

Don't Be Mean Behind Your Screen'

Cyberbullying/Internet Safety Workshop

Tips for Caregivers

Devices

Be in control –**micro**-manage your child's device by setting up 'Parental Controls'.

1. Apply ground rules around the use of devices and put sanctions in place if the rules are broken (be consistent).
2. Set time limits for usage - especially for gaming and give a gentle reminder around 15mins from the end of playtime.
3. No healthy balance can have adverse effects on a child's friendships, academic performance, hobbies, and they could be at risk of addiction.
4. Be approachable - your child should feel comfortable coming to you with any questions they may have or situations they are unsure of, they need to be confident that you will not be cross or fly off the handle
5. Always SUPPORT *NEVER* PUNISH, this encourages good digital communication.
6. Try hold off on giving your child a smartphone for as long as you can, at least secondary school
7. If your child is putting you under pressure to get Apps or Games that are over their age limit, please ***DON'T GIVE IN***
8. NEVER, EVER allow young people to keep their devices overnight in their bedroom – this can lead to sleep deprivation

Discussion Points for Caregivers

1. Work together with your child to create the ground rules for use of technology, be realistic.
2. Open digital conversations by taking an interest in what they like to do online, start by finding out what games they like to play, what apps are relevant for their age group, and what social networking platforms are favourite with them and their friends.
3. If you are going to allow a child play online games, you must make them aware that not everyone is your friend when online, even if they are nice to you or make you feel special.
4. Express your fears around the dangers of the online and the pre world full of people that are not to be trusted.
5. Talk to them about the presence of predators and groomers they must NEVER share personal information with random players online.
6. When it comes to social media and messaging apps **ALL** online profiles must be set to PRIVATE.
7. People on their friend list must be known to them, especially on Apps like, Tik Tok and SnapChat.
8. Encourage them to NEVER share passwords with friends, their friend today may not be their friend tomorrow!
9. Talk to your children about *respect*, not only for themselves but also for others online.
10. Teach them to be KIND and COURAGEOUS if they see negative behaviour.
11. If they encounter negativity encourage them to record the evidence – using a SECOND DEVICE.
12. Help them to Report, Block, and Tell if they encounter negativity or someone they trust.
13. If a child confides in you never take away their device, as in their eyes it appears like they are being punished for a situation they had no control over.
14. Check in with them often, just to see how if they ever feel peer pressure moving forward on the digital ladder of progression
15. Be curious about social media, asking if ever changes the way they feel about themselves – encourage them to love who they are and not to compare themselves to anyone else.
16. Encourage young people never to post pictures, graphics or videos of themselves, or a friend under the age of 18yrs old, as this could have serious consequences.

Discuss all of the above points with young people and between you come up with a list of points on how you can use the Internet safely and responsibly.



If you need help find me on Facebook:

'Don't be mean behind your screen'

Or pop me an email: paulaoc100@gmail.com

