

Don't Be Mean Behind Your Screen'

Cyberbullying/Internet Safety Workshop

Discussion points for parents/teachers

1. Talk to young people about the Internet, bring digital media into your conversations everyday – not just when things go wrong
2. Just like in the real world take an interest in what they like to do online - start by finding out what games they like to play, what phone apps are relevant and what social networking platforms are favourite with them and their peer groups.
3. Chat about the peer pressure they may feel moving forward on the ladder of progression being put under pressure to move forward too quickly to overrated games and social media apps
4. Social media can change the way young people feel about themselves – always encourage them to love who they are and not to compare themselves to anyone else.
5. Be in Control – Devices should be within an earshot, so you can hear what's going on with NO devices in the bedrooms
6. Set the ground rules – have an agreement in place with regard to usage
7. When gaming restrict time of play - that way they cannot become addicted and give a gentle reminder around 15mins from the end of playtime
8. Talk to young people about the adverse effects on their health such as withdrawing from social activities to play games online and then becoming isolated, becoming angry and aggressive, risk of obesity and playing to overkill – if there is no time frame there is a risk of addiction
9. Parental Controls – Familiarise yourself with these controls set up within the game, this will allow you to set time limits and block people
10. Purchases – Do not use your credit card to make purchases and if you have make sure your card details are not saved. The safest way to purchase items is using V-Bucks
11. Oversharing – Speak to young people about Stranger Danger, not everyone is your friend when online, even if they are nice to you or make you feel special!!
12. From the time our kids are young we always encourage them to make friends through **1. Home 2. School 3. Community 4. After school activity 5. Through a mutual friend** – this same rule must apply in the virtual world
13. They must **NEVER, EVER** arrange to meet up with someone they've only been in contact with online.
14. Young people should never share passwords – it gives others full control of their digital footprint, your friend today may not be your friend tomorrow!
15. Talk to them about *privacy* and how dangerous the internet can.
16. Encourage young people never to post pictures, graphics or videos of themselves or a friend who is under the age of 18yrs as this could have serious consequences.

Tips for parents

1. Apply ground rules for internet use, have an agreement of usage in place apply sanctions if the rules are broken and be consistent.
2. If your child is putting you under pressure to get Apps or Games that are over their age limit, please **DON'T GIVE IN**.
3. Discuss with your child how long they can spend on their device – Set time limits for usage - especially for gaming
4. Never allow young people to keep their device overnight in their bedroom.
5. Set your values, express your fears for them in an online world full of people that you just can't trust.
6. Talk to them about *respect* not only themselves but also others online
7. Be approachable, your child should feel like they can come to you with issues or questions and that you won't be cross or fly off the handle
8. If your child is a target of Cyberbullying, encourage them to Record the evidence, Report and Block the Bully and then inform relevant authorities
9. If your child is a victim, never take away their device as in their eyes it appears like they are being punished for a situation they had no control over
10. Make sure to tell your child that this situation is not their fault and nobody has the right to be cruel, mean or nasty to them while they are online
11. Try to keep up-to-date with what young people are doing online where at all possible.

Discuss all of the above points with young people and between you, come up with a list of points on how you can use the Internet safely and responsibly.

If you need help find me on Facebook:

‘Don’t be mean behind your screen’

