

Digital Wellbeing & Cyber Safety: summary of webinar

Applications

All apps have live feed capability. All apps have a 13+ recommendation. This is driven by data collection law as not allowed to track children <13years.

- Yubo: this is the tinder for teens
- Tiktok: most popular platform especially with younger teens
- Instagram: predominant teen platform
- Onlyfans: more explicit content. Rated 18+. Adult entertainers prevalent.
- Gamers: Twitch & Discord dominant

Common Traits Apps

- Make short videos
- Public by default. Need to change to private settings
- All live streaming and comment capability

81% teens feel more connected with friends using social media

Risks of online activity

- More time online=>increased risk of exposure to harmful contact and/or content
- Cyberbullying
 - Don't respond or delete
 - Screenshot for evidence
 - Use online blocking & reporting mechanism
 - Check privacy settings on online accounts
 - Talk to school and/or gardai if serious threat, harmful or indecent
- Sexting
 - 88% of selfies end up on the internet (which were sent privately)
 - If find image do not screenshot, share or delete
 - Emphasis on containing image and supporting the child. Illegal 'Coco's law'
- Grooming & pornography
 - 53% 11-16year old boys have accessed porn believing its real
 - 48% 11-16year olds have seen porn online
 - Online its easy to pretend to be someone you are not. These 'Groomers' may want to extort e.g. take photos. Want to engage 1:1. Do not always want to meet up.
- Vault apps
 - Look out for these on phones. These will have images/photos kids do not want others to see

Highlight Safety

- Draw parallels with online and the real world.
- Stress that what you post is ALWAYS there
- Employers, colleges, landlords check social media for reference
- MAKE CONTENT PRIVATE
- Switch off location services (geotagging)

- Check if friends are real
- Kids are targeted by ads. Nothing is for free
- Explain dangers in age-appropriate terms
- Encourage sharing without automatic punishment
- Develop questioning skills and critically think about the online world
- Normalise talking about online activity at home
- Establish good digital etiquette
- Important for kids to learn to manage 'own' online time
- Turn off recommendations
- Turn off autoplay
- Limit single game sittings to maximum of 1 hour as > can lead to mood -altering behaviour

Monitor online activity as much as possible: TALK to your kids & address difficult topics

Benefits of technology

- Communication
- Creation
- Motivation
- Entertainment
- Participation
 - Look at 'Earth' project in Minecraft

How much screentime is enough?

It's not about the minutes BUT the quality time using it

- No definitive research to link social media to detrimental effects to prove causation
- HOWEVER does not negate the impact on self-esteem
 - 80% of girls use filters on selfies
 - Boys focus on fitness which can also lead to harmful diets, self-esteem issues

Algorithms

- A huge part of apps.
- Turn off tracking to avoid 'filter bubbles'
- Always targeted by advertising e.g. Facebook uses 96 points to target users
- Questions what you see e.g. Miguela, an online influencer with >3million followers is an AI robot

In summary

- Keep open dialogue
- Draw parallel with offline/real world
- Accept differences i.e. kids grew up with technology
- Do your own research
- Set limits and stick to them
- Model behaviour you want to see in your kids
- Discuss algorithms and online scams
- Build a community with other parents and support each other