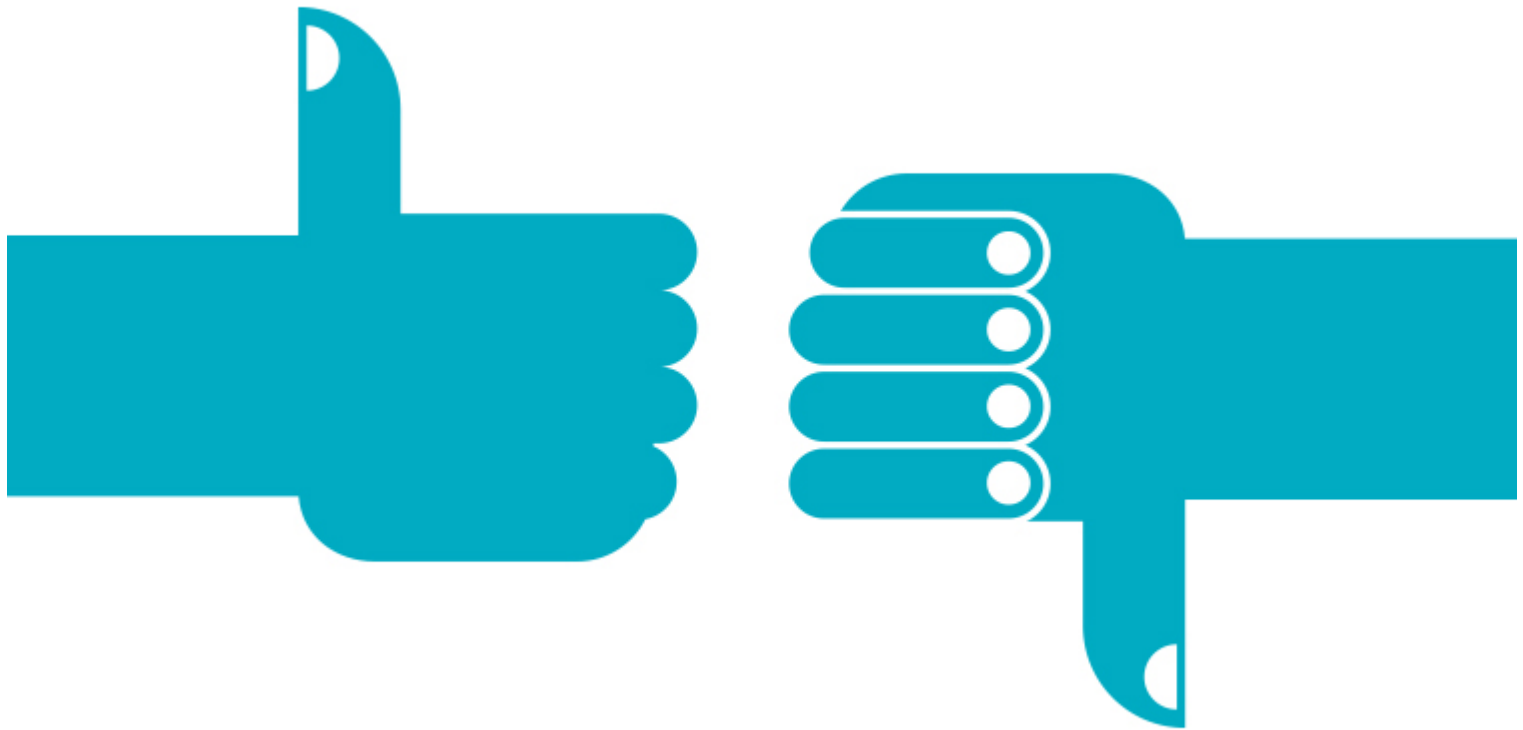
I give them pictures of my family, my dog and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch and doing what anybody and everybody does every day.

I also listen to their conversations, give them the 'thumbs up' and tell them I like them.

And it works just like Facebook! I already have four people following me: two police officers, a private investigator and a psychiatrist.'

Social media

Body Image and Social Media

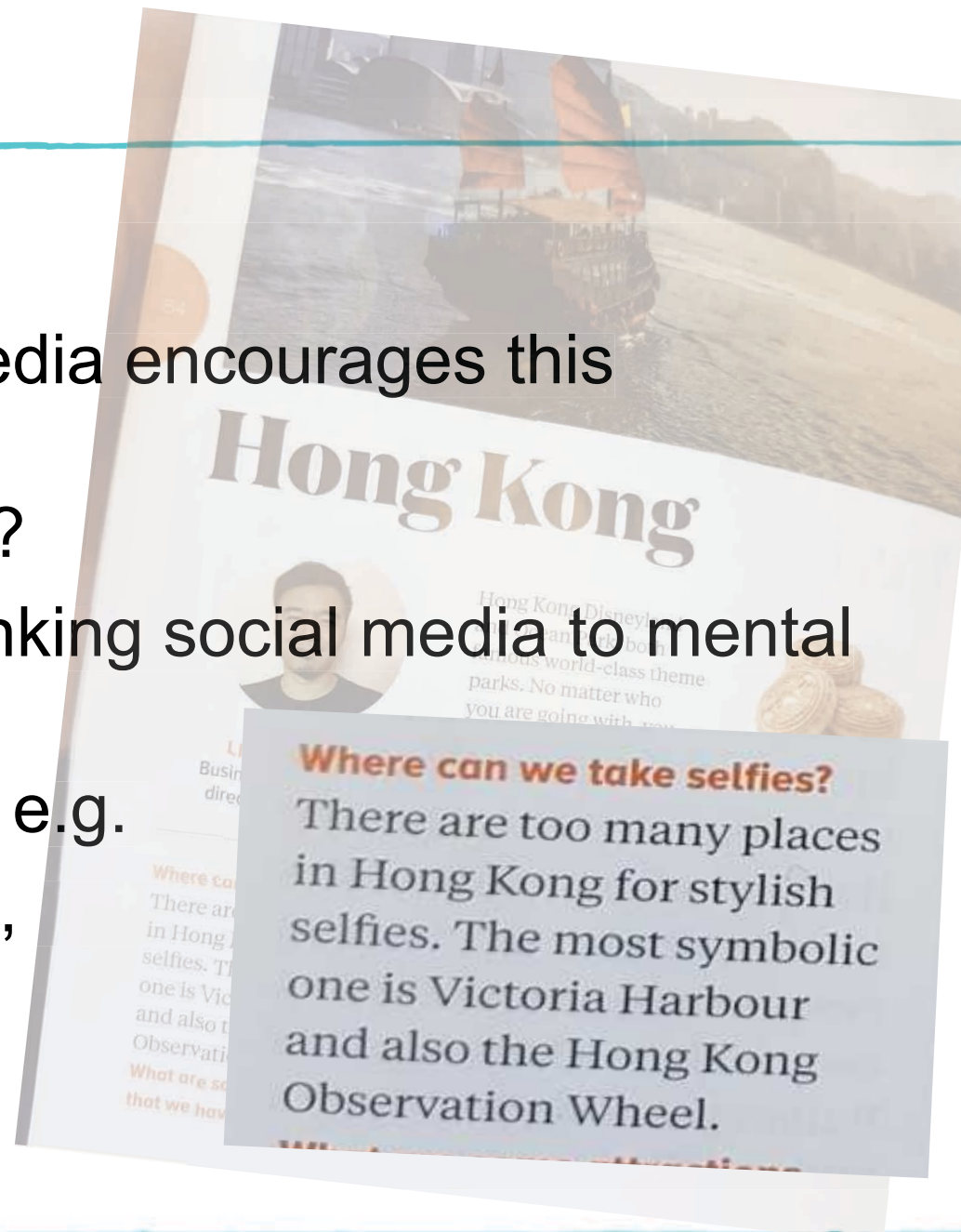


How to use social media safely

Selfie Culture

Is there a problem?

- Modern culture and media encourages this behaviour
- Is 'Selfitis' a real thing?
- Increase in research linking social media to mental health issues
- Growing research field e.g. 'Generally low-esteem, attention-seekers'

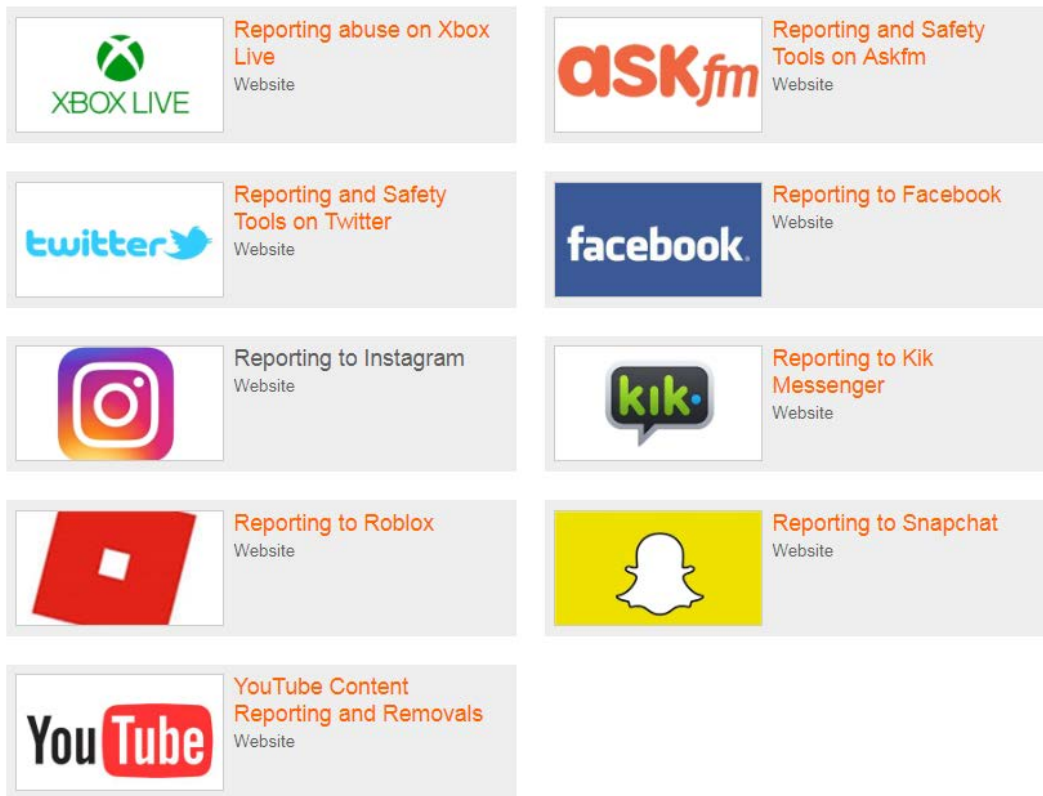


Top Tips for Parents:

- Teach children how to manage risk, not shield them from it completely
- Having access to the internet comes with responsibility
- Tell children that ‘their’ phone is yours and it is a privilege not a right
- The internet is a rapidly-changing place – keep learning to understand the risks
- Control privacy (55% of teens have revealed personal information to strangers, while 24% have had private or embarrassing information made public without their permission).
- Disable tracking in every app
- Only accept friends they know in person
- Agree age appropriate rules i.e. which apps, no devices in bedrooms overnight, or even used there at all for younger children
- Engage in their digital life and discuss difficult topics with them

How to make a report

Most services have rules about what kind of content is allowed on the site. If someone breaks the rules. You can report this kind of content using the reporting tools on the sites.



<https://www.childnet.com/resources/how-to-make-a-report>

Children's Hot Topics

Childnet's [parents and carers section](#) is full of useful information about the key things impacting on the lives of young people online.

From livestreaming to screen time, there are a variety of [issues covered in the hot topics section](#):

- [Screen Time Boundaries](#)
- [Cyberbullying](#)
- [Online Pornography](#)
- [Parental controls](#)
- [Sexting](#)
- [Social networking](#)
- [Downloading](#)
- [Gaming](#)
- [Online grooming](#)
- [Keeping under-fives safe online](#)
- [Apps](#)
- [Premium Rate Content](#)
- [Critical Thinking](#)
- [Livestreaming](#)



How do I speak to my child?

Conversation starters

- Ask your children to tell you about the sites they like to visit and what they enjoy doing online.
- Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?
- Ask them if they know where to go for help, where to find the safety advice, privacy settings and how to report or block on the services they use.
- Encourage them to help. Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.
- Think about how you use the internet as a family. What could you do to get more out of the internet together and further enjoy your lives online?

How to have awkward conversations

Family agreements

- E.g. Starhub Pact



Screenagers

Students

Tuesday 15th January (during PSHE time)

Parents

Monday 14th January at 7.30pm

Tuesday 15th January at 7.30pm



<https://www.screenagersmovie.com/>

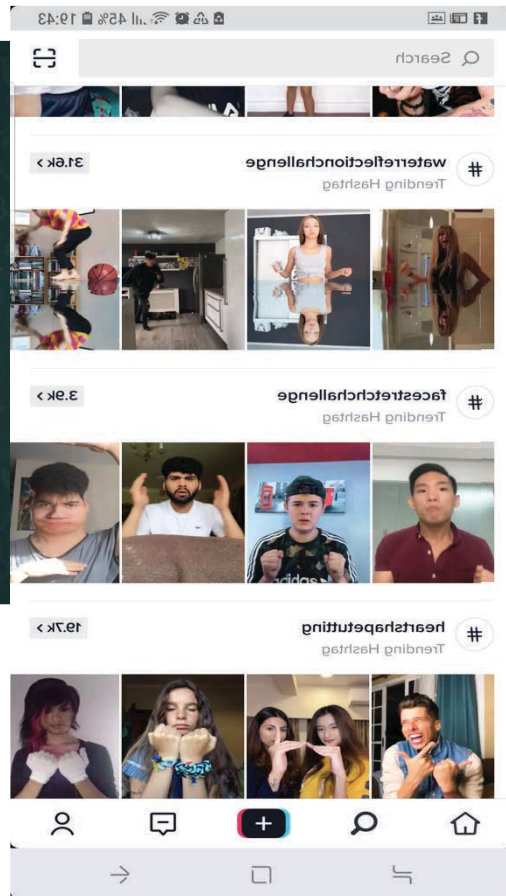
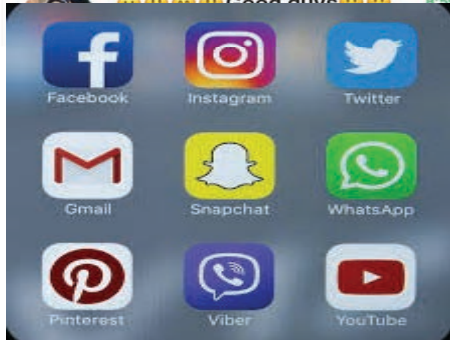
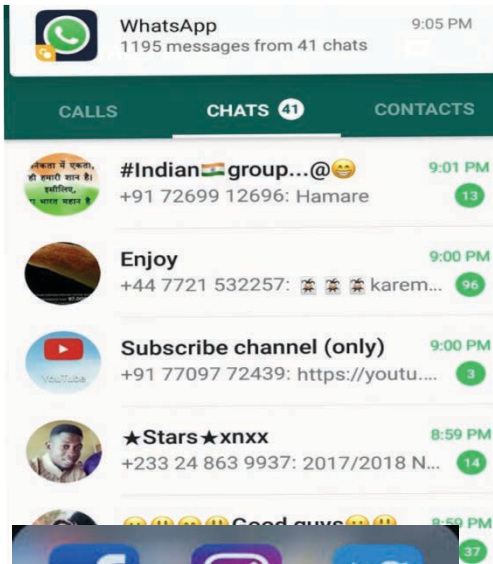
Question

How many parents ever have checked their child's phone?

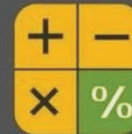
6CP Survey



Student phone apps



10 APPS TEENS ARE USING THAT PARENTS NEED TO KNOW



Calculator%
This app looks like a calculator but functions like a secret photo vault.



Omegle
A free online chat website that promotes chatting anonymously to strangers.



Snapchat
This is the way most teens communicate with each other. Sending messages and snaps that disappear within seconds and stories go away after 24 hours. Teens live for a "streak" of communication.



Whisper
An anonymous app where the creators promote sharing secrets and meeting new people.



Ask.fm
Ask an anonymous question and get an answer. This app has been linked to the most severe forms of cyberbullying.



Hot or Not Strangers rate your profile. Goal is to lead to a hook up.



Burn Book
Post anonymous rumors about people through audio messages, texts, and photos.



Wishbone
An app that allows users to compare kids against each other and rate them on a scale.



Kik
Messaging app. Kik has built in apps and web content that would be filtered on home computer.



Instagram
Many kids are now creating fake accounts "finsta" to hide content from parents. Kids also like to text using Instagram because most kids know parents won't check messages.

FOR MORE INFO: APPSOLUTELYAPRIL.COM

Please note: Due to the nature of the Internet and App Store, web and app resources change often. Any outdated material will be corrected and updated. This graphic was created by April Requard.

Kids addicted

“Biggest battle I have is restricting their video game time” Elon Musk

Set firm rules: *“The rule is they have to read more than play video games”
– Elon Musk*



Internet for good and advice

Sharing hobbies

Learning new ideas

New business ventures

YouTubers are making money through endorsers/
influencers with agents, product placement

PARENTS NEED TO MONITOR THEIR CHILDRENS' ONLINE ACTIVITY CLOSER



AN ESTIMATED **20%** OF PARENTS REPORT THEY **DON'T SUPERVISE** THEIR OFFSPRINGS' INTERNET USE AT ALL.



JUST OVER **HALF** OF PARENTS EVEN **MODERATELY SUPERVISE** THEIR KIDS' INTERNET USAGE.



APPROXIMATELY **71%** OF PARENTS **STOP SUPERVISING** THEIR CHILDREN'S INTERNET USE AFTER THE **AGE OF 14**.



72% OF ALL INTERNET-RELATED MISSING CHILDREN CASES INVOLVE KIDS **15 YEARS OF AGE OR OLDER**.



NEARLY **62%** OF TEENS REPORT THEIR PARENTS HAVE **NO IDEA AT ALL** WHAT THEY DO ONLINE.

Common Password Mistakes

Preventing your passwords from getting **cracked**

Weak Passwords

DO THESE SOUND FAMILIAR?

PASSWORD: **CodyBanks8**



"No one will guess the password to my banking account. I used my grandson's name and age."
Hal

Hackers

WORK HARD TO GET YOUR PASSWORD

"It only took me 10 minutes to guess Hal's password. He posted his grandson's name on a photo sharing website."



PASSWORD: **ILuvFishing**



"I use my favorite hobby as my Facebook password."
Jarrod

"Jarrod's Facebook profile picture shows him fishing. People leave so many clues on social media websites!"



PASSWORD: **BrAveZ!2**



"I use the same password for all of my accounts. That way, I only have to remember one password."
Bryan

"Once I cracked his iTunes password, I was able to get into his Facebook, Amazon.com, and email accounts."



PASSWORD: **123abc123**



"My Twitter password is really easy for me to remember. It's just a pattern."
Emilia

"A lot of people use passwords that have some kind of pattern. They don't realize that I try those first!"



STRONG PASSWORD: **m&t7T5\$dAY**

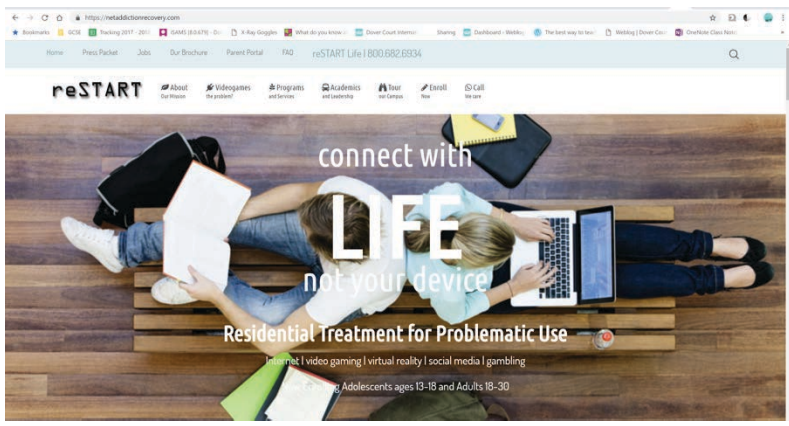
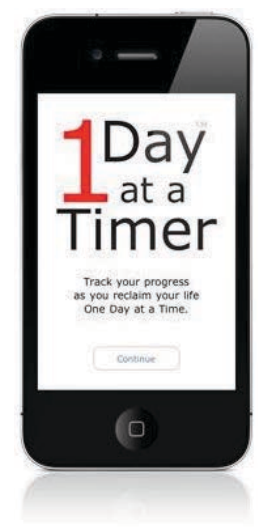
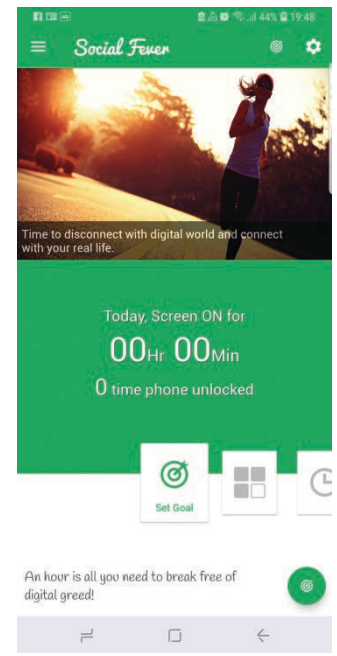
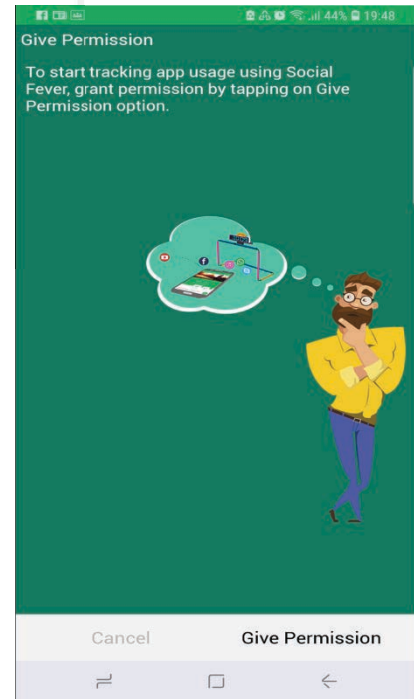
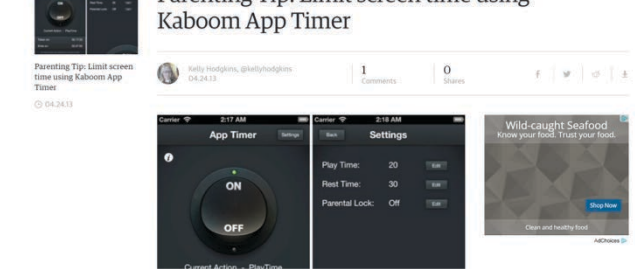
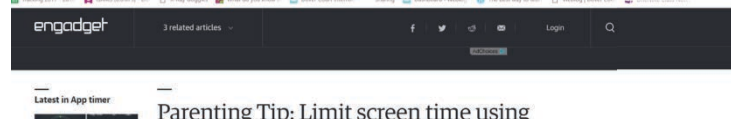


"I used to write down my passwords, but now I use a password manager that encrypts all of them. It lets me use stronger passwords like **m&t7T5\$dAY** that are harder for hackers to guess."
Jazmin

"I'm still working on figuring out this person's passwords. She doesn't seem to have any clues for me anywhere!"



Recommendations



What we recommend

Internet Nanny

Disable router (you are paying) (tough conversations)

Kids saying they are working when they aren't

Points to be aware of

Technology Addiction/refresh/dopamine/reliant/
notifications

Awkward conversations

At least 3 hours per day

90's stigma checking phone, no longer today.

More time on YouTube

What to do

Whatsapp groups: Start having conversations

Social Network: Age limits, Whats app monitoring

Students using phrases

Negative bullying

Tips, know that kids can speak to you

Check children's history



Scenario

Have family time, try to encourage meals

Lead by example

Work out before checking the phone

Do not disturb features



**{ THE ONLY 5 REASONS
YOU WILL EVER NEED
TO JUSTIFY
SCREEN-FREE PARENTING }**

1. Language
2. **OBESITY**
3. **ATTENTION**
4. **VIOLENCE**
5. Sleep

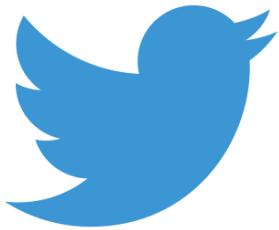
SCREEN-FREE
parenting



Time to disconnect with digital world and connect with your real life.

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