

Digital Parenting



YouTube



Alexa



Instagram



WhatsApp



Snapchat



Spotify



TikTok



Roblox



Gmail

Jess McBeath

jess
peace of mind online

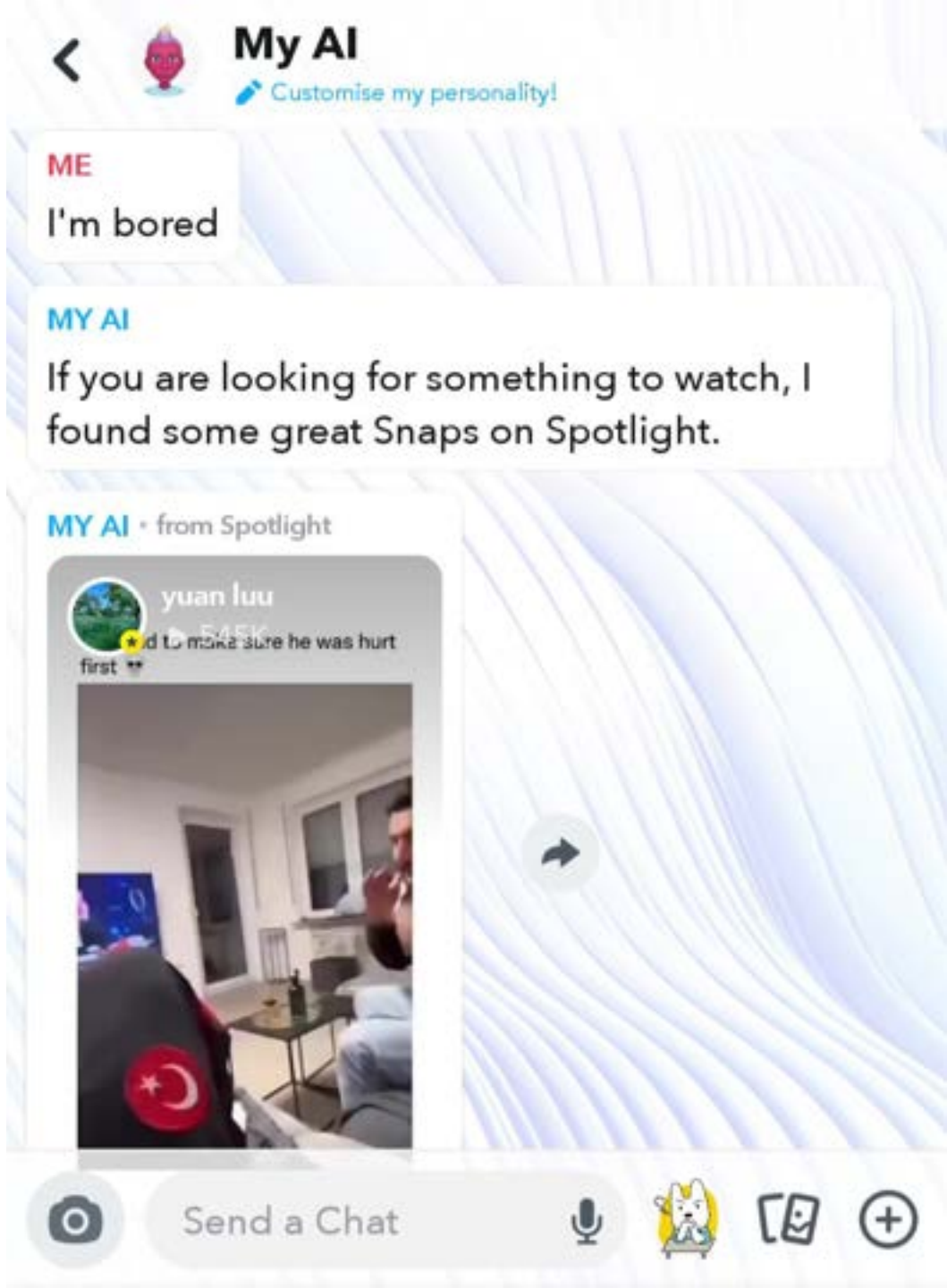
Agenda

- Tech trends and life online
- Digital parenting
- Scenario
- Tech for mental wellbeing
- Resources



Tech trends and life online

Snapchat: My AI

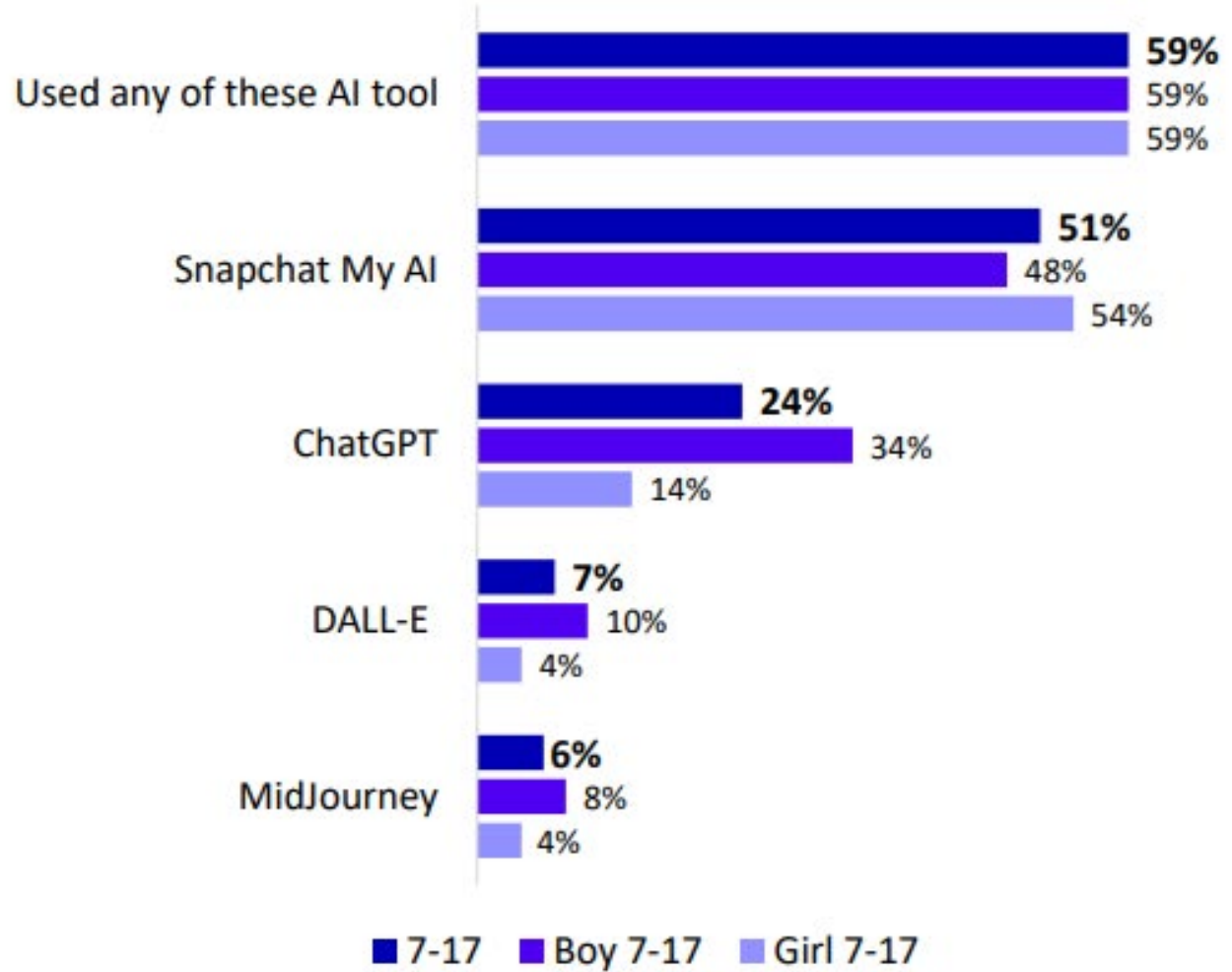




Online Nation

2023 Report

Online children who have used artificial intelligence tools



SORA

Create video from text

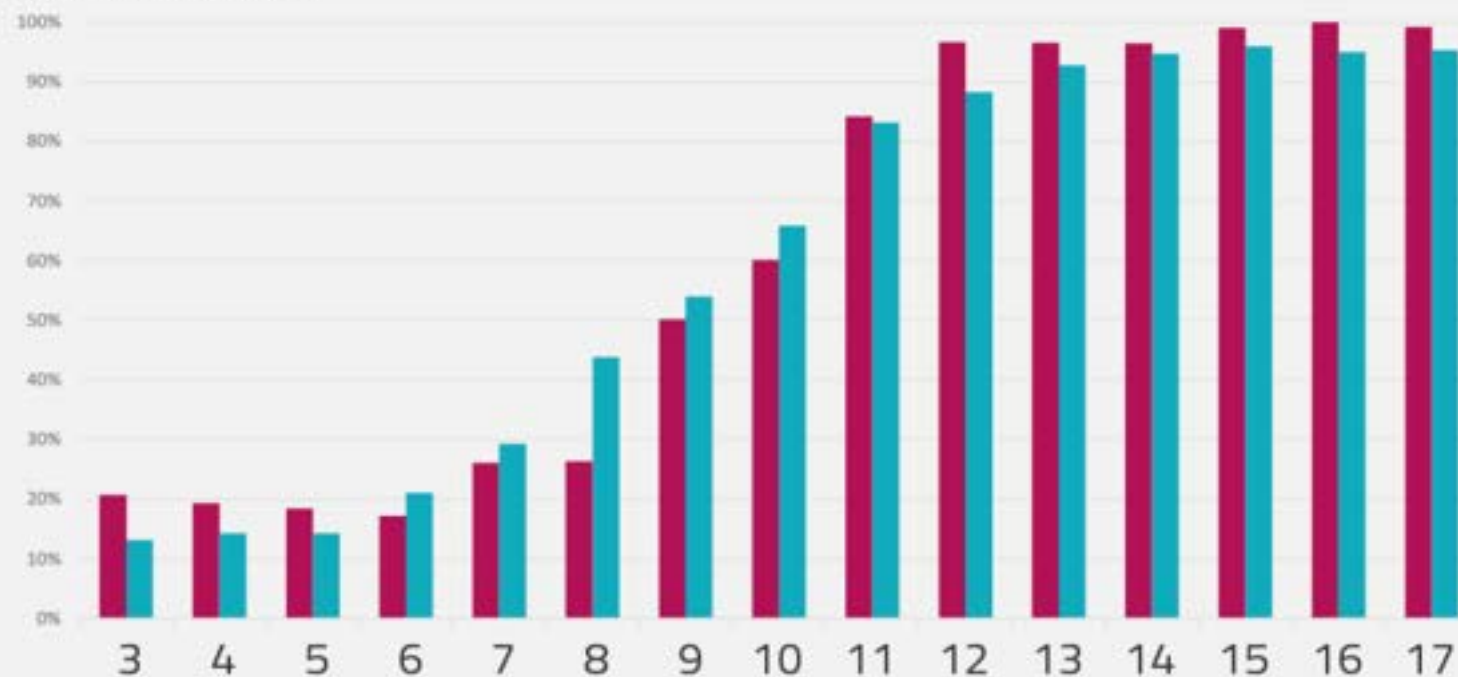
openai.com/sora

https://youtu.be/HK6y8DAPN_0?si=TjuS3GUiVYRgS3lv&t=403



Has profile on an app or site vs. Has own mobile phone, by age

Excluding YouTube/YouTube Kids



Has own mobile phone	21%	19%	18%	17%	26%	26%	50%	60%	84%	97%	97%	97%	99%	100%	99%
Has online platform profile	13%	14%	14%	21%	29%	43%	54%	66%	83%	88%	93%	95%	96%	95%	96%

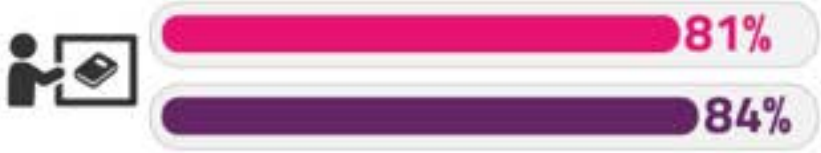
Ofcom

Children aged 12-17 vs. parents' views on the benefits of the internet

Being online helps me / them...



with schoolwork / homework



to build or maintain friendships



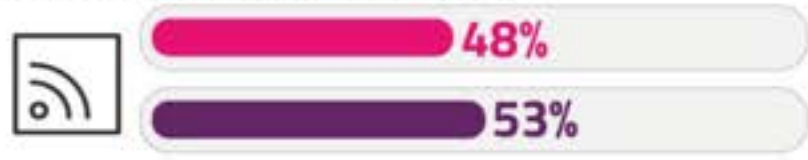
to find useful info about personal issues



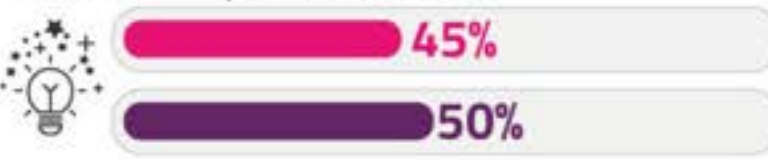
to learn a new skill



to find out about the news



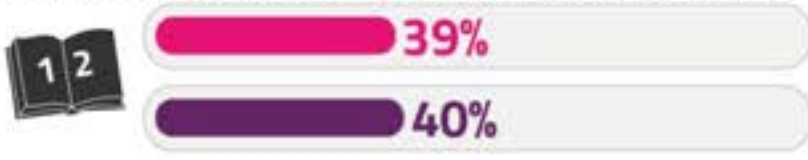
to develop creative skills



to understand what other people think and feel



to develop skills with reading and numbers



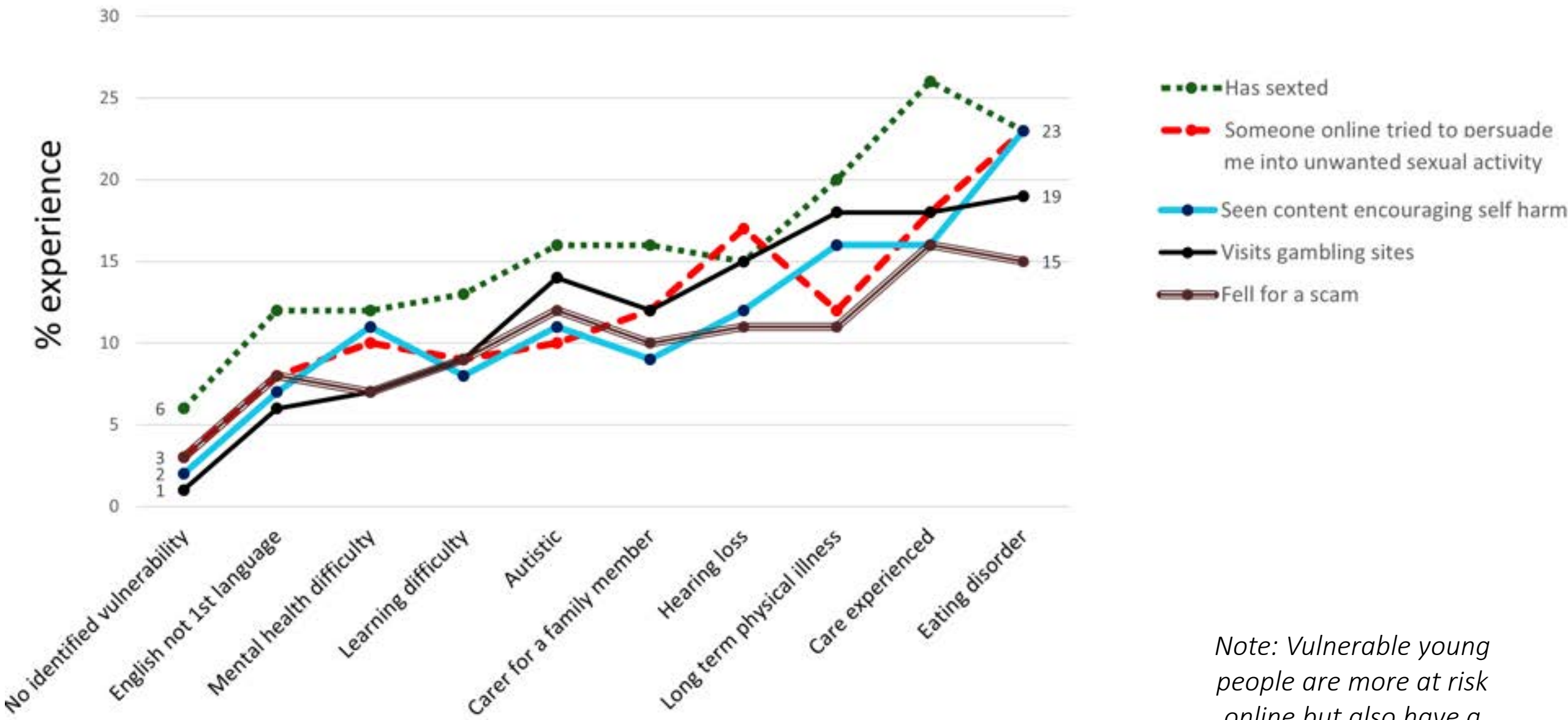
to find out more about, or to support causes



Every aspect of life!

Safe AND empowered





Note: Vulnerable young people are more at risk online but also have a greater need to be online.

Digital Parenting

Pre-birth - toddler
Passengers



Aged 3-4
Supervised Explorers



Aged 5-7
Increasingly Independent



Aged 8-11
Developing Skills



Risk avoidance



Risk management

Aged 12-15
Connecting and Creating



Aged 16-17
Branching Out





Understand

An individual understands when they are at risk online and can make informed decisions about the digital space they are in



Know

An individual knows what to do to seek help from a range of appropriate sources



Learn

An individual learns from their experiences and is able to adapt their future choices, where possible



Recover

An individual can recover when things go wrong online by receiving the appropriate level of support to aid recovery

DIGITAL RESILIENCE

What does 'good' behaviour online look like?



- Respect and kindness



- Responding to inappropriate content or people appropriately



- Privacy and digital footprint – not oversharing



- Safety and security – passwords! Asking for help.



- Critical thinking



- Balanced lifestyle

=> Are we talking about the kids....or ourselves?!

Role modelling

Scenario

13-year-old Cara has become secretive with her phone. She accidentally leaves it out and her mum Jen sees a message on the screen. It says, 'Stupid cow!'

Jen asks Cara what happened. Cara gets annoyed and says her mum should stop poking around her stuff.

What would you advise Jen to say now?

- A. "I'm sorry, but we need to talk about it now"**
- B. "OK, whatever you want. I trust you"**
- C. "Fine. I really don't care about your teenage squabbles"**
- D. "Hand the phone over now or you won't see it again until Christmas"**

Permissive

"Whatever you want!"

- Low expectations
- Few rules
- Indulgent
- Accepting
- Lenient
- Avoids confrontation
- Warm

Authoritative

"Let's discuss this."

- High expectations
- Clear standards
- Assertive
- Democratic
- Flexible
- Responsive
- Warm

Uninvolved

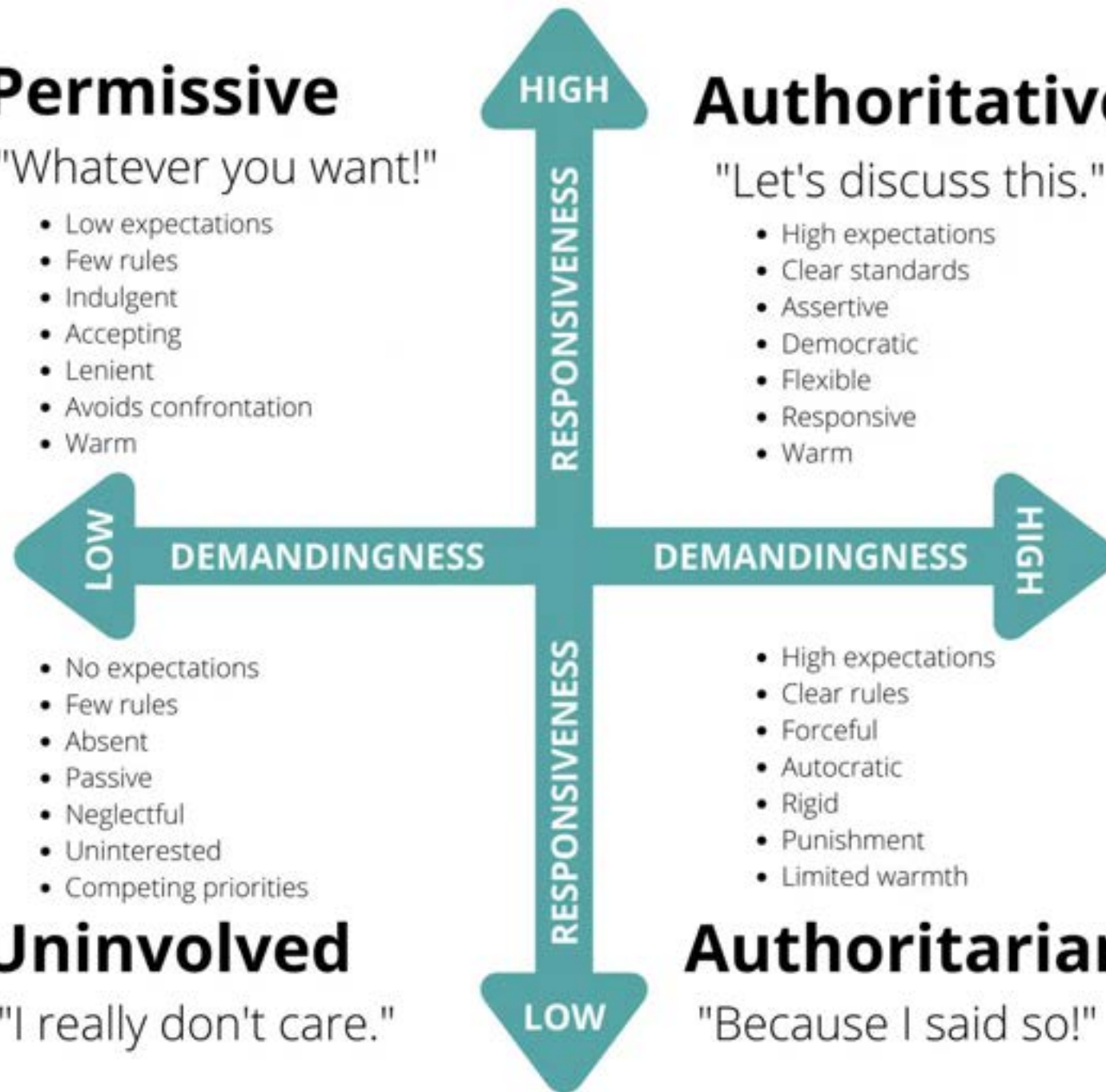
"I really don't care."

- No expectations
- Few rules
- Absent
- Passive
- Neglectful
- Uninterested
- Competing priorities

Authoritarian

"Because I said so!"

- High expectations
- Clear rules
- Forceful
- Autocratic
- Rigid
- Punishment
- Limited warmth



Cara explains that a boy at school used an AI app to make a fake naked video of a girl in his class. It's being shared between pupils on a messaging app.

Jen knows and likes the parents of both the girl and the boy. What would you advise Jen to do?

- A. Ask Cara to show her the video** so she can see how bad it is and then decide what to do.
- B. Tell the parents of the girl and the boy** so they can sort it out.
- C. Tell the school or phone the Police.**
- D. Show Cara how to report the video** to the messaging app.
- E. Warn parents in her local Facebook group** to delete the video on their children's phones, if it's there.

Intimate imagery

Illegal image if it's an under-18

Illegal even if fake AI imagery

Illegal to view, share or promote

- 1. “Thank you for telling me.”** Keep calm.
- 2. Do not view,** share, send or ask others to search for the video.
- 3. Report to the school/Police** (& get their advice on retaining evidence of messages/images if needed).
- 4. Remove:** Report it to the messaging app and any other apps that are being used to share it. Report to ReportRemove, IWF or TakeItDown to remove from public apps/websites and prevent further sharing. Delete from phone/cloud backups.
- 5. Reflect and review:** Support, conversations, access, boundaries, relationships.... And is the school planning further work?

Take **It** Down

Prevent someone else
sharing your image online

takeitdown.ncmec.org/



Nude image of you online?
We can help take it down.

Remove image that has
been publicly shared online

childline.org.uk/report-remove/



Help removing other harmful
content e.g. threats, impersonation,
self-harm, pornography

reportharmfulcontent.com



Advice and practical tips

[swgfl.org.uk/resources/
so-you-got-naked-online/](http://swgfl.org.uk/resources/so-you-got-naked-online/)



Report child sexual
abuse imagery

iwf.org.uk



Report child sexual
exploitation

ceop.police.uk

**What do
you think?**

**Should young people
spend less time on
screens?**

UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!



Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmovemore



Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



Family time together

Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.



Use helpful phone features

Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.



How can young people use digital to support positive mental wellbeing?

Dealing with stress: Music, meditation, film/story/podcast, games, coaching app (consider AI chatbot risks), sport apps e.g. step counter. No venting online!

Getting help: Messaging friends, online support service e.g. Childline, The Mix...

Purposeful: Following positive online influencers/content & managing or avoiding negative online people/content

Helping others: Volunteering online or supporting a cause

Broadening horizons: Learn to play an instrument. Learn a skill to help get a job or into college/uni.

What behaviours are they learning from you?

Empowered Digital Parenting



Parental controls can provide a safety net for younger children

Older children need your guidance to become responsible and ethical digital citizens.



From panic to empowering

Agree as a family how to use technology positively and safely. Have a daily conversation about how you've all used digital today.



Children learn from your actions, not your words

Share, learn and socialise online together. Be the digital role model they need.

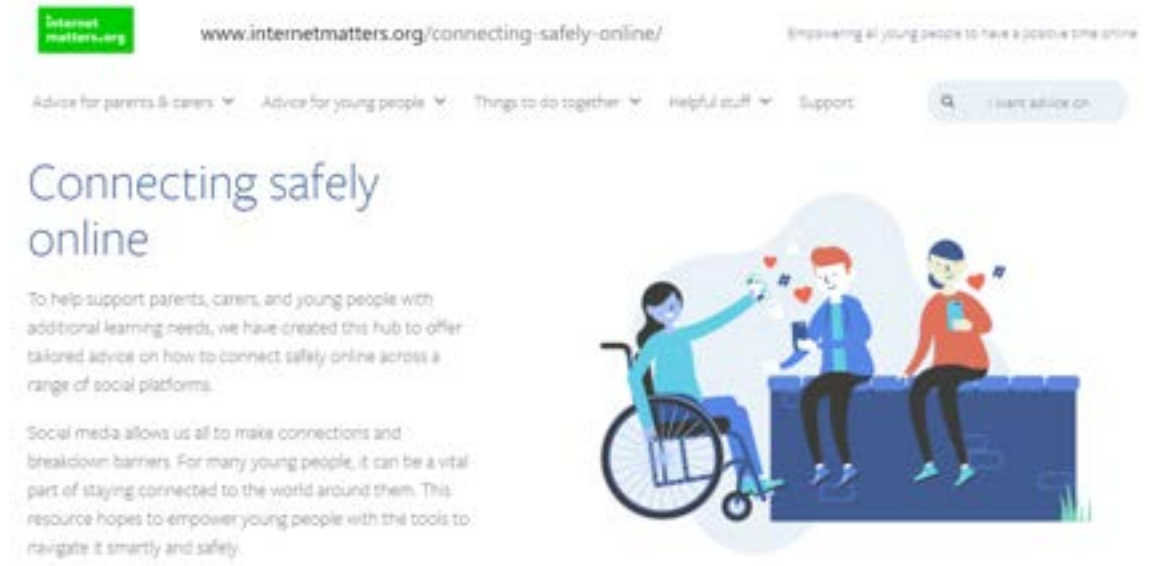
Resources



Digital Parenting Pro
One of the UK's largest parental controls and safety settings resources
Created in partnership with online safety experts Digital Awareness UK

Choose from a list of apps, games or devices below by clicking on the arrows to find out how to use their parental controls

- Social media & messaging apps
- Games
- Smartphones & tablets



www.internetmatters.org/connecting-safely-online/

Empowering all young people to have a positive time online

Advice for parents & carers | Advice for young people | Things to do together | Helpful stuff | Support

Connecting safely online

To help support parents, carers, and young people with additional learning needs, we have created this hub to offer tailored advice on how to connect safely online across a range of social platforms.

Social media allows us all to make connections and breakdown barriers. For many young people, it can be a vital part of staying connected to the world around them. This resource hopes to empower young people with the tools to navigate it smartly and safely.



REPORT HARMFUL CONTENT | reportharmfulcontent.com | Report | Advice

Helping everyone to report harmful content online

- Threats
- Impersonation
- Bullying and Harassment
- Self-harm or Suicide Content
- Online Abuse
- Violent Content
- Unwanted Sexual Advances
- Pornographic Content

Are you a young person under the age of 18? [Help](#)



Thank you



Jess McBeath

www.jessdigital.co.uk