



# **CYBERSAFE KIDS**

## **DIGITAL WELLBEING FOR TEENS**

EMPOWERING YOURSELF & OTHERS IN THE ONLINE WORLD



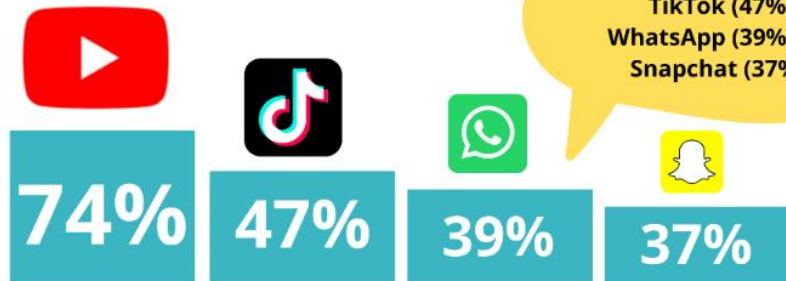
TO EMPOWER  
CHILDREN, PARENTS AND  
OTHERS TO NAVIGATE THE  
ONLINE WORLD IN A  
STRONGER, SMARTER AND  
SAFER WAY.

# POPULAR APPS



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## ANNUAL REPORT 2020: WHAT DO WE KNOW?



YouTube was the most popular app (74%) followed by TikTok (47%), WhatsApp (39%) and Snapchat (37%).



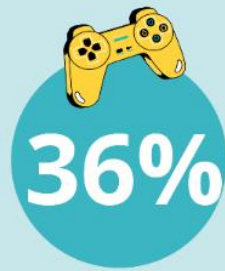
own their own smart device



had their own social media account.



had friends or followers they didn't know offline.



game online with people they don't know offline



reported playing over-18s games.



have experienced something online that bothered them



79%

Almost 80% of teachers told us that online safety was a **significant issue** in their school.

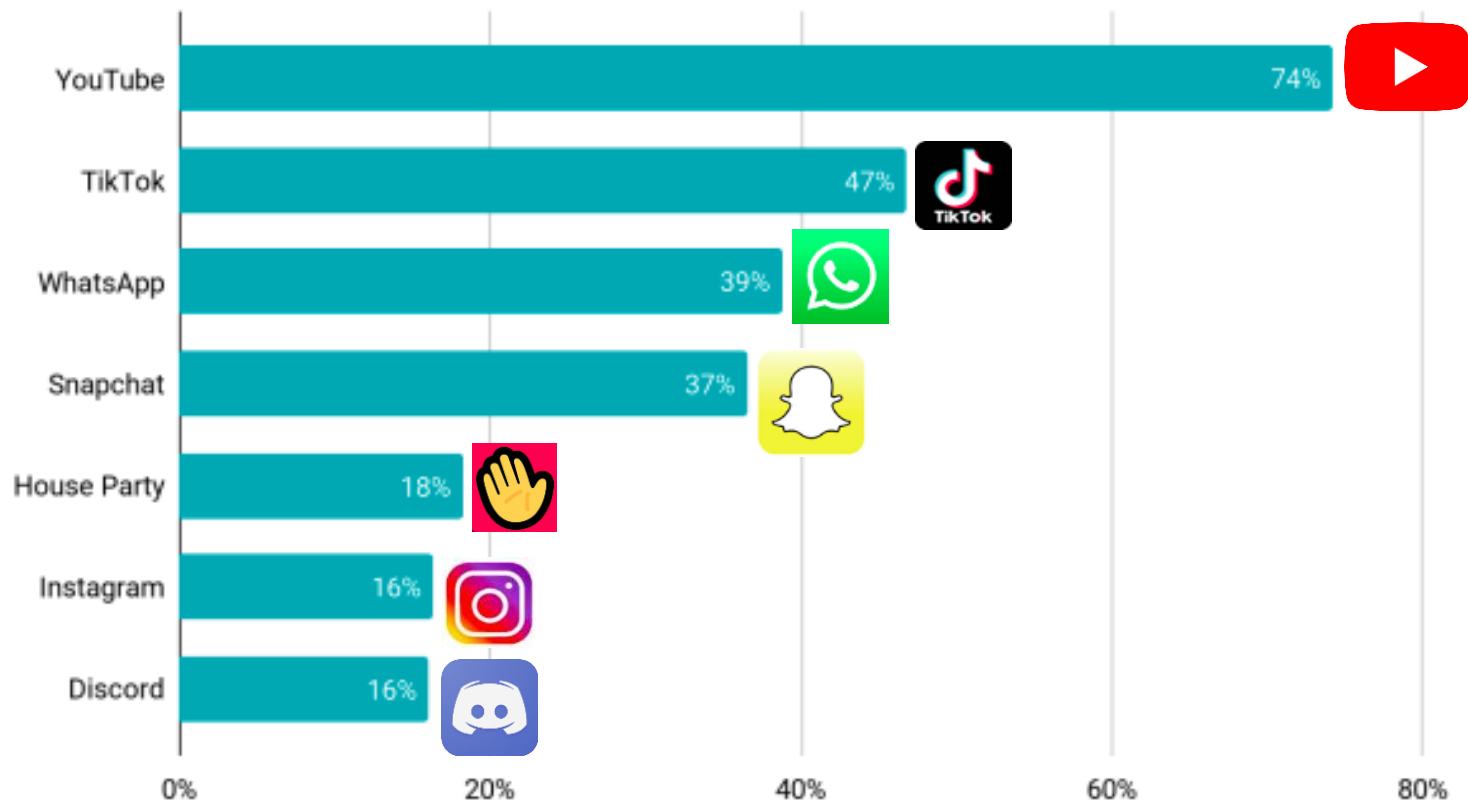


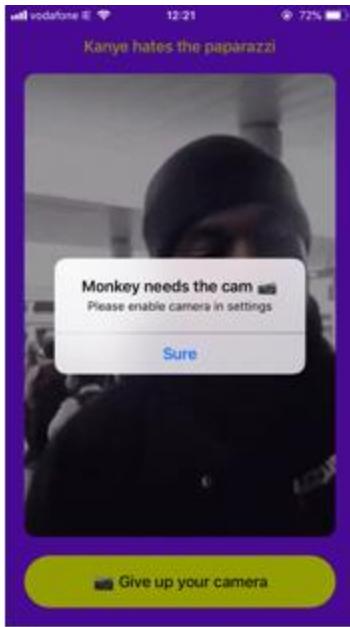
The **majority** of teachers had dealt with **at least one incident** over the last school year.

61%



## Top Seven Apps





# PROTECTING PRIVACY



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# Practical Advice



- Set accounts to **'Private'** to control audience
- Switch off **Location Settings** on most apps
- **Research apps** before downloading
- Use **offline world analogies**
- Develop **longer-term thinking** about consequences



# ONLINE LIFE: AREAS OF RISK



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## GROOMING

Marked increase in lockdowns



## PORNOGRAPHY

Access and longer-term effects



## PRIVACY LOSS

Security and long-term consequences



## SEXTING

Criminal implications



## SCAMS

Ads, loot boxes and quizzes



## CYBERBULLYING

Targeting with tech

# Practical Advice



- Keep devices in communal areas to help **monitor** online activity
- **Address difficult topics** sooner rather than later
- Explain **real dangers** in age appropriate terms
- Help children **feel safe to tell** if something happens

# DIGITAL WELLBEING & CRITICAL THINKING



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# Time to change the debate...



...**QUALITY** over  
QUANTITY...

...tech whizzes still  
need to learn  
cyber safety...



## CYBERSAFE KIDS

### Our Family Agreement

#### KIDS

- I will protect my personal information online and I won't share my passwords (except with a parent/carer)
- I will stop and think before I share photos or videos online
- I will not accept a friend request from anyone I don't know
- I will sit down with my parent/carer and we will work out privacy settings for all my apps and games together
- I will be kind to others and talk to my parent/carer if I'm worried about anything or about what any of my friends are doing online
- I will agree that devices stay out of bedrooms at night and I will stick to agreed time limits for playing games/being online.
- I will allow my parent/carer to keep an eye on what I am doing online and I'll talk to them about anything that I see, or am asked to do, that makes me feel upset or uncomfortable

#### PARENTS / CARERS

- I will use parental controls (settings that restrict or monitor content/functionality) as appropriate but I will review these in the future
- I will research safety on new apps that my child wants to use. If I agree that it is okay for them to use an app, we will agree rules and figure out how to apply privacy settings. I will also apply these on my own accounts
- I will think before I share my child's photos online and will ensure that I am only sharing with real-life friends and family
- I will spend time with my child getting familiar with the apps and games that they are using
- I will stay calm, listen and try not to over-react if my child talks to me about something that has happened online and I will take advice or appropriate action if I feel that my child or another is at risk

.....

By signing this form we agree to all of the above

# Family Agreements

Agree clear rules, boundaries, and consequences:

- When can devices be used?
- What can they be used for?
- Where can devices be used?
- Any device-free times or places?
- Where do devices sleep/charge?
- What is okay to share? Where?
- What to do if something worrying happens?
- What are the consequences for breaking the agreement?

# Practical Advice



- **Focus on positive uses:** quantity vs. quality
- **Don't depend** on technical restrictions alone
- **Develop questioning skills** and critical thinking about online world
- **Normalise** discussing online lives
- Create family agreement to establish **digital etiquette** and norms

# USEFUL RESOURCES



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# CyberSafe Kids can help:

1



CyberSafe **TALKS** for  
Parents, Teachers &  
Children

*Face-to-face or online*

[www.cybersafekids.ie/our-talks](http://www.cybersafekids.ie/our-talks)

2



CyberSafe  
**eLearning**

*6 interactive self-  
paced modules*

[www.cybersafekids.ie/elearning](http://www.cybersafekids.ie/elearning)

# Free Parental Control Platforms

*by your platform provider*



Google Family Link



Microsoft Family Safety



Apple Family Sharing

# Parental Control Services

*by your Internet provider*



Virgin Parental Controls



SKY Broadband Buddy



Digiweb Fritz  
Parental Controls



Vodafone Content  
Controls

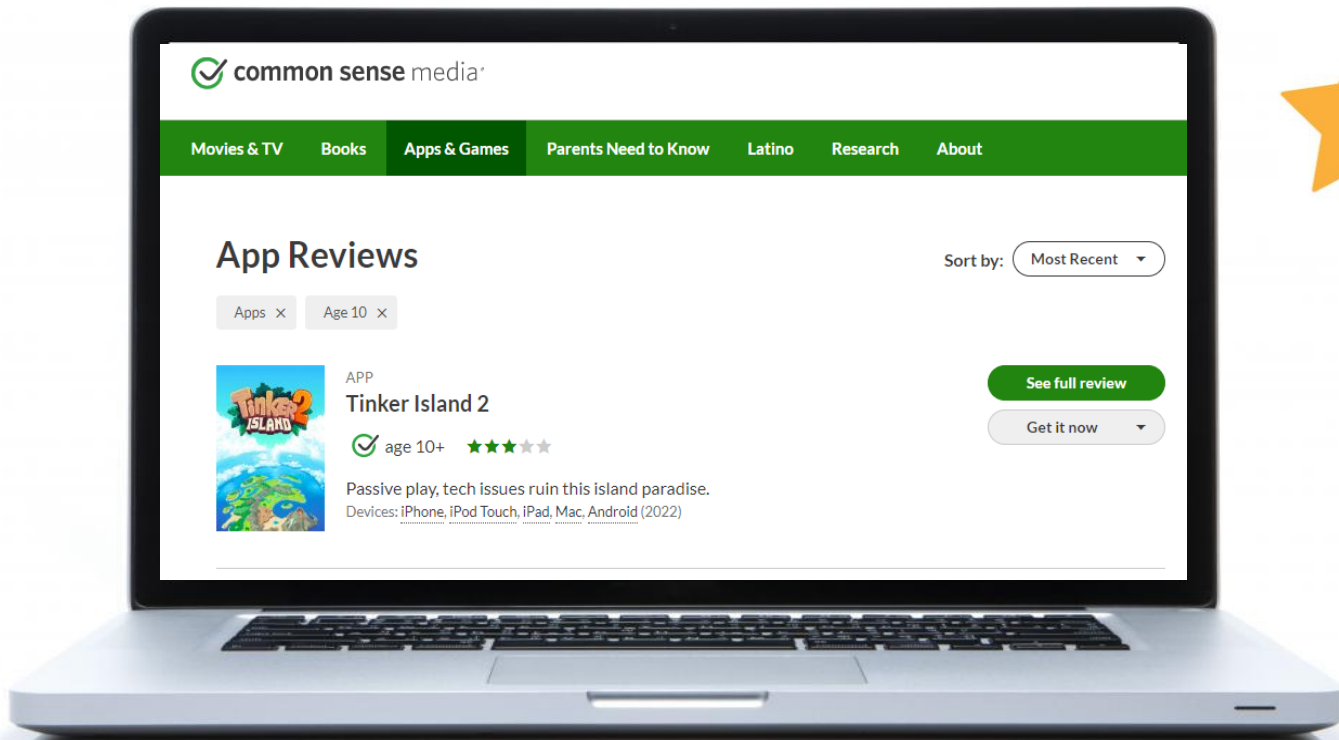


NetGear Parental  
Controls



# CommonSense Media

*Game & app reviews by experts, parents, and kids*





# Webwise.ie

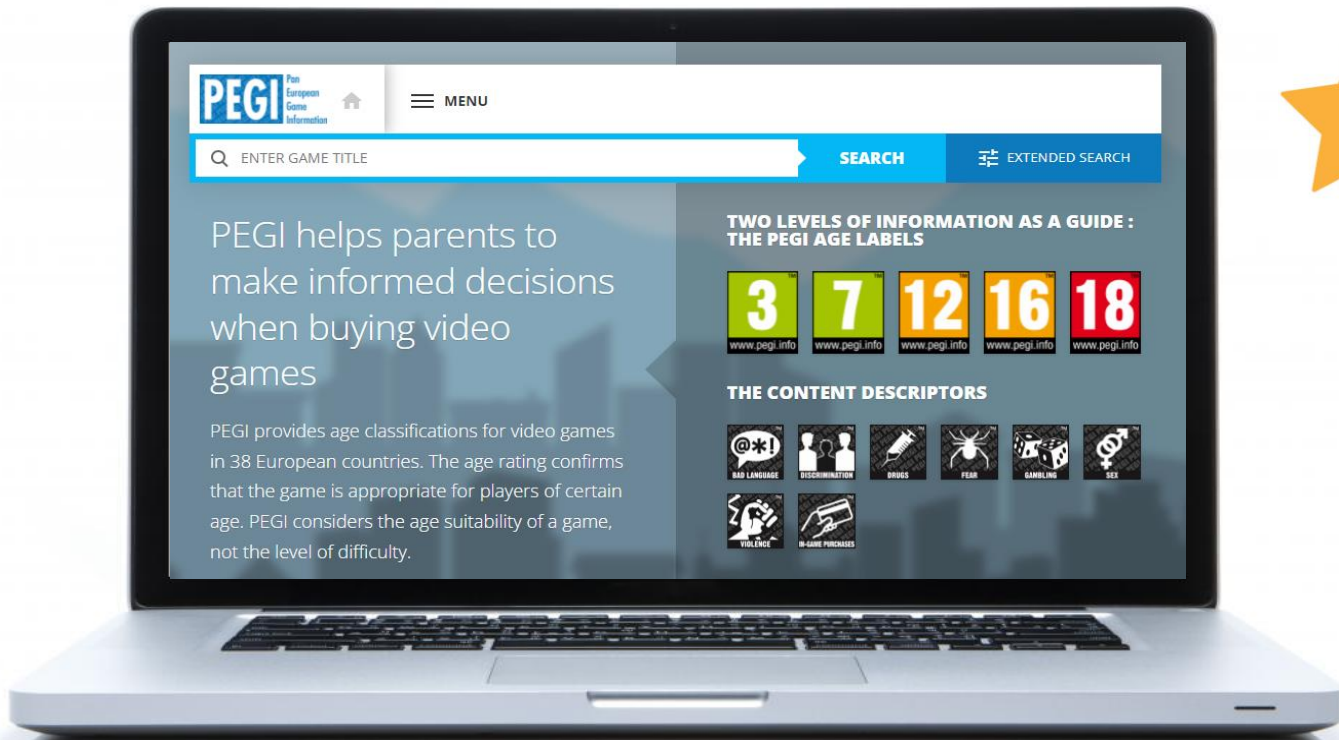
*Great parent advice and resources (apps explainers, videos, talking points)*





# Pan European Game Information

*Gives age restrictions and content descriptions of games*





# Child Mind Institute

*Talking points for trickier conversations on sexting and pornography*



# Orla's Story

AN AUDIO DOCUMENTARY FROM



**This is Orla's Story, but it could  
just as easily be your child's.**



[soundcloud.com/cybersafekids/orlas-story](https://soundcloud.com/cybersafekids/orlas-story)





# CYBERSAFE KIDS

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## THANK YOU!

VISIT

[WWW.CYBERSAFEKIDS.IE](http://WWW.CYBERSAFEKIDS.IE)

TO SIGN UP TO OUR NEWSLETTER

