



Children Staying Safe & Secure Online

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A Balanced View

For children to listen to our perspective we must present a **BALANCED** view of online activity

There are both advantages and disadvantages to time online



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Disadvantages

What aspects of being online do you worry about with your children?

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A Balanced View

Positive aspects of being online

- Gather information
- Store information
- Stay in touch
- Educational tasks
- Recreational games
- Make and track purchases
- Watch TV
- Learn new skills
- Do homework

Negative aspects of being online

- Possible inappropriate exposure (people and content)
- Decreased face to face time
- Time consuming / addictive
- Detachment from personal actions
- Changes in behaviour and tolerance
- Agitated emotions
- Real world becomes boring
- Impact on self-esteem

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The Dilemma

Several aspects of being online are incompatible with development



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What is Required?

S U P P O R T

The Objective

- On age appropriate sites / games / apps
- For appropriate lengths of time
- With known and appropriate people

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Skills Are Still Developing

Skills needed for using Social Media sites and YouTube

- Being able to process 'best life' photographs
- Not exaggerating in vocabulary, behaviour or poses
- Maintaining self-esteem despite online negative comments

Skills needed for gaming to remain healthy

- Managing thrill, high reward and competition
- Managing the desire to advance
- Disengaging from the game when not playing
- Maintaining other interests

Keeping track of time

Sticking to rules

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Reflect

Does your child have the right online skillset?
What skills might be missing?

Don't be afraid to take action when you see skill gaps



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PRESSURE

Apps and games develop new features regularly. Additional features can compromise safety

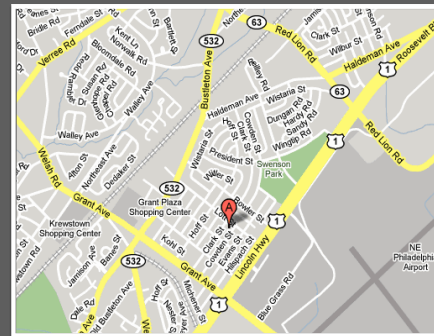
Be careful if you allow your child to break age recommendations at home

You will always have the pressure of 'Everyone else has it!'

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Just A Picture?



Personal Information

Nail Shop

Local Park

Corner Shop

Bus Stop

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PRESSURE

Avoid lengthy times online without a break

The **BEST** strategy is to have alternative uses for their time. Uses which both engage and excite, which you are happy to support and promote

Have Digital Breaks

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Foundational Questions

Don't provide a hand-held device without your foundational rules

- Which devices can they use?
- Who 'owns' the item?
- Which apps are allowed?
- Will you know passwords?
- Can they download apps without asking?
- How long can they be online / on a screen?
- Where will devices charge?

**BUILD
TRUST
AND
POSITIVE
EVIDENCE**

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PRESSURE

It is our job to know the content of games and apps. Check privacy and parental controls regularly

The BEST strategy is to stick completely to the age recommendations as a first position. Team up with like minded parents so your child is not isolated

Introduce Digital Balance

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Controls

Start as you mean to go on - Start tight and loosen based on age and evidence

EXTERNAL CONTROLS - RULES & RESTRICTIONS

Wifi connection

Timing restrictions

Content restrictions

Tracking apps

Common Sense Media, select 'Parents Need To Know'

INTERNAL CONTROLS - SELF MANAGEMENT

Relationship with you

Understanding from you

Boundaries underpinned by consequences

Established compliance

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Alternatives

Give other freedoms, especially with friends
Give away responsibility and control

Remember we make the rules in our homes but our children live with the impact

Talk through how to deal with teasing about your rules (e.g. evening cut-off times)

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Conclu sions



- The Internet is a very powerful tool and children are often too young to be there - they need support and boundaries
- Some effort is required from us, as parents, to stay up to date and informed
- If you need to have some difficult conversations, be brave, stay calm and listen too
- Most children will be OK most of the time, however, watch out for changes

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Staying Informed

ONLINE PROTECTION CENTRE

<http://keep.police.uk/>

ONLINE COMMUNITY FOR PARENTS

<http://www.unitedparents.com>

WIRED SAFELY

www.wiredsafely.org

COMMON SENSE MEDIA

DIGITAL PARENTS



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