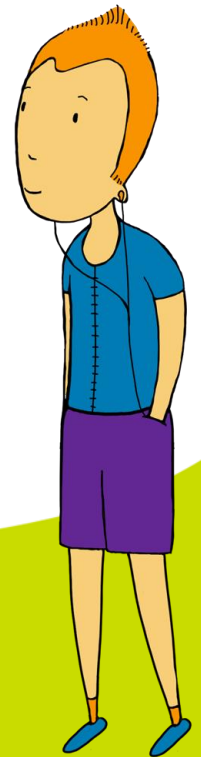# Growing up Digital

Opportunities and challenges for parents

How kids use media

- **Media:** communication technologies used to consume and create messages and images
- **Includes:** TV, video games, internet, mobile phones, books, magazines
- **Kids use media to:**
  - Socialise,
  - Communicate,
  - Create,
  - Play,
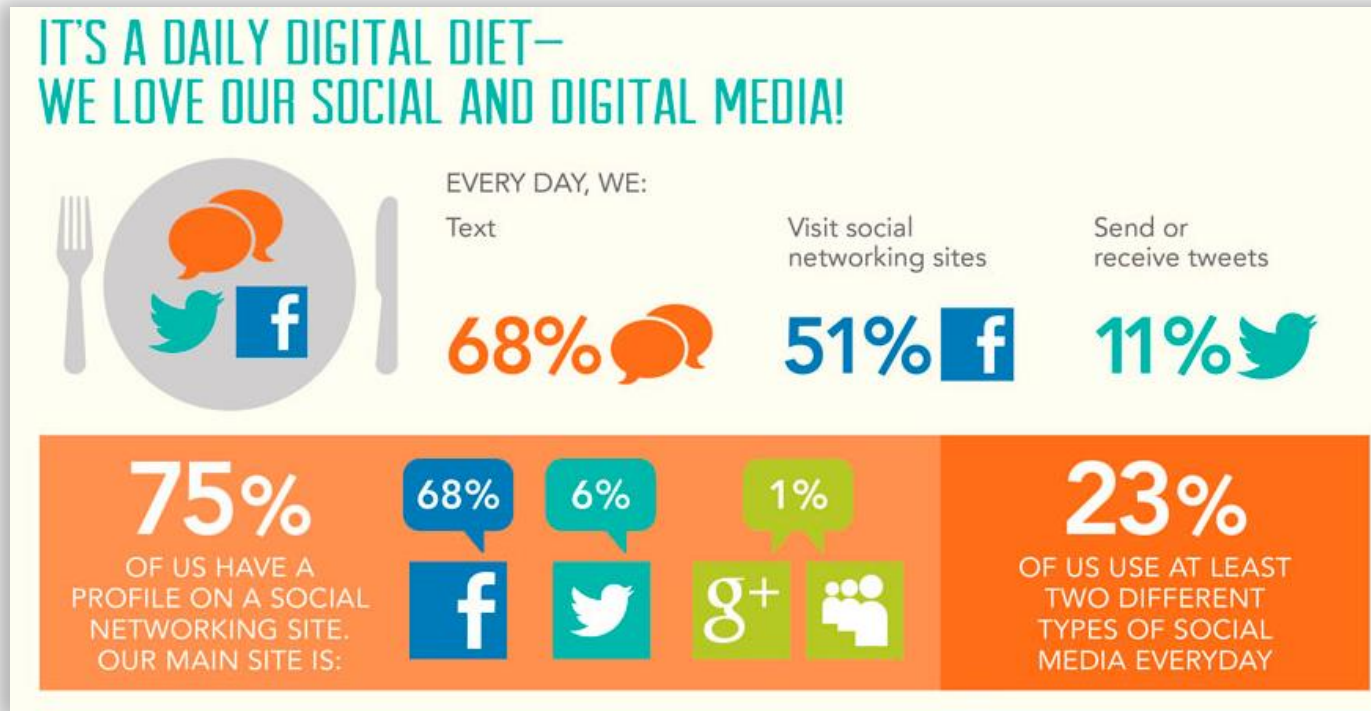 - Learn.

How kids use social media

- **Social Media:** web and mobile technologies that facilitate communication between people & organisations
- **Social Networks:** websites that allow kids to connect with friends, friends of friends and family
- **Communication 'hubs':** where kids 'friend' one another, 'write on walls', post public and private thoughts, and post comments, pictures and links to music
- **Most popular Social Media sites with kids**: Facebook, WebKinz, Kik, Instagram, Tumblr, Skype, Twitter, YouTube

What do we need to know?

How kids feel about social media

IT'S A DAILY DIGITAL DIET—
WE LOVE OUR SOCIAL AND DIGITAL MEDIA!

EVERY DAY, WE:

Text **68%** Visit social networking sites **51%** Send or receive tweets **11%**

75% OF US HAVE A PROFILE ON A SOCIAL NETWORKING SITE. OUR MAIN SITE IS: 68% 6% 1%

23% OF US USE AT LEAST TWO DIFFERENT TYPES OF SOCIAL MEDIA EVERYDAY

Source: Common Sense Media: Social Media, Social Life - How Teens View Their Digital Lives - 2012

We prefer face time to screen time

Talking in person is our favourite way to communicate because it's more fun and easier to understand what other people mean. If we can't do that we text.

Our favourite way to communicate is:

- In person (49%)
- By text (33%)
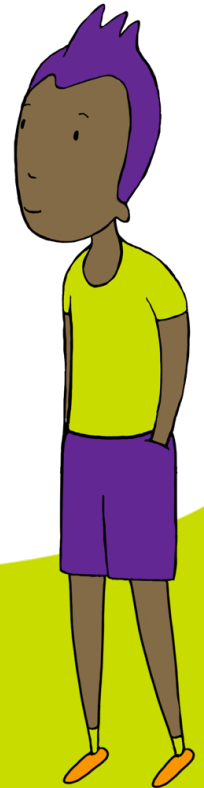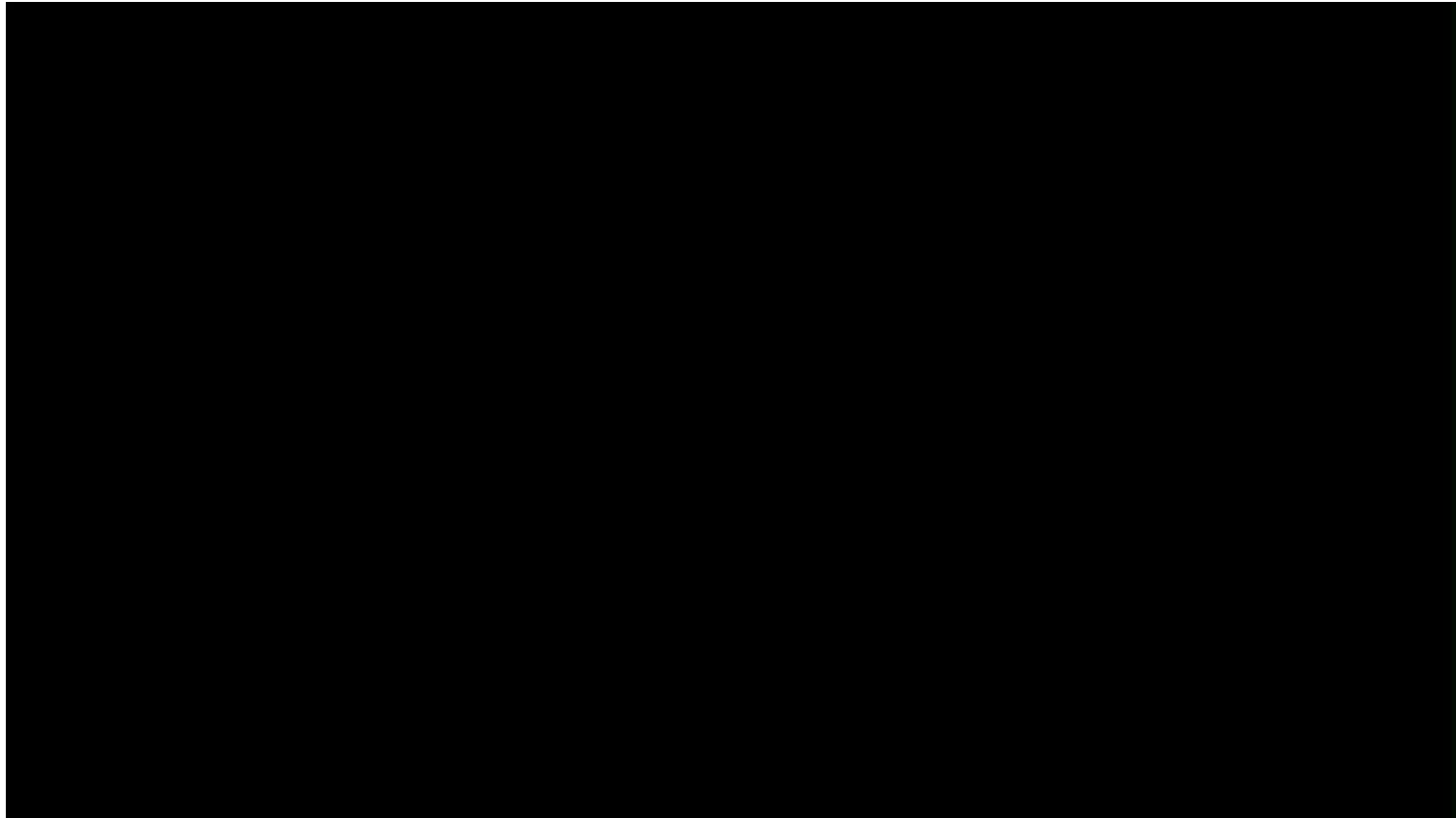- On social networks (%7)
- By phone (4%)
- On Twitter (%1%)

We prefer face time to screen time

Many of us believe that using social media:

- Takes away from time we can spend with others face to face (34%)
- Distracts us from the people we're with (44%)
- Creates frustration when our friends pay more attention to their gadgets than to us (45%)

Source: Common Sense Media: Social Media, Social Life - How Teens View Their Digital Lives - 2012

Source: Go Figure: Family Online Safety Institute

91% of teens with smart phones use social networking sites

- What did you find surprising/interesting ?
- Why do you think kids 'hide' their online activities from parents?
- Why do some kids ignore their parents' advice about being safe & responsible online ?
- Will you do anything differently?

Enhancing parents' knowledge and practice of online safety

Young people:

- make good use of the online security controls and privacy settings that are available,
- are particularly savvy about how to stay safe when using social networking sites,
- are influenced by their parents when it comes to being smart, safe, respectful and resilient online,
- draw upon school based education programs, peer networks, sibling relationships and conversations with adults for online safety strategies.

Source: Young and Well – 4th Feb 2013

Enhancing parents' knowledge and practice of online safety

Rather than sliding into a moral vacuum when they go online, young people draw upon the same moral framework that shapes their offline engagements.

This underlines the importance of parents continuing to have open and ongoing conversations with young people about their online activities that reiterate their family's values.

Source: Young and Well – 4th Feb 2013

What bothers Australian kids online?

The largest concern for Australian children is other people's **behaviour** online. 30% referring to it as their only or first mentioned concern.

Code responses that cover this category include:

- bullying,
- unwelcome conduct in general,
- other mean or aggressive conduct.
- people saying bad things about you.

What bothers Australian kids online?

- The youngest groups are more concerned about **content** and other risks.

- As children get older they become more concerned about **behaviour** and **contact** risks.

- Concerns about **inappropriate behaviour** is most common among the 9-10 year olds.

- Concerns about **bullying** increases with age and peaks at 13-14 years.

- Concerns about **unwanted sharing of personal information**, images or photos increase with age, becoming most common among the oldest group.
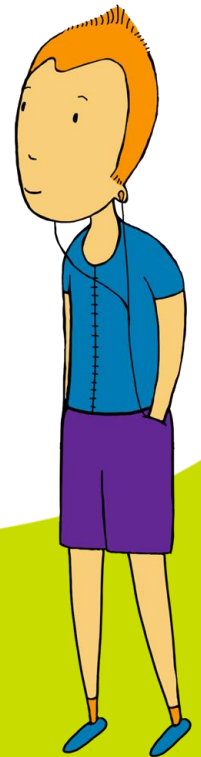
What do we need to do?

Common Sense media agreement

Family Media Agreement

I will ...

stay safe.

- ☐ I will not give out any private information, such as my full name, date of birth, address, or without my family's permission
- ☐ I will keep my passwords privat
- ☐ I will tell a trusted adult if anyon my safety is more important to
- ☐ _____

In exchange, my family agrees to ...

- ☐ recognize that media is a big part of my life, even if they don't always understand why.
- ☐ talk with me about what worries them and why, before saying "no."
- ☐ talk to me about my interests and help me find stuff that's appropriate and fun.

X _____
signed by me

X _____
signed by my parent or caregiver

Essentials Program

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Digital parenting: A checklist

- Embrace their world.
- Teach them to respect their devices and have 'screen free' time.
- Use parental controls on computers & devices.
- Help manage their digital footprints and reputation.
- Talk about The Golden Rule…if you wouldn't say something to someone's face then don't text it, Skype it, Facebook it, IM it or post it.
- Agree on downloads…which music, games, sites?
- Establish guidelines for managing time online and where they will use their devices.
- Reassure them that if anything happens that makes them feel scared, mean or suspicious and they tell you, you will not 'pull the plug'.

Source: Common Sense Media

Where can we find things to help us?

DEECD online toolkit

Cybersmart

Common Sense Media

Common Sense Media: Snapchat

Gaming

Why do kids love playing video games? Which ones do your kids like to play?

What are some of the positive - and negative effects video s could have on your child?

Can video games be educational? If so, how? What can kids learn?

How do you set and manage time limits for gaming in your home?

How do you try to ensure that you kids play games that are age - appropriate?

How can parents steer kids towards games that are fun and positive learning experiences?

What challenges or concerns have you experienced with your own child around gaming?

How have you handled the situation? What worked? What didn't?

What else do you need to know to help you manage gaming in your family?

What will you do?

- What will you do to engage with your kid's digital life?
- What questions do you have?
- What comments would you like to share?
- How will you keep current with what your kid is doing with devices and social media?

Thank You

Developed with Robyn Treyvaud, Founder Cyber Safe Kids, and Educational Consultant