Slide 1: Opening Slide

Slide 2: **Notes for speaker – brief introduction and welcome.**
Explain how long the talk will take and the types of things you will be doing over that time.
For example
'This evening we are going to talk to you about some common concerns parents have around internet safety. This one hour talk will look at topics such as screen time, cyber-bullying, social media and we'll also do some group activities. The aim of the talk this evening is to give you an introduction to the topic, give you some tips for talking to your child, find out what supports are available and how to access them.'

Slide 3: A recent survey conducted by Webwise and the National Parents Council Primary found that Irish parents top concerns around internet safety include cyber-bullying, spending too much time online, online grooming exploitation and accessing inappropriate content.

Slide 4: **Access and Use**
Mobile and personalised media are expanding the locations for internet use among children by providing 'anywhere, anytime' accessibility. • Home is still the main location of internet use by far, despite it now being available in many locations out and about. 63% of children report using the internet several times a day or at least once a day at home. • Smartphones stand out as the most used device for internet access on a daily basis by 9- 16 year olds in all contexts. Smartphones (35%) followed by laptops (29%) and tablets (27%) are the devices most used most to go online. Just under half of children access the internet from their own bedroom on a daily basis, with 22% saying they do so several times per day. Most online use is during the day. A minority go online after 9pm: 28% say a little and 14% say a lot. Over half (53%) of 9-16 year olds say they never or almost never use the internet in school. Just 7% of Irish 9-16 year olds children report using the internet in school on a daily basis. Internet access while on the move - such as on the way to school or when out and about - is still limited. 87% of children say they never or almost never do this. Three quarters of young people rely exclusively on free Wi-Fi access to go online using their smartphone. In Ireland, home games consoles are the device that 9-16 year olds are most likely to own (44%), followed by smartphones (40%), a tablet (28%) or a mobile phone that is not a smartphone (27%). Compared with 2011, internet use in the child's own room increased in 2014, strikingly so among older teenagers (15-16 years) with over quarters (77% vs.43%) saying they go online in their own room.
The age at which children start using the internet has fallen marginally. 8 years of age is now the average for the 7 countries compared to 9 years of age reported by EU Kids Online in 2011.

Online activities
Entertainment uses (listening to music and watching video clips online) continue to be the most popular online activities for all age groups.
9 in 10 of all 15-16 year olds In Ireland have a profile on a social networking site. Notably, just under 40% of 11-12 year olds also have a social networking profile despite age restrictions. There is a steep rise from age 11-12 to age 13- 14 where use of social networking more than doubles.

8 out of 10 children who use social networking use Facebook as their main profile.
10% of 15-16 year olds say they use Twitter as their primary social networking platform. This contrasts with the UK where 1 in 4 children say the profile they use most is Twitter. • Over one third of all 9-16 year olds (36%) has a profile on a media sharing platform. Instagram is the most popular media-sharing platform and is reported by 42% of 9-16 year olds as the media platform they use most often. This is followed by YouTube (34%). The notable change in what Irish children do online is they do more of everything compared to 2011. Smartphone users make considerably more use of the internet in almost every way. However, many informational, civic and creative uses are regularly undertaken only by a minority of children. By comparison with other European countries, Irish children (together with UK children) are more satisfied with the availability of online content.

Risk and Harm
Overall, 1 in 5 children in Ireland say that they have been bothered by something on the internet in the past year, a doubling of the finding reported by EU Kids Online in 2011. A quarter of 13-14 year olds and 37% of 15-16 year olds say they have experienced something that bothered them or wished they hadn't seen. 22% of children have experienced bullying, either online or offline. 13% of 13-14 year olds say that they have been bullied on a social networking site. Girls are more likely to experience bullying than boys (26% for girls compared to 17% of boys). 20% of girls compared to 11% of boys say they were upset by what happened. One of the risks that young people encounter most often is seeing potentially harmful user-generated content. 35% of girls aged 13-16 have encountered content such as hate messages, anorexic or bulimic content (14%), self-harm sites (9%); sites discussing suicide 8% and sites where people share their experiences with drugs (7%). 47% of older teenagers have seen sexual images in the past 12 months compared to 11% of younger children. About half of older teenagers who had seen sexual images said they were upset by the experience. 10% of 13-14 year olds and 22% of 15-16 year olds report having received sexual messages online. 4% report being 'very' (1%) or 'a little ' (3%) upset as a consequence.1 in 5 children (22%) have had contact online with people they have never met face to face. As with cyberbullying, receiving sexual messages is reported more often by smartphone and tablet users, especially via SNS. 20% of children aged 9-16 reported seeing sexual images in the past year, online or offline – this is less than across Europe (28%) and more than in 2011 in Ireland (17%). This is more common among teenagers, and girls, who are also more likely to report being upset, or even very upset by this. The overall level of exposure to harmful user generated content has fallen from 25% of children in 2011 to 21%.

Slide 5: Group Discussion Activity
Ask the group '**What do you think are the main benefits for children from using the internet ?'**
Sample responses: Learning, communicating with people, developing new skills – coding, creativty, etc.

Slide 6: CEO of National Parents Council; Áine Lynch on the importance of talking to your child about what they do online. Click the Link to play video: https://vimeo.com/191045340 Please ensure pop-ups are enabled on your computer. Video will play on vimeo. Alternatively videos can be accessed on the Webwise.ie/parents page.

Slide 7: **Internet Safety Advice for Parents of Young Children**

It is never too early to think about your child's safety online. If you are a parent of a young child who is just starting to discover the online world, there are a few things to consider:

Parental Supervision

It is very important that young children be supervised at all times while using the internet. It can be easy to access inappropriate content without intending to, parents should guide their child as they discover the online world for the first time.

Talk about Internet Safety with your Child

Have a conversation with your child on some of the important things to watch out for when going online for the first time. Young children will not be aware of the dangers, so it is very important to talk with them about who they talk to online and about sharing personal information online.

Use Parental Controls

Most internet technologies have built-in controls that allow you to limit the amount of time your child can spend online, restrict their access to adult content, and switch off functions like shopping and chatting. Filtering controls are particularly useful at preventing young children from accidentally encountering content that might bother them.

Disable In-App Purchases

Many apps and games give their users the option of buying additional game functionality, additional points/bonuses, or a host of other extras. Children can easily make purchases without even realising. You can disable in-app purchases using your phone/device settings.

Activate Safe Search

Help minimise the risk of your child coming across inappropriate content in response to search queries by activating "safe search" in your search engine.

Agree on what to do when things go wrong

We recommend that you speak to your child about what to do if they come across something on the internet that bothers them. This could be closing the laptop lid, or turning off the screen, and coming to get you.

Set Up a Family Email

Set up a family email address that your children can use when signing up to new games and websites online.

Play it Safe

For young children we would recommend that parents choose safe and appropriate games for their child to play online. Most games should have a PEGI rating to check what if they are age appropriate, parents should also check if a game allows for player interaction and if there is a safe chat mode.

Slide 8: Screentime

Are you concerned about how much time your child spends on their phone, tablet, or computer? We've put together a guide for parents to help deal with this tricky issue.
It is important to remember that children often welcome time-off from social media and games and can welcome clear guidelines and boundaries in this area.

How much is too much?

Unfortunately there is no magic number, children use their devices and computers for lots of different reasons – to learn, to play, and to socialise. The most important thing is to agree

clear rules on screen time and set a good example, if you are concerned your child is spending too much time online.

Helpful Pointers

●Agree a clear set of rules with your child on screen time in the home. Talk to your child on when and where you think it is appropriate to use screens. Agree times when screens are allowed and when they are not allowed in the home. We suggest dinner time, homework time and bed time is a good start to the not-allowed list.

●Do as you say. Modelling behaviour is the most powerful way you can influence your child's behaviour.

●Restrict the use of computers and devices in the bedroom. Depending on the age of your child you may want to set a curfew or ban devices from the bedroom completely.

●Buy an alarm clock for your child's bedroom and charge their phones in your room or downstairs at night time. This can be a helpful way of giving them a break from the internet.

●Try not to rely on screens too much to keep the kids amused. It can be easy to encourage them to pick up the tablet or play a game on the computer to keep them occupied. This only confuses rules on screen time, try and stick to the agreed rules with your child and remember to set a good example.

●Chat to your child about what they do online and encourage them to use their screen time for learning and education.

●Pick one evening a week where you do a family activity together, whether it's movie night or games night. Doing activities together as a family will help implement screen time guidelines and offer fun alternatives.

●Don't have screens always on in the background. Turn off TVs and computers when not in use, these can be distracting for kids if they are trying to participate in another activity.

●Finally, join in, why not set some time aside to play your child's favourite computer game and discover the online world together.

Slide 9: Notes for Speaker
Activity Slide
'Work with a partner to come up with three tips for parents who are introducing screens and the internet into their child's life.'
Note: Give the group 5 mins to discuss, then take 5 minutes to go through the responses.

Slide 10: Child Psychologist, Dr. John Sharry offers advice on how parents can deal with conflict around technology use in the home Click the Link to play video: https://vimeo.com/200805499 Please ensure pop-ups are enabled on your computer. Video will play on vimeo. Alternatively videos can be accessed on the Webwise.ie/parents page.

Slide 11: **At what age should I allow my child to use social media?**

In Ireland, children under the age of 16 years old are not permitted to access social media services. This follows the introduction of the new EU data protection regulations; GDPR.

What is the Digital Age of Consent?
In May 2018, the EU adopted a new set of Data Protection Regulations. The GDPR introduces substantial changes to European data protection law, along with severe financial penalties for non-compliance.
The new regulations require members states to set a digital age of consent. The digital age of consent is the minimum age a user must be before a social media and internet companies can collect, process and store their data. The E.U. has set the age of consent to sixteen by default and member states are given the option of adopting a lower age, but it may be no lower than thirteen years. In Ireland, the Digital Age of Consent is set at 16.

●**Note:** An additional amendment to legislation has also been approved. The amendment declares it will be an offense for any company or corporate body to process the personal data of a child *"for the purposes of direct marketing, profiling or micro-targeting".*

What are the Key Things to Think About?
In Ireland, children under the age of 16 years old are not permitted to access social media services. This follows the introduction of the new EU data protection regulations; GDPR.

When your child goes on to social networking sites, these are the keys things to think about. Ultimately, you need to decide if your child is equipped to deal with the social pressures that arise from social networking. The pressure to 'fit in' and/or to 'be popular' can be intense. Romance, group dynamics, and bullying can contribute to create choppy waters that even adults find difficult to navigate.

Here are a few considerations and helpful points to start a conversation with your child on the topic.

1.**Firstly, agree an appropriate platform that you are happy for your child to use.**
– It is more than likely that if your child wants to use social media, they probably have a network or app in mind that they wish to access. Take time as a parent to review the app and decide if it is inappropriate service for your child to first use. Some things you may want to check out before agreeing anything with your child are: is there privacy settings? Who can my child communicate with? Is there potential for harassment or accessing inappropriate content? Ensure you and your child understand how the platform works, how to report and manage privacy settings.

2. Open Communication
Sometimes a child may not speak to a parent about a bad experience they have had online because they fear that you might solve the problem by keeping them off their favourite social networking services or they may feel embarrassed or indeed that their bad experience is

somehow their own fault. However, if they feel they can talk about their online habits with you, without judgement, or the threat of being disconnected it will lead to more honesty in the long run. In order to open up the channels of communication with your child over their social networking use, don't be too critical of their online experience or the sites they may want to sign-up to. Reassure your child that if anything happens that they are not comfortable with for any reason, they should not be embarrassed or afraid to come to speak to you about it.

3. Ask them about what type of information they think is private on social media.
It is very important that your child understands how privacy settings work and the need to review them regularly. For young children, parents should regularly engage with them on social media use – for example parents should be aware of how much time their child is spending on social media and who they may be talking to. It is a good idea to let them know that even with the tightest privacy controls, content posted online can be easily copied and shared with audiences they can't control. A simple rule for younger children should be that the child should not give out their name, phone number or photo without your approval.

5. It's a good idea too to talk about your child's friends list. "Friends" is the catch all term for any contacts on social networking sites. Sometimes, in their desire for popularity, young people become too relaxed about who they'll accept as 'friends'. Talk to your child about friending or communicating with people they do not know online. Encourage your child to review their list of online 'friends' regularly, so they are sharing their information only with people they trust.

6. Be sure to put emphasis on the fact that they should NOT reply to any unwanted or unsolicited messages.
Although it may seem obvious, often scam artists or predators use message which draw responses from young people. So it's good to make sure your child knows how important it is to ignore them and to speak to you if something bad happens.

Slide 12: Notes for Speaker // Activity Slide
'**Work in groups of four to rank the social networking tips on pages 11 and 12 in order of importance.**'
Give 5 mins for the activity and allow 5 mins for group discussion

Slide 13: **What is Cyberbullying**
Cyberbullying or online bullying is something you should talk about with your child before it happens. Ideally when your child starts using social media for the first time, when they are moving from primary to secondary school, and regularly thereafter.

This type of bullying is increasingly common and is continuously evolving. It is bullying carried out through the use of internet and mobile phone technologies. Being the target of inappropriate or hurtful messages is the most common form of online bullying. Cyberbullying does not require face to face contact, it can occur at any time (day or night).
Many forms of bullying can be facilitated through cyberbullying. For example, a child may be sent homophobic text messages or pictures may be posted with negative comments about a person's sexuality, appearance etc.

Be clear on what constitutes online bullying. The procedures recently published by the Department of Education and Skills say "placing a once-off offensive or hurtful public

message, image or statement on a social network site or other public forum where that message, image or statement can be viewed and/or repeated by other people will be regarded as bullying behaviour".

Cyberbullying can happen to anyone. It's always wrong and it should never be overlooked or ignored. You know your child better than anyone else. It means you are best placed to identify and deal with any cyberbullying they may encounter.

Slide 14: **What can I do if my Child is Being Bullied Online?**

●Praise your child for coming to speak to you about the problem. Sometimes that first step of asking for help is a difficult one. Try to stay calm and not overreact. Reassure your child by reminding them that many people have had similar experiences.

●The first thing to do is to listen. Listen supportively, don't interrogate your child. If they come to you looking for help, they have demonstrated trust in you. Be careful not to damage that by losing your cool or taking action that they are uncomfortable with. At the same time you should make it clear that in order to help them you may have to talk with their teachers and the parents of other children involved.

●Once you have established that bullying is taking place, you should get in touch with your child's school or youth organisation. If the cyberbullying is very serious, or potentially criminal, you could contact your local Gardaí.

●Schools have a particular responsibility to address bullying. Talk with your child's teacher if the bullying is school related. A pupil or parent may bring a bullying concern to any teacher in the school. Individual teachers must take appropriate measures regarding reports of bullying behaviour in accordance with the school's anti- bullying policy. All schools must have an "Anti – Bullying" policy. You should familiarise yourself with your school's policy, so you know the steps to be taken if required.

●Encouraging your child to talk to you about cyberbullying is key to maintaining an open and positive environment which can help you deal with the situation. Responding negatively by barring internet use or taking away their mobile phone or other device can damage trust and may also put you out of the loop if cyberbullying happens again.

●Help your child to build his/her confidence and self-esteem in other areas. This can be supported through your child engaging in out of school activities, such as sports, music or art activities. If your child is very distressed it's important that they have someone with whom they can speak. A professional counsellor might be able to help. Childline offers a listening support service for children.

Slide 15: **Dealing with Cyberbullying**
What is Cyberbullying
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Cyberbullying can happen to anyone. It's always wrong and it should never be overlooked or ignored. You know your child better than anyone else. It means you are best placed to identify and deal with any cyberbullying they may encounter.

What Advice Should I Give my Child?

Don't Reply: Young people should never reply to messages that harass or annoy them. The bully wants to know they have upset their target. If they get a response it feeds into the problem and makes things worse

Keep the Messages: By keeping nasty messages your child will be able to produce a record of the bullying, the dates and the times. This will be useful for any subsequent school or Garda investigation

Block the Sender: No one needs to put up with someone harassing them. Whether it's mobile phones, social networking or chat rooms, children can block contacts through service providers

Report Problems: Ensure your child reports any instances of cyberbullying to websites or service providers. Sites like Facebook have reporting tools. By using these, your child will be passing important information to people who can help eradicate cyberbullying

Children need to understand the emotional damage cyberbullying, and all other forms of bullying, can cause. All forms of bullying hurt, all cause pain and all should be stopped. By stressing this to your child – and by emphasising the importance of not standing by while someone else is being bullied – it will encourage them to be more responsible and considerate internet users.

Slide 16: **What is a digital footprint?**

The information we leave every time we use the internet.

Every time we go online we leave a trail or footprint. Your digital footprint includes the websites you visit, emails you send, information you give to websites or social networks, the photos you share online and what other people share about you.

●

Ensure your child's online experience is a positive one with these tips to managing your online reputation.

1. **Check your settings**

Some of the most popular social networks are set to public by default, meaning everyone can see our photos, what we are sharing or talking about. Regularly check your privacy

settings across your social networks and apps. We recommend a 'friends only' option for your online profiles.

2.   Do the search

Do a quick search for yourself online, if you find something you don't like report it with the website or network host requesting the content be removed.

3.   Create strong passwords

Social media changes so quickly, it can be easy to forget about old accounts or networks we've signed up to. If you're not using an account delete/deactivate it, this can help avoid risk of accounts/profiles being hacked.

4.   Be kind online

What we do online can follow us around, ensure you make a positive impact. Whether it's starting a blog, raising awareness for something you care about or becoming the next Mark Zuckerberg… the possibilities are endless!

5.   Think before you post

Before you share, comment, like, post, Tweet or pin anything… ask yourself if this is something you want everyone to see? Use the THINK model if you're unsure about posting something online >>> Ask yourself is it True? Is it Helpful? Is it Illegal? Is it Necessary? Is it Kind?

SLide 17: **Another concern parents have around their child's use of the internet is encountering inappropriate content. This can be upsetting for children so it is important that parents are aware of the risks and how to deal with issues that may arise as their child explores the internet. It is also important that parents understand that this is an ongoing process, so regular conversations with their children will ensure they are more likely to have positive experiences online and be better equipped to deal with any potential negative content.** Harmful content could include material relating to sex, violence, discrimination, graphic crime reporting, drug addiction, and cult worship. While not explicitly prohibited by law, this kind of material could, in the context of certain individuals, result in harm.

There is a general acceptance amongst parents and educators that exposure to harmful material can often give rise to false and distorted beliefs about the world. Children tend to believe everything they read online. They assume that the same checks and regulations that apply to printed works also apply to online content. Most children use the Internet for school work – often this can be project work done at home. They need to be helped to develop strategies to cope with the knowledge and the influences introduced by the Internet

Here are a few talking points to help start a conversation on what to do if your child encounters something unpleasant online

Unreliable Information

●**Violent Content**

Whether on a video game on encountered on social media or a video site, your child may encounter violent content online. It is important that they understand if they do, they should come and talk to you about it. Explain to your child that if they come across anything upsetting, tell them to close the computer or put down the device, come to you and speak to you about it. You can report any inappropriate content with the site host. In the instance of gaming, parents should be familiar with the games their child are using. We recommend parents check the age rating and whether the games contain offensive content before

making an agreements with their child. (Note we will go into more details on gaming in the next section).

●**Online Pornography**

The reality of life today is that, whether accidentally or on purpose, your child may come across pornography on the internet. You may find that you need to talk to your child if your child accidentally comes across inappropriate pornographic content. Explain to your child that there are some things that are for adults only and that if they ever see anything on the internet that bothers them, they should come and tell you. Be direct and tell them that if they ever see pictures of a naked person, they should come and tell you.

●**Promoting Hate**

The internet is a powerful tool for spreading messages which can be a good thing but has potential for encountering online abuse and hate speech. It is important that your child understands what to do if they come across upsetting material or speech. Young children should be supervised while using the internet. Tell them if they see this type of content, to show it to you and talk about it. As a parent you can report the content with the site host it may also be a good time to review parental controls.

●**Unreliable Information**

Teach your child about evaluating information and being critically aware of information found online. Most children use the internet to improve and develop their knowledge in relation to schoolwork and personal interests. Children should be aware that not all information found online is correct, accurate or relevant. Unreliable information can include content like clickbait, sponsored posts from bloggers/influencers, fake news, online scams. Show your child how to check information they find by comparing it to alternative sources on the same topic. Show them trusted sites they can use to compare information.

Slide 18: Child and Adolescent Psychotherapist Colman Noctor offers advice for parents on talking to your child about online pornography.
Click the Link to play video: https://vimeo.com/200804644
Please ensure pop-ups are enables on your computer. Video will play on vimeo.
Alternatively videos can be accessed on the Webwise.ie/parents page.

Slide 19: **What is Online Gaming?**
Online gaming is becoming increasingly popular among children and teenagers, with **36% of children in Ireland playing online** with other people in 2014, compared with 30% in 2011 (Source: Net Children Go Mobile – January 2015).
Games can range from task/mission based activities to sports themed games and anything in between. Online games can be an excellent way to link up with people, develop teamwork skills and of course are a source of entertainment and recreation for young people.
Many of you will be familiar with the more traditional gaming formats where you buy physical games for popular consoles, such as Xbox, PlayStation or Nintendo. Online games are played on the internet via a computer console, mobile device or application. What makes it different from more traditional gaming is the ability to play and communicate with other gamers online.
What Types of Online Games are there?

There are many different forms of online games. These range from free games or apps that can be downloaded on mobile phones to games that can be played on internet-enabled consoles, for example PlayStation or Xbox.

Web Games and Apps: Games that can be played on the internet through specific websites, or through apps that can be downloaded to mobile phones. This type of games includes games played via social media services, for example via Facebook, which allow players to connect with friends.

Console Games: Games that are played via entertainment consoles, for example Xbox, PlayStation or Nintendo. Consoles are connected to TVs and games can be purchased in stores or downloaded online.

Mobile Games: Games that can be downloaded to your mobile phone. **Many are free to play initially**, however charges are often introduced within these games. For example users can sometimes pay to gain additional functionality to help them complete a game. These in-game purchases can normally be deactivated in the users' mobile settings.

Handheld Games – Devices like iPads or Nintendo DSI's also host online gaming.

Multi-Player Gaming

Many online games allow for multiplayer modes which can pose some risks to young people. In multiplayer mode users can play other gamers from anywhere in the world. Some of these games allow users to send messages to each other via text or audio modes. In some cases **young players can experience abuse/harassment online** from other gamers, particularly when emotions are high after a competitive game.

According to the 2014 Net Children Go Mobile research, 6.4% of 9-10 year olds who use the internet have been bullied on a gaming website. 3% of 9-16 year olds have experienced bullying on a gaming website, making gaming websites the second most common place for cyber bullying, after social networking services. Players can be exposed to inappropriate language from gamers and in some cases young people may leave themselves open to unwanted contact by sharing personal information via their profiles or by talking with other players.

To avoid this, **ensure your child's profile is private** and encourage your child not to use real photos or full names for their gaming profile and not to share any personal information. It's also a good idea to let your child know to speak to you if they feel uncomfortable or are not sure about something they have encountered while gaming. **Make sure your child knows how to block a player** who sends upsetting messages.

Pay to Play

Many online games are **free to download.** However these games can offer additional functions, once the game is live, which users can purchase. It is a popular practice among downloadable games and apps to offer players the chance to buy access to the next level of a game or to purchase functions to help them complete games. It can be very easy for players to inadvertently run up bills on these games. To avoid this, **parents should ensure that they have a password set on their phone/device** for in-app purchases or that they switch off this option on the phone/device; this can normally be done within the app/mobile settings.

Tips for Keeping Your Child Safe –

Here are a few helpful tips to ensure a safe online gaming experience for your child.

Check the age rating of the games your children are playing and ensure games are age appropriate.

Advise your child not to share personal details online or in their profiles. In the case of teens, it may be best to discuss the dangers of sharing information online.

Encourage your child to play fairly and treat other gamers with respect.

Use family safety settings to protect your child from discovering games which may not be age/content appropriate.

For many parents it is useful to agree time limits on gaming with their children.

Playing games online can leave computers/devices open to risk of a virus. Protect your computer by ensuring you have up to date anti-virus software in place.

Ensure your child knows how to report or block other players who engage in online harassment or any other unsuitable behaviour.

- Communicating with other childrens parents – negeotiation, compromise and rules. They should be given clear boundaries and balance.

Risks talking to anyone around the world, which can be good or bad. Social aspects of the platform – on gaming platform rather than meeting face to face. Dilemia. If parents do not let them play, they are missing out.

Slide 20: YouTube is one of the most popular online platforms for young children.

A Kaspersky study on YouTube gave various examples of where children could be between two and four clicks away from objectionable material on the world's most popular video site. In one example, a music video featuring swearing and guns was two clicks away from a Rastamouse clip thanks to YouTube's "suggested videos" feature.

What are kids looking at? Gamers, great platform there are dangers and risks. How your child can easily access information.

A Parent's Ultimate Guide to YouTube

Until [YouTube's app for kids](#) really catches on with fans, the original YouTube poses a challenge for parents. Anyone can create YouTube channels, they crop up seemingly out of nowhere, they don't follow program schedules, and they're cast out among thousands of other videos. Still, there are clues to figuring out which channels and creators are OK for your kids. YouTube clearly has a huge impact, and you'll learn a lot about your kids when you really dig into what they're tuning into. (Here's a rundown of some of the [most popular YouTube stars](#).)

And it's worth doing. Kids love discovering new videos on YouTube, and that often means exposure to iffy stuff -- even when they're not seeking it out. With some simple tools, you can help your kids regulate their habits and increase the chances that their experience will be positive. Also, read [our detailed review of YouTube](#).

The Basics

Watch with your kid. Simply ask your kids what they're watching and join them. In general, kids are tuning into certain channels or following specific YouTube personalities because they're entertained by them. Many kids naturally want to share the videos they like.

Subscribe. Encourage your kids to subscribe to their favourite channels rather than hunting around on YouTube for the latest ones from a specific creator. Subscribers are notified when a new video is uploaded, plus all their channels are displayed in My Subscriptions, making it

easier, and faster, to go directly to the stuff they like. Consider choosing subscriptions together, and make an event out of watching the newest uploads with your kids. Independent young video bloggers, the "vloggers" who film their thoughts and observations for thousands of followers to enjoy online, are becoming more and more popular with young internet users. Many teenagers are subscribing (following) to YouTube channels of other young musicians, pranksters, journalists etc. It is becoming an important route into traditional careers in print publishing or television.

Stephen Byrne, who presents TwoTube on RTE Two and The Voice of Ireland's backstage coverage, set up his YouTube Channel in 2006 when he was a transition year student as a way to pursue his ambition of being an actor, "I was inspired by another vlogger from Belfast called WhatAboutAdam, before this I just thought YouTube was for people falling off tables and cats doing funny things. So once I became aware of this growing community I decided to create videos and act in the privacy of my own home and upload online; not really thinking anyone would see it!"

Read more about broadcasting live from Webwise:

https://www.webwise.ie/parents/explained-live-streaming/

Slide 21: Steps for activating restricted mode on Youtube

Before you start: Restricted Mode works on the browser or device level, so you must turn it on for each browser you use. If your browser supports multiple profiles, you must enable it for each profile. If you want Restricted Mode to stay enabled for anyone using this browser, you can lock Restricted Mode.

If you aren't able to follow these instructions, you are likely using the old version of YouTube. If you're using a newer browser, update to the current version of YouTube.

Turn Restricted Mode on or off

Go to the account icon .

Click **Restricted Mode**.

In the dialog box that appears, toggle restricted mode to on or off.

Slide 22: Resources for Parents:

Parents' Guide to a Better Internet

This guide gives parents support, advice and information to help their children have a positive experience online. Topics explored in the guide include cyberbullying, screen time, sexting, social media and online pornography. This can be downloaded for free at Webwise.ie/parents

Advice Videos

The Webwise parenting experts offer advice on everything from talking to your child about sexting to modelling good behaviour. The expert videos feature advice from child psychologists, education experts, SPHE experts and tech experts.

Articles

'Apps Explained' - the latest apps and social networks children are using explained. This is updated on a regular basis and is an excellent starting point for parents who have children using social media for the first time.

'Advice for Parents' - advice and support for parents on key issues such as making friends online and sharing personal information.

'Talking Points' - to facilitate parents open communication with their child around internet safety.

'How to' -provide support and step by step instructions on blocking, reporting, parental controls and more.

Slide 23: 'Apps Explained' - the latest apps and social networks children are using explained. This section of the Webwise Parents hub is updated on a regular basis and is an excellent starting point for parents who have children using social media for the first time or if you are concerned about an app or platform your child may be using – you can find out more about it in this section.

Important: The Digital Age of Consent in Ireland is now set at 16 years old. This means young people under the age of 16 are not permitted to access online services including social media services, messaging apps, email services etc.

Slide 24: Activity Suggestion – Break the group into small groups and give them one app/network to look up on Webwise.ie

Ask each group to have a quick review of an explainer article – and ask them to note down three points about that app.

Slide 25: **National Parents Council Primary**

The parent association is the structure through which parents in a school can work together for the best possible education for their children. The parent association works with the principal, staff and the board of management to build effective partnership between the home and school. Partnership between the home and school is important because with positive and active partnership the child gets the best that primary education can offer.

Free Supports for Parents

NPC Primary – Helpline

NPC Information/Helpline is a confidential service for parents. The Information/Helpline officers listen, and give information and support to parents to help them make the best possible decisions for and with their children

If you have a query on any aspect of your child's education please contact the Helpline on Tel: **01-8874477** email: helpline@npc.ie

The Helpline is open from:

Monday & Tuesday from **10am to 4pm**

Wednesday to Friday from **10am to 5pm**

Free Resources

Free Online Training for Parents on Internet Safety

The overall objective of this online session is to provide parents with information and skills to support their children's online activity.

Internet Safety Workshops

The NPC Primary offer Internet Safety workshops for parents which can be hosted in the local school. To book a workshop or access the online course visit NPC.ie

Slide 26: Reflection slide

Think back over some of the issues we have spoken about today:

1.Managing Screen time

2.Setting guidelines around technology use

3.Talking to your child about what they do online

4.Social Media

5.Using parental controls

6.Digital Footprint

7.Responding to cyberbullying

8.Inappropriate content

ACTIVITY

Create a to do list of actions that you think will help your children to have more positive online experiences.

Suggestion – go around the room and take some responses from the group

Slide 27: Now that we have looked at some of the biggest concerns parents have around their child's internet use. Lets look at what we can do!

Having open communication with your child around internet safety is one of the best ways to help your child navigate the online world safely. Here are a few conversation starters to help. Parents should be aware that a one off conversation will not suffice, as children grow up online, their interests and needs change. It is important that parents guide children through this process. Before having a conversation, parents should think about what the goal of the conversation is, what guidelines do they want to discuss and set down. Are both parents/partners/grandparents etc involved and in agreement?

Remember to go at the child's pace, this is an ongoing conversation, so it may take a few different conversations to go through different topics and expectations. Allow your child to talk about what they want and give them time to explore topics as something may arise out of the conversation that you may not have thought about or be aware about. Allow time for the childs concerns to be discussed. A childs concerns about the internet may be very different from a parents, so it is important that we give children the time to go through their worries or any pressures they may feel online.

Top tips for parents

1. Discover the Internet together

Be the one to introduce your child to the internet. For both parent and child, it is an advantage to discover the internet together. Try to find websites that are exciting and fun so

that together you achieve a positive attitude to internet exploration. This could make it easier to share both positive and negative experiences in the future.

2. Agree with your child rules for Internet use in your home

Try to reach an agreement with your child on the guidelines which apply to Internet use in your household. Here are some tips to get started:

Discuss when and for how long it is acceptable for your child to use the Internet

Agree how to treat personal information (name, address, telephone, e-mail)

Discuss how to behave towards others when gaming, chatting, e-mailing or messaging

Agree what type of sites and activities are OK or not OK in our family

Follow the rules yourself! Or at least explain why the rules are different for adults.

3. Encourage your child to be careful when disclosing personal information

A simple rule for younger children should be that the child should not give out their name, phone number or photo without your approval. Older children using social networking sites like Facebook should be encouraged to be selective about what personal information and photos they post to online spaces. Regardless of privacy settings, once material is online you can no longer control who sees it or how it is used.

4. Talk about the risks associated with meeting online "friends" in person

Adults should understand that the internet can be a positive meeting place for children, where they can get to know other young people and make new friends. However, for safety and to avoid unpleasant experiences, it is important that children do not meet strangers they have met online without being accompanied by an adult you trust. In any case, the child should always have their parents' approval first. In addition, it is also a good idea to have a fail-safe plan in place such as calling them shortly after the meeting begins so that they can bail out if they feel uncomfortable.

5. Teach your child about evaluating information and being critically aware of information found online.

Most children use the internet to improve and develop their knowledge in relation to schoolwork and personal interests. Children should be aware that not all information found online is correct, accurate or relevant. Show your child how to check information they find by comparing it to alternative sources on the same topic. Show them trusted sites they can use to compare information.

6. Don't be too critical towards your child's exploration of the Internet

Children may come across adult material by accident on the web. Also, a child may intentionally search for such websites; remember that it is natural for children to be curious about off-limits material. Try to use this as an opening to discuss the content with them, and perhaps make rules for this kind of activity. Be realistic in your assessment of how your child uses the internet.

7. Let your children show you what they like to do online

To be able to guide your child with regard to Internet use, it is important to understand how children use the Internet and know what they like to do online. Let your child show you which websites they like visiting and what they do there.

8. Remember that the positive aspects of the Internet outweigh the negatives.

The Internet is an excellent educational and recreational resource for children. Encourage your child to make the most of it and explore the internet to its full potential.

Slide 28: CEO of National Parents Council; Áine Lynch on the the importance of modelling good behaviour when it comes to addressing internet safety in the home.
Click the Link to play video: https://vimeo.com/191043980
Please ensure pop-ups are enables on your computer. Video will play on vimeo.
Alternatively videos can be accessed on the Webwise.ie/parents page.

Slide 29: **Resources for Parents:**

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