

The Changing Online World: Including Online Safety and Gaming

Ridgeway School – 11th December 2024



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How far have we come since 1994? The world has changed in some ways but not in others...

Life for young people (and therefore parents) outside school:

1994:

playing outside,
reading books,
playing sport,
listening to music,
very little media consumption.

No socialising online – spending time with friends.

Considerable access to part-time jobs.



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How has childhood changed over the last 30 years?

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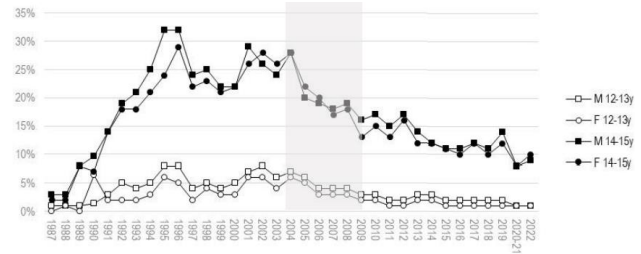
2024: There are now more pressures than ever before

Childhood & Adolescence has significantly changed compared to previous generations:

- **Constant surveillance /supervision.** Limited time outdoors & Socialising now mainly online. (Nat. Trust & Ofcom)
- **Highly processed diet** – consumption of processed food & constant glucose (Dale Pinnock)
- **Social Media:** Impact of persuasive design (5 Rights foundation) constant exposure to advertising and global levels of social comparison = impact on self esteem
- **The attention economy & constant notifications:** suppressing train of thought & ability to focus (Tristan Harris, Professor Marcus Raichle & Prof Susan Greenfield)
- **Cognitive impact of the pace of life online** (Prof Guy Claxton)
- **Reduction in levels of sleep** (Prof Charles Czeisler)
- **Sedentary posture** whilst consuming media for 5+ hours per day
- **Significant increase in peer influence and peer pressure**



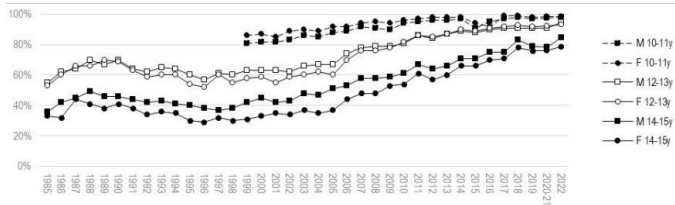
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Percentage of pupils ever trying cannabis, 1987-2022, by age and sex (shaded = period when Cannabis was moved from Class B to Class C)



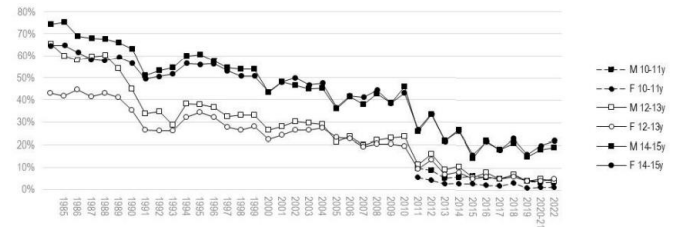
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Percentage of pupils who have never smoked at all, 1985-2022



7



Percentage of pupils who drank last week, 1985-2022



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The individual consumption of media



- 'On Demand'
- Constant news,
- Separate experiences,
- Decline in delayed gratification & self-regulation
- Entitlement Culture & Communication Stress
- Voicing anger online, Echo-Chambers - Polarisation & Cancel Culture

Average Daily Media Consumption (per UK citizen):

- 1991 – 20 mins
- 2011 – 1hour 30 mins
- 2019 – 3 hours 3 mins
- 2021 – 3hours 59 mins
- 2023 – 5 hours 3 mins

When we add in work, the average UK adult now spends **10 hrs 23 mins** using media or communications devices = **more than sleeping** (8hrs 21 mins)



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What are you most concerned about when it comes to your child's use of devices?

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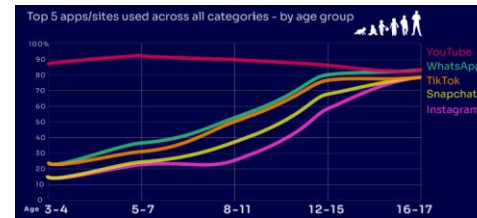
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What has changed over the last two years?

- Significant increase in online activity
- Significant increase in online child sexual exploitation and abuse
- Surge in in-game spending/gambling
- Increase in misinformation/fake news
- Increase of traffic to pornographic sites
- Lots more organisations coming on board to support parents, schools and children & young people

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More children are both using social media and gaming online compared to last year



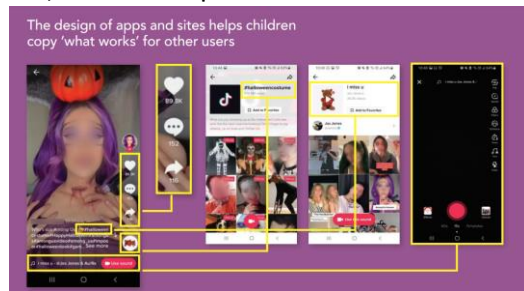
58% of 8-17s use multiple profiles on at least one social media platform

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Social Media: The impact of persuasive design

"The thought process that went into building these applications, Facebook being the first of them... was all about: 'How do we consume as much of your time and conscious attention as possible?' God only knows what it's doing to our children's brains."

Sean Parker, former Facebook president



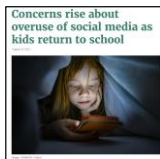
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2023 Young Minds survey:

- 42% of young people self-reported what they considered to be early signs of addiction to social media.
- 80% reported that they wanted to leave a social media platform for wellbeing reasons but felt unable to.



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Excessive gaming, problematic internet use, doom scrolling – all come under the umbrella of technology addiction:
Gaming addiction affects between 12% and 18% of the population

"30% to 40% of the population now have some kind of problematic behaviour with technology."

Professor Marcantonio Spada, Professor of Addictive Behaviours and Mental Health, London South Bank University.

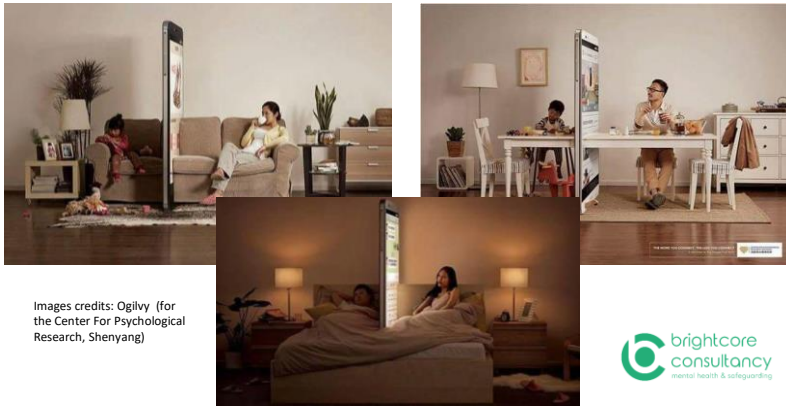


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“The more you connect, the less you connect”



Images credits: Ogilvy (for the Center For Psychological Research, Shenyang)



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Children’s Wellbeing in a Digital World (2024) Key Findings:



1. There’s cause for optimism:

Compared to previous years, children’s developmental, emotional and social experiences have improved. Children are more confident and independent and see greater inspiration from the digital space. Additionally, digital spaces make children feel like they’re part of a community.

2. Families are more connected:

Data shows greater involvement and oversight from parents. Additionally, parents report more conversations around children’s digital lives.

3. Children still experience significant downsides:

contact from strangers, loneliness. Both parents and children also worry about the impacts of screen time.

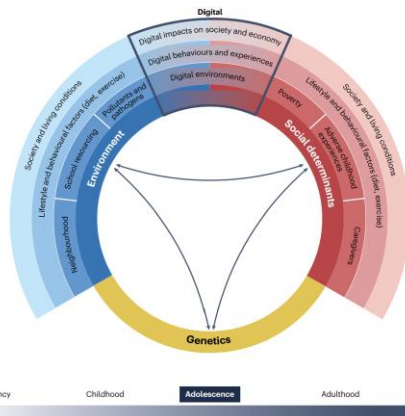
4. Parents continue to face challenges:

Parents struggle to keep up with constantly changing tech and interests. Additionally, they face increased anxiety about their children being online.

Parents feel the impacts of digital use taking attention away from family time.



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Factors contributing to adolescent mental health vulnerability



From: ‘Mechanisms linking social media use to adolescent mental health vulnerability’ Amy Orben, et Al. (June 2024)

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The Scale of Child Sexual Abuse

National Crime Agency – estimate of number of individuals posing a threat to children either through physical ‘contact’ or online:

- 2011: 50,000+
- 2016: 77,000+
- 2020: 300,000+
- 2022: 550,000+
- 2023: 680,000+
- Current Estimate: 710,00 to 840,000

52% of police-reported child sexual abuse reports relate to children aged 10 to 17 years-old offending against other children.



“The current estimate is that 1.3 – 1.6% of the adult population pose some degree of sexual risk to children: roughly ten times the prison population.

The figures partly reflect a better understanding of a threat that has historically been under-estimated, and partly a real increase groups sharing and discussing the images, has normalised such behaviours.” Graeme Biggar, Director General, NCA

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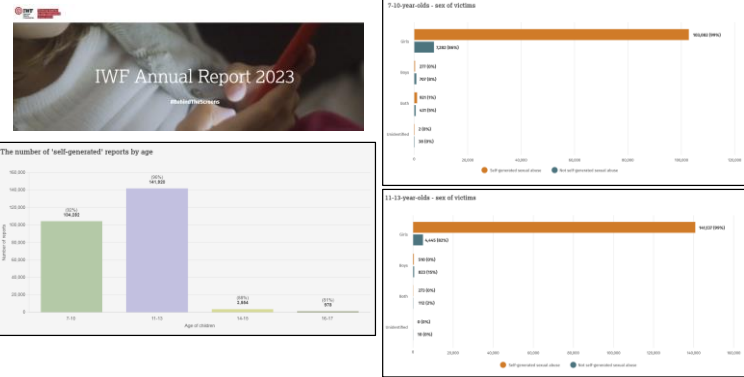
The Scale of Online Child Sexual Abuse

"We continue to see a significant increase in what is termed "self-generated" child sexual abuse content, created using webcams or smartphones and then shared online via a growing number of platforms."

- 2020 saw a 77% increase on 2019 in the amount of 'self-generated' abuse images or videos dealt with by the IWF (68,000 web pages in total)
- 2021 saw a 168% increase on 2020 - (182,281 web pages in total)
- 2022 saw a 10% increase on 2021 – (199,363 web pages in total)
- 2023 saw a 27% increase on 2022 – the figure is now 254,074 web pages



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SEXTORTION:

- Criminal gangs, often based abroad, create fake identities using stolen photos to befriend people.
- They are finding their victims by going on social media (mainly Snapchat and Instagram) platforms and searching for high schools and youth sports teams, and then 'following' or 'friending' to start the conversation.
- After brief flirting online, the scammers move towards sexualised chat and start sending and requesting explicit photos. Once these have been provided, the criminals demand money, warning that if they don't get paid, the images will be shared with the victim's social media contacts, such as family and friends.
- Sometimes the blackmail takes other forms. Where victims are told to carry out other crimes, such as selling drugs or allowing malware to be installed on family computers. The NCA report that gangs are increasingly using artificial intelligence to make the scams more convincing.

Criminals are selling guides on social media on how to carry out sextortion

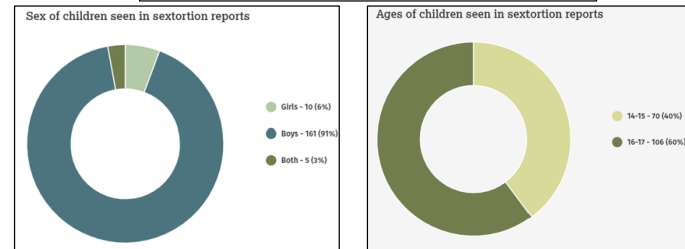


Dinal De Alwis, 16, took his own life after he was blackmailed by someone on Snapchat



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Sexually coerced extortion

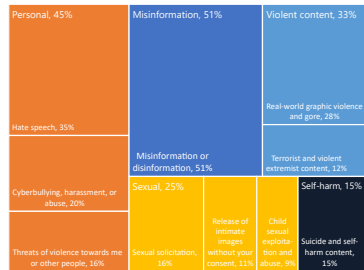


There was a 257% increase in Sextortion cases from 2022 to 2023



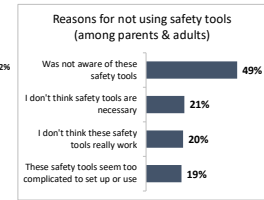
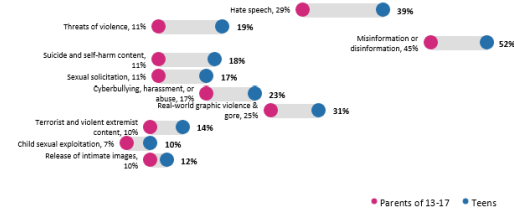
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The single most common reported risk was misinformation or disinformation, followed closely by personal attacks



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Parents of teens underestimated every risk their teenager might have been exposed to



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Tik Tok's Algorithm & Misogynistic content

This research has explored how social media platforms, and their algorithmic processes, are putting young people at risk through exposing them to increasingly harmful material, which is now presented as entertainment in young people's feeds. Hateful ideologies and misogynistic tropes are becoming normalised in young people's behaviours both online and offline. After only 5 days of TikTok usage, our research shows a fourfold increase in the level of misogynistic content being presented on the "For You" page of an individual's TikTok account. The algorithm privileges more extreme material, and through increased usage, users are gradually exposed to more misogynistic ideologies which are presented and gamified through soft or humorous cultural forms.

The National Policing Statement for VAWG, commissioned by the National Police Chiefs' Council and College of Policing, found:

- There has been a 40% increase in VAWG crime involving technology



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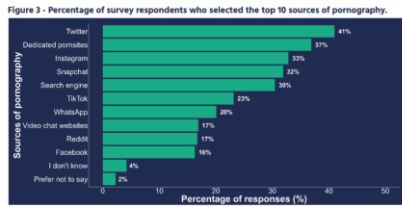
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Do you think your child has seen pornography online?

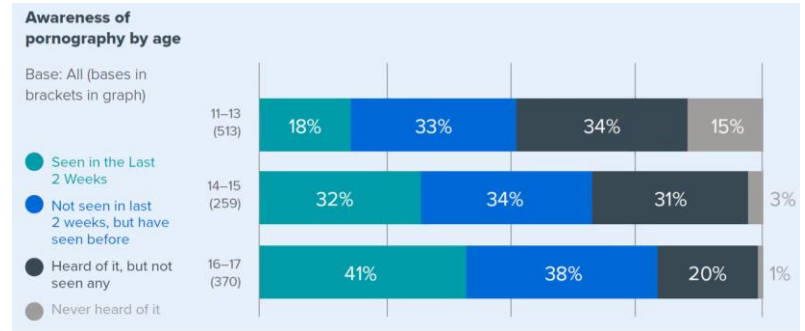
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- Many children are first exposed to pornography at a very young age.
 - 10% had seen it by age 9
 - 27% had seen it by age 11

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Sharing nudes: the normalisation of CSAM

Most of the children interviewed said they'd seen sexual or nude images and videos shared on Snapchat, often of other children.

Buying and selling: the Snapchat marketplace

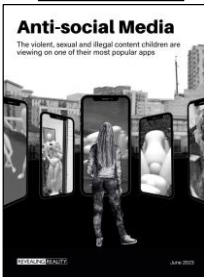
"They add it on their story and they say, 'Who wants this for this much amount of money?' They'll sell edibles, weed, balloons. Weapons as well. Rambos, samurai swords, knuckle-dusters, all sorts of things."

Popularity is power

Follows, shares and views get you 'clout' on Snapchat, so there's an incentive to share whatever gets attention. And often this is violent or sexual content, sometimes of illegal activity.

Making people say sorry

Almost all the young people reported seeing a particular kind of video on Snapchat that entailed people being humiliated. Often this came in the form of the victim being forced to beg, apologise or do something humiliating on camera



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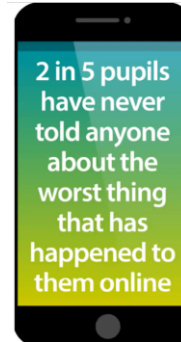
Would your child tell you if they got into trouble online?

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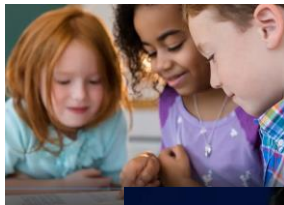


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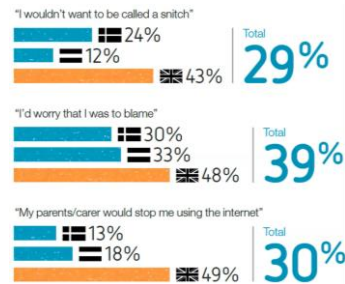


- worried they'll get in trouble at school/home
- embarrassed
- lack the words or means to explain
- not sure what would happen if they told an adult
- worried about being called a 'snitch'
- can't see how an adult could help

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We need to create a culture where they will tell us...



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Important messages for young people to hear




- Responsibility always rests with the perpetrator
- You are not stupid, bad or to blame; what has happened to you is understandable
- You can recover and move on
- We can help you understand what has happened

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How many of these apps could you name?

① Start presenting to display the poll results on this slide.

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Report any problems...
<https://reportharmfulcontent.com>



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But what about the positives?

We now have a generation of children and young adults who are:

- Highly skilled in digital technologies and eager to learn and develop new skills
- More mentally agile
- More emotionally literate, open and engaged
- More environmentally conscious
- Willing to campaign, organise and lobby for change.

Inspiring change? The future online

- 61% of young people say they have regularly sent a friend a kind message online if that friend felt sad or unsafe online.
- 64% of 15-year-olds have changed their profile picture online or added a filter to support a cause or campaign in the last year.
- 39% feel that online influencers inspire them to have a positive impact in the world.
- 66% saying they feel excited about changes including developments with artificial intelligence, virtual reality headsets and new social media apps.

UKSIC research data - 2024

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How has technology improved my life?

High-Resolution camera and camcorder in my pocket at all times

Apps that enable me to:

- Curate & create music
- Lock, locate & air-condition my car
- Get a taxi
- Find my way around unfamiliar cities & avoid traffic jams in real time
- Control my central heating
- Do my Banking / finances
- Play games
- Watch films, TV Shows & Live Sport
- Support MH&W - Meditation / Therapeutic interventions



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I love technology.

- Staying Connected Locally & Globally - Family & Friends
- Having Fun – Music – Playing / Production (& Transportation!)
- Improving my work – Communication, Presentation & Research



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How has technology improved my life?

Apps that enable me to:

- Instantly access any book that I want to read
- Organize my diary
- Pay bills
- Get anything I want delivered within hours
- Access the knowledge of the world at my fingertips
- Baby monitor when my daughter was tiny
- Look after my health & fitness
- Cook the perfect steak

And yet, we have to remember that technology is a trade...



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Useful Resources for Parents



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Resources Blog Who we are What we do What you can do

Teachers & professionals Parents & carers Young people Q

Childnet

Help, advice and resources for parents and carers

Offer your children support and guidance with our range of online safety guides

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Connect school to home
Presentation packs to support parents

When it comes to children and young people's online safety, parents often only see schools. This may be because of their trust in teachers' ability to pick up on issues arising in class because they see evidence.

We have designed the below resources to support parents and carers as they tackle their child's online safety.

Parent Presentations

Download this selection of online safety presentations, along with scripts, to support parents and carers as they learn about the importance of online safety, making connections between school and home will help young people take charge of staying safe online.

Parenting in a digital world
Gives parents support with tackling online issues and modern technology.
10 minute read
[DOWNLOAD NOW](#)

Cyberbullying
Gives parents support on cyberbullying and the resources available.
10 minute read
[DOWNLOAD NOW](#)



What do I need to know about online pornography?

As children explore the internet they can sometimes come across sexual content accidentally, and some of what they become exposed to may be unlawful, harmful pornography and extreme images. But there are steps you can take to limit their exposure to this kind of inappropriate content.

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www.internetmatters.org

Step-by-step Guides

Click on the guides for step-by-step instructions to set controls on popular devices.

Gaming console
Xbox One, Xbox Series X/S, PlayStation 4, PlayStation 5, Wii, Wii U, PS3, PS4, PS5, PS Vita, Nintendo Switch, Steam, Nintendo DS, Xbox 360, Xbox One, Xbox Series X/S, Xbox Live, Xbox Game Pass, Xbox Live Gold, Xbox Live Silver, Xbox Live Bronze, Xbox Live Green, Xbox Live Blue, Xbox Live Gold, Xbox Live Silver, Xbox Live Bronze, Xbox Live Green, Xbox Live Blue.

Broadband & mobile networks
BT, BT Mobile, BT Broadband, BT Business, BT Sport, BT TV, BT X, BT Wholesale, BT Wholesale Business, BT Wholesale Consumer, BT Wholesale Enterprise, BT Wholesale International, BT Wholesale Managed Network, BT Wholesale Managed Network (EU), BT Wholesale Managed Network (UK), BT Wholesale Managed Network (US), BT Wholesale Managed Network (Canada), BT Wholesale Managed Network (Australia), BT Wholesale Managed Network (Japan), BT Wholesale Managed Network (South Korea), BT Wholesale Managed Network (India), BT Wholesale Managed Network (Brazil), BT Wholesale Managed Network (Mexico), BT Wholesale Managed Network (Argentina), BT Wholesale Managed Network (Chile), BT Wholesale Managed Network (Colombia), BT Wholesale Managed Network (Peru), BT Wholesale Managed Network (Venezuela), BT Wholesale Managed Network (Ecuador), BT Wholesale Managed Network (Bolivia), BT Wholesale Managed Network (Paraguay), BT Wholesale Managed Network (Uruguay), BT Wholesale Managed Network (Costa Rica), BT Wholesale Managed Network (Panama), BT Wholesale Managed Network (Cuba), BT Wholesale Managed Network (Honduras), BT Wholesale Managed Network (Nicaragua), BT Wholesale Managed Network (Guatemala), BT Wholesale Managed Network (El Salvador), BT Wholesale Managed Network (Haiti), BT Wholesale Managed Network (Cuba), BT Wholesale Managed Network (Honduras), BT Wholesale Managed Network (Nicaragua), BT Wholesale Managed Network (Guatemala), BT Wholesale Managed Network (El Salvador), BT Wholesale Managed Network (Haiti).

Social media
Facebook, Messenger, WhatsApp, YouTube, Instagram, LinkedIn, Snapchat, Twitter, Telegram, YouTube, YouTube Music, YouTube TV, YouTube Kids, YouTube Gaming, YouTube Live, YouTube Shorts, YouTube Vlogs, YouTube Music, YouTube TV, YouTube Kids, YouTube Gaming, YouTube Live, YouTube Shorts, YouTube Vlogs.

Entertainment & Search engines
Amazon Prime Video, Netflix, Disney+, BBC iPlayer, ITV Hub, Channel 4, Channel 5, Sky TV, Sky Go, Sky Now, Sky Sports, Sky News, Sky One, Sky Two, Sky Three, Sky Four, Sky Five, Sky Six, Sky Seven, Sky Eight, Sky Nine, Sky Ten, Sky Eleven, Sky Twelve, Sky Thirteen, Sky Fourteen, Sky Fifteen, Sky Sixteen, Sky Seventeen, Sky Eighteen, Sky Nineteen, Sky Twenty, Sky Twenty One, Sky Twenty Two, Sky Twenty Three, Sky Twenty Four, Sky Twenty Five, Sky Twenty Six, Sky Twenty Seven, Sky Twenty Eight, Sky Twenty Nine, Sky Thirty.



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Useful Resources: Gaming



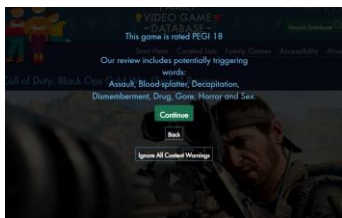
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www.familygamingdatabase.com

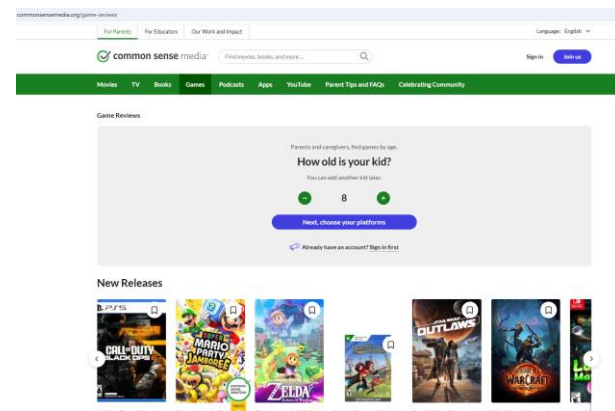


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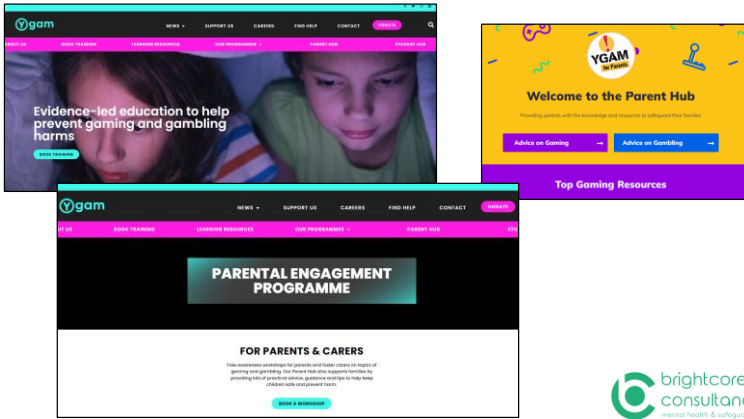
www.familygamingdatabase.com



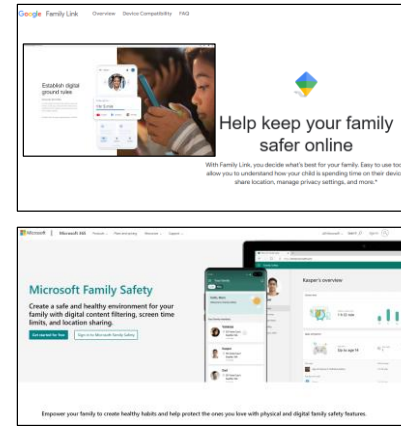
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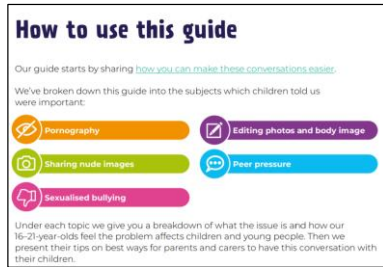
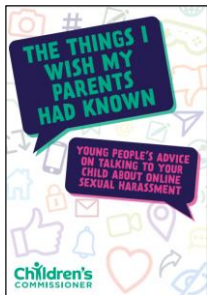
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<https://www.childrenscommissioner.gov.uk/report/talking-to-your-child-about-online-sexual-harassment-a-guide-for-parents/>



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Useful Resources:



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HeadStart Kernow's Digital Resilience Tool



Devices

Behaviour	0-5 years	6-8 years	9-12 years	13-15 years	16-18 years
Being off with a tablet/Smartphone when asked to do so	Potentially Harmful	Potentially Harmful	Not Harmful	Not Harmful	Not Harmful
Responsibility of their own devices	Potentially Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Engagement with digital devices	Potentially Harmful	Potentially Harmful	Not Harmful	Not Harmful	Not Harmful
Being off alone with a tablet/Smartphone control in place for up to 20 minutes	Potentially Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Interacting with a digital device	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Spoken or aggressive responses to children use of devices (physical and emotional for their child)	Potentially Harmful	Potentially Harmful	Not Harmful	Potentially Harmful	Potentially Harmful
Answering personally via connected device	Potentially Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful
Response personal controls	Harmful	Harmful	Not Harmful	Not Harmful	Not Harmful
Waiting for a device as soon as they pick up	Potentially Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful
Being nervous that an hour before bedtime	Potentially Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful
Use of digital devices after bedtime	Harmful	Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful

Education

Behaviour	0-5 years	6-8 years	9-12 years	13-15 years	16-18 years
Learning how devices work	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Learning how to write codes with supervision	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Learning how to write code without supervision	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Doing homework alone	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Appropriate use of technology	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Answering up with them on or via use of technology	Harmful	Harmful	Harmful	Harmful	Harmful
Using creative skills to find out about personal issues	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Using online sources to find out about personal issues	Not Harmful	Potentially Harmful	Not Harmful	Not Harmful	Not Harmful
Seeking validation or praise online	Not Harmful	Harmful	Harmful	Potentially Harmful	Potentially Harmful
Reading books on an appropriate age e.g. self-harm depressive coping strategies	Not Harmful	Not Harmful	Not Harmful	Potentially Harmful	Potentially Harmful
Guided researching/learning	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Writing a blog	Not Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful
Account they will be using when they are in their 10s	Not Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful
Learning about their history and discussing their opinions	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful

Gaming

Behaviour	0-5 years	6-8 years	9-12 years	13-15 years	16-18 years
Obsessed sleep through device dependence/gaming	Harmful	Harmful	Harmful	Harmful	Harmful
Online gaming	Harmful	Harmful	Harmful	Harmful	Harmful
Receiving gifts in online games from family members	Potentially Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful
Receiving gifts in online games from strangers (someone unknown to parent)	Harmful	Harmful	Harmful	Harmful	Potentially Harmful
Gaming alone	Potentially Harmful	Potentially Harmful	Not Harmful	Not Harmful	Not Harmful
Playing age-appropriate games with a family member	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Watching a family member play age-appropriate games	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Age-appropriate gaming with adult supervision	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Playing age-restricted games unsupervised	Harmful	Harmful	Potentially Harmful	Potentially Harmful	Not Harmful
Playing age restricted games with direct parental supervision	Potentially Harmful	Potentially Harmful	Not Harmful	Not Harmful	Not Harmful
Filming themselves/friends playing age-appropriate games	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Gaming (on or offline) in line with age restrictions	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Age appropriate multiplayer online gaming	Potentially Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful
Playing ads for offer of rewards	Potentially Harmful	Potentially Harmful	Harmful	Harmful	Harmful
Prolonged period of upset or anger after gaming	Harmful	Harmful	Harmful	Harmful	Harmful

Watching Content

Behaviour	0-5 years	6-8 years	9-12 years	13-15 years	16-18 years
Being obsessed with celebrities, wanting to be a specific celebrity	Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful
Accessing illegal content	Harmful	Harmful	Harmful	Harmful	Harmful
Watching age-appropriate digital content with friends unsupervised	Harmful	Potentially Harmful	Not Harmful	Not Harmful	Not Harmful
Role modelling age-appropriate characters	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Watching online content on a device with parental controls	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Watching films/TV online alone	Harmful	Potentially Harmful	Potentially Harmful	Not Harmful	Not Harmful
Not being able to sleep after seeing scary or upsetting content online	Harmful	Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful

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Relationships and Sex

Behaviour	0-5 years	6-8 years	9-12 years	13-15 years	16-18 years
Setting up a fake social media account to explore gender identity or sexuality	Not Applicable	Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful
Taking and sending/sharing images/text for any reason	Harmful	Harmful	Harmful	Potentially Harmful	Potentially Harmful
Accidentally revealing nudes	Harmful	Potentially Harmful	Not Harmful	Not Harmful	Not Harmful
Sexualised posing online	Harmful	Harmful	Harmful	Harmful	Harmful
Self webcamming	Harmful	Harmful	Potentially Harmful	Harmful	Harmful
Sending nudes	Harmful	Harmful	Harmful	Harmful	Harmful
Retention of indecent images of peers	Harmful	Harmful	Harmful	Harmful	Harmful
Forwarding nudes of other young people, including friends, without consent	Harmful	Harmful	Harmful	Harmful	Harmful
Pressuring someone to send nudes/sex	Harmful	Harmful	Harmful	Harmful	Harmful
Corruptive behaviour toward others using digital technology (for example tracking others, accessing other people's accounts)	Harmful	Harmful	Harmful	Harmful	Harmful
Accessing dark web** to engage with services (for example buying drugs online, downloading extreme pornography)	Harmful	Harmful	Harmful	Harmful	Harmful
Frequent access to pornography	Harmful	Harmful	Harmful	Potentially Harmful	Not Harmful
Accessing pornography as a sex act	Harmful	Potentially Harmful	Potentially Harmful	Not Harmful	Not Harmful
Watching violent/obscene pornography	Harmful	Harmful	Harmful	Harmful	Harmful

Relationships and Sex - Continued

Behaviour	0-5 years	6-8 years	9-12 years	13-15 years	16-18 years
Compulsion** use of pornography	Harmful	Harmful	Harmful	Harmful	Harmful
Finding out about sexual behaviours using pornography	Harmful	Harmful	Harmful	Potentially Harmful	Not Harmful
Excessively watching pornography	Harmful	Harmful	Harmful	Harmful	Potentially Harmful
Looking at images of different body types/genital types to understand range of normal	Harmful	Potentially Harmful	Not Harmful	Not Harmful	Not Harmful
Accidental access of sexual content	Harmful	Potentially Harmful	Potentially Harmful	Not Harmful	Not Harmful
Online dating with adults	Harmful	Harmful	Harmful	Harmful	Potentially Harmful
Online dating with peers	Not Applicable	Not Applicable	Not Applicable	Potentially Harmful	Harmful
Online dating with peers (behalf taking appropriate precautions)	Not Harmful	Not Harmful	Harmful	Potentially Harmful	Not Harmful
Skating indecent or distressing images with peers	Harmful	Harmful	Harmful	Potentially Harmful	Potentially Harmful
Sexual or violent language	Harmful	Harmful	Potentially Harmful	Potentially Harmful	Not Harmful
Role playing or parodying adult content (e.g. sex violence)	Harmful	Harmful	Potentially Harmful	Not Harmful	Not Harmful
Capitulating direct messaging someone pretending to be someone else	Not Harmful	Harmful	Harmful	Potentially Harmful	Potentially Harmful
Not making someone who has been nasty to you online	Potentially Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful
Tracking friends through location sharing	Not Applicable	Potentially Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful
Labelling at partners phone with content	Not Applicable	Potentially Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful

Social Media

Behaviour	0-5 years	6-8 years	9-12 years	13-15 years	16-18 years
Having cyberbully or cyberbullying for the first a celebrity	Potentially Harmful	Potentially Harmful	Not Harmful	Not Harmful	Not Harmful
Playing with filters	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Using filters on pictures	Potentially Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Excessive posing in selfies	Harmful	Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful
Excessive use of filters	Harmful	Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful
Recording images to be uploaded	Harmful	Harmful	Harmful	Harmful	Harmful
Posting but not sending selfies	Potentially Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful
Accidentally sending selfies	Potentially Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful
Sharing content of physical use in order to take others a genuine picture/comment	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Sharing their own private social media content	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Sharing public social media content	Harmful	Harmful	Harmful	Harmful	Harmful
Using the social media accounts to look for headlines/news	Harmful	Harmful	Harmful	Harmful	Harmful
Sharing content and publishing photos	Potentially Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Blocking disrespectful streaks with friends	Potentially Harmful	Potentially Harmful	Not Harmful	Not Harmful	Not Harmful
Blocking disrespectful streaks with strangers	Potentially Harmful	Potentially Harmful	Not Harmful	Not Harmful	Not Harmful
Blocking disrespectful streaks with friends	Potentially Harmful	Potentially Harmful	Not Harmful	Not Harmful	Not Harmful
Blocking disrespectful streaks with strangers	Potentially Harmful	Potentially Harmful	Not Harmful	Not Harmful	Not Harmful
Sharing images with peers with permission/consent	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Blocking and reporting someone for posting inappropriate content	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Using social media to make a friendship	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Feeling of missing out leading to frustration among their friends	Harmful	Harmful	Harmful	Potentially Harmful	Potentially Harmful
Commenting on a status	Harmful	Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful
Private use of digital platforms	Harmful	Harmful	Potentially Harmful	Not Harmful	Not Harmful

Social Media - Continued

Behaviour	0-5 years	6-8 years	9-12 years	13-15 years	16-18 years
Anxiety around digital communication	Harmful	Harmful	Harmful	Potentially Harmful	Potentially Harmful
Faking profiles because messages have not been answered	Harmful	Harmful	Harmful	Harmful	Harmful
Knowing friends on shared photos	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Sending friends direct messages	Potentially Harmful	Potentially Harmful	Not Harmful	Not Harmful	Not Harmful
Posting their own private social media content	Harmful	Harmful	Harmful	Harmful	Harmful
Posting public social media content	Harmful	Harmful	Harmful	Harmful	Harmful
Using the social media accounts to look for headlines/news	Harmful	Harmful	Harmful	Harmful	Harmful
Blocking content and publishing photos	Potentially Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Blocking disrespectful streaks with friends	Potentially Harmful	Potentially Harmful	Not Harmful	Not Harmful	Not Harmful
Blocking disrespectful streaks with strangers	Potentially Harmful	Potentially Harmful	Not Harmful	Not Harmful	Not Harmful
Blocking disrespectful streaks with friends	Potentially Harmful	Potentially Harmful	Not Harmful	Not Harmful	Not Harmful
Blocking disrespectful streaks with strangers	Potentially Harmful	Potentially Harmful	Not Harmful	Not Harmful	Not Harmful
Sharing images with peers with permission/consent	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Blocking and reporting someone for posting inappropriate content	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Using social media to make a friendship	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Feeling of missing out leading to frustration among their friends	Harmful	Harmful	Harmful	Potentially Harmful	Potentially Harmful
Commenting on a status	Harmful	Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful
Private use of digital platforms	Harmful	Harmful	Potentially Harmful	Not Harmful	Not Harmful

Social Media - Continued

Behaviour	0-5 years	6-8 years	9-12 years	13-15 years	16-18 years
Size of digital platforms without parental/teacher knowledge	Harmful	Harmful	Potentially Harmful	Not Harmful	Not Harmful
Having a YouTube channel	Harmful	Harmful	Potentially Harmful	Not Harmful	Not Harmful
Becoming an influencer/brand and products	Harmful	Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful
Talking about high numbers of subscribers/followers on online social media channels (for example YouTube Instagram)	Harmful	Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful
Actively promoting social media or YouTube channel among peers	Harmful	Harmful	Potentially Harmful	Potentially Harmful	Not Harmful
Online interaction with strangers	Harmful	Harmful	Potentially Harmful	Potentially Harmful	Potentially Harmful
Sending pornographic content on social media	Harmful	Harmful	Harmful	Harmful	Harmful
Being concerned about parental or institutional monitoring	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful
Scrolling feed on social media	Not Harmful	Not Harmful	Not Harmful	Not Harmful	Not Harmful

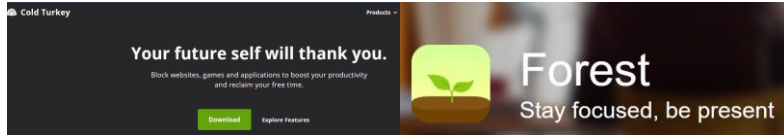
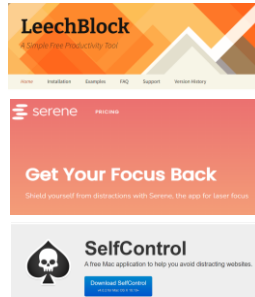
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The best apps to help you focus and block distractions

[Freedom](#) for blocking distractions on all your devices at once
[Serene](#) for planning and following through on deep focus sessions
[Cold Turkey Blocker](#) for scheduled system-wide blocking
[LeechBlock NG](#) for free browser-based website blocking
[Forest](#) for motivating you to put your phone down
[SelfControl](#) for a nuclear option!



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“There are three ways to get something done; do it yourself, hire someone or forbid your kids to do it”



Mona Crane

What can you do?






- Know how to report concerns
- Engage your children about how they are feeling – validate what they say.
- Educate yourselves - read websites, advice & guidance
- Discuss with your children how they are using new technologies and what they are viewing.
- No electronic devices in bedrooms, especially overnight.
- Turn all devices off least 1 hour before going to sleep.

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“ Everything that is in the world when you are born is normal, everything that is invented or developed between when you are born and when you turn 30 is the future; incredibly exciting and with any luck you can make a career out of it. Everything that is invented or developed after you turn 30 is the root of evil and should be banned.... until it has been around for 10 years and turns out to be OK! ”

Douglas Adams 





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Thank You
Any Questions?



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