

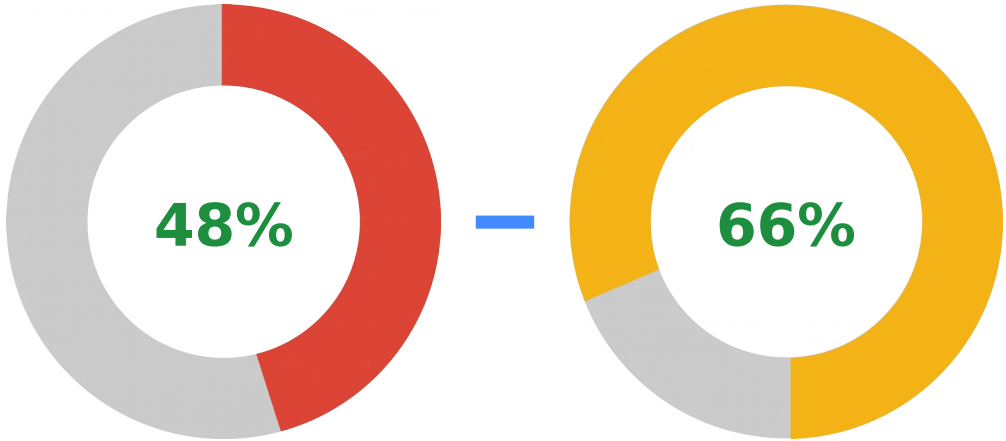
Parenting & The Internet

A guide for parents, teachers and guardians to make the most of the digital age while keeping their family safe

Introduction to Online Safety



Being **online** is part of everyday life



48 - 66% of the SSA population are already online

Let's discuss

“ What do your
children actually
do online? ”

How do children use the internet?

64%

Chat online with
their friends

52%

Watch
video clips

53%

Play online games
against friends and
strangers

Percentage of SSA (9-17) children using the internet importing involvement in online activities, 2016-2017

Statistics are based off South African youth from https://www.unicef.org/publications/files/SOWC_2017_ENG_WEB.pdf,

Let's get to know each other

“ What are the biggest concerns you face in keeping your children safe online? ”

You're not alone

"Parents need to be more involved, engaged and educated"

"My children are more tech savvy than I am"

"Safety is paramount, I'm concerned with what they get up to when i'm not monitoring them"

"This is the era of technology, kids don't play outside anymore"

"People can pretend to be anyone online"

"I don't want them stumbling across things they shouldn't be stumbling across"

Tech is an amazing force of good



76%

Use the internet
for homework and
research



45%

Researched work
and study
opportunities



33%

Created and
uploaded their
own music

Percentage of SSA (9-17) children using the internet importing involvement in online activities, 2016-2017

Statistics are based off South African youth from https://www.unicef.org/publications/files/SOWC_2017_ENG_WEB.pdf,

Agenda



Set digital
ground rules
for the family



Discover and
manage
family-friendly
content



Protect your
family's online
privacy &
security



Set digital
ground rules

Let's get to know each other

“ What kind of ground rules do you currently set for your family online? ”

Some options for digital ground rules

1

Establish boundaries around **screen time**

2

Create family rules about **what to share**

3

Establish **family values** online

Screen time



Balancing screen time

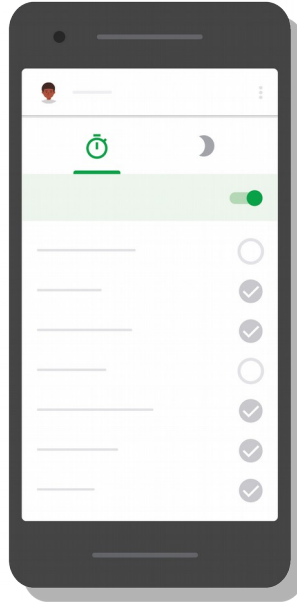
Positive impact



Complete homework



Connect with friends and family



Negative impact



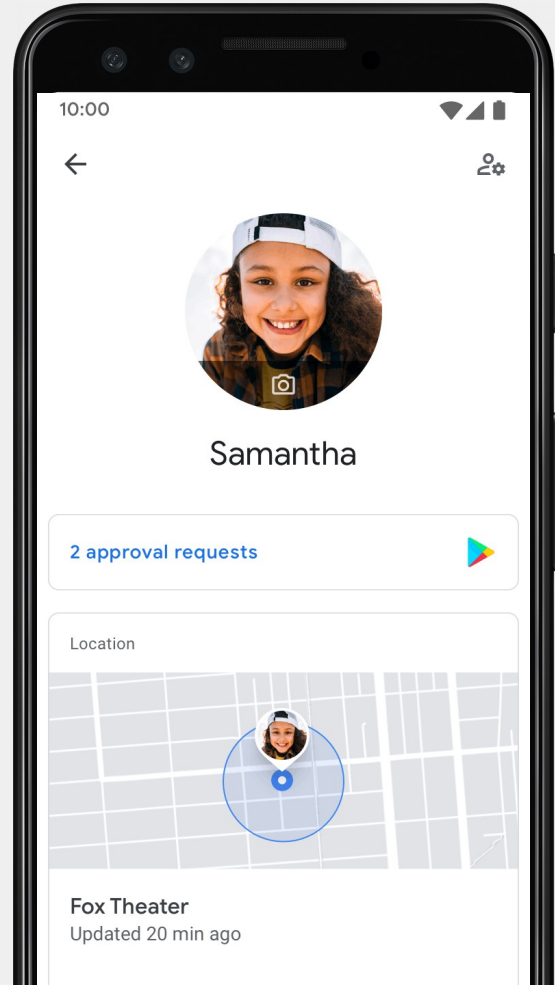
Effect on sleep



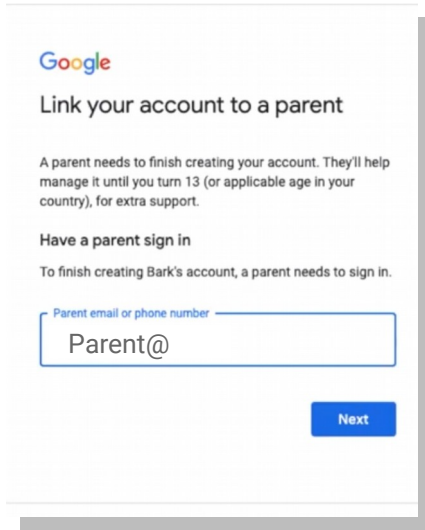
Spending less time with others or outdoors

Introducing Family Link

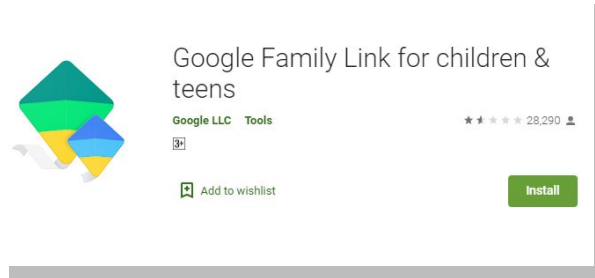
Family Link helps parents manage their child's Google Account, Chromebook or Android device so they can set digital ground rules that work for their family.



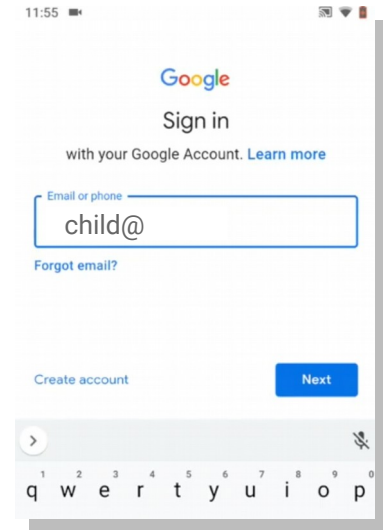
Adjust Control Settings



Create a Google account for your child and link it to your account. You can do this prior or through the Family Link app.

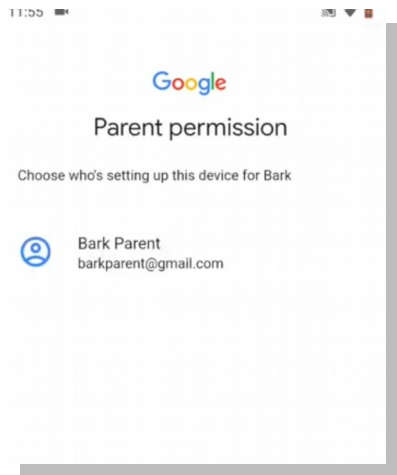


Download the Google Family Link for Children from your App store onto the child's device

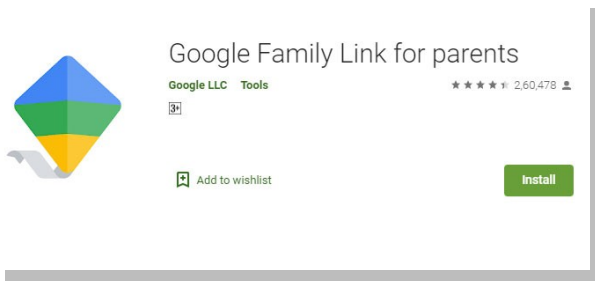


Open the app. Let the child sign in to the app using their Google account.

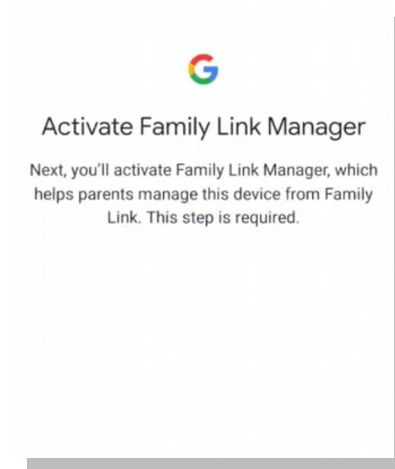
Set up family Link



The app will then prompt the caretaker to sign in using their email address and password



The Caretaker will be prompted to download the Family Link for Parents on their own device.

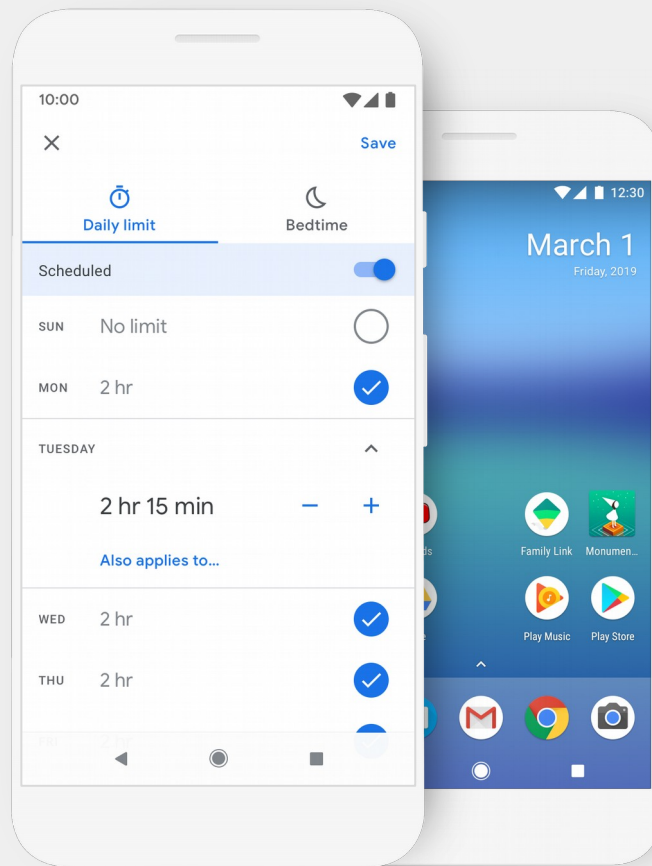


The caretaker will be prompted to activate the Family Link manager

Family Link

Keep an eye on your kids' screen time

- Set daily screen time limits
- Set a device bedtime
- Set per app time limits
- Grant bonus screen time

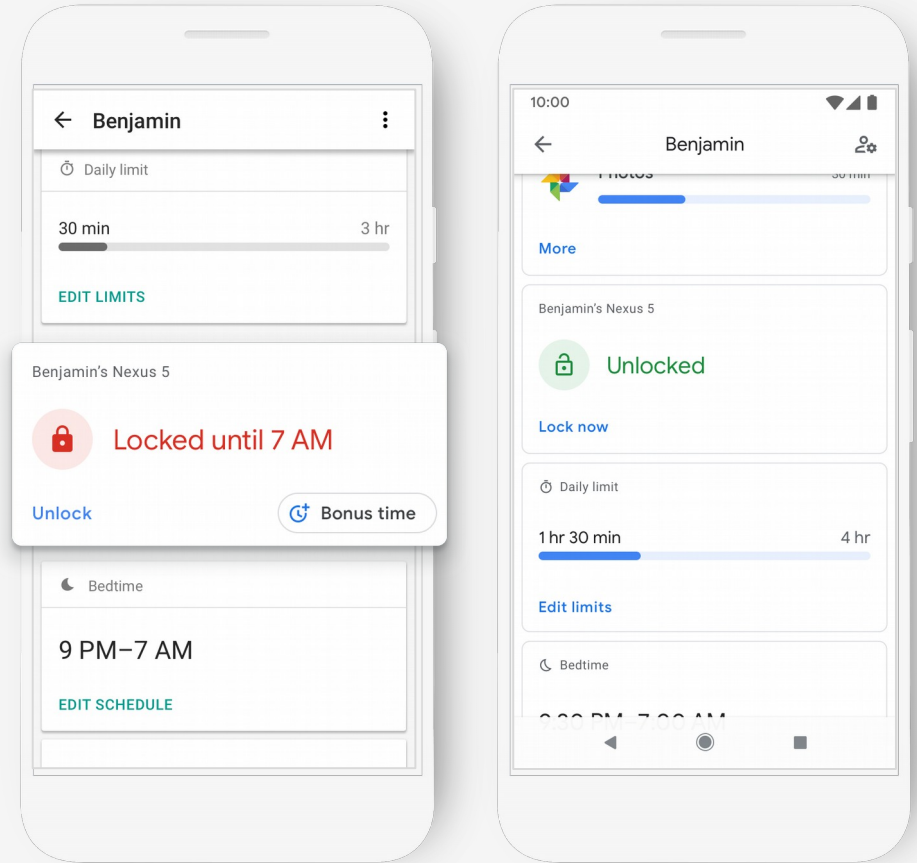


Family Link

Keep an eye on your kids' screen time

Lock child's device remotely

Whether it's time to go play outside, have dinner, or just spend time together, you can remotely lock a device whenever it's time to take a break.



Let's talk

“ How would you talk
to your children
about screen time? ”

Balancing homework
vs social media.

If your child only wants
to spend time online.

Keep a positive attitude
towards screen time.

Discuss with your family about **screen time**

1

Does technology ever prevent you from **being present?**

2

How does screen time affect **focus** and why does it matter?

3

Reflect on ways to **control screen time**

Sharing



Setting expectations around **sharing**

1

Teach them about their **digital footprint**

2

Help minimise social **comparison**

3

Teach them about **oversharing**

4

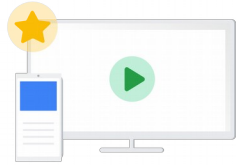
Discuss responsibility in sharing **positive content** and not participating in harassment

wellbeing.google/families

Family Values



Establish family **values** online



Be clear about how you expect them to act online



Talk about online harassment



Talk about the power of positive messages online

Pause for questions



Discover
family friendly
content

Let's discuss

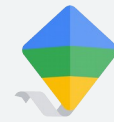
What kind of content are children exposed to online?



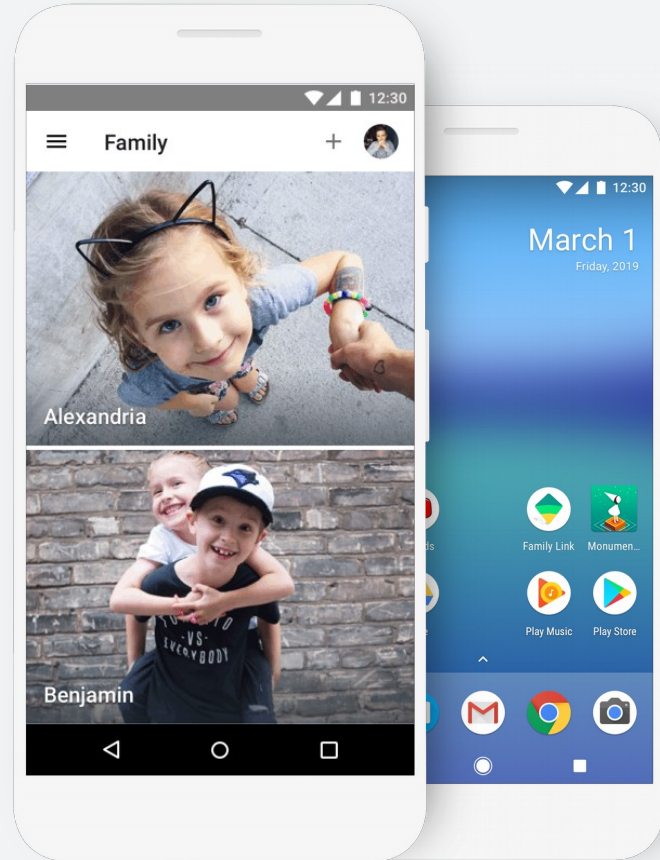
Family friendly **content**

Family Link provides a comprehensive set of features for **finding and managing** family-friendly content.

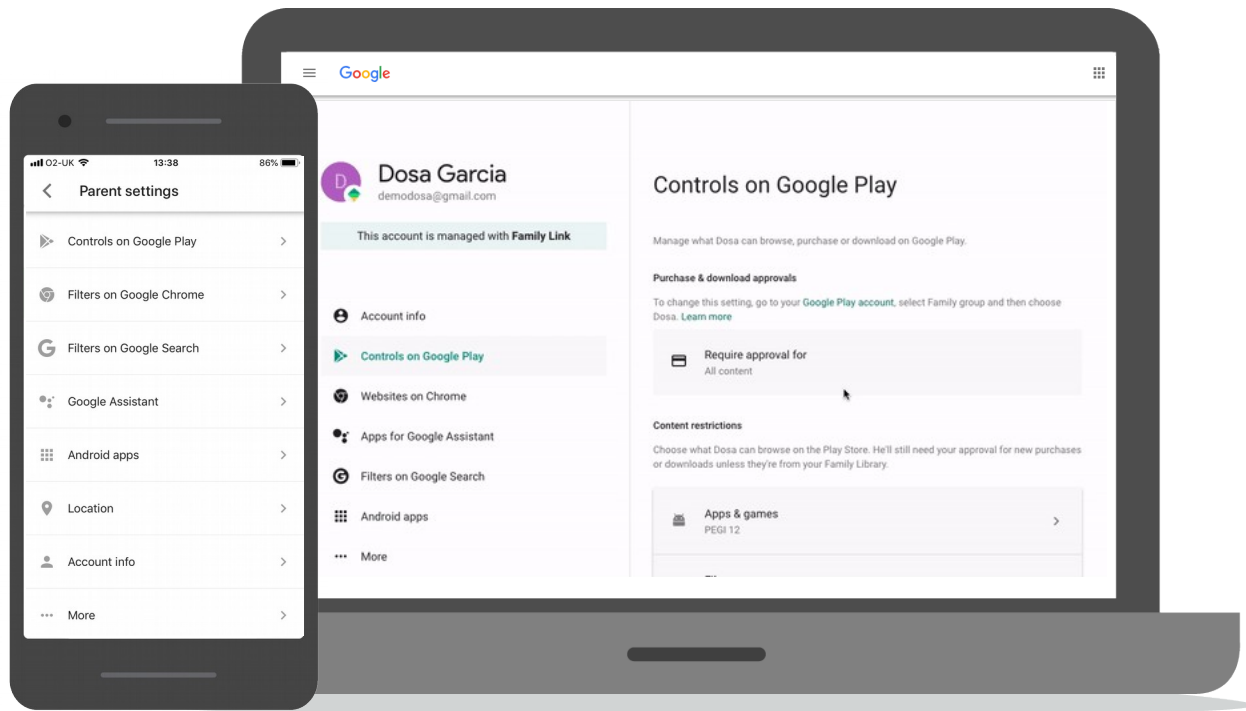
- Set **content restrictions** in Google Play through Family Link
- Blacklist or whitelist specific websites
- Set filters for web browsing
- And turn SafeSearch on and off with Family Link



Family Link



Or set up parental controls directly on your browser

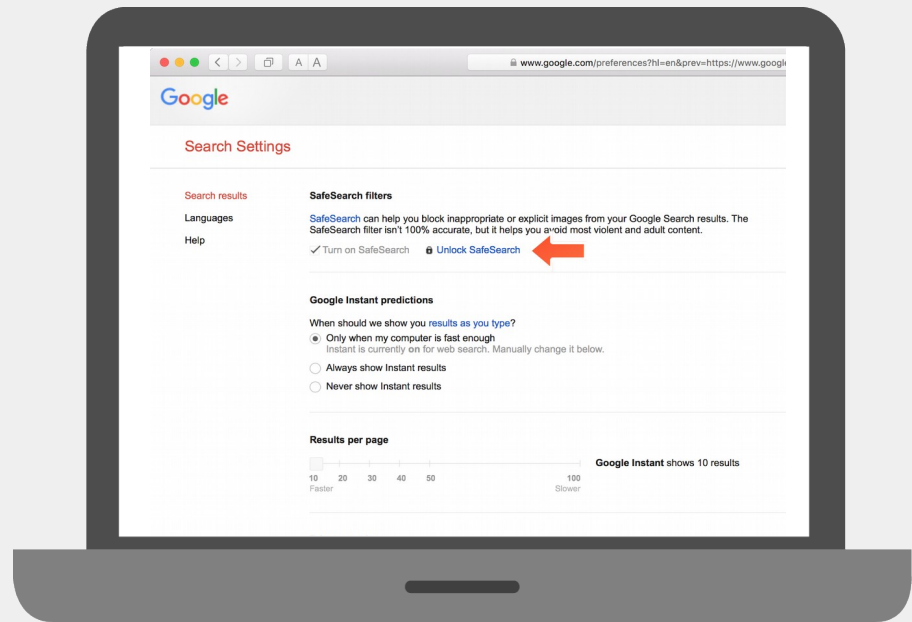


Tools: Search

Or block explicit sites with SafeSearch directly in the browser

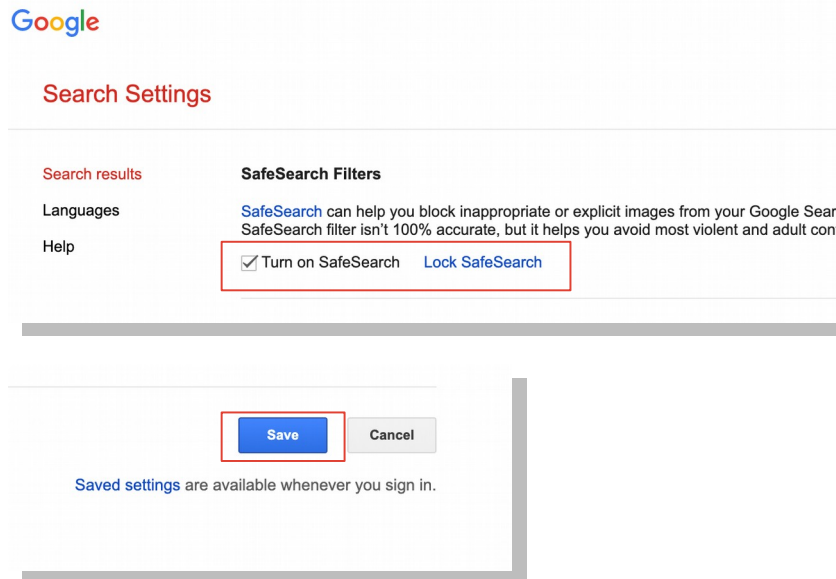
SafeSearch helps to **filter explicit content** out of search results.

When SafeSearch is on, it helps block explicit images, videos, and websites from Google Search results.



Turn on SafeSearch

1. Go to [Search Settings](#).
2. Under "SafeSearch filters," check or uncheck the box next to "Turn on SafeSearch."
3. At the bottom of the page, select Save.



Tools: YouTube

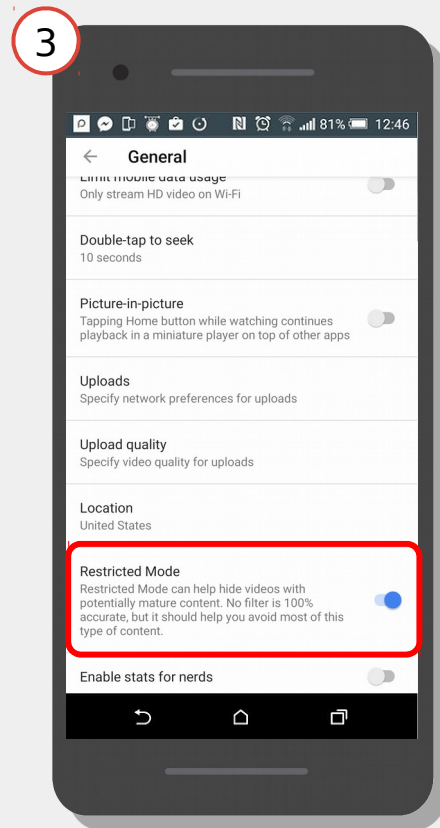
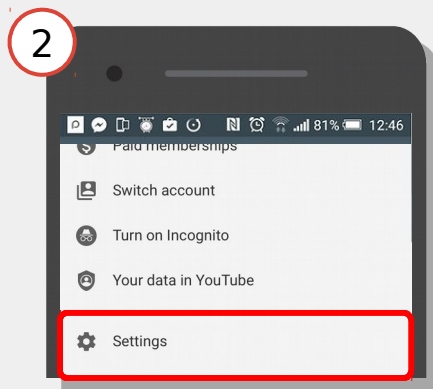
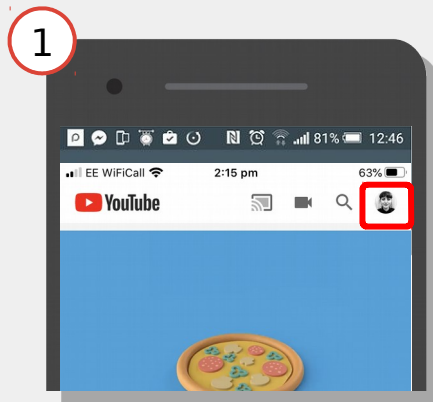
Protect them through YouTube on your device

Restricted Mode is an additional setting which can be enabled on the YouTube website and app. If enabled it identifies and filters of potentially mature or objectionable content.

Turn **Restricted Mode on** in YouTube to help avoid videos with mature content.

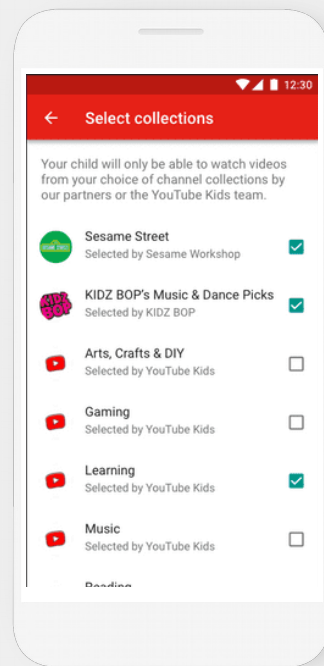
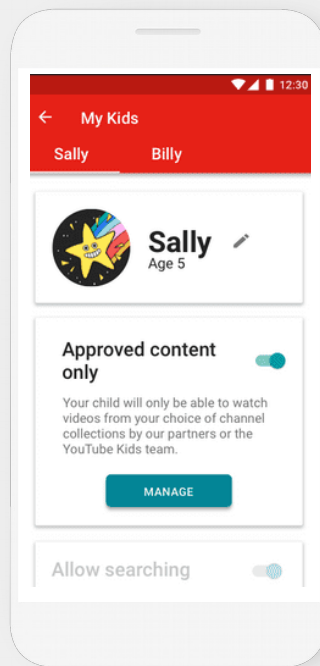
How to turn it on:

1. On your YouTube app Navigate to your 'account'
2. Select 'settings'
3. Under 'restricted mode' turn the toggle 'on'



Tools: YouTube Kids

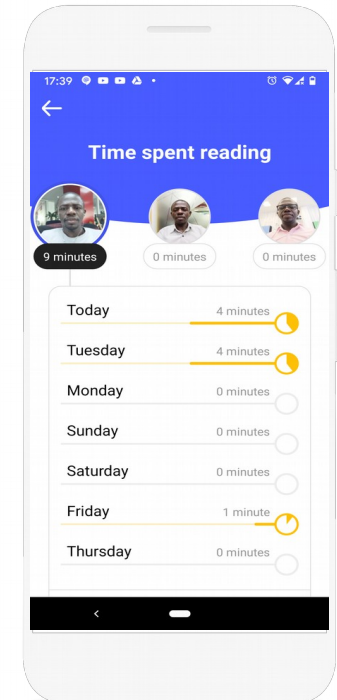
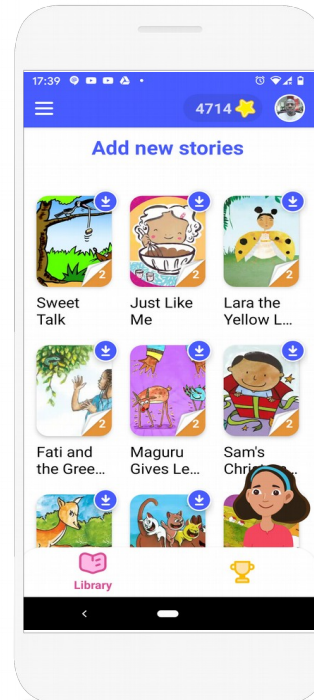
- Parent-approved content
- Set time limits
- Block or flag mature content
- Review watch history
- youtube.com/kids/



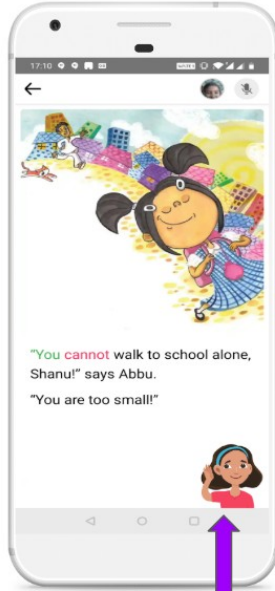
Bolo

Bolo is an Android speech-based reading app designed to help primary grade kids learn to read - anytime, anywhere - just using their voice.

- Encourages children to **read aloud**, making it an engaging way to learn and read.
- **In-app reading buddy**, Diya, provides positive reinforcement and gives suggestions when they don't read correctly.
- Once the app is downloaded it can **work completely offline**.

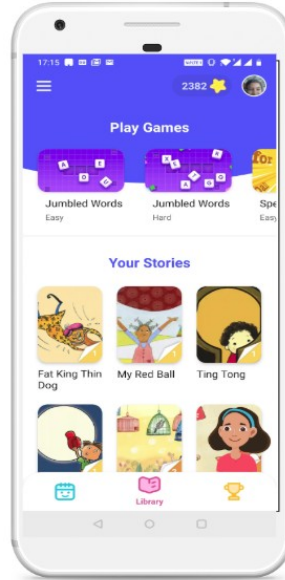


How does bolo work?



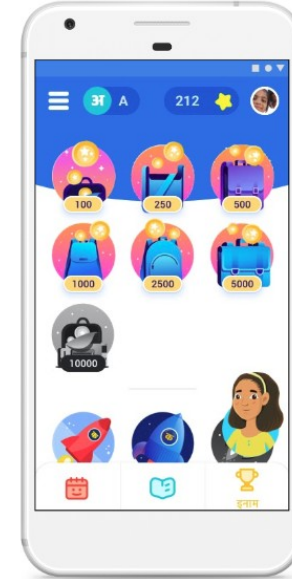
Diya

Expressive, animated reading assistant



Library of Books

100 stories per language with recommendations; books can be read offline after download



Awards & Rewards

Achievements and rewards for the student to collect

Have your say

“ How do you protect your family from ‘negative’ content? ”

Some more ideas:



Start a conversation



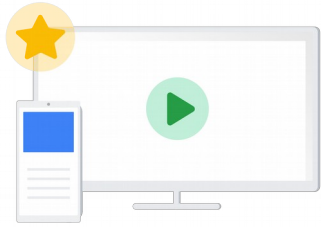
Think before you click



Supervise if you can

Pause for questions





Protect your Family's Security & Privacy

Protect your
family's
security and
privacy

Have your say

“ What is the most popular social media platform for kids? ”

“The increased use of mobile devices and greater access to broadband internet has made children more accessible than ever through unprotected social media profiles and online game forums”

UNICEF

Protecting your family's security

1

Stranger danger

2

Identity fraud

3

Cyberbullying

Stranger danger
Online grooming



What to look out for

- Being **secretive** about who they are talking to online.
- Using **sexual language** you wouldn't expect them to know.
- **Switching screens** when you come near the computer.



How do you speak to your kids about online grooming?

Start a conversation

“ I read a story about an adult pretending to be a child online, have any of your friends experienced anything similar? ”



Talk about the risks



Agree on the rules



Stay engaged

Privacy and identity fraud



What to look out for

You may start to suspect your child's identity has been stolen if they

- Get a **bill** for something they haven't ordered
- Start to get emails from an organisation they **don't recognise**
- Receive any letters regarding **government benefits** or **tax payments**



How should I **protect my child** from identity theft?

1

Check their online
privacy settings

2

Check their
device settings

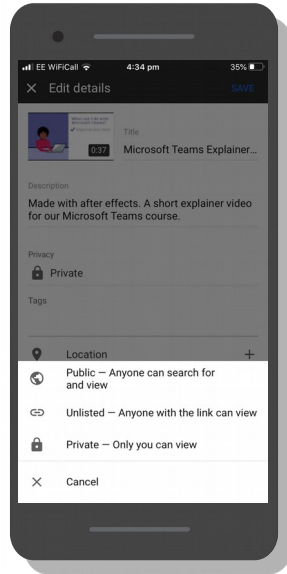
3

Find out what is
already out there

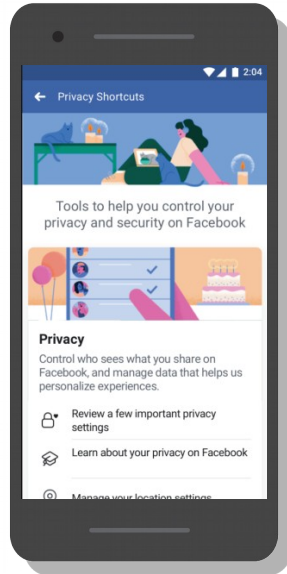
4

Take action &
Go **incognito**

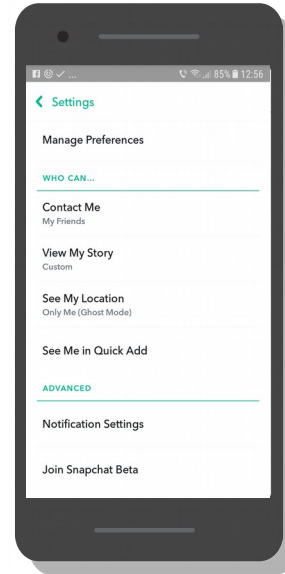
Enable privacy settings across social media platforms



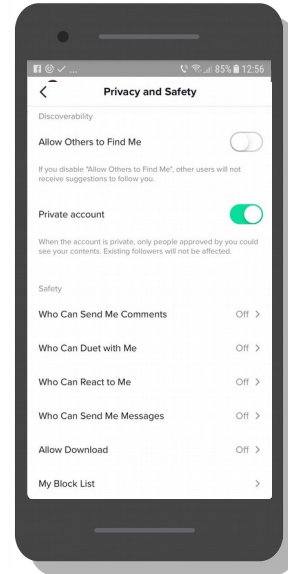
 YouTube



facebook.

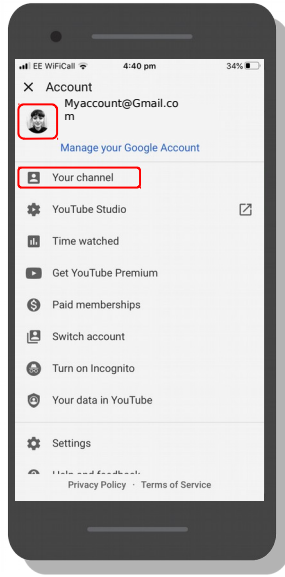


 snapchat

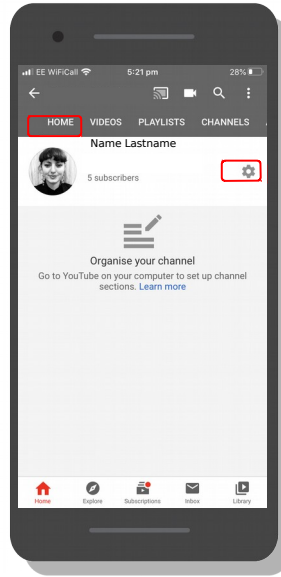


 TikTok

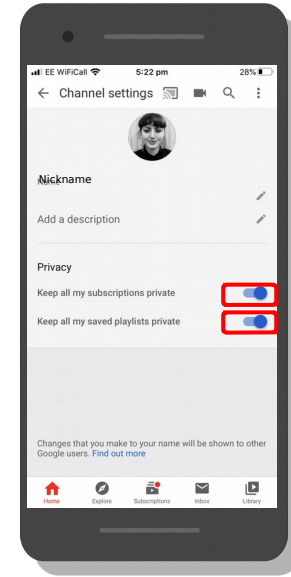
Enable privacy settings on YouTube



Open the app and click you 'profile picture' to open the menu

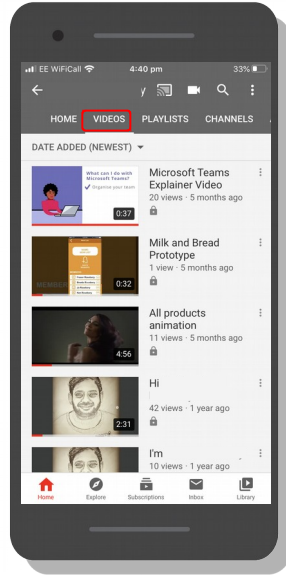


On your 'home' tab select 'settings'

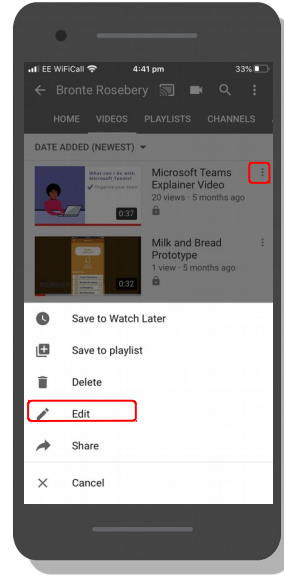


Change your name and profile settings

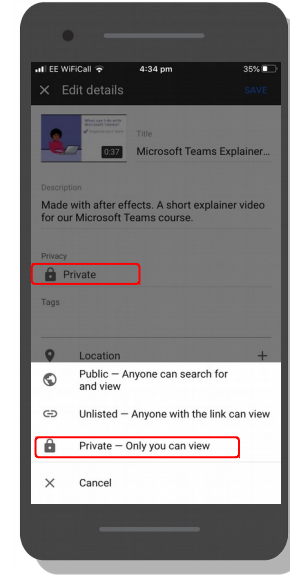
Enable privacy settings on YouTube



OR use the videos tab to edit video settings



Select the medi next to a video and select 'edit'



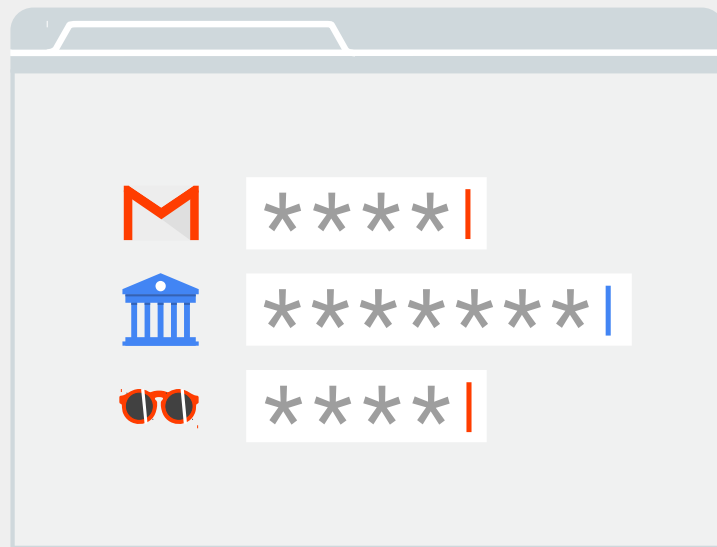
Tap 'privacy' to edit the privacy settings of your videos

Talk to your children about setting **strong passwords**

Help them create a strong, unique password to protect their online accounts.

Follow these tips for a good password:

- Make your password **unique**
- Make your password **longer** & more **memorable**
- Use **letters, numbers** & **symbols**
- Avoid **personal info** & common words



Cyberbullying



A photograph of two young boys of African descent looking at a smartphone together. The boy in the foreground is holding the phone and pointing at the screen, while the boy behind him looks on with interest. They are both wearing white shirts. The background is a blurred outdoor setting with wooden structures.

47%

Of children interviewed reported experiencing some form of digital harassment.

<https://www.nspcc.org.uk/services-and-resources/research-and-resources/2016/what-children-are-telling-us-about-bullying>

Have your say

“ What do you think
cyberbullying is?

How is it different to
other forms of bullying?”

How bullying has changed/evolved

Face-to-Face Bullying	Cyberbullying
<ul style="list-style-type: none">● Smaller audience within close quarters● Limited to those within view● Bully can be identified● Easier to prove and punish	<ul style="list-style-type: none">● Reach a vast audience in a matter of seconds● Hurtful comments and images being shared multiple times● Offer a degree of anonymity to the perpetrator● Difficult to police and to punish

Are you familiar with some of the **terms**?

Harassment

Outing

Trolling

Bants

Roasting

Griefing

What to look out for

You may start to suspect your is being bullied online if:

- Stopped using their electronic devices suddenly or unexpectedly.
- Seeming nervous or jumpy when using their devices, or becoming obsessive about being constantly online.
- Reluctance to go to school or take part in usual social activities.



What to look out for **continued...**

- Upset or frustrated after going online or gaming.
- Unwilling to discuss or share information about their online accounts and activity.
- Unexplained weight loss or weight gain, headaches, stomachaches, or trouble eating.
- Trouble sleeping at night or sleepy during the day.
- Loss of interest in favorite hobbies or activities.
- Child suddenly seems depressed or anti-social.
- Withdrawn from close friends and family.
- Making passing statements about suicide or making a suicide attempt.



How to talk to your children about bullying

Do's	Dont's
<ul style="list-style-type: none">● Find out why● Talk it through● Teach by example● Learn from it	<ul style="list-style-type: none">● Don't get upset● Don't ignore it● Don't condone it● Don't take away their devices

Have your say

“ What are some ways
you would bring up
bullying with your
children? ”

Pause for questions

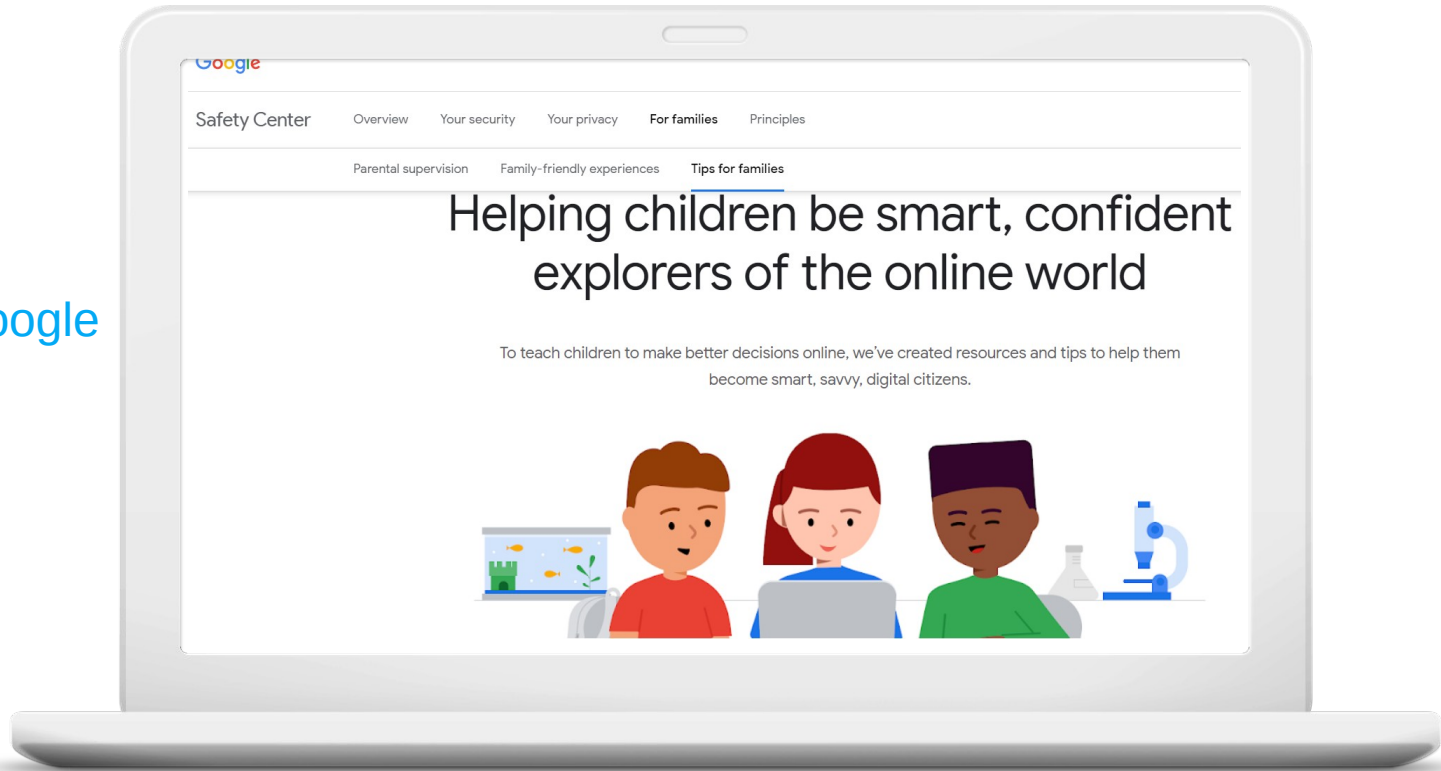




Tips and resources

Explore the Google Safety Centre

safety.google



Be Internet Awesome

Be Internet Awesome is designed to teach children the skills they need to be safe and smart online. It is based on 5 core pillars:

1. Share with Care (Be Internet **Smart**)
2. Don't Fall for Fake (Be Internet **Alert**)
3. Secure Your Secrets (Be Internet **Strong**)
4. It's Cool to Be Kind (Be Internet **Kind**)
5. When in Doubt, Talk It Out (Be Internet **Brave**)

Smart
Alert
Strong
Kind
Brave

Be
Internet
Awesome.

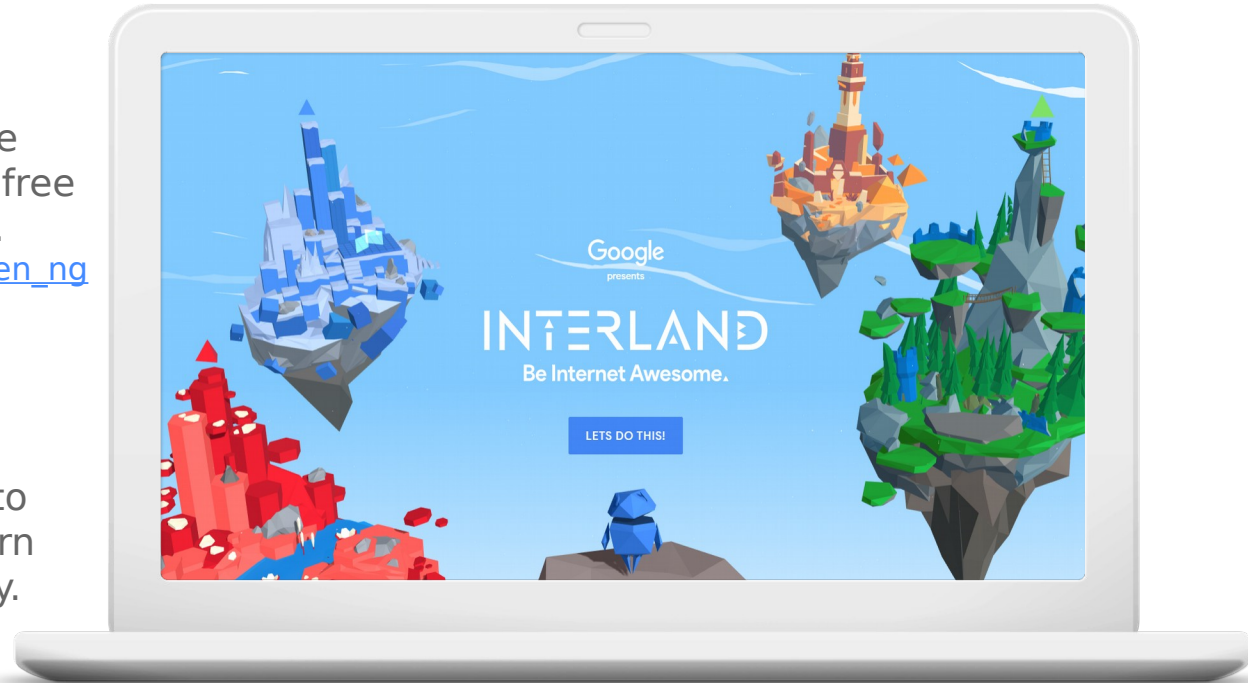
Be Internet Awesome

Helps children to

practise skills they need to be **confident** online explorers in a free and easy to navigate game.
beinternetawesome.withgoogle.com/en_ng

Helps parents to

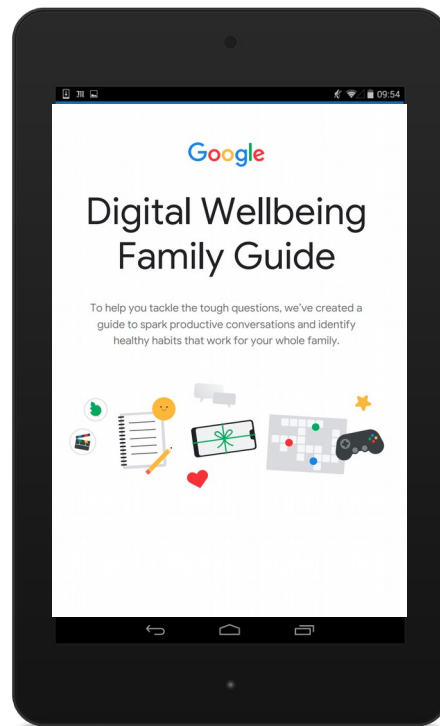
get involved through family activities. This allows parents to encourage their children to learn about the internet in a fun way.
bit.ly/2YDTjJR



Digital Wellbeing Family Guide

Created to help you talk about technology with your family through **productive conversations** and help you identify **healthy habits** that work for your whole family.

wellbeing.google/families/determine/



Tips for engaging with your child



Talk early
and talk
often



Choose the
right time



Open up and
share too



Create a safe
space

Resources



Google Digital wellbeing Guide
wellbeing.google/families



YouTube Kids



Family Link



Google phishing Quiz
phishingquiz.withgoogle.com

Have your say

“ What was your key
take away from this
session? ”

—



Thank you