PEGI.INFO

Cyber Safety

Workshops for Students, Teachers & Parents

Parents Session
Speaker: John Wills (Psychologist)

Practice: Rathfarnham - Dublin

About me

- Psychologist in Private Practice since 2016

- Develop bespoke workshops for Schools & Organisations

- Lecturer in Psychotherapy

- Specialise in CBT (mental health consultations for children & adults) Anxiety & OCD

Session outline

- Quiz & Overview of what I did ☺

- Basic Cyber safety "netiquette"

- Spotting problems

- A word on Resilience ☺

- Q & A

3 Reasons for Silence??..

Whatever has happened we will work on it together..

- *They wouldn't know how to help/ make it worse!*

- So we must remind them....

Quick Quiz!

OMG?

LOL?

PAW?

POS?

WTTP?

ASL?

GNOC?

IPN?

LMIRL?

- Oh My God
- Laugh Out Loud
- Parents Are Watching
- Parent Over Shoulder
- Want To Trade Pics?
- Age Sex Location
- Get Naked On Camera
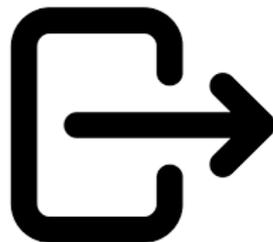- I'm Posting Naked
- Lets Meet In Real Life

Risks?....

- Contact *from* those they don't know

- Exposure to age themed content

CYBERBULLYING No 1

- Hyper-Stimuli (Addiction Risks)

What I told them…

Is it SAFE?..

If something "pops up" or appears without you looking for it NEVER OPEN it!

HTTPS:.......

If something makes you feel uncomfortable **tell someone**

To check if a website is secure (gaming, Youtube etc) check for????

Cyberbullying?!

Bullying using TECHNOLOGY

ONE POST CAN COUNT AS CYBERBULLYING☹

Steps to Stop Cyberbullying

S — STOP & SAVE — • Don't reply & Keep a record of the message, picture or whatever it is…

B — BLOCK & REPORT — • Block & Report the sender.

T — TELL — • Tell a parent, teacher or other adult about it so they help you report it

Social Media & Mental Health...

- People portray idealised _Personas_ of themselves

- Likes, Comments, Votes etc can become the metric!

- Most at Risk when already vulnerable (e.g...worry)

- Activities such as gaming before sleeping impact well-being (90 mins off gaming before bed)

- **ALWAYS ON = more tired.....**

Actions to keep Children Safe??...

- Supervised time/places

- Activate Parental Controls/Filter software

- Limit Time

- Check History

- Agree basic Rules together

- Make going online a daily event, Allows you observe??...

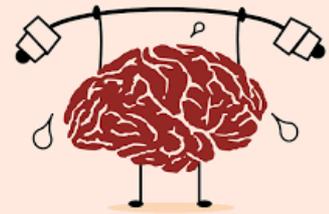- Ask to check your stuff on their device!
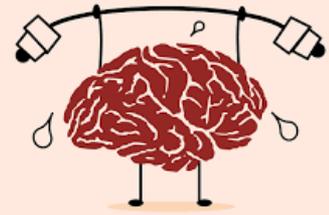
CONTROL

CULTURE

Keep an eye on…

- Avoidance Behaviour/s such as (hiding devices, sudden click downs!)

- Upset, agitated or angry after using technology

- Extremes of under or overuse

- Fear of using technology alone!

Early Signs for Concern…

- Clingy when you separate

- Continually seeking reassurance

- Demands for details about events

- Sudden and frequent panic "melt downs"

Resilience!

- Social Competence (help seeking behaviours) Important for adaptation to circumstances

- Problem Solving Skills (Solution focussed) Reduces the tendency to feel overwhelmed

- Routines with Down-Time (builds structure with room for themselves)

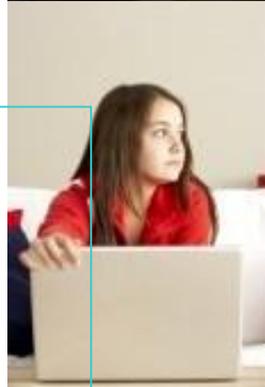- Flexible Thinkers (ability to see different points of view)

Cyberbullying-what to do

- Ask about .... Who? Why? & When?

- Contact the school as bullying is possible there also

- Contact the website or host to inform them of the incidents (i.e. Use report facility)

- Contact Garda if illegal activity is apparent

Useful Websites

- **www.schoolsupports.com (ME)**

- www.webwise.ie

- www.hotline.ie

Thanks for Listening

KEEP SAFE ☺

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