

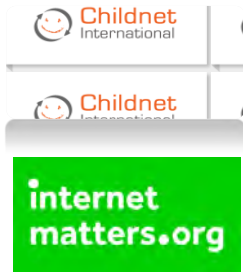
PARENTING IN THE DIGITAL AGE

Handout following parent's sessions at
Dulwich Village C of E Infants' School



Issues we covered :	Things we discussed:
<p>'DIGITAL PARENTING'</p>	<p>Take a three way approach to digital parenting:</p> <ul style="list-style-type: none"> ✓ Make 'online life' and technology a regular part of your family conversation ✓ Supervise your child and show interest in what they are doing ✓ Use the technical tools but don't rely on them – they cannot replace you! <p>Also think about their stages as well as ages and consider the influence of their older siblings</p>
<h2 style="text-align: center;">GAMES</h2>	<ul style="list-style-type: none"> ✓ All games carry a rating – do your homework ✓ The PEGI system gives you more information than just age ✓ The ratings are not based on ability ✓ It is against the law to sell a 12+ title to younger children ✓ Keep an eye out for 'compulsion' (tiredness, irritability, aggression) ✓ Inform yourself: make sure you're happy with content. ✓ Check out YouTube for examples
<p>SCREEN TIME How long is <i>too long</i>?</p>	<ul style="list-style-type: none"> ✓ Consider creating a family agreement ✓ Limit screen time at different stages of the day (before school, at weekends, etc.) ✓ Promote the positive use of the internet for learning and creativity not just gaming & videos ✓ Engage with technology together and make screentime special – going for connection as well as communication. ✓ Avoid (understandable!) temptation to use it as a baby-sitter.
<p style="text-align: center;">Model the behaviour you're looking for.</p>	<ul style="list-style-type: none"> ✓ Try to be consistent and set examples yourself (e.g. no devices at the table, mobiles outside bedrooms at night. ✓ Put a pin number on your own device - don't give it away. ✓ Think about your own digital footprint ✓ Try to detox yourself – leave it at home sometimes. ✓ Consider an occasional 'less screen' or 'screen free' week.
<p>Technical Tools (if you're not sure, ask someone)</p> <p>Many adults still DON'T use security / parental controls</p>	<ul style="list-style-type: none"> ✓ Invest time in becoming familiar with technical tools available ✓ Mainstream applications have well-developed tools to help ✓ Apple and Microsoft both offer free Family Sharing options where you can set up a 'parent account' and manage the devices in your family, setting privileges and limits. ✓ www.saferinternet.org.uk has videos showing you how you can set up parental controls according to your broadband provider. ✓ There are new tools and apps to help you being developed all the time ✓ Check the settings on your own devices (many adults don't).

Useful pla



www.childnet.com
 Non-profit organisation working with others to help make the internet a great and safe place for children.

www.internetmatters.org
 Independent not for profit agency supported by the four major UK internet service providers (BT, Sky, TalkTalk & Virgin Media)

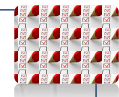
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Checklist
-9



they can visit (including homepage)
 of info they shouldn't share

- ✓ Set PINS on your own devices (change them regularly!)
- ✓ Inform yourself – know the ratings of games
- ✓ Avoid too much of the digital babysitter
- ✓ Explain your rules to babysitters, grandparents etc.
- ✓ Remember public Wi-Fi may not have Parental Controls

- ✓ Decide (agree?) some time limits
- ✓ Talk to your older children about their influence – talk with them about agreeing some family rules
- ✓ Familiarise yourself with age ratings for games, films and apps
- ✓ Talk to other parents – don't believe the hype!

ADVICE
 Digital Parent Checklist
Ages 10-12

- ✓ Set some tech boundaries *before* they get first device
- ✓ "Remember what goes online stays online"
- ✓ Hold the line about age restrictions - talk to other parents
- ✓ Ask "Can you teach me to..?"
- ✓ Remind them that they shouldn't say anything online that they wouldn't face to face
- ✓ Make digital issues part of your normal conversation

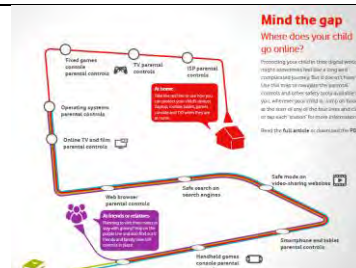
Know where to report

Mainstream providers (Google etc.) have reporting buttons, but also:

- **Child Exploitation and Online Protection Force (CEOP)**
www.ceop.police.uk
- **Internet Watch Foundation (sexual abuse/imagery online):** www.iwf.org.uk
- **Parentport (media standards):** www.parentport.org.uk



A free parental control App for iPhones, iPads, and iPods (although this is not an endorsement)



www.vodafone.com/content/parents/howtoguides/parental_controls.html



www.childnet.com/parents-and-carers



www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parental-controls