

Being a Parent *in the* Digital Age

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Parenting and the online world



- Increasingly young people make very little distinction between their lives online and off.
- Parenting today means dealing with issues that are created and amplified by technology.
- The internet is a fantastic resource but it matters how you use it.

Being a Parent in the Digital Age

**// Parenting in the digital age
doesn't need to be
overwhelming. In fact, it isn't so
different to parenting in the
offline world. //**

Warm up – offline and online

Offline

When your teenager goes out with friends...

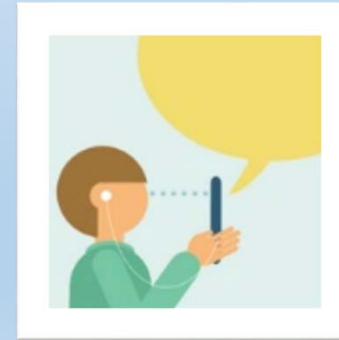
- What are three things you want to know?



Online

When your teenager goes online...

- What are three things you might want to know? Are they the same?



Should you be concerned?



- The online and offline worlds are more connected than ever.
- Young people's online activities can have a major impact on their offline lives.
- Roughly two-thirds of UK children go online daily from their own bedroom – the internet is a key part of their world.

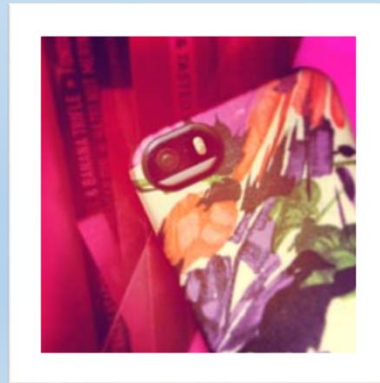
Issue in focus: **Bullying**

- 46% of young people say they've been bullied at school.
- 38% report experiencing cyberbullying.
- Bullying was an issue for young people well before the internet but it can feel harder to escape when it moves online.



Issue in focus: Sexual images

- In 2014 one in seven children reported seeing a sexual image online in the past year.
- Around 40% of 14-16 year olds say they have a friend who has engaged in 'sexting'.
- It is now a criminal offence to seek sexual images of a minor.



Issue in focus: **Mental health**

- One tenth of young people aged 5 to 16 have a diagnosable mental health problem.
- The internet can be a source of comfort to young people struggling with their mental health but it can also exacerbate existing problems.
- Research suggests 10% of 9-16 year olds in the EU have visited a 'pro-ED' (pro-eating disorder) website.



And more...



What can you do?

// [Resilience online] is best reached through supportive and enabling parenting, encouraging the development of digital skills and allowing children to take risks and develop coping strategies in the online world, just as we would in the offline world. //

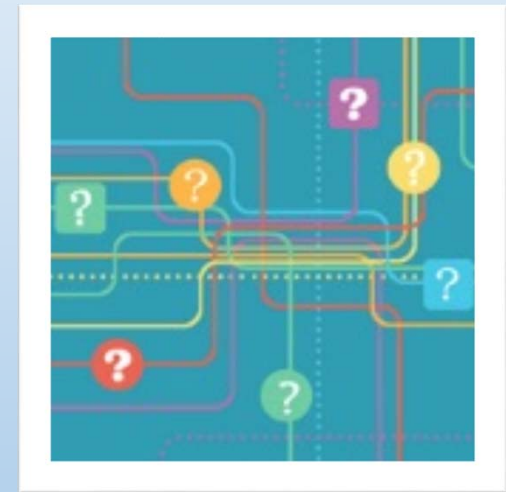
- The Oxford Internet Institute, 2014



Bringing your offline parenting skills online: the WWW approach

Just like offline, it matters...

- **Who** your children connect with
- **Where** they go
- **What** they do



Bullying – using WWW to help

Who:

- Block or report any users who are causing trouble.

Where:

- Some sites (like Ask.fm) are more associated with bullying than others – your teenager can avoid them to reduce risk.

What:

- Take screenshots of bullying messages or photos to preserve the evidence.

Sexual images – using **WWW** to help

Who:

- Remind your teens that asking someone underage for a sexual image is now illegal.

Where:

- Point out that sites and apps promising anonymity aren't always as secure as they might seem.

What:

- Make sure they know about sources of healthy, age-appropriate and reliable information about sex (Brook, for example).

Mental health – using **WWW** to help

Who:

- Talk about how to choose supportive online friends. Deleting negative or rude Facebook contacts is a good first step.

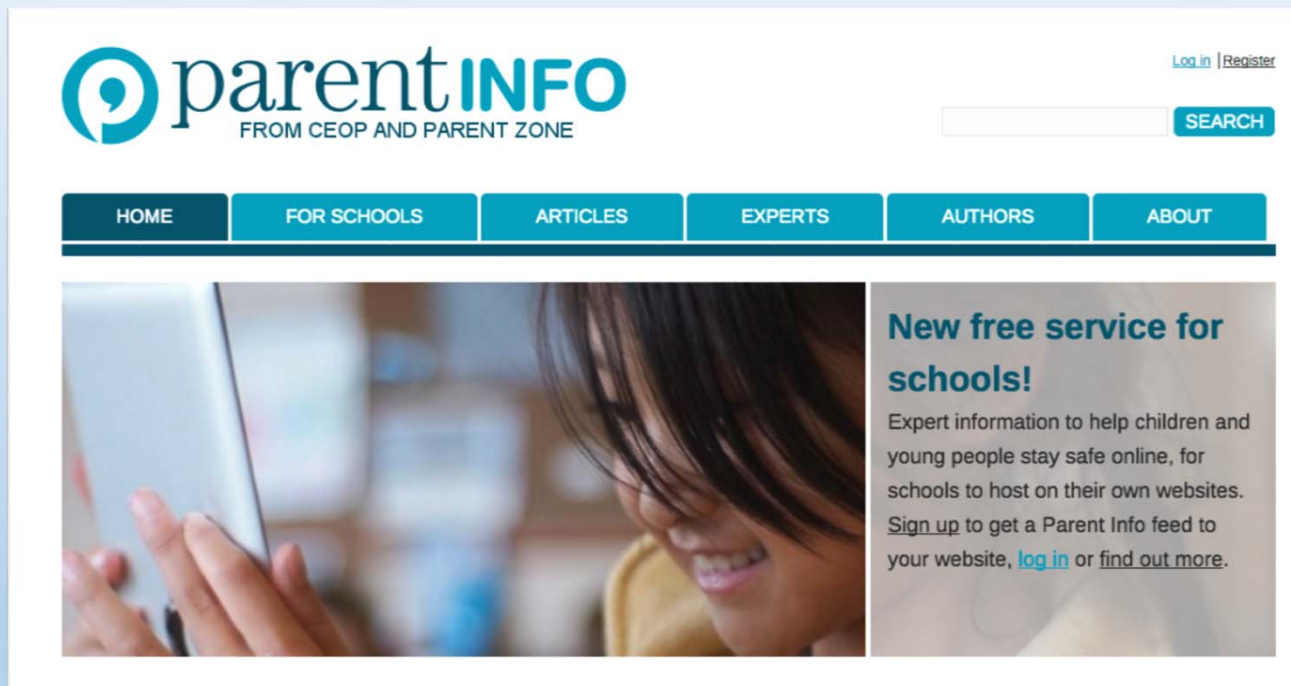
Where:

- Watch for warning signs that your teen might be visiting ‘pro-ED’ websites or other harmful content. Young people struggling with offline issues may reinforce them online.

What:

- Point them in the direction of mental health resources specifically for young people like YoungMinds.

More help



The screenshot shows the parentINFO website homepage. At the top left is the parentINFO logo, which consists of a blue circular icon with a white speech bubble and the text "parentINFO" in a blue serif font, with "FROM CEOP AND PARENT ZONE" in a smaller blue sans-serif font below it. To the right of the logo is a search bar with a "SEARCH" button. Further right are links for "Log in" and "Register". Below the logo and search bar is a navigation menu with six teal buttons: "HOME", "FOR SCHOOLS", "ARTICLES", "EXPERTS", "AUTHORS", and "ABOUT". The main content area features a large image of a young girl smiling and looking at a tablet. To the right of the image is a text box with the heading "New free service for schools!" and the following text: "Expert information to help children and young people stay safe online, for schools to host on their own websites. Sign up to get a Parent Info feed to your website, log in or find out more."

A new service from
Parent Zone and
CEOP

Any questions? Email support@parentzone.org.uk

Reporting concerns



Look for the Click CEOP button

Illegal content can be reported to the Internet Watch Foundation

www.iwf.org.uk



If you have any questions about your child's safety on the internet please contact their Head of Year, Student Support Officer or any member of the Safeguarding Team.