



teachtoday
living with technology

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



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What technologies are you and your family using?





childnet-int.org

**“Helping to make the internet
a great and safe place for children”**

**Promoting the
positive**



**Responding to the
negative**

Top 10 internet activities

Activity	Top 10 internet activities carried out at least once a week, by age: 2012		
	5-7yrs	8-11yrs	12-15yrs
Schoolwork / homework	38	67	82
Online games	47	51	47
Surfing / browsing	15	38	71
Social networking	3	19	75
Videos	9	25	56
Music	7	19	53
Avatar websites	33	36	15
TV	24	21	28
Wikipedia website	4	19	38
Instant messaging	1	11	45

* Ofcom – March 2012

Media in children's bedrooms

Activity	% of children who have the following media in their bedroom (2012)						
	TV	Games console	DVD/Blu-ray	Digital TV	Internet (PC/Laptop)	Radio	Digital video (DVR)
3-4 year olds	33	15	17	8	1	3	4
5-7 year olds	43	36	24	14	3	7	6
8-11 year olds	58	60	31	21	14	19	8
12-15 year olds	73	64	41	37	39	30	14

* Ofcom – March 2012

Use of tablet computers

Activity	% of children who use a tablet computer		
	2010	2011	2012
5-7 year olds	0	2	11
8-11 year olds	2	6	13
12-15 year olds	5	6	17

* Ofcom – March 2012

Smartphone ownership

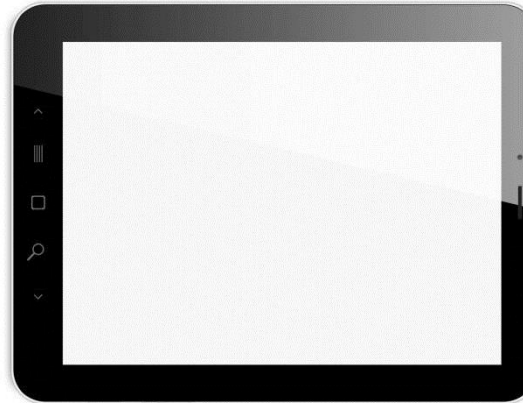
Activity	% of children who own a smartphone	
	2011	2012
5-7 year olds	5	4
8-11 year olds	12	15
12-15 year olds	41	62

* Ofcom – March 2012

Changing technologies



Kids' technologies



60 seconds of the Internet



In the last 25 seconds...

... there have been:

264 new blog posts

245 members added on Facebook

14,699 tweets sent on Twitter

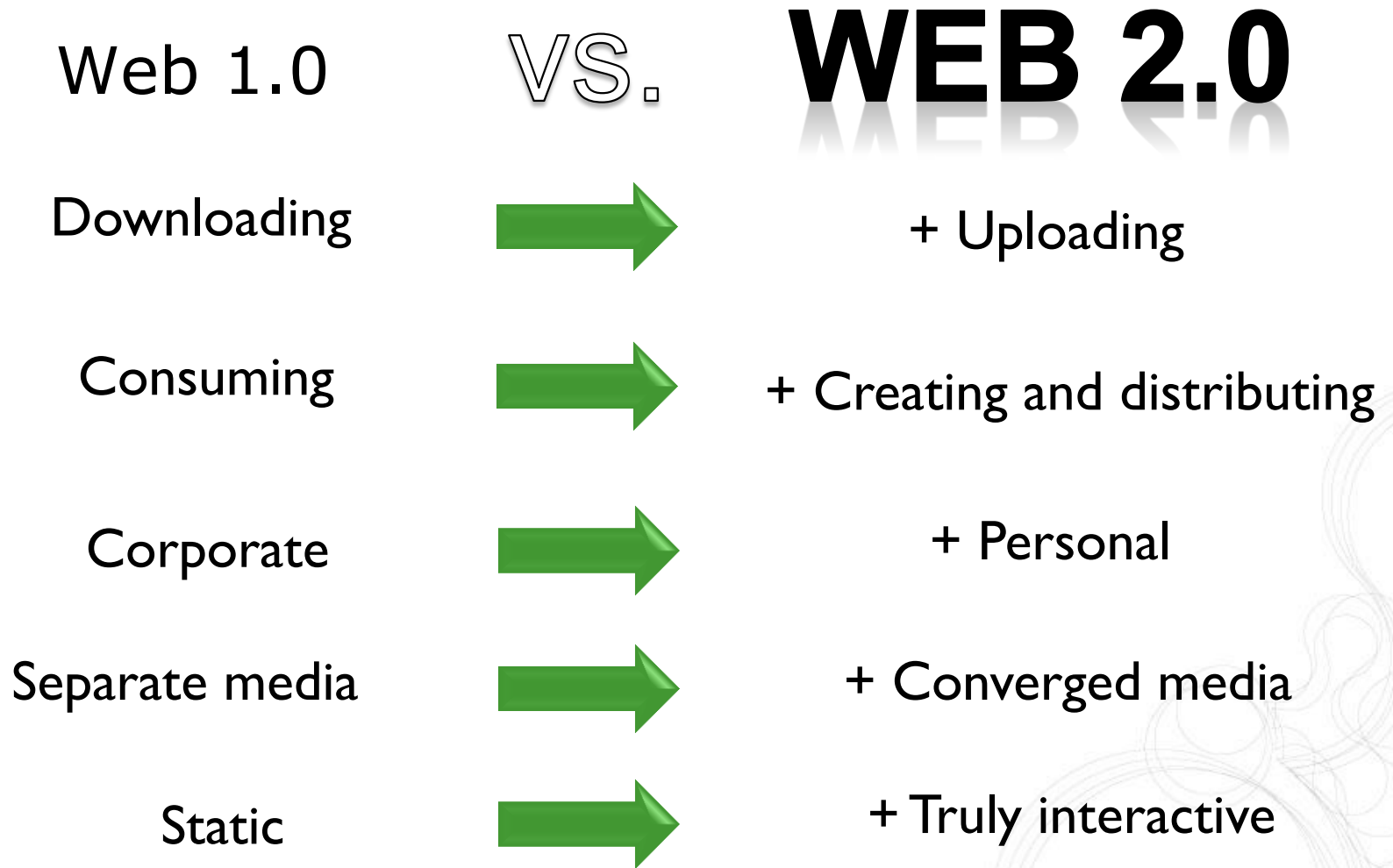
293,981 videos watched on YouTube

72,613,488 emails sent globally

587,962 searches made on Google

4,832,576 SMS's sent worldwide

Changing use of the web



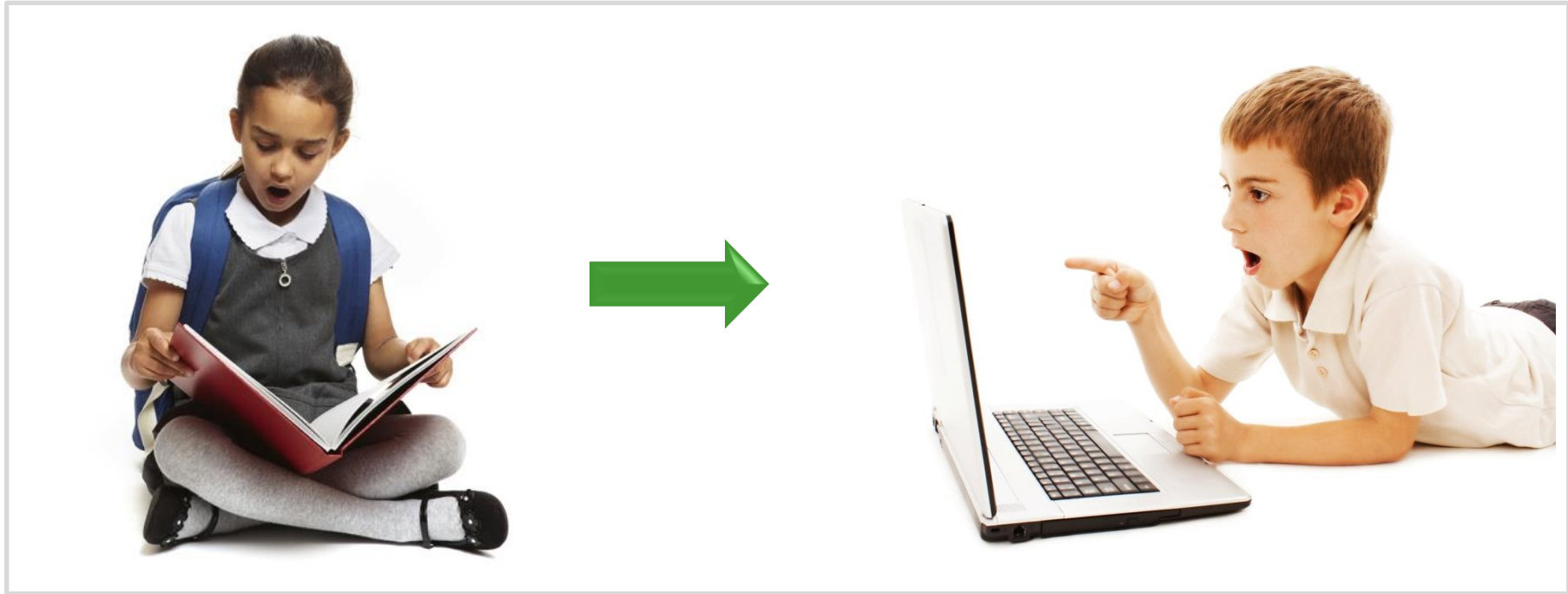
Some things never change

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.



Tanya Byron's Review



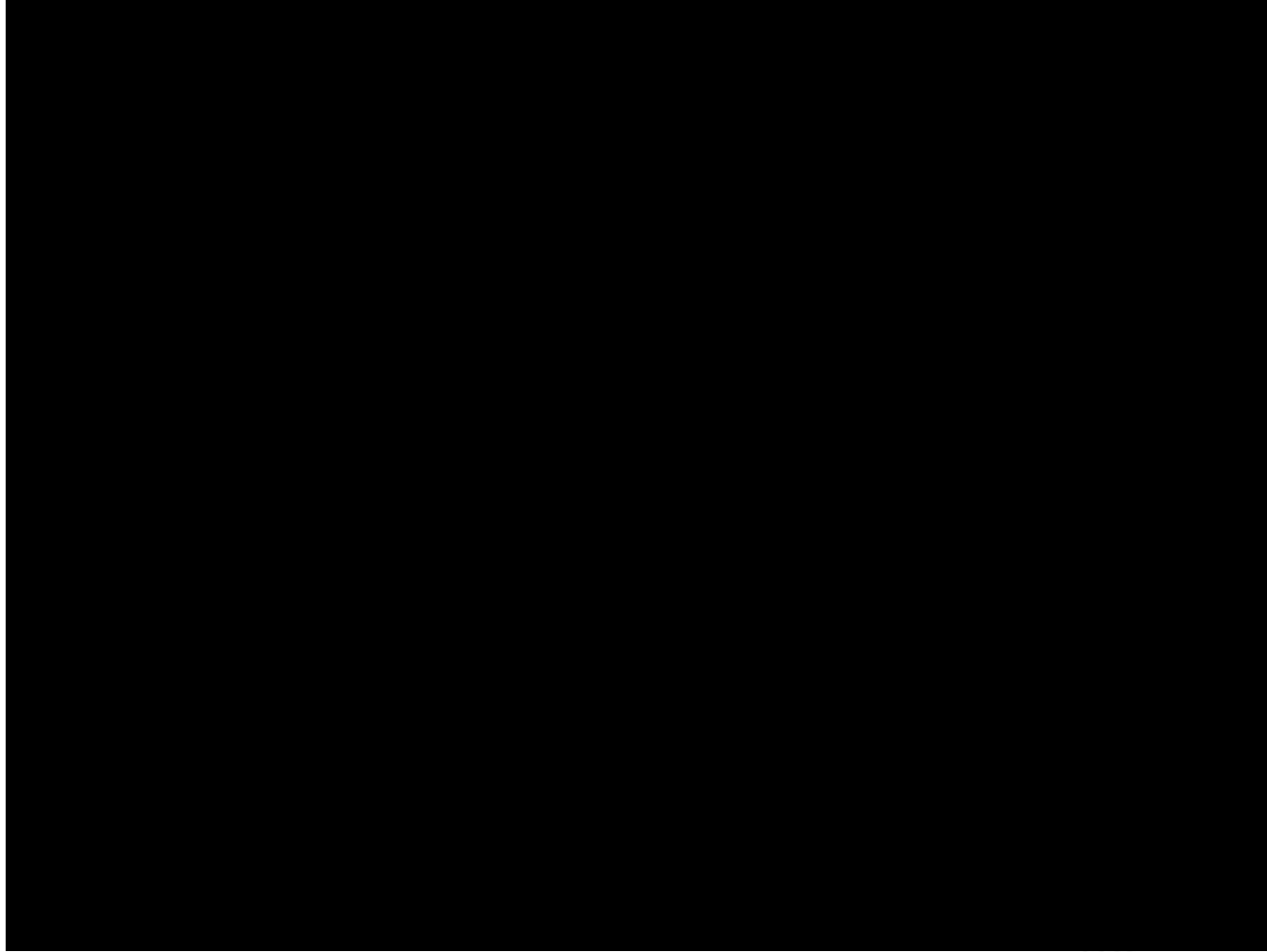
"Children and young people need to be empowered to keep themselves safe - this isn't just about a top-down approach. At a public swimming pool we have gates, put up signs, have lifeguards and shallow ends, but we also teach children how to swim." Tanya Byron



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



Did you know...?

HALF 
OF PARENTS
they know THE
LESS **INTERNET**
about **than their**
children*

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

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.**

**HE'S ALWAYS ON THE
COMPUTER. I'M WORRIED
HE'S ON IT TOO LONG AND
ALSO ABOUT WHAT HE
MIGHT SEE.**

**ALL MY DAUGHTER'S
FRIENDS HAVE MOBILES...
I DON'T THINK SHE'S OLD
ENOUGH FOR ONE.**

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)

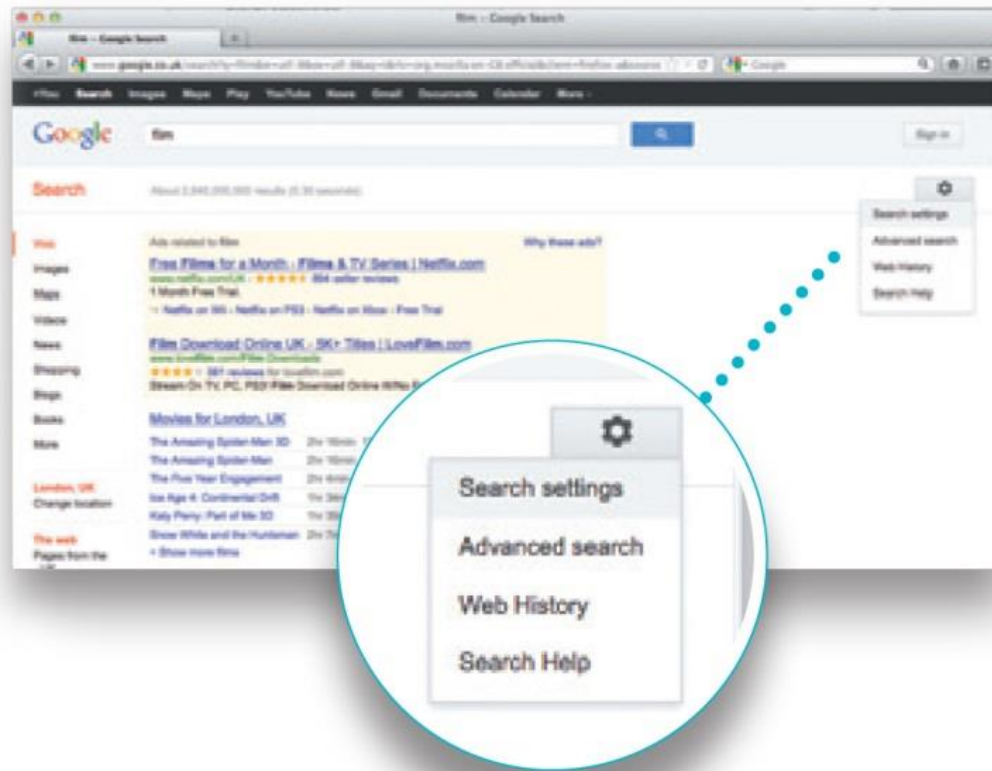


Option 2: Google SafeSearch



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.

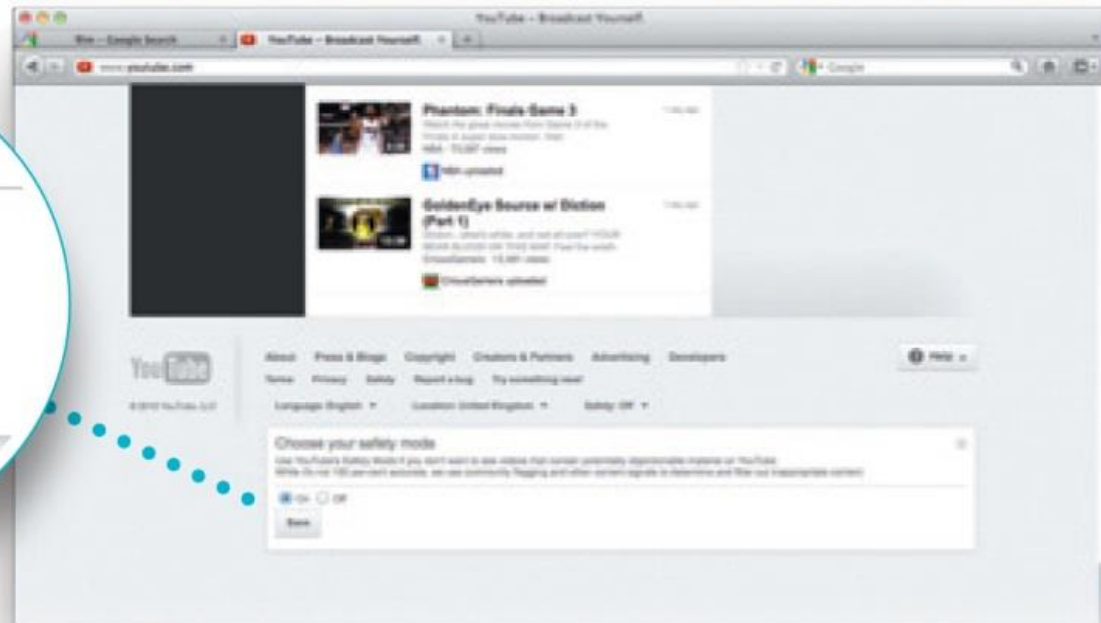




Option 3: YouTube Safety Mode



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



XXX ADULT CHAT ROOMS
INTERNET TROLL ADULT MATERIAL
ADULT PRODUCTS AND SERVICES
SPAM PORNOGRAPHY XXX
BEHAVIOURS VIOLENCE
CX PROMOTION OF HARMFUL BEHAVIOURS
PORNOGRAPHY GAMBLING
ADULT VIDEOS
VIOLENCE ILLEGAL DOWNLOADS
ROOMS CYBER BULLYING
OVER 18s
ADULT PRODUCTS AND SERVICES
PORNOGRAPHY VIRUSES WAREZ
ONLINE VIDEO SOCIAL NETWORKS
PROMOTION OF HARMFUL BEHAVIOURS XXX
ADULT BULLYING ONLINE VIDEO
GAMBLING VIOLENCE HACKING

Yours at no extra cost
Software download details inside

In association with
McAfee

BT
Bringing it all together

BT Family Protection
Get started here

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

Block these categories:

<input checked="" type="checkbox"/> Alcohol	<input checked="" type="checkbox"/> Free Pages	<input checked="" type="checkbox"/> Murder/Suicide	<input checked="" type="checkbox"/> Sex
<input type="checkbox"/> Auction	<input checked="" type="checkbox"/> Gambling	<input type="checkbox"/> News	<input checked="" type="checkbox"/> Social Networking
<input checked="" type="checkbox"/> Chat	<input checked="" type="checkbox"/> Games	<input checked="" type="checkbox"/> Iludity	<input type="checkbox"/> Sports
<input checked="" type="checkbox"/> Dating	<input checked="" type="checkbox"/> Hate Sites	<input checked="" type="checkbox"/> Personal Info	<input type="checkbox"/> Stocks
<input checked="" type="checkbox"/> Distasteful	<input checked="" type="checkbox"/> Illegal	<input checked="" type="checkbox"/> Pornography	<input checked="" type="checkbox"/> Swimsuits
<input checked="" type="checkbox"/> Drugs	<input type="checkbox"/> Job Search	<input checked="" type="checkbox"/> Profanity	<input checked="" type="checkbox"/> Tobacco
<input checked="" type="checkbox"/> E-Commerce	<input type="checkbox"/> Jokes	<input checked="" type="checkbox"/> School Cheating	<input checked="" type="checkbox"/> Violence
<input type="checkbox"/> Entertainment	<input checked="" type="checkbox"/> Lingerie	<input type="checkbox"/> Search Engines	<input checked="" type="checkbox"/> Weapons
<input checked="" type="checkbox"/> Free Mail	<input checked="" type="checkbox"/> Message Boards	<input type="checkbox"/> Search Terms	

Category Description

Click on a category name to see a description of the websites within that category.

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

Change Schedule

Decide when you want the Internet to be available. Green boxes represent times when the Internet is available, and red boxes represent time when it's unavailable. Choose from one of the sample schedules, or create your own by selecting specific times (you can select boxes individually or click and drag).

	MIDNIGHT	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	11:00	NOON	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	11:00
Mon	Red	Red	Red	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Red	Red	Red
Tues	Red	Red	Red	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Red	Red	Red
Wed	Red	Red	Red	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Red	Red	Red
Thurs	Red	Red	Red	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Red	Red	Red
Fri	Red	Red	Red	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Red	Red	Red
Sat	Red	Red	Red	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Red	Red	Red
Sun	Red	Red	Red	Red	Red	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Red	Red	Red	Red

Sample schedules: Block 8 PM to 6 AM on school nights ▼

- Select a schedule
- Block 8 PM to 6 AM on school nights
- Block 8 PM to 6 AM every day
- Unrestricted

Apply

McAfee Advanced Settings

OpenDNS FamilyShield



FamilyShield

Powered by OpenDNS

What does FamilyShield block?

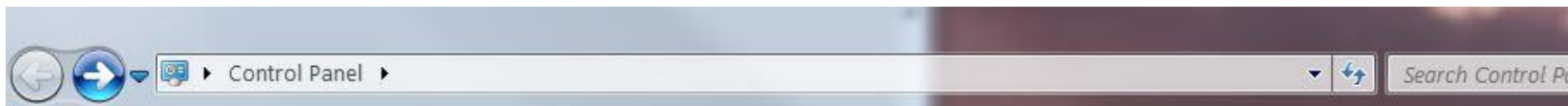
- **Adult websites** that are unsuitable for kids
- **Proxy and anonymizer sites** commonly used by savvy kids to bypass traditional Web filters
- **Phishing sites** that aim to trick you into handing over personal or financial information
- Some virus-spreading **malware websites**

Set up FamilyShield ➔

Free! No credit card required.



Option 5: Parental Controls on your computer



File Edit View Tools Help

Adjust your computer's settings

View by: Category ▼



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

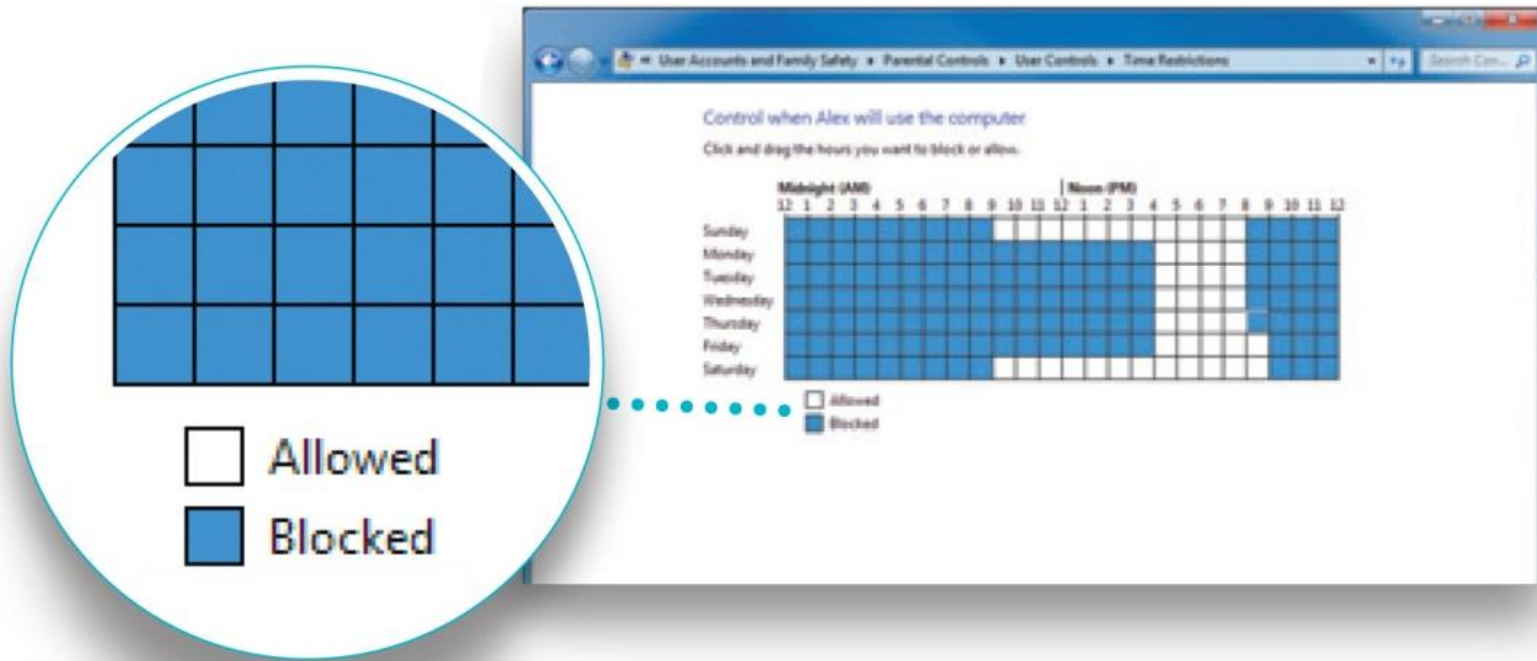
Change keyboards or other input methods





Ease of Access

Let Windows suggest settings
Optimize visual display

Computer Parental Controls



CyberSentinel



Home | NorTLE | Resources | Guidance & Support | **e - Safety** | Projects | Infrastructure | Contact

e-safety home

bulletins & circulars

integrated approach

e-safety training

policy & procedures

incident reporting


network controls

accreditation & support

parents & community

e-safety links

Parents and Community



CyberSentinel.
e-Safety for the home
...In a few easy clicks

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:

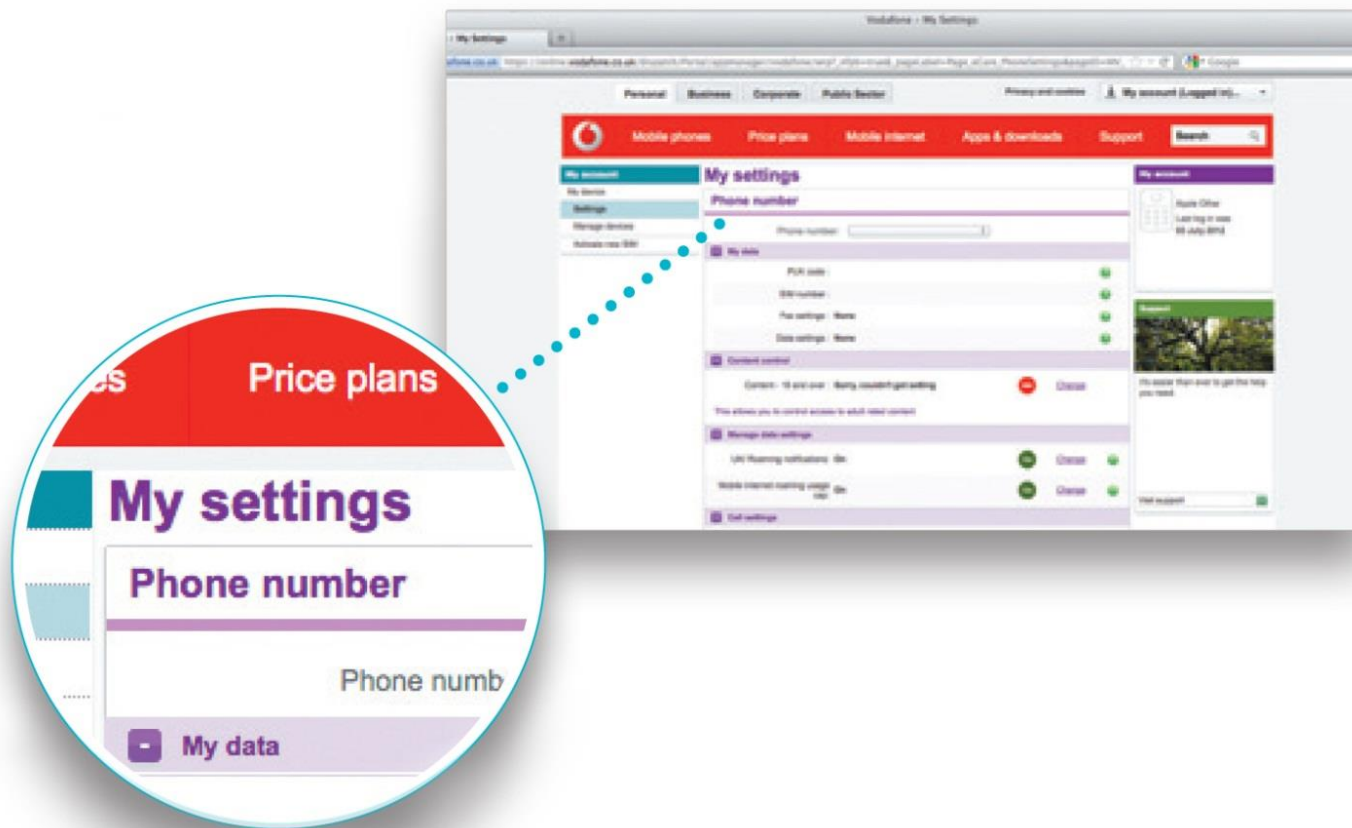
CyberSentinel will help protect your children – while maximising their online freedom – within safe boundaries set by you. Our software is unique, filtering out harmful web sites and scanning for any 'danger' keywords that appear on the screen. With CyberSentinel, you can make peace not war! You don't 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

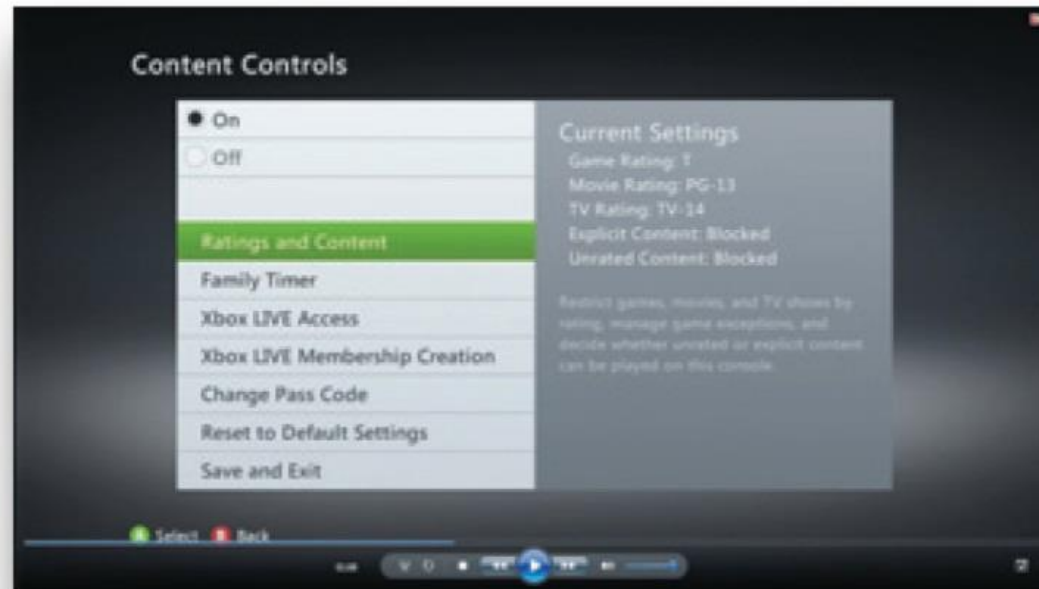




Option 7: Parental Controls on your games console



Console Parental Controls





Option 8: Facebook privacy controls





A Parents' Guide to Facebook



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 iKeepSafe 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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