

Digital Wellbeing Michaelmas 2017



Welcome to St Mary's new information leaflet about Digital Wellbeing. We will endeavour to provide information to students and parents about new apps and information covering technology and students' welfare. We hope you enjoy it!

Prince William launches anti-bullying plan to combat 'banter escalation scenarios'



Credit: The Telegraph 16th November

What is cyberbullying?

It's bullying behaviour on social networks, games and mobile phones, which can include spreading rumours about someone, or posting mean or embarrassing messages, photos or video.

The NSPCC says children may know who is behind the bullying, and it may be an extension of bullying in school or elsewhere, or the bully may be targeting someone using a fake or anonymous account.

Cyberbullying can happen at any time and anywhere, even when a child is alone in their bedroom, making it feel as if there is no escape.

The prince, together with tech firms, children's charities and parents, wants young people to follow the equivalent of a Green Cross Code for the internet - to "stop, speak, support".

Credit: BBC 16th November

- Speak to someone you trust
- Screenshot offensive messages
- Report abusive messages (see below web links)
- Boost your privacy settings (see above and below web links)



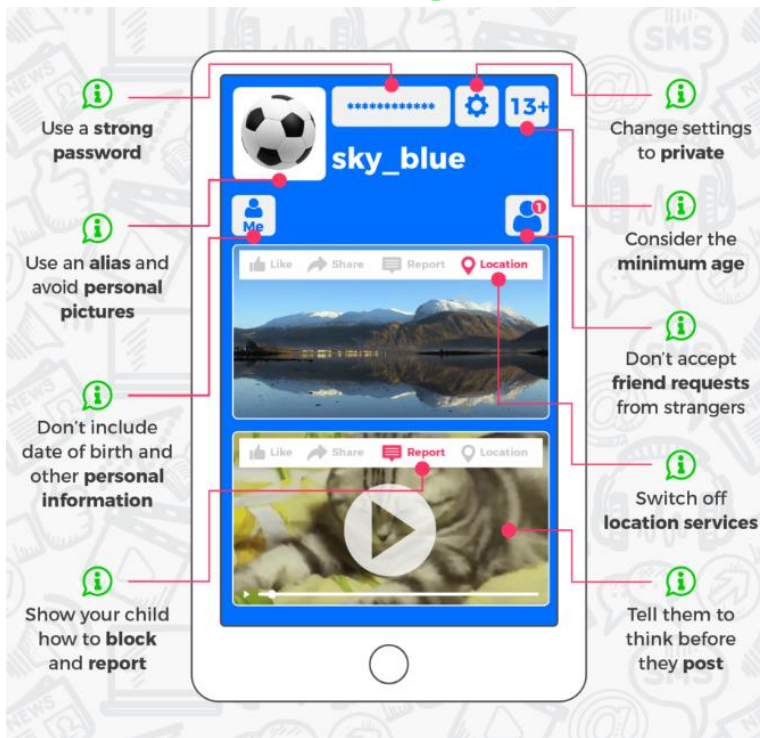
I'm a parent and think my child is being bullied online - what should I do?



Credit: internetmatters.org

What does a good social media profile look like?

Credit: internetmatters.org



Conversation Starter Tips

#1 Talk early and often

- Talk with children from an early age to make it easier to maintain good communication
- Have bite-size conversations that are relevant to them

#2 Choose the right time

- Choose to talk when you are due to spend some time together, like over a meal or during their bedtime routine
- Bring digital experience into normal, everyday conversations

#3 Open up and share too

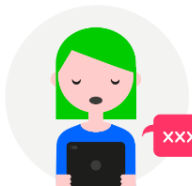
- Model the behaviour you want them to show by sharing about your day
- Be open and encouraging to make them feel supported

#4 Create a safe space

- Ask open-ended questions
- Ensure that your child feels listened to rather than cornered
- When they start talking, hold off with questions and really listen
- Be prepared, calm and patient with them

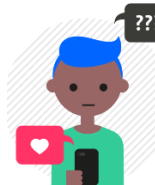
Things to cover in conversations

RESOLVING ONLINE ISSUES



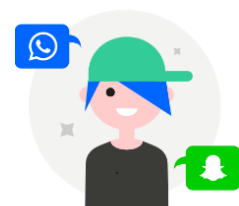
- Tools and strategies to deal with issues they may face online such as cyberbullying or seeing inappropriate content
- Where & how to report an issue – encouraging them to speak to an adult

CRITICAL THINKING



- Making them aware that some people hide behind fake profiles
- Being critical about what they see online as not everything is true
- Agreeing digital boundaries to allow them freedom to make informed decisions

BEST OF THE NET



- What they enjoy most about their favourite apps or sites
- The coolest sites and apps among their group of friends
- Talking about things online you can enjoy together and ways to stay involved in their digital world

Use app store settings to only show age appropriate apps

Check app and in-app purchasing requires a password

Review apps on your daughter's devices

Agree digital boundaries

Turn on Google SafeSearch

(see resources below)

On Wednesday 18th October students were profiled by their form tutors. During this time the rest of the girls participated in two events to build their mental health. One session the girls participated in was yoga and in the other they watched a TED Talk and discussed the issues raised. This is what they covered:

Is Social Media Hurting Your Mental health?



4 problems with social media:

Highlight Reel - people only share the 'best bits'

Social currency - gathering 'likes' and recognition can become addictive

FOMO (fear of missing out) - the need to constantly check in case you missed something

Online Harassment - the negative comments or posts that make you feel bad about yourself

4 ways to find social media wellbeing:

Recognise the problem - become aware and recognise the negative effects when they happen to you

Audit your social media Diet - monitor what goes into your head and heart. Did it make you feel better? If not, then get rid of it.

Create a better social media experience - you don't have to follow your friends or celebrities. Why don't you follow artists, funny cats or comedians instead?

Model good behaviour - Use it for good and help lift others up or laugh out loud, or to give you and others inspiration.

The full TED Talk can be found by clicking on this link:

https://www.youtube.com/watch?v=Czg_9C7gw0o

Common apps your daughters may be using

Children think these apps are positive because:

They like playing (games) with friends

They are able to build teams and work in teams (gaming)

They can see what their friends are doing and commenting on their posts

They can add (photo) filters

It is free to chat one-to-one or in groups

They can keep up to date with what friends and celebrities are doing

They can use privacy settings to restrict peoples access to their information and there are options to report inappropriate behaviour.

Minimum age according to the individual apps:

Moshi Monsters	No age restriction, but parents' email required
FIFA Mobile Football	3+
Minecraft: Pocket Edition	7+
ROBLOX	8+
Instagram	13+
YouTube	13+
Snapchat	13+
Facebook	13+
Whatsapp	13+
Periscope	13+
ooVoo	13+
Call of Duty: Black op Zombies	18+

Credit: <https://www.net-aware.org.uk/networks/?order=-popularity>



Privacy Settings

Think before you post!

You need to check your privacy settings on a regular basis when using social media. Companies regularly update or add new features, and you should manage who can contact you and see things you share online. You can usually find this in the settings section of the app.

- Make your account private
- Use a different name or a variation of your name
- Use an appropriate headshot or picture
- **Logging out** - always log out of online your accounts when leaving a device in order to secure the content, **and not just minimise the app!**
- **Google yourself** - review what is online about yourself and take steps to secure, update or remove content.
- **What content are you sharing about your children/family** - ensure the information you are posting about your children does not identify their school or location.

Useful Resources

Report abuse button: <https://www.thinkuknow.co.uk/>

<http://www.childnet.com/>



Nude Selfies: videos to help you talk to your child:

<https://www.thinkuknow.co.uk/parents/articles/Nude-selfies-a-parents-guide/>

Use this link to see safety advice, safety tools, terms and conditions and age requirements for different social media:

<https://www.saferinternet.org.uk/advice-centre/social-media-guides>

This website allows you to search for apps and will tell you the age range they are appropriate for and their safety features:

<https://www.net-aware.org.uk/>

More Information about SnapChat Snap Maps:

<http://www.childnet.com/blog/introducing-snap-maps-the-new-location-sharing-feature-in-snapchat>

<https://www.webwise.ie/parents/snap-map/>

Use this for general support and advice for parents to go to:

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>

Use this website to help you control use of computers and devices when you are at home:

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parental-controls-offered-your-home-internet-provider>

<https://www.thinkuknow.co.uk/parents/articles/Parental-controls/>

<https://support.apple.com/en-gb/HT201304>

Privacy Setting support:

App - Watchover for iOS

App - uKnowKids for Android, iOS and PC

<https://www.imore.com/how-manage-privacy-settings-iphone-and-ipad>

Support on Yellow (Social Media app):

<https://www.internetmatters.org/hub/news-blogs/yellow-dating-app-teens/>

Turn Google SafeSearch on or off

<https://www.google.com/preferences>

- Go to Search Settings.
- Under "SafeSearch filters," check or uncheck the box next to "Turn on SafeSearch."
- At the bottom of the page, select Save.